

McKenzie's Food for Thought

Informed insight on the latest medical & health news & what it means for you

Your liver?

A poorly functioning liver

may not always reveal itself to your doctor during a physical examination or through blood tests collectively called liver-function tests. In fact it may take years for an unhealthy liver to manifest a disease such as hepatitis or cirrhosis. But to take an analogy – do you leave your waste food in your house until you have an infestation of rats or do you clear it out regularly? Empty the rubbish bins etc?

What kind of symptoms might warn someone that they need to detoxify their liver before disease actually sets in?

Whilst there may be many different health issues or conditions that signal potential liver problems some of the most common ones include a history of toxic substances, heavy drug and/or alcohol use, or the pre-existence of various diseases or conditions such as diabetes, high cholesterol or chronic digestive disorders.

What does the liver do? Why would it need to be cleansed? The liver sits in the upper right side of your abdomen and performs thousands of tasks vital to life. Its most valuable role is detoxifying the body after exposure to or ingestion of harmful foods, chemicals and microbes. The liver's role in detoxification is achieved through complex enzyme systems known as phase I and phase II pathways.

There are over 100,000 different toxins found in our food, water and air. The medical profession contributes its share of toxins to our bodies in the form of mercury derivatives in vaccines, liver-stressing anti-biotics, analgesics etc.

In addition to detoxification, the liver is critical for many aspects of digestion (breaking nutrients down) and assimilation (building up body tissues). It stores many essential vitamins (B₁₂, A, D, E, and K) and minerals such as iron and copper. Red blood cells, responsible for carrying oxygen around the body, are also produced in the liver. The Kupffer cells in the liver filter bacteria and small foreign proteins out of the blood and help the body

fight infections. Hormones and blood-clotting factors are also metabolized in the liver.

With its multitude of biochemical roles, it is easy to see how the liver can get into trouble either as a result of nutritional deficiencies or an overtaking of its detoxification functions.

What can you do to help your liver? Periodic liver cleansing can be of value to even the healthiest of individuals.

Diet for a Healthy Liver: While there are dozens of different liver cleansing programs, they all include basic dietary changes and some health-enhancing supplements.

Drink plenty of water (6 to 12 cups/ 1.5 to 3 litres per day) because water helps the kidneys flush out toxins. Avoid multiple vitamins containing iron and high doses of preformed vitamin A, as these too can stress an unhealthy liver. Another good reason why chlorella is such a great and useful supplement – with its detoxifying properties, drawing heavy metals from the body – all factors that stress the liver.

Regular vegetable-juice fasting with beets, celery, and carrots is ideal, but if juice fasting isn't possible for you right now, emphasize high-fibre fruits, vegetables, seeds, nuts, and legumes in your diet. Include foods that support the liver detoxification pathways. Avoid animal products (meats, fish, and all dairy products), saturated fats, refined sugar, drugs, and alcohol.

Heat It Up: Your fat and muscle cells can store up to five grams of toxic environmental chemicals, drugs, and thousands of other poisons. Collectively, these have been termed xenobiotics (chemicals foreign to the body). Some of these are toxic to the liver, the immune system, the nervous system, or the kidneys. Some xenobiotics mimic hormones like oestrogen, and some cause cancer.

These toxins eventually damage all your organs, including the liver. No diet, coffee enema, colonic irrigation, chelation therapy, nor nutritional supplement alone can clear these out of your

system. However, sauna heat mobilizes these toxins out of the fat and muscle cells into the skin, which then sweats them out of the body. To achieve an effective cleanse, combine exercise and sauna treatments (at least half an hour daily) for two weeks. This should be done under the supervision of a health-care provider familiar with detoxification.

It's a Toxic World Out There While following a very healthy diet—eating only organic foods and drinking spring water—is ideal, in the real world most of us are still exposed to thousands of chemicals and drugs in our daily lives. Our only reasonable defence is to get sufficient antioxidant vitamins, minerals, and herbs.

Liver cleansing need not be done forever, and most healthy people can do an excellent cleanse which only requires less 12 hours cleansing (lots of soft stones will be expelled – rather exciting and shocking!) For this you need to do a deep tissue cleanse (seven days and some days of preparation before the 12 hours of actual cleanse). For those suffering from hepatitis, cancer, autoimmune disease, or other serious health challenges, liver cleansing will take considerably more time, depending on the individual.

With the improved energy and health you'll gain from maintaining a healthy liver in a toxic world, you'll be really glad you read and followed the recommended cleanse in this newsletter.

Do You Need to Detoxify Your Liver?

The following signs, symptoms, and diagnoses may indicate that your health would benefit from a liver cleanse. It is not an exhaustive list though!

