

Your health is directly connected to your liver. So if you see visible signs of liver damage, you have already created significant issues and need to take immediate action to start healing this highly important organ. Let's see how your liver shapes up, and what you can do about it.

## Understand your liver

The liver is your largest interior organ and is primarily responsible for keeping our bloodstream free of toxic poisons. If it was allowed to fully complete this mission, we could live forever! Not only is it a large filter, but it also plays a key role in digestion, the formation of blood, and defending our bodies against infection.

In fact, during digestion your liver secretes bile into our small intestine in order to lubricate our intestinal walls. This bile regulates our amount of friendly bacteria, destroys unwanted organisms, and stimulates peristaltic activity to help move fecal matter through and out of our body.

When the liver is weak or congested, it's ability to neutralize toxic substances becomes hampered, and toxic bile becomes secreted which moves through your small intestine creating inflammation, and what is often known as 'leaky gut'.

For these reasons, and several others, your liver health is paramount in achieving true health due to it's connection to all these factors. It must be healed in order for your digestion, immune system, and over all well being to be at ideal levels. Healing the body is impossible without taking care of this vital organ.

## Signs of liver damage

The difficulty with the liver is that it doesn't 'cry out in pain'. You can do serious damage to it and never experience symptoms you would connect or directly relate to a congested liver. However, there are many signs such as several deep lines or puffiness between the eyebrows, and being unable to tolerate the cold in winter. On the flip side, if your liver is overactive, you may also feel feverish and find summer months very uncomfortable.

Other symptoms and signs of liver damage include:

Anemia

Hemorrhoids

Dark urine

Small red 'spots' the size of a pinhead that come and go in various parts on the body

Skin problems such as eczema, acne, hives, itching, rashes. Skin may have dark pigmentation or spots on face, back of hands, forehead, or around the nose.

Jaundice (yellowing of skin)

Eye problems (sensitivity to light, moving spots, double vision)

Whites of eyes become yellow

Mineral deficiency

Hormonal imbalances in women creating malfunctions in conception and loss of sex drive

Hormonal imbalances in men which may produce feminine qualities

Loss of weight

Obesity

Sinus and tonsil issues

Alternating constipation and diarrhea

Headaches, dizziness, and shivering

Sensitivity to chemicals and smells

Loss of appetite

Eating disorders

Diabetes

Hepatitis

Cirrhosis

Since an impaired liver can not process toxins, even the brain and central nervous system are

affected. This can cause depression, daydreaming, an inability to concentrate and remember things, and more severe things like mental outbursts.

## How does liver damage occur?

Since our liver is a large filter, everything we take must pass through it.

It stores all the remains of drugs, vaccines, birth control, and prescriptions we have taken throughout our entire lifetime.

Excessive alcohol consumption.

The fats from dairy and fried foods, as well as flour products, weaken the liver.

Improper food combining.

Filling your stomach past 80% full slows down your liver function so that it becomes inefficient.

Chronic and/or acute exposure to synthetic materials and chemicals.

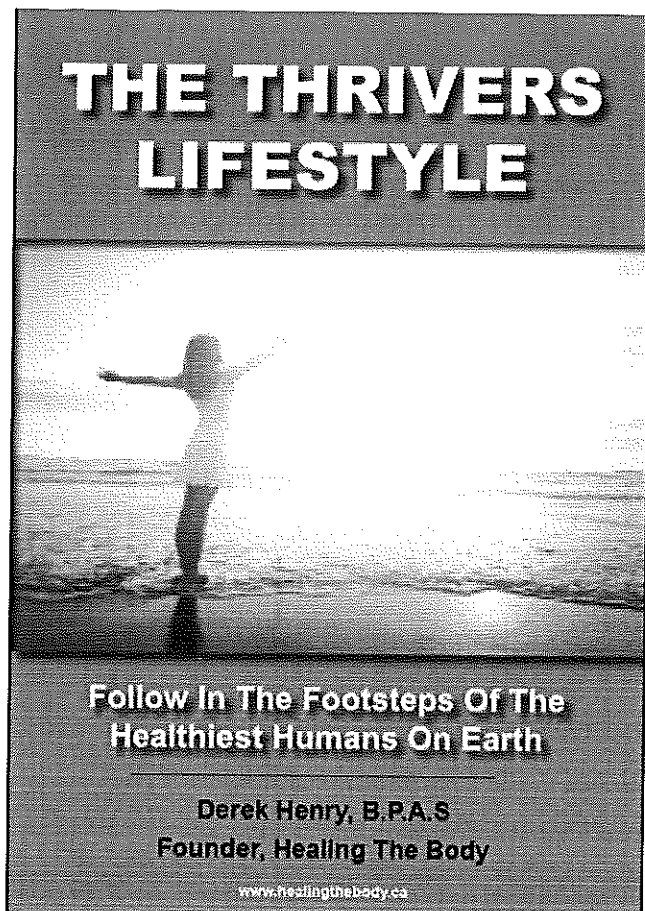
Lack of sleep and fatigue will also weaken the liver. This is a vicious cycle because as the liver weakens it becomes more difficult to sleep. If you find you are sleepy after eating, and/or feel wide awake at 1 or 2 am, you may have sustained liver damage. You may also tend to worry at that time or have negative thoughts.

If you have liver damage, you may also want to be sure that you don't have gut problems (particularly Candida, which is quite probable), which only exacerbates the damage.

It should also be noted to pregnant or nursing women that more and more newborns are having damaged livers as a result of mothers poor eating habits. The liver of the fetus intercepts everything the mother eats and changes it into something useful, or something that will clog its tiny new organ.

## Healing the liver from inflicted damage

Simply stated, we need to stop overworking it by changing the way we eat if we want to heal our liver. In addition to that, we must work on cleaning up the colon and encouraging the liver to heal through herbs (like milk thistle, artichoke leaf, dandelion leaf) and high quality LIVE probiotics.



Exercise is a daily must (walking, yoga, rebounding), as well as resting more (but not immediately after meals). The emotion of anger is also connected to the liver so do not hold in your anger, or relive or feel any anger towards any situation. As you cleanse your liver, you may feel uncontrollably angry and irritated at everything.

You will need to rest your digestive tract by eating lightly, and making your meals small, vegetarian, and alkaline so that there is very little energy required for the act of digestion. If you happen to lose your appetite, drink lemon water and take vegetable broths with a sea vegetable base. It may also be a great time for juicing with green vegetables as the primary source. This will have a significant healing effect on the body.

The liver also loves antioxidants to help it do its work, and for that you can't do much better than Hawaiian Astaxanthin and Turmeric Gold.

You can also consider coffee enemas, which can quickly initiate a "toxic dump" and take some burden off this vital organ right away.

Most importantly, an impaired liver WILL require a transition to a fully holistic lifestyle in order to heal properly. You can get that life-saving information in the THRIVE online health program.

