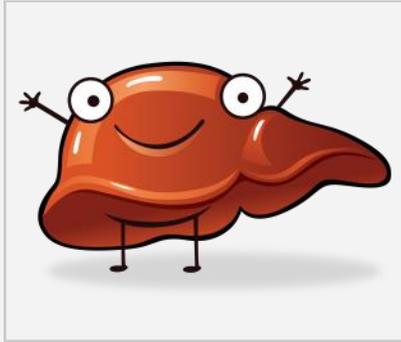




Save the Liver!



Treat your liver well and it will treat you well in return! One of our body's largest organs, it's a workhorse, designed to keep our blood cleansed of toxins and chemicals. The liver breaks down everything – good or bad – that enters your body

through air, water, food, medications or supplements. It also breaks down your hormones, helping to keep body chemistry in balance. Once the liver metabolizes these substances, it prepares them to be more easily utilized or excreted. The nutrients you consume are metabolized by the liver for energy production, hormone metabolism vitamin and mineral storage- all these actions are facilitated by the liver. Additionally, over half of the body's lymph fluid is produced in the liver. The lymphatic system collects cellular waste products for elimination. These vital functions make the liver a major organ in metabolism and detoxification.

Dysfunction of the liver can first manifest as symptoms in various body systems, including digestive, metabolic, and immune systems before the root cause is identified. A natural medicine practitioner will work with you to assess symptoms, run appropriate tests, and evaluate the overall functioning of your vital systems to determine the root cause. **Here are three diseases and dysfunctions of the liver that can affect your health:**

1) Non-Alcoholic Fatty Liver Disease (NAFLD) is a group of conditions affecting people who drink little to no alcohol but their liver cells store too much fat. This causes liver inflammation, which may progress to scarring and irreversible damage similar to the damage caused by heavy alcohol use. In the United States, it's the most common form of chronic liver disease, affecting an estimated 80 to 100 million people, typically 40 to 50 years old.

2) Cirrhosis occurs when fibrous (scar) tissue replaces healthy liver tissue, often leading to cancer, destruction of liver cells and acute liver failure. It can be caused by toxins, alcohol abuse, and hepatitis.

'Save the Liver!' is continued...

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'Save the Liver!', cont.

3) Hepatitis is commonly caused by viruses, but also by toxins or an autoimmune problem. Hepatitis causes inflammation in the liver, which can often be healed; if not addressed, it will result in liver failure.

Tips for Saving Your Liver

✔ **Eat Whole Foods.** The liver has a role in metabolizing the major nutrients you take in through diet. A whole foods diet is your best prevention against stressing your liver with too much fat, sugar, or excessive protein. Choose healthy fats, whole grains, and organic sources of fish and meat while avoiding processed and packaged foods.

✔ **Reduce Alcohol Intake.** Over time, excess consumption of alcohol causes cirrhosis of the liver. The breakdown of alcohol produces chemicals, such as free radicals, that are toxic to the liver. General health guidelines suggest moderate use of alcohol -- one drink/day for women and two drinks/day for men.

✔ **Don't Mix Drugs.** Drug interactions can have serious health consequences. This includes mixing prescription medicine, street drugs, alcohol, herbal or other natural remedies.

✔ **Airborne Chemical Exposure.** When using strong or industrial cleaning, painting or gardening chemicals, ventilate the area or wear a mask.

✔ **Protect Against Hepatitis.** Viral Hepatitis A is contracted by eating or drinking contaminated water. Hepatitis B and C are spread through blood and body fluids. To cut your risk, don't share personal hygiene items, limit the number of sex partners you have, and always use latex condoms.

[References are available as a hyperlink from the online version](#)

**"The liver, that great maroon snail:
No wave of emotion sweeps it.
Neither music nor mathematics
gives it pause in it's appointed tasks."**



~Dr. Richard Selzer

This copy of **the Vital Scoop** provided to you by:



Cauliflower

Cauliflower is an amazing health veggie! It has so many benefits - Here are just a couple. It is an anti-inflammatory that may operate at a genetic level to help prevent any inflammatory responses by your body at its foundation. It is also rich in vitamins and minerals and a great detoxing support, and this is where it ties in with liver health. Cauliflower helps your body detox by containing antioxidants. Natural components called **glucosinolates** activate detoxification of enzymes within the body.



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Cooking With Cauliflower

Cauliflower Steaks with Cumin, Ginger & Turmeric

Ingredients:

- ✓ 1 large head of cauliflower
- ✓ Salt and Pepper
- ✓ 2 TBSP of olive oil, divided
- ✓ 1 Tsp freshly grated ginger
- ✓ 1 Tsp ground cumin
- ✓ 1/2 Tsp ground turmeric
- ✓ Small handful of cilantro, chopped

Preparation:

1. Preheat the oven to 400°F. Remove leaves and trim the stem end of the cauliflower, leaving the core intact. Using a large knife, cut the cauliflower from top to base into three 3/4-inch-thick "steaks." Season each steak with salt and pepper on both sides. (Reserve any loose florets for another use.)
2. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Sear the cauliflower steaks until golden brown - about 2 minutes on each side. Gently transfer the steaks to a baking sheet.

'Cooking With Cauliflower' is continued...

Cooking With Cauliflower, cont.

3. Whisk together the remaining 1 tablespoon of olive oil, ginger, cumin, and turmeric. Brush or spoon the mixture onto the cauliflower steaks.
4. Roast in the oven until tender, about 15 minutes. Garnish with cilantro and serve.

Recipe from thekitchn.com by Emily Han

Detox Your Liver with A Castor Oil Pack

Castor oil's healing abilities are derived from its high concentration of unsaturated fatty acids, especially ricinoleic acid. It works by way of absorption through the skin and into lymphatic circulation where it stimulates flow of lymph fluid and helps draw out waste products from the cells of the body. This enhances the body's natural detoxification process, while supporting immune system function. Critical Information: Don't use the seed itself -- it can be deadly and is never used medicinally. Also, ingesting castor oil can cause serious health issues including severe diarrhea.

Always use castor oil topically. A pack is an excellent approach and there are many ways to prepare one. Some methods are more suitable than others for particular



needs. For example, for some health conditions, the pack is used with heat; for others, without heat. Castor oil packs are not recommended for women who are pregnant and should not be used by anyone who has recently undergone surgery. Before following random instructions found on the Internet for making a castor oil pack, consult with your natural health practitioner to determine which method is best for your health needs.

COLD LASER
Fast, Effective, Proven HEALING
PAIN RELIEF *without needles or drugs*

