

Schüssler Express

#83



THE LIVER

Functions and Inner Cleansing

Functions of the Liver

The liver regulates most chemical levels in the blood and excretes a product called bile. This helps carry away waste products from the liver. All the blood leaving the **stomach** and intestines passes through the liver.

The primary functions of the liver are:

- Bile production and -excretion.
- Excretion of bilirubin, cholesterol, hormones, and drugs.
- Metabolism of fats, proteins, and carbohydrates.
- Enzyme activation.
- Storage of glycogen, vitamins, and minerals.
- Synthesis of plasma proteins, such as albumin, and clotting factors.

Toxins are filtered through the sinusoid channels, which are lined with immune cells called Kupffer cells. These engulf the toxin, digest it, and excrete it. This process is called phagocytosis. However, as most chemicals are relatively new it may be thousands of years before our body properly adapts to them. And at this point it is also important to recognise the fact that many prescription medications are based on chemicals.

Liver detox remedies can often seem, simplistic, but the simple truth is that water helps the liver move toxins through its own cellular systems and speed them on their way out of your body. But not just any water will do to have the full detoxifying benefit. In a glass of **warm** water add the juice of half a lemon, mix well and drink in the morning. Have 10-12 glasses of warm water throughout the day.

To **assist** with detoxification, **regeneration, and liver function**, and as an **inner cleansing treatment**, the following Schüssler-Salts should be considered:

- **No. 6 Potassium sulphate 6X** – 2 tablets three times per day for one month.
- **No. 10 Sodium sulphate 6X** – 2 tablets three times per day for one month.
- **No. 12 Calcium sulphate 6X** – 2 tablets three times per day for one month.

Five things to support your body's natural detoxification process:

- ✓ Drink plenty of water.
- ✓ Eat plenty of vegetables and fruits.
- ✓ Maintain bowel regularity through high fibre intake.
- ✓ Eat probiotic foods (yogurt, sauerkraut, tempeh, etc.)
- ✓ Eat a well-balanced **diet** every day. That's five to nine servings of fruits and vegetables, along with fibre from vegetables, nuts, seeds, and whole grains. Be sure to include protein for the enzymes that help your body **detox naturally**. Keep a healthy weight. Exercise every day if you can.

As a note:

Some common herbs may cause toxic liver disease. Watch out for supplements that contain aloe vera, black cohosh, cascara, chaparral, comfrey, ephedra, or kava. Chemicals and solvents – some workplace chemicals can also harm your liver.

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10 FOODS THAT STIMULATE THE METABOLISM

A well-functioning metabolism provides energy, helps to achieve your desired weight, and keeps you going.

A smooth functioning of all metabolic processes in the body requires a complex synergy of many factors. Lifestyle, exercise, climate, genetics, age, and other components certainly play a part. However, our diet is of significant importance. If you want to bring you metabolism up to speed, the following foodstuff can assist.

1. Water

As the body largely consists of water, water is essential for all processes. It stimulates the metabolism, assists in weight-loss by excreting toxic substances, to keep fit and healthy, for a radiant complexion, and it increases the general well-being as well as the energy level. For an optimal support of the body, it is recommended to drink a minimum of 2 litres of water each day at an average.

2. Lemons

Due to their high amount of vitamin C and unique aromatic substance lemons can crucially contribute to a healthy metabolism and an effective fat burning. Fresh pressed lemon juice mixed with water supports the liver in detoxification and furthermore strengthens the immune system. Best drink it early in the morning before breakfast, on an empty stomach, and your metabolism will thank you for the entire day.

3. Blueberries

Blueberries are ideal to get the metabolism going. Due to their huge antioxidant qualities, they protect the body from free radicals and thus contribute to a wonderfully functioning metabolism.

4. Green Tea

Green tea is full of antioxidants and provides energy in a gentle way. In addition, green tea is an excellent remedy to efficiently boost the metabolism. Drinking green tea regularly provides the ideal conditions to keeping fit and full of energy.

5. Ginger

Apart from its numerous properties as a medicine and spice, ginger also boosts the metabolism. Fresh or ground, as a tea or condiment – include ginger as often as possible in your diet, especially in the colder season.

6. Chilli

Similar to ginger, chili also generates lots of heat in the body and ensures the enhancement of your basal metabolism and an effective digestion.

7. Cinnamon

Cinnamon has a positive effect on the blood sugar level and is full of antioxidants. Both accelerates fat burning as well as the metabolism.

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8. Almonds

Almonds are not only extremely rich in nutrients and minerals, but they also assist in keeping the metabolism running. With their high vitamin E content, they belong to the foods that are full of antioxidants. Furthermore, they contain dietary fibres and healthy fats, which the body requires to function at the best. Studies continuously reveal that a handful of almonds a day also has a positive effect on a healthy bodyweight.

9. Dark Chocolate

Dark chocolate, with a minimum coco content of 70 %, presents little to no sugar and contains lots of flavonoids and caffeine. It is regarded as metabolic stimulative and bringing happiness as with its consumption increased dopamine is released.

10. High-quality Fat

Contrary to the common opinion that fat is unhealthy and fattening, high-quality oils and fats, such as cold-pressed olive oil, chia oil, linseed oil or coconut oil, have an extremely positive effect on the metabolism. Thus, the type and quality – high omega-3 level – of the fats is vital.

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DID YOU KNOW...

Vitamin C

If you take any **regular medicines** or **chemotherapy drugs**, ask your "doctor" if it's *safe to take vitamin C*.

Vitamin C can interact with drugs like **aspirin**, **acetaminophen**, (*Paracetamol*) **antacids**, and **blood thinners**. Commonly prescribed blood thinners include: **Apixaban** (Eliquis), **Dabigatran** (Pradaxa), **Edoxaban** (Savaysa), **Heparin** (various), **Rivaroxaban** (Xarelto), **Warfarin** (Coumadin).

Nicotine on the other hand may reduce the effects of vitamin C.

The most common side-effect of high vitamin C intake is digestive distress (flatulence, diarrhoea).

In general, these side effects do not occur from eating foods that contain vitamin C, but rather from taking the vitamin in supplement form.

Vitamin C sources: citrus fruit, leafy green vegetables, and some meats.

RDI 40 mg; average diet produces up to 160 mg.

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