

# Week 29 (2019)

## Liver Transplant?

Your liver is a vital organ, so why do we abuse it to the point of endangering our lives? Its primary job is to digest food and absorb essential nutrients. It also cycles toxic waste out of the body so that you can live a healthy, balanced life.



As you can imagine, disease of the liver can be devastating. Most liver problems are directly related to chemical exposure, viruses, and lifestyle such as too much alcohol, starchy carbs and other high sugar foods and drinks. Some health problems of the liver may be short-term, while others can be lifelong and cause irreparable damage where the medical mafia say the only hope is a Liver Transplant. No thanks, I disagree that a transplant is the only hope but more of this later.

Firstly.

### WHAT IS LIVER DISEASE?

**Liver disease comes in a number of types and may include:**

- Hepatitis
- Inflammation of the Liver
- Alcoholic liver disease
- Fatty liver disease
- Cirrhosis
- Primary biliary cirrhosis
- Primary sclerosing cholangitis
- Genetic liver disorders

**The most common causes of liver disease may include:**

- Autoimmune issue, i.e. virus
- Alcohol poisoning
- Pharmaceutical drugs
- Chemical toxins
- Processed fats in junk food
- High-sugar foods
- Starchy carbohydrates
- Excess iron or copper, caused by genetic issues in rare cases

**Liver dysfunction or disease can cause a number of physical symptoms:**

- Anger and Emotional issues
- Digestive issues
- Imbalanced blood sugar
- Immune disorders
- Abnormal fat absorption
- Discoloured, yellowish skin and eyes
- Abdominal swelling and pain
- Itchy skin, Dark urine, Pale stools
- Bloody or tar-coloured stool
- Chronic fatigue

When the liver does not function properly, it cannot absorb fat. Malabsorption of fat will cause a number of unique symptoms that may be chronic, painful, and unpleasant—reflux, indigestion, fat-soluble vitamin deficiency, gallstones, haemorrhoids, fatty food intolerance, alcohol intolerance, abdominal bloating, constipation, nausea, and vomiting.

## THE TRUTH BEHIND LIVER DISEASE

Liver disease remains the only major cause of death that continues to increase each year in Western countries. Liver disease is considered the fifth biggest killer in England and Wales, following heart, cancer, stroke, and respiratory disease. Today, twice as many people die from liver disease, compared to 20 years ago. Liver disease is responsible for more deaths than car accidents and diabetes combined.

It cannot be emphasized enough that liver disease is largely related to lifestyle choices. In many cases, liver disease can be brought on by alcohol abuse, high level of carbs, and sugary foods and drinks. Liver disease from these causes can develop silently. However, you cannot ignore the fact that pharmaceutical medical treatment for alcohol-related liver disease is on the rise. In Scotland alone, hospital patients treated for alcohol-related liver disease have increased by 400 per cent in just over 20 years.

Beyond alcohol use and sugar abuse, Hepatitis B remains the most common and serious liver infection around the world. Hepatitis B affects more than 2 billion people globally, according to the World Health Organization. Over 350 million people suffer from chronic, lifelong Hepatitis B infection.

Hepatitis B is transmitted through blood, semen, and bodily fluids. Once the Hepatitis B virus invades the liver, it can cause widespread inflammation and infection. In some cases, Hepatitis B is acute with an infection that lasts less than six months. Recovery in this case is possible when the immune system can fight off the virus and clear it from body.

Chronic Hepatitis B can last six months or longer. If the immune system is not able to attack the virus, a Hepatitis B infection could become a permanent condition. Severe Hepatitis B without proper care can lead to liver cirrhosis and liver cancer. In many cases, chronic Hepatitis B may go undetected for decades until it causes serious liver disease.

## YOUR LIVER HEALTH IS IN YOUR HANDS

Liver disease is hard to identify until it is too late. Caring for your liver each and every day is of the utmost importance to aid in detoxification, restore health, and protect against inflammation.

The majority of cases of cirrhosis of the liver can be eliminated by addressing chronic alcohol abuse with your diet. For help with alcohol addiction, please see a professional right away. Then, liver health can be restored by following a Ketogenic diet (see [www.ReallyHealthyFoods.com](http://www.ReallyHealthyFoods.com)) and by supplementing critical nutrients.

For other diseases of the liver, like Hepatitis B, anti-inflammatory liver support is crucial. Hepatitis B can be fatal if left untreated. A healthy immune system can fend off Hepatitis B attack and prevent irreparable liver damage.

You can rehabilitate liver disease with a Keto diet with important nutrients for full or partial recovery, in many cases:

### Alpha Lipoic Acid R

Alpha Lipoic Acid R is a network antioxidant with the ability to support liver health, pancreas function, and blood sugar balance – along with renewed vision and immunity as an added bonus.

When taken with a full supplement regimen, Alpha Lipoic Acid R can improve the efficacy of other nutritional supplements.

On the road to liver recovery, examine your diet. Liver disease is triggered and exacerbated by inflammation. Eating inflammatory foods, such as starchy carbohydrates, processed snacks, and dairy products, will only make liver disease worse. Genes may contribute to a small portion of liver diseases, but lifestyle choices make matters far worse.

## Change your diet, supplement nutrients, and restore health

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### CurcuminX4000™

New research shows the effects of a pharmaceutical drug adversely affecting the liver, showed that Curcumin plays an essential role in remedying its effects. Another study indicated that curcumin has a protective effect in acetaminophen-induced liver toxicity associated with attenuation of mitochondrial dysfunction.



### SAM-e Plus+™

Has over 1000 studies. In a study in which 45 patients with alcoholic liver disease were treated with SAM-e Plus+™ for 15 days, liver function improved significantly. Besides its ability to keep the liver's antioxidant system functioning, SAM-e Plus+™ works in other important ways inc. blood and mood health.

SAM-e Plus+™ is serious medicine against liver disease and to prevent and treat liver disorders, including C.



### Prescript-Biotics™

Intestinal microbiota plays an important role in health and disease and any deficiency may result in the development of numerous liver disorders including complications of liver cirrhosis. Restoration and modulation of intestinal flora through the use of probiotics is potentially an emerging therapeutic strategy. The beneficial effect of probiotics also extends to liver function in cirrhosis, non-alcoholic fatty liver disease, and alcoholic liver disease.



## REMEMBER:

If your lifestyle has not been healthy it is worth getting your liver checked. It is a very simply blood test and anything less than perfect will need your attention with at least a diet change and supplements in more chronic cases.