

Week 23 (2016)

This Secret Silent Disease

There are very few critical signs when we have problems with our organs and if we do get acute problems it is a sign we are in deep trouble. The hardest working organ in our body after the heart is the liver. The problem is it will carry on working even though you are abusing it. However, when the liver starts to really complain, that is when you know it is serious...

The Liver

The Liver is the largest organ inside the human body. It weighs approximately 500 grams (or 1 pound), houses the gallbladder and carries out hundreds of functions. The liver filters everything we eat or come in contact with. It helps regulate blood sugar levels, cleanses the blood, metabolizes vitamin A, detoxifies poisonous substances and more!

Twenty-five to fifty per cent of the liver can be removed and it will still regenerate itself. The liver may be the most overworked and misunderstood organ in the human body. It filters 24 hours a day and a liver in prime condition will either convert to fuel or tag for removal all we come in contact with.

In Chinese Medicine it's noted that the liver and emotions were linked. When the liver's load is too great, the emotions are effected and usually made "hot". How is this possible? Simply, waste not excreted from the body will then irritate or exacerbate current conditions of the body.

If the liver is affected you will notice it in the following areas: Skin irritation, eye irritation, aches and pains, frayed emotions, headaches, low energy, foggy thinking, slow reaction time, fatigue, muscle weakness, congestion and mental stress.

Consider the following questions to be sure:

1. Do your moods control you?
2. Do you get headaches?
3. Do you get reoccurring muscle and joint pain?
4. Is it hard to stay in a good mood?
5. Is your vision fuzzy or blurry from time to time?
6. Do you get irritable from time to time?
7. Do you or have you had Gallbladder or Liver problems?
8. Do you have trouble concentrating, feel foggy or slow?
9. Do you run out of energy during the day?
10. Do "things" just build up and get to you?
11. Do you have allergies or congestion?
12. Does an area of your skin frequently burn or itch?
13. Do your eyes burn, get red, irritated or itchy?
14. Do you have insomnia or are you restless?

15. Are you frequently awake between 1:30 to 3:30am?
16. Do you have “Liver” or “Age Spots”?
17. Is your skin broken out or blemished?
18. Are your emotions on a roller coaster?
19. Do you later have to apologize for your bad moods?
20. Is there always “something” wrong?
21. If you are upset, is it best not to talk to you?
22. Does the cheeriness of others annoy you?
23. Spider veins
24. Jaundice
25. Itching
26. Fluid Build-up
27. Swelling
28. Fatigue and Nausea
29. Stomach pains

Does this list irritate you?

Scoring:

Count your YES answers and see below.

0-3 – Great! Your diet must be like mine, low carbs/sugar/alcohol

4-6 – You would see clear benefit in a Liver Recovery Plan.

7+ – The Liver Recovery Plan is Essential for you.

There is a name for this liver disease – Non-Alcoholic Fatty Liver Disease (NAFLD).

NAFLD occurs when your liver has excess fat—it’s called fatty liver when it is made up of 5-10% fat. When too much fat accumulates in your liver cells because of too much starchy carbs and other high sugar foods and drinks (not simply because of alcohol), you’re prone to NAFLD, which increases the chances of cirrhosis, liver cancer, and liver failure over time.

Anyone, not just the usual suspects such as those who are overweight, obese, diabetic, or with high cholesterol or triglycerides are particularly prone to NAFLD. Additionally those taking Pharma medicines such as Aspirin, Corticosteroids, Amiodarone, Tetracycline, Diltiazem, or Antiviral drugs are at risk.

If tests register high levels of liver enzymes, doctors will typically follow up with an ultrasound to confirm NAFLD.

While there are no medical treatments proven to help reverse NAFLD, there are many natural things and healthy lifestyle practices you can implement to prevent or reverse the condition.

This is my successful plan:



Serranol [click here](#)

Contains: CurcuminX4000

The powerful compound Curcumin helps decrease oxidative stress, combats chronic inflammation and promotes insulin sensitivity and fat metabolism. It's a fantastic natural remedy for jaundice and other liver diseases such as NAFLD, and helps protect against liver fibrosis and liver cancer.

Contains: Vitamin D3

Studies show a low (and high) level of Vitamin D3 is a factor in NAFLD. Contains: SerraEnzyme Serrapeptase

Inflammation is present in the liver when NAFLD is present and serrapeptase is an effective safe alternative to anti-inflammatory drugs.

Contains: Ecklonia Cava Extract (ECE)

Ecklonia Cava is an extract from a type of brown seaweed known to be one of the highest sources of polyphenols, a type of antioxidant compound that appears to be unique to sea plants. The polyphenol appear to be very potent anti-oxidants, and these benefits have been noted after oral ingestion as well.

Benefits have been noted on: Blood Pressure, Blood Glucose, and Inflammation. Studies showed that the polyphenol ECE reduced liver volumes and liver fat accumulation, inhibited inflammatory activity and improved lipid metabolism. Consequently, ameliorated hepatic mig

Alpha Lipoic Acid-R [click here](#)

Is nature's best detox and a remarkable antioxidant which breathes new life into the vitamin(s) stores in your liver. Better still it supports glutathione, the heavyweight champion of antioxidants. ALA-R has been shown in studies to help protect and support the liver's regeneration.

SAM-e Plus [click here](#)

Is nature's best detox and a remarkable antioxidant which breathes new life into the vitamin(s) stores in your liver. Better still it supports glutathione, the heavyweight champion of antioxidants. ALA-R has been shown in studies to help protect and support the liver's regeneration.

Is a completely natural product for depression and emotional problems and has the added benefits of magnesium, 5-htp, Milk Thistle Extract and Chamomile Flower Extract. In liver disorders it speeds up the destruction and elimination of the toxins. SAM-e supports the repair of cells.