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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!

Liver Foods That Make Your Liver Stronger and Useful

By Rudy Silva

Most people don't think about what foods are good for keeping their liver strong. But, if you have been discovering and using a diet that is good for your overall health, then, most likely you are helping your liver.

So here again is a list of healthy eating that will result in a strong useful liver.

Oils – use mostly olive oil for your food preparation. This oil can be heated to a relative medium level without causing free radicals. Use flax seed oil or fish oil every day.

Avoid margarine or any other artificial butter since their processing creates chemicals the liver cannot recognize as food. Use Ghee, which doesn't require refrigeration, or raw butter,

Sunflower, safflower, and other seed oils should be kept in the refrigerator to keep them from becoming rancid.

When you eat too much fat, the fat accumulates in the liver. The liver is responsible for breaking down the fat and using it for energy. Accumulated fat in the liver can become rancid producing free radicals that damage liver cells.

Food – try to buy and eat good organic food. Food that has been sprayed with pesticides is difficult to clean and these chemicals will get into your body as free radicals.

Protein – Cut down on the amount of protein that you eat. Most of us only need about 2–3 ounces of protein, but if you do physical labor you need plenty more. The problem with more is some of this protein may not completely digest in our stomach and move into the colon. There this undigested protein is decomposed by bad bacteria creating toxic matter. These toxins can be absorbed into the blood and cause the liver extra work in detoxifying them.

Sulfur Foods – Since the liver produces enzymes, which are used in every body chemical reaction, you can support this activity by eating foods such as Brussels sprouts, broccoli cabbage, seeds and nuts.

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Vitamins – minerals – nutrients – The liver, just like all parts of the body, needs vitamins and minerals. Get these from fruits and vegetables or even fruit and vegetable juices. Ionic minerals, easily absorbed, can be purchased in bottles from WaterOZ and other brands. These ionic minerals can then be easily added to your juices without adding any unusual taste.

Sugar – Limit, reduce or eliminate the use of sugar since it interferes with enzyme activity throughout your body. Use fruits, whole grains, barley malt, rice syrup, dates, dried fruit, and honey

Lecithin – use lecithin every day for the Phosphatidyl choline, PC that it provides. PC helps build the liver cell membranes creating a healthier liver. Use lecithin in granules by adding them to salads and other liquid food preparations including smoothies.

There you have it, a small list of foods to eat to help your liver give you long life. Most likely you are

already eating some of these foods and if so, then, it will be easy to add just one more good healthy eating habit.

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

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

What Unsuspecting Organ Causes Common Illness Symptoms?

By Joe Rote

It is very likely that you have experienced one or more of the symptoms of a liver that is not working at peak performance.

Such as:

Abdominal swelling(bloating), Allergies, Constipation, Dark urine, Digestive problems, Dry skin, High cholesterol, Fatigue, Headaches, High blood pressure, Joint pain Light-colored stools, Loss of appetite, Loss of libido, Itching, Nausea, Neck or back tightness

The liver is the second largest organ in the body, and is located in the lower part of the rib-cage. It has multi functions such as aiding digestion, producing bile, regulating blood sugar, storing excess sugar, clearing the blood of bacteria, other organisms and ingested toxins. It also produces many proteins, stores many vitamins, and has the unique ability to repair and re-grow after it is damaged. Chinese medicine sees a healthy liver as the most critical organ in the body's ability to fight disease and help it to function properly.

These and many other common symptoms are often experienced, and yet people and many doctors simply try to treat the individual symptoms without any thought of a liver that is not at peak function.

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Liver function does not significantly decrease with age unless the liver becomes diseased

Serious liver diseases such as Advanced Liver Cirrhosis, Hepatitis A, B and C etc, should be dealt with by the medical professionals.

This article is meant to call attention to the importance of the liver, and the fact that things like pollution, fast foods (avoid deep-fried and fatty foods), drugs, alcohol, and poor lifestyles all contribute to sluggish livers and produce symptoms that are so common to other causes, that the real problem is missed.

You can help to keep your liver healthy by limiting alcohol and tobacco use, check any medicines you take for warnings of side effects that interact with liver function, try to avoid chemicals like pesticides, and air and water pollutants.

In the distant past people used to take "liver tonics" to treat feelings of bloating, nausea, lack of energy and general discomfort with good results. The new natural herbal remedy approach to liver dysfunction provides a good chance of keeping this vital organ healthy and functioning well.

Joe Rote has spent 18 years in the health field, and is the webmaster of

<http://www.aalinfo.com>

that

will point you to high quality information, and natural herbal remedies that are produced under pharmaceutical conditions to ensure the highest degree of potency and consistency. Copyright 2006 Joe Rote.



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