

Liver Cleansing vs Liver Flushing

The liver is the second largest organ in the body and is located on the right side of the body behind the lower rib cage. It has over one hundred functions in the body. I have listed only a few as follows:

- The liver produces bile to degrease fats we eat.
- The liver filters poisons out of the blood by removing toxins, dead cells, and micro-organisms from the blood stream.
- The liver metabolizes (burns) fat.
- The liver regulates blood sugar.
- The liver regulates hormones.

Whatever sickness, disease or health problem you might have, it can almost always be traced back to the liver. You do not have to have gallbladder stones in order for your liver to cause health problems. Even thick, slow moving bile can lead to illness in the body. I personally cleanse my liver a couple of times a year as a preventative measure just to make sure stones do not have a chance to form and become problematic.

Common Causes of Liver Congestion or Gallbladder Stones:

- Poor diet high in processed foods, chemicals and preservatives, sugar and/or bad fats
- Overeating
- Air pollution
- Pharmaceutical drugs
- Stress
- Dehydration
- Poor digestion

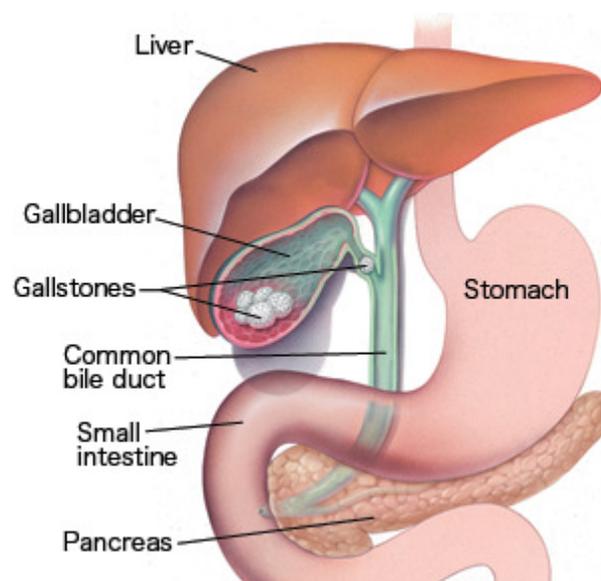
Common Symptoms of Gallbladder Stones or Congestion:

- Constipation
- Pain under the right rib cage
- Nausea
- Burping
- Gray stool
- High Cholesterol
- Depression
- Heart Disease
- Back Pain
- Asthma
- Headaches

"Almost every patient suffering a chronic illness has excessive amounts of gallstones in the liver" Andreas Moritz

Liver Flushing:

A liver flush is a process in which you will essentially turn the faucet on full blast to force the stones out of the main bile duct of the liver.



Herbal cleanses:

There are SO many herbal cleanses on the market for the liver. Herbs are great IF your liver bile ducts are clear of stones and thick bile/sludge. Herbs will increase bile flow and cleanse the liver at a cellular level. They pull the toxins out of the liver tissue. This is great, right? But what if the pathway OUT of the liver is blocked? Those toxins go right back into the liver tissue, actually making matters worse than when you started. In fact, herbs that increase bile flow can actually increase your risk of gallbladder attacks because the bile ducts are full of stones.

The information presented herein by Catherine Rudolph is intended for educational purposes only, and to be a supplement to nutrition and health coaching. These statements have not been evaluated by the FDA and are not intended to diagnose, cure, treat or prevent disease. Individual results may vary, and before using any supplements, it is always advisable to consult with your own health care provider.