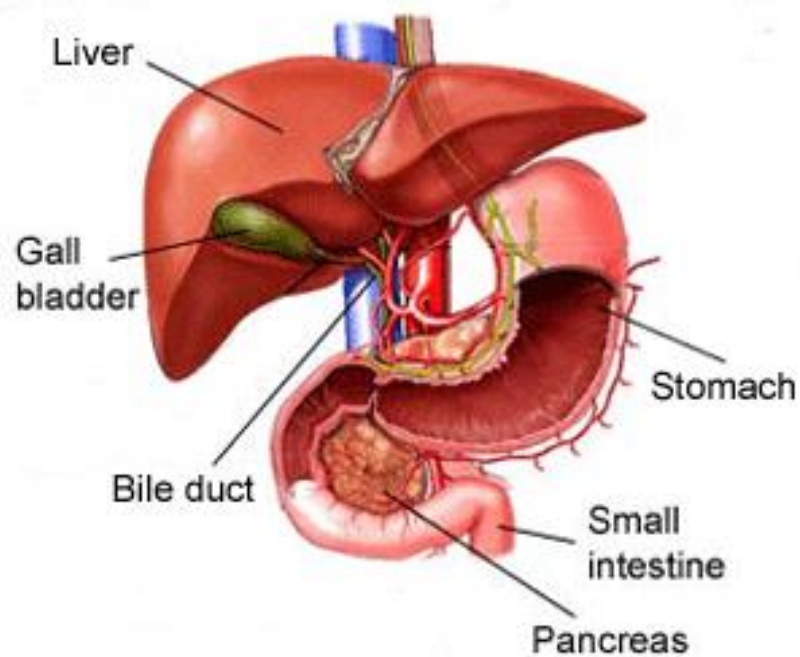


It's Your Liver – Look After It



ThePeterBrownClinic



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Data Sheet .3. - Liver Cleanse Drink (Purge).

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Data Sheet .1. – The Liver Function



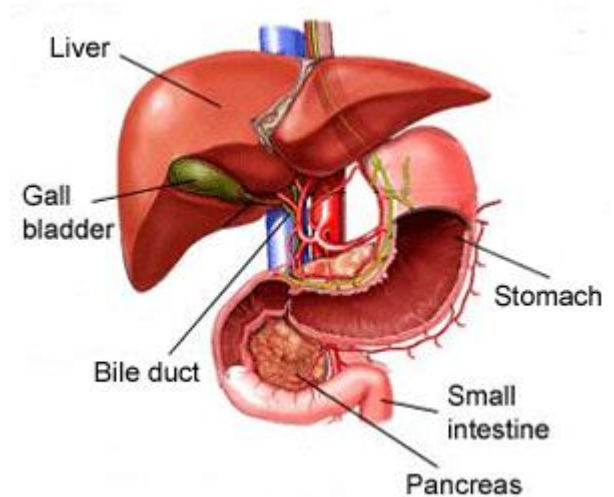
Weighing in at around three pounds, the **liver functions** as a unique organ with many crucial roles to sustaining life. From circulation to digestion, the liver continuously processes the blood used by the rest of the body.

Our largest organ, the liver works to keep us healthy. It converts food into substances needed for life and growth, storing glycogen (a blood-sugar regulator), amino acids, protein, and fat. It also makes the enzymes and bile that help to digest food.

In addition, the liver neutralizes harmful toxins and wastes, so it is at great risk of contamination from environmental toxins and those contained in over-processed foods.

Over 500 liver functions, including:

- Assimilating and storing fat-soluble vitamins
- Creating bile
- Filtering blood
- Metabolizing fats, proteins, and carbohydrates
- Metabolizing hormones, internally-produced wastes, and foreign chemicals
- Producing urea (a primary waste product, flushed from the body in urine)
- Purifying and clearing waste products, toxins, and drugs
- Regulating and secreting substances important to maintaining body functions and health
- Storing important nutrients (such as glycogen glucose), vitamins, and minerals
- Synthesizing blood proteins



While the liver is capable of regenerating itself, its capacity to repair itself can be seriously impaired by repeated or extensive damage.

What Liver Symptoms Do You Have?

- 1) Right shoulder stiffness, tightness or soreness?
- 2) Irritable or stressed?
- 3) Fuzzy or foggy vision?
- 4) Headaches?
- 5) Poor concentration or focus?
- 6) Itchy, irritated, red or dry eyes?
- 7) Insomnia, restless or rough sleep?
- 8) Fed up with people or have little patience with them?

