

Suggestions for Liver Problems

Indications – allergies, stiff neck, malnutrition, malabsorption, diarrhea, upset stomach, jaundice, liver spots, puffy face, hemorrhoids, chronic throat problems, alcohol abuse, fever, weakness, nausea, headache, appetite loss, muscle aches, joint pain, dark urine, light colored stools, fatigue, gallstones, pain in liver area, poor fat metabolism, cellulite

Causes – viral contamination, excessive alcohol consumption, drug abuse (even some OTC remedies such as acetaminophen), toxic chemical exposure

Good Foods – fresh lemon juice in hot water, 2 quarts of fresh lime water or spring water daily, vegetable and vegetable juices, salads, quinoa, millet, buckwheat, raw fruits, artichokes, green drinks, wheat grass juice, garlic, bananas, kelp, molasses, nuts and seeds, ginger, cloves,

Harmful Foods – Sugar in any form, caffeine, alcohol, concentrated animal protein, eggs, dairy products, fats, raw fish and shellfish, rancid oils, cod liver oil

Alternative treatment for liver complications – Alpha lipoic acid 300 mg 1 cap 2 times per day, free form amino acid complex, Glutathione 500 mg twice daily on empty stomach, L- arganine L-cysteine L- methionine 500 mg twice daily on empty stomach, raw or dessicated liver extract, SAmE 600 mg/day, milk thistle 400 mg 3 times/daily, burdock, dandelion, red clover, yellow dock, schizandra herb, pantothenic acid (B-5), evening primrose oil, beta carotene 25,000-50,000 IU daily, licorice (don't use with high blood pressure), Omega 3 oils

Homeopathy – Natrum Sulphuricum, Bryonia

Emotion linked to liver – Anger, rage, or suppressed anger

Liver cleanse – Before cleansing the liver, it is important to first cleanse the colon, the kidneys and do a parasite cleanse. This is in order to allow the liver to handle the toxins released during the liver cleanse. If you have had chemotherapy, you should only do a very slow liver cleanse using gentle herbs such as those mentioned in the alternative treatment section above. It is important to have at least one bowel movement per day before starting the liver cleanse

For 2 days, eat nothing but stewed tomatoes and drink tomato juice. At the end of the second day combine and drink 3 oz. olive oil, 2 oz. castor oil and 3 oz. whipping cream. Go directly to bed. At 3 or 4 a.m. nature will call. In the morning, have a good breakfast.

The intent of this document is to support Nu|Vision users. It is not intended to diagnose, treat, cure or prevent any medical, psychological or nutritional condition, disease or disorder.