



Defending the Liver

THAT DEFENDS YOU

Liver diseases are the third most common cause of death in Americans during their most productive years and the seventh most frequent disease-related cause of death in the United States overall.

by Gina Ladinsky

The liver is a chemical filter that is responsible for the detoxification of drugs, poisons, and alcohol. Everything you eat, drink, breathe, and absorb through your skin eventually reaches your liver. Not just a filter, the liver is truly a chemical factory that makes cholesterol, stores energy for muscles, maintains blood sugar levels, and regulates hormones. It is also responsible for the production of blood-clotting factors, blood, proteins, bile and many enzymes. Although intake of some toxins, such as alcohol and medications, is controllable, exposure to air pollution or pesticide residue via produce cannot always be avoided. The liver may be resilient, but it is not indestructible. And because the liver is such a critical organ to one's overall health, taking measures to support liver health should be a priority for every adult. These "measures" need not be complicated. One can begin with something as simple as a gentle cleanse using a safe, quality herbal supplement specifically designed to support healthy liver function, and making simple lifestyle changes to ease the liver's burden. But first, let's look more closely at how exactly your liver works for you.

LIVER BASICS

The liver is a cone-shaped organ found in the upper right abdomen, under the diaphragm and above the stomach. Most of the liver's blood comes from the portal vein, which carries nutrients and toxins from your digestive system. The rest comes from the hepatic artery, which supplies oxygen-rich blood from your heart. The liver breaks down nutrients from food and sends them throughout the bloodstream. The liver also breaks down toxins into by-products that can be eliminated. Toxic by-products are carried away in bile that flows through the gall bladder to the intestines.

Besides being a "traffic cop" with the ability to discern between toxins and nutrients, the liver provides your body with the ability to lead a normal, healthy life by regulating how much sugar, protein and fat enter your bloodstream. It also provides immune factors and globin, part of the oxygen-carrying hemoglobin in blood. Carbohydrates, or sugars, are stored as glycogen in the liver and are released as energy between meals or when the body demands more energy during exercise. Without this regulation, we would need to eat all the time. Although the liver is constantly bombarded with toxins, it has an amazing capacity for regeneration. It can regrow damaged cells, and healthy cells are able to take over the function of the damaged cells indefinitely or until the damaged cells are repaired.

LiverX—AN ADDED MEASURE OF LIVER HEALTH SUPPORT

Even with the best intentions, it's impossible to avoid contact with toxins, whether they come from food, the environment, or bad habits. That's why taking a natural supplement specifically formulated for liver health can make a world of difference. LiverX™ by Metabolic Response Modifiers (MRM) is certainly one that will help offset some of the taxing effects twenty-first century life has on your liver's vitality and strength. In addition to containing a combination of effective, natural ingredients, their unique extract of BioSorb™ silymarin is particularly impressive because it is highly absorbable—about five times that of other extracts. Silymarin is derived from milk thistle and acts as an antioxidant that, according to MRM, protects the liver from harmful free radicals (oxidants) that can damage it. Milk thistle has been used for the past 2,000 years, from ancient Greek healers to modern European physicians. Dioscorides (40-90 AD) reported that a tea made with milk thistle would cure poisonous snake bites, and the famous English herbalist John Gerard (1545-1612) recommended it for melancholy, believed to be related to liver disease. Maybe that's why American physicians are also taking a look at the effects of silymarin. On December 4, 2000, the Agency for Healthcare Research Quality (AHRQ) published a report about 16 studies evaluating milk thistle in liver disease. The results of the studies varied from "significant improvement in the treatment group" to "survival improved in the treated group." The AHRQ report also recommends more study on the potential

use of milk thistle for acute toxin ingestion, including mushroom poisoning and acetaminophen overdosage.

BIOSORB SILYMARIN—A SUPERIOR MILK THISTLE EXTRACT

MRM reports that although silymarin has been shown to counteract harmful toxins that would otherwise accumulate in the liver, not all silymarin extracts are absorbed at the same rate. During early pilot work, MRM's developmental and research alliance has demonstrated that specially treated BioSorb silymarin is absorbed into the bloodstream much more effectively, where it acts as an antioxidant.

In addition to BioSorb silymarin, LiverX also contains alpha-lipoic acid—a fatty acid that helps to regenerate the antioxidants vitamin E, vitamin C, and glutathione (GSH). GSH is an extremely important antioxidant that rids the liver of toxins and helps to enable white blood cells to work at their full potential, supporting the immune response. That is why LiverX also contains N-acetylcysteine (NAC), which helps in the synthesis of GSH. LiverX also incorporates the wisdom of Ayurvedic medicine, the traditional Hindu system of healing, with the inclusion of the herbs *Picrorhiza kurroa* and *Andrographis paniculata*—both known for their liver-supportive properties.

There's nothing that can take the place of simple precautions, such as proper diet and exercise, limiting alcohol intake, avoiding medications that can cause liver damage, and avoiding exposure to environmental toxins, to maintain a smooth-functioning liver. But to enjoy vibrant health, nothing will pay off more handsomely than taking extra good care of your liver with added support. MRM's LiverX will help boost your liver's antioxidant healing powers, help your liver maintain a healthy balance of toxin- and nutrient-filtering, and aid production of all the wonderful chemicals a healthy liver can produce. ■

References available at www.freedompressonline.com

Resources

Metabolic Response Modifiers formulates nutritional products based on nutraceutical science. The company consistently delivers high-quality supplements, and focuses on enhancing the public's ability to make informed health care decisions. MRM's health maintenance and wellness programs emphasize an integral approach to nutritional well-being. For more information visit www.mrm-usa.com or call (800) 948-6296.

Keeping Your Liver Healthy

You may not be aware of many simple actions and precautions you can take to ensure your liver health. The Mayo Clinic lists the following:

- Keep alcohol intake to a moderate level.
- Illegal drugs can cause liver disease as well.
- Be careful to not mix drugs with alcohol. Acetaminophen (also known as Tylenol) as well as other over-the-counter pain relievers can be toxic, even if you drink in moderation.
- If you have to use aerosol sprays, make sure the room is ventilated.
- For aerosol pesticides, paint and other toxic chemicals, wear a face mask.
- Wear gloves to avoid skin contact with pesticides and other toxic chemicals.
- If a toxin should get on your skin, be sure to wash with cold water (using hot water will cause you to absorb more of the toxin).
- Of course, watch your weight and eat right—lots of fruits and vegetables, whole grains, healthy oils and lean meats. Too many fatty foods can cause nonalcoholic fatty liver disease.

