

INHEALTH NATUROPATHY

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Liver & Gall Bladder Flush

The liver has a seemingly endless list of functions, including storing and assimilating vitamins, minerals and sugars, metabolising protein, fats and carbohydrates, filtering blood to remove chemicals and other toxins, producing bile to break down fats, storing extra blood which can be released when needed, maintaining electrolyte and water balance. It also creates immune substances such as gamma globulin, and processes hormones, eliminating any excess. Basically your liver should absorb everything the body requires and eliminate everything it doesn't. As ever, the modern lifestyle can take its toll on liver health resulting in a catalogue of problems. If your liver is functioning under par, chances are so are you.

Often the reason for the liver being under par is that the gall bladder is blocked. The Liver & Gall Bladder Flush is used to stimulate the gall bladder to open and increase bile flow along with any small 'stones', tone the liver and improve hepatic and gall bladder functioning generally. The flush can also help oxygenate and thus purify the blood and lymph. The flush is recommended as treatment and prevention. You are advised to take the flush at the beginning of every season, so that's four times a year, especially for those with gastro-intestinal problems. The flush is also indicated for those with PMT and other menstrual problems, a history of constipation, high cholesterol, exposure to any chemical substances, those who have eaten or currently eat a lot of meat and dairy products. It is especially indicated for those who drink alcohol, have frequent headaches not related to muscular tension, psoriasis and other skin disorders. Emotional excesses such as depression, anger and mood swings, mouth ulcers, waking up between 1 and 3 in the morning, red eyes, a bitter taste in the mouth, gallstones and any other liver related complaints are indicative of the need to liver flush.

The flush should be taken on an empty stomach either first thing in the morning or last thing at night, as it is necessary to wait at least 1-2 hours before eating solid foods, except fruit. It is also advantageous to drink several cups of detox tea or ginger tea afterwards to ease and aid the digestion further.

Deep Liver & GB Flush

These are the ingredients of a recommended Liver Flush.

- 1 cup Apple Juice
- ¼ of lemon (peeled leaving pith)
- 1 Tbsp. Virgin Olive Oil
- 1 clove of Garlic
- Thumb nail sized piece of Fresh Ginger Root

Blend all of the ingredients in a blender, and drink in the morning before eating anything or last thing at night 2 hours after food. Wait 15 minutes and then follow with **A Vogel Milk Thistle Complex**. Start the flush by taking 1 tablespoon of olive oil and 1 clove of garlic and work up to 4 tablespoons of olive oil and 4 cloves of garlic. Also you can add extra apple juice if you wish.

If you take the flush at night it is advantageous to lie on your left side for the first half hour when you go to bed.

The liver flush should be done 6 days a week for up to 4 weeks in total.

It is also beneficial to deeply massage your liver for extra cleansing. The liver is mainly located on the right side of your body, directly under the rib cage. Massage with palm of your hand from right to left.

Tasty Liver & GB Flush

For those who find the first liver flush too difficult. This one also does not contain any garlic.

- 2 oz Orange Juice
- 2 oz Grapefruit Juice
- 2 oz Pineapple Juice
- 4 tbsp. Olive Oil

Blend in a mixer & drink, follow 15 minutes later with Detox tea.

Those with specific health problems should always seek medical advice before embarking on any health regime.