- 9) Dry, bad, itchy, burning or irritated skin?
- 10) A constant itch that never goes away?
- 11) Muddled or muddy thinking?
- 12) Overwhelming moods or emotions?
- 13) Wound up and ready to explode?
- 14) Gallbladder flare ups or issues?
- 15) Use or crave alcohol or spirits?
- 16) Nose, sinus or chest congestion?
- 17) Acne, boils, rashes or breakouts?
- 18) Bothered by answering these questions?

Any Disease

Data Sheet .2. – Liver Toxicity & Congestion



Supporting your liver may just be the missing key to your optimum health! This diverse organ has well over three hundred different functions! It is the first line of defence against any poisons – its role is to change harmful toxins into substances that can be safely eliminated from the body. In addition, all the nourishment obtained through the gastrointestinal tract enters the blood by way of the liver.

The liver secretes vital digestive juices that help properly digest food and cleanse the blood. Pesticides, polluted air, water and soil are inhaled or absorbed daily. Our exposure to toxins is increased by our use of steroids, medications, smoking, over-indulgence of alcohol, poor food choices, and not drinking enough fresh clean water.

With the help of our liver we naturally expel the metabolic by-products and toxins produced from the regular functioning and metabolism of our bodies.

The liver also has a profound effect on the hormonal system, helping to regulate and balance hormonal activity to ensure the proper functioning of our neurological system.

With the prevalence of refined foods, nutrient deficient, depleted foods and the environmental pollution of our air and water, our liver is working harder than ever to detoxify our body and regulate healthy metabolic activity. Some symptoms of an undernourished and toxic overloaded liver include:

- Poor digestion
- Allergies
- Nausea
- Headaches
- Weak tendons, ligaments
- Weak muscles
- Fatigue
- Depression
- PMS
- Jaundice
- Emotional excess & mood swings
- Drowsiness after eating
- Gallbladder disease
- Difficulty losing weight
- Skin rashes, acne.
- Hormonal imbalances

Our Poor lifestyles and food choices, over consumption of alcohol, inadequate water intake, high saturated fat intake, also cause additional issues for the liver. **The hundreds of bile ducts within the liver begin to become congested with fatty deposits and cholesterol. A very common symptom of this is an adversity to eating fats or poor fat digestion.** The bowel movements may at times be loose and acidic in odour as a result of inadequate bile production that is required to neutralize the stomachs hydrochloric acid. The tongue may also have a yellow coating. Tenderness may be felt just beneath the right rib cage. Some if not all of the above symptoms will be present. A Normal Liver Function test does not mean there is not an issue. Be Warned!

The herb – “Milk Thistle” is indicated immediately for this issue, use it and do not stop until advised to do so. Diet should also be adjusted to be predominantly plant and protein based. No alcohol. Herbal teas with adequate water intake. High fibre, high plant content, little protein with each meal.

Cleansing and purging the liver is also imperative, a separate data sheet is supplied to outline the herbs, ingredients and method to be adopted.

Data Sheet .3. – Liver Cleanse Drink(Purge)



You have been given this procedure to use in conjunction with the herb “ Milk Thistle”. Follow this procedure for **TEN consecutive days** 10 ON 10 OFF ETC. Continue taking Milk Thistle when doing this procedure. Do this for at least three months. Then we can review progress.

You will need:

- 1 Empty **Jam Jar or drinks container** with a lid to mix and shake the drink in. (blender if adding garlic)
- 2 One bottle of raw **unpasteurised apple cider vinegar with mother** (Bragg – is a brand widely available on the internet) – this is composed mostly of acetic acid, and acetic acid has been shown to have the ability to protect our liver cells; research is studying its effect on liver tumours. These trials are still taking place in animal studies, but are showing promising results with minimal side effects.
- 3 **Organic lemon Juice** or the juice from freshly squeezed lemons.
- 4 Cold pressed **olive oil**.
- 5 **1 bottle of 100% Pure Organic–Lemon Essential Oil (10ml)** - this encourages bile secretion. • Antibacterial qualities of Lemon Oil also benefit the liver • Aids liver function. • Boosts metabolism. • Helps decongest a toxic liver. • Alleviates conditions often associated with an overworked liver, such as nausea, headaches, irritability, and insomnia. • Reduces toxin build up in fat cells. • Supports bile flow. • Supports the body as a tonic, effective in ridding the body of phlegm and congestion. • Assists in weight reduction and stimulates the lymphatic system.
- 6 **1 Bottle of 100% Pure Organic– Peppermint Essential Oil (10ml)** – this helps clear the liver from drugs. • Stimulating properties of Peppermint assist other oils in being more effective. • Helpful with allergies and hay fever. • Detoxifying; activates lymph flow and drainage. • Assists in overcoming digestive upsets, flatulence, nausea and vomiting.
- 7 Carton of **apple juice** – your choice, but a good quality one.
- 8 One clove of **GARLIC** (Optional BUT ADVISED)

Directions: (In the morning on an empty stomach)

am. FIRST THING IN THE MORNING - To the jam jar or blender(if using garlic) add: 2 table spoons of cider vinegar, 2 table spoons of lemon juice, 2 table spoons of olive oil, 2 **DROPS** of lemon essential oil, 2 **DROPS** of peppermint essential oil. Top up to about 8 to 10 fl oz with apple juice, shake well OR BLEND and drink.

Wait one hour before consuming breakfast

REPEAT FOR TEN CONSECUTIVE DAYS.

IMPORTANT – NEVER USE ESSENTIAL OILS FOR INTENAL USE UNLESS ADVISED IT IS SAFE TO DO SO!

Data Sheet .4. – Colonics & Coffee Enema's



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To understand the association between Bowel function and Liver function is at times fundamental in regaining ones lost vitality. The livers many functions may have been highlighted in Data Sheets .1. and .2. if you have had a general consultation.

Understanding the effects of sluggish digestive transit, constipation and how the liver and bowel must work in unison to eliminate toxins, cholesterol and excess hormones is crucial to regaining vitality. The liver produces bile that is also stored in the Gall Bladder in case it is needed to digest excessive fatty meals. The bile also carries toxic by-products, hormones and cholesterol that the body needs to eliminate. The bile is carried from the Liver and Gall Bladder via a common bile duct into the duodenum (1st part of small intestine). The bowel then takes over the elimination process. If the bowel movement is sluggish or you are constipated then some of these toxins and other unwanted nasties get re-absorbed via the digestive process back into the blood stream. This is known as auto-intoxication within the “Naturapathic” community.

How often should we open our bowels? Good question – well if we consume three to four meals per day, then in an ideal world we should open our bowels at least twice per day. However, just maintaining or regaining one bowel movement per day for people who are constipated will have a positive effect on general well being and lost vitality.

So the connection between liver and bowel is now established and these are the reasons many natural health practitioners focus on these two issues. If we are constipated then the burden on the liver increases, if our liver is the main cause of issue then bile flow may be impeded also.

Benefits of Colon Hydrotherapy include:

Hydration of Colon and body.

Removal of waste from colon.

Relief from diarrhoea, spastic colon, IBS, bloating and constipation.

Improve peristalsis of the colon.

Improve nutrient absorption.

Aids in detoxification.

Help relieve skin complaints such as acne and psoriasis.

Aids weight loss by correcting bacterial imbalances of the colon

Strengthens immune system by correcting bacterial imbalances of the colon

Can trigger emotional releases, aiding in stress management programmes such as Emotional Freedom Techniques (EFT).

p.t.o

The Coffee Enema

The coffee enema is regarded as the royal treatment for liver toxicity. Coffee greatly enhances the effectiveness of the colonic in removing circulating toxins and partial metabolites. When used in a retention enema (retain for at least 12 minutes), it dilates the bile ducts in the liver, causing the liver to release bile. In addition some fluids are absorbed through the bowel wall during the colonic, diluting the hemorrhoidal and then the portal blood which goes into the liver and dilutes the bile, causing the bile to flow more readily.



Considerable research also shows that the substances found in coffee – kahweol and cafestol palmitate promote the activity of the enzyme systems within the liver, glutathione -s-transferase, which is capable of removing free radicals from the blood stream. When the coffee enema is retained the liver filters the blood of the entire body every three to four minutes, hence blood also is cleansed of free radicals via the use of coffee enema's.

In addition, the water in the colon stimulates what is called the visceral nervous system. This nervous system orchestrates peristalsis, the force that moves material through the intestines. By stimulating peristalsis a person can achieve, with the support of correct diet and lifestyle and probiotics a return to a regular healthy bowel movement.

The addition of herbal extracts or tinctures to the enema also may be recommended:

Red Clover- is a powerful blood purifier, calms the nervous system and cleanses the lymphatic system. 30 drops of tincture may be added to the hot coffee preparation.

Milk Thistle – already mentioned in Data Sheet .2. can also be added to the coffee preparation. Milk thistle is the “royal herb” for liver support, protection and detoxification.

Enema's can be taken at home – if you wish to be shown how to prepare and administer then please ask.

The coffee enema achieves its best results when the digestive tract is empty, we need to eliminate the bile to get toxins clear of the digestive tract. This cannot be achieved if food is in its way. Therefore, best results are achieved, when food has been abstained from for 12 hours or more, and the enema is incorporated into a full colonic treatment. Taken in the morning. **However, if this is not practical, positive results will still be achieved if taken to the end of a colonic treatment taken at any time.**

BOOK A COLONIC AND COFFEE ENEMA @ The Peter Brown Clinic