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November 22, 2004

Dear Readers:

In this issue, Jon looks at the need for periodically flushing and rebuilding the liver.

Not coincidentally, as many of our long time readers know, last year we held our 2nd Annual International Group Liver Detox and had over 150 participants from around the world join us. We had so much fun, we're going to do it again this year! Our 3rd annual international liver detox will run from Wednesday, January 5th through Sunday, January 9th. We're announcing it now so that you will:

- Be able to plan for it well in advance.
- Lock in your commitment.
- Give you time to do a colon detox, if you need to, in preparation for the liver detox.
- Allow people not in the United States the time to get everything together in order to join us. (We have thousands of readers from all over the world -- Europe, Asia, Africa, the Mideast ... in fact just about everywhere.)

To join the fun: [Click Here](#).

And now let's hear what Jon has to say about the need for periodic liver detoxing.

Detoxifying Your Liver

Jon Barron

This is an easy newsletter to write in that I can take most of it verbatim from my book, *Lessons from the Miracle Doctors*. (If you have not already done so, you can download a free copy at www.jonbarron.org.)

Understanding Your Liver

Our liver is the primary filter of our body. Good health is impossible without proper function of the liver. Unfortunately, over time, we so abuse it and so

overtax it that illness is the inevitable result. As part of a program to rebuild and repair the liver, we must:

- Remove all the excess fat from the liver
- Get bile flowing freely again
- Eliminate toxic waste that our livers have filtered out
- Dissolve and pass out the accumulated gallstones that are stored in our livers
- Regenerate the damaged and destroyed cells of the liver

Next to the skin, the liver is the largest organ in the body. In many ways, it is the most important organ in the body, and the last to be considered when it comes to health. In addition to being large, the liver is also a complicated organ involved in at least 200 separate functions. Generally speaking, the liver performs a vital role in regulating, synthesizing, storing, secreting, transforming, and breaking down many different substances in the body. Specifically, some of these include:

- Regulation of fat stores
- Cleansing the blood and discharging waste products
- Neutralizing and destroying poisons
- Protein metabolism, including manufacturing of new body proteins
- Metabolizing alcohol
- Managing chemicals and drugs in the blood
- Aiding the digestive process by the production of bile
- Helping the body resist infections by producing immune factors and by removing bacteria from the blood stream
- Storing vitamins, minerals, and sugars
- Production of quick energy when needed
- Controlling the production and excretion of cholesterol
- Maintaining hormone balance
- Regenerating its own damaged tissue

The liver is so important to our well-being that many healers maintain that most diseases cannot develop in the body (that, in fact, no form of cell degeneration can occur) if the liver is functioning in an efficient, healthy manner. Conversely, an unhealthy liver is very likely at the root of most serious health problems.

So What Harms the Liver?

Too much protein in the diet. Protein metabolism is especially taxing on the liver since it is the liver which must metabolize complex proteins into simple compounds. The greater the consumption of protein, the greater the stress on the liver.

Too many simple carbohydrates in the diet. The body converts excess simple carbohydrates into triglycerides, which are then stored in the liver as fat. The more fat stored in the liver, the harder it is for the liver to perform its full range of normal functions.

Overeating. Too much enzyme deficient food stresses the liver.

Drug residues. Virtually all of the drugs that we take (medicinal, recreational, chemotherapy, whatever) are processed, purified, and refined in the liver—in preparation for elimination from the body.

Alcohol causes inflammation of the liver's tissue. Once the liver is inflamed, it can no longer filter, which causes it to plug up with fat and become even more inflamed. If we consume enough alcohol, we overwhelm the liver's ability to regenerate itself, and the net result is cirrhosis (or hardening) of the liver.

Toxins, heavy metals, and pesticides. Everything we breathe, eat, and absorb through our skin is purified and refined in the liver.

Lack of exercise forces the liver to do the elimination work that should be done by the lungs and the skin.

And of course, there's always liver disease such as chronic Hepatitis C.

What Are the Symptoms of Liver Dysfunction?

- Digestive problems
- Constipation
- Low energy output
- Allergies and hay fever
- Arthritis
- Diabetes
- Hypertension
- Obesity
- Infertility

So What Can Be Done About It?

Fortunately, your liver has an astounding ability to regenerate itself—if you give it a chance. Giving it a chance means two things:

1. **The Don'ts**

In Chapter 6 of *Lessons from the Miracle Doctors*, I discuss the elements of proper diet. Well, they particularly apply in terms of the liver. You need to eliminate (or at least cut back) the liver stressors in your diet. The sicker you are, the more cleaned up your diet needs to be. If you're suffering from serious liver problems, a raw juice diet may be required to give your liver time to regenerate.

2. **The Do's**

Several times a year, you need to do an herbal detox/flush of your liver. A low level cleanse using betaine hydrochloride and pancreatic enzymes is also helpful.

You need to regularly include nutritional support for the liver. Look for formulas that contain milk thistle, dandelion root, the perennial herb *Picrorhiza kurooa*, and artichoke or beet leaf. (Note: *Picrorhiza* has been

shown to protect liver cells from the many degenerative changes that would normally be caused by a variety of liver toxins. It appears to be particularly useful in treating both alcoholic liver damage and chronic viral hepatitis.)