



Liver

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The herbs Milk Thistle, Dandelion, Wild Yam, and Artichoke are supportive of the liver, one of the most important internal organs. Among its main functions are to act as the blood's filtering system and body's chemical factory. It is the body's largest single internal organ, and elps breakdown drugs and various toxins. It plays a complex role in regulating the composition of the blood, in additional to producing bile, which removes waste products and helps process fats. Adverse influences on the liver include: the regular use of alcohol; hepatotoxic medications; a diet low in fiber, high in fat, protein and calories; dietary sources of free radicals like rancid fats and oils, fried foods, charred meats, and trans-fatty acids.

Milk Thistle

Milk Thistle contains some of the most potent liver protection substances known. The key ingredient is Silymarin which is a complex of three compounds. It is responsible for protecting the liver from chemical damage while improving its function. It does so by preventing free radical damage, preventing the formation of damaging leukotrienes (a chemical produced

by the transfer of oxygen to a polyunsaturated fatty acid), and by stimulating the production of new liver cells to replace the damaged old one.

Dandelion Root

Dandelion is regarded one of the finest liver remedies. It enhances the flow of bile, improving liver congestion, bile duct inflammation, hepatitis, gallstones, and jaundice. It increases bile production in the liver causing greater flow to the gallbladder (choleric effect). In addition, it causes contraction and release of stored bile in the gallbladder (cholagogue effect).

Wild Yam

Historically, Wild Yam preparations were used to treat liver and gallbladder problems by American physicians long before it's DHEA properties became known. It was known to reduce the pain of biliary colic, caused by gallstones; and eased the passage of small stones. Even if it did not always work, it was nevertheless one of the best antispasmodic treatments known. Part of the therapeutic action of Wild Yam root on overall liver health is due to its possible ability to lower blood cholesterol levels and lower blood pressure. These properties would indirectly help the liver by increasing its efficiency and reducing stress.

Licorice Root

Licorice, as a treatment for hepatitis, is thought to have originated in China. Licorice root decreases the accumulation of triglyceride in the liver, increases glycogen

levels, prevents the development of experimental cirrhosis and prevents the occurrence of experimentally induced lesions in the liver. In Japan, a popular preparation composed of glycyrrhizin (an active constituent of Licorice root) has been extensively used to treat hepatitis with a great deal of success.

Artichoke

The active ingredient in Artichoke is cynarin, which like silymarin demonstrates significant liver protective and regenerative effects. It also creates a choleric effect, with acts to decongest the liver.

Knotweed

Knotweed is helpful in cases of jaundice; however its strength is in its synergistic flushing effect on the system.

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