- acne, skin rashes, eczema, psoriasis;
- Cancer; chronic depression; chronic fatigue syndrome; chronic allergies; chronic headaches; chronic indigestion, bloating, and gas; chronic insomnia; cirrhosis of the liver; constipation; Crohn's disease or colitis
- difficulty concentrating; gallstones or gallbladder removal; heart problems; heavy metal toxicity; hepatitis; high cholesterol/high triglycerides
- liver parasites; long-term HRT; long-term use of birth-control pills or anabolic steroids
- low blood sugar (hypoglycemia); low energy; low sex drive

- migraines; multiple chemical hypersensitivity; osteoarthritis; overweight in excess of 20 lbs (9 kg) or obesity; past surgery on intestines; recreational drug and alcohol use; senility/dementia
- thyroid problems; type 1 and 2 diabetes; yeast overgrowth (candida)

Foods, Herbs, and Spices That Support Liver Detoxification

- apples; artichokes, asparagus, beets, broccoli, brown rice, brussels sprouts, cabbage, caraway seeds, carrots, dandelion greens, garlic, oat bran, onions, spinach, tomatoes, turmeric, cinnamon, licorice, walnuts

Much of the above material comes from work by Zoltan p. Rona.

The Gallbladder:

Guilty of being found at the scene of the crime it is often the victim of the surgeon's knife. It's one of the most frequently performed operations in America.

However it is not responsible for the production of gallstones. The liver is the culprit – or rather what we do to the liver. The gallbladder is merely a holding area for bile to be used in the digestion of fats and oils. But if our diets are too high in the wrong kind of oils, if we have allergies to dairy and eggs, low levels of stomach acid, too little fibre in our diets, stress, if the liver is not functioning properly etc. the problems occur. The bile produced in these circumstances in the liver (mixture of cholesterol, minerals, bile salts, pigment and lecithin) is of a type and consistency that tends to quickly harden into "stones" before it can be passed out of the gallbladder.

Removing the gallbladder does not remove the problem, it merely removes the symptoms. Yes, it's true that after gallbladder removal you're unlikely to suffer from further gallstones. But on the other hand, you've now traded one problem for two new ones:

1. Since you never corrected the underlying problem of imbalances in the liver, these problems will just continue to get worse – eventually compromising the liver itself.
2. By removing the gallbladder you also remove its regulating effect on bile. That means that bile is continually dumping into your intestinal tract when it is not needed, and is available in only minimal amounts

when it is needed. The net result is chronic digestion problems and probably long-term nutritional deficiencies.

FAR BETTER THAN REMOVING THE GALLBLADDER IS A SEASONAL LIVER/GALLBLADDER FLUSH COMBINED WITH A PERIODIC LIVER REBUILDING PROGRAMME.

REMEMBER:

Chlorella has amazing detoxifying properties and will help your liver no end. For less than 65p it a day seems a worthwhile investment. But be aware that Life-of-health chlorella is one of the only brands that has no added chemicals, is very concentrated and thus one of the best things you can do to support your liver day to day and in cleansing it out too.

Special offer: 6 pots for £150, saving £30 in total.

PARTING THOUGHTS

- Be kinder than necessary because everyone you meet is fighting some kind of battle.
- A sharp tongue can cut your own throat.
- If you want your dreams to come true, you mustn't oversleep.
- If you want your dreams to come true, you mustn't oversleep.
- The happiness of your life depends on the quality of your thoughts.
- The heaviest thing you can carry is a grudge.
- One thing you can give and still keep...is your word. You lie the loudest when you lie to yourself.
- If you lack the courage to start, you have already finished.
- One thing you can't recycle is wasted time.
- Ideas won't work unless 'You' do.
- Your mind is like a parachute...it functions only when open.
- The pursuit of happiness is the chase of a lifetime!
- It is never too late to become what you might have been.

(Source unknown – sent by email from a friend.)

FOR THE LIVER CLEANSE

PROGRAMME contact: Fiona McKenzie, L.Ib, LCH, MHMA

Office@fionamckenzie.co.uk

020 7229 6689

Special June offer:

Give yourself a gift of better **energy**, faster metabolism, greater **vitality** and **overall improved health**. Invest in staying well or getting even more healthy or just regaining health if you've lost it for now.

Book an appointment during June in order to **undertake the seven day cleanse** and get the liver cleanse teaching for **free** thus **saving £125**. If you've already done the seven day cleanse enrol for the **liver cleanse** and get it for half price, **saving £75 that way**.

Here's an example of the stones a patient recently expelled after doing the liver cleanse. If you live abroad you can learn how to do this via a phone consultation.

21st JUNE: 2.5 hours to **learn about remedies and how/why homoeopathy works**. Email: office@fionamckenzie.co.uk for further details.



"It's a very useful and stimulating few hours, really worth attending" (Mrs H. W8)

Refer a new patient to me and get a pot of chlorella for free – worth £30.