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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Is Your Liver Working Like It Should?

By Rudy Silva

So many people that are concerned with improving their health over look the health of their liver.

The liver is called LIVE –R for a reason. The reason is the liver is involved with digestion and assimilation. It processes nutrients to give life to your body, to repair diseased and damaged tissue. It removes toxins and eliminates pathogen from getting into the blood that flow to all of your body cells.

Over 27,000 people every year die from chronic liver diseases and Cirrhosis. People with diabetes have a high number of deaths from liver deterioration. Over 60,000 people die from liver failure. It is estimated that 9,000 die from Chronic Hepatitis C and over 12,000 from liver cancer. Over 25 million people create some form of liver and gallbladder disease every year.

Liver disease is the Seventh killer of American people.

Don't dismiss the health of your liver as you layout your plans to improve your health. Most people have some from of liver weakness and don't even know it until it too late. Why not learn what you can do to treat your liver right so it can give you good LIFE.

Here is a list of symptoms that you will have when your liver is not working like it should.

- * Frequent headache not related to stress, eyestrain, or shoulder muscle tension
- * Frequent menstrual problems
- * Blurry vision or red eyes
- * Constant bitter taste in mouth
- * Excessive anger, depression or moodiness
- * Tenderness in the liver area – just under your right rib cage

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* Acne, psoriasis, eczema, rashes, and other skin problems

* Weakness in your muscles and joint areas

Any one of these symptoms can be an indication that you have liver weakness. If you have two – three of them for sure you have some liver weakness.

So what can you do if you feel that you have some liver weakness?

The first area to work on is to examine the types of fats and oils you eat and make the changes that will give you better liver health.

Saturated fats, such as found in butter, meat, lard, and other oils are highly susceptible to oxygen damage through the process called oxidation. When these fats are oxidized they become rancid and

form free radicals.

But Saturated fats are not the only fats that can be oxidized. Even unsaturated fats, the good oils, can be oxidized. Still it is better to eat most of our fats unsaturated since saturated fats are associated with heart conditions.

All fats can become oxidized outside the body by using them to fry your food or inside your body through the natural oxidation processes.

Liver cells are highly susceptible to free radicals. These free radicals are destructive to liver cell walls and weaken the health of the liver over time.

Also, Scientists have found that 17% of the oxygen you breathe and have available in your body becomes a free radical. These free radicals, again, attack and destroy liver cells.

To counter eating free radicals and the free radicals that are created in your body, you need to take anti-oxidant supplements and eat fruits and vegetables. The yellow and red colored fruits and vegetables are the highest in anti-oxidants. Of course it is best to also limit eating fried food and not use oils that have been sitting around to long.

Rudy Silva is a Natural Nutritionist. To get the latest information and tips on liver health go to:

<http://www.liverdamageprevention.for—you.com>

Hepatitis C Virus Lives In Your Liver

By News Canada

(NC)–Your liver works 24 hours a day, performing over 500 vital functions for your body. Most of the

Is Your Liver Working Like It Should?

blood that returns to your heart passes through the liver. Your body can't function without it.

The hepatitis C virus lives in your liver. It inflames liver cells, which, over time, affects the way your liver functions. The effect of the hepatitis C virus varies from person to person. There is no way to predict how your body will react to it. There are, however, some things that are known:

You can live with hepatitis C for many years without experiencing any major symptoms, or you might simply feel tired. Symptoms can come and go over time. Their presence or absence does not tell you the degree to which liver damage may or may not be occurring.

Chronic, long-term inflammation of the liver can cause liver cell damage and result in fibrosis (liver scarring), or even cirrhosis. This damage can occur in as little as five years, or as long as 30 years.

About 20% of chronic hepatitis patients develop cirrhosis within 10 to 20 years.

Use of recreational drugs or alcohol can speed up inflammation and the development of fibrosis or cirrhosis.

There is an increased risk of liver cancer in people with cirrhosis.

The good news is that current drug treatments can be very effective for people with hepatitis C. Combined with proper nutrition, plenty of rest, and avoidance of recreational drugs and alcohol, these treatments help many who have the virus lead relatively healthy lives.

If you think you may be at risk of getting hepatitis C, see your doctor. The virus can be detected by a simple blood test. For more information on how to keep your liver happy and healthy, visit Health Canada's Web site at

www.healthcanada.ca/hepc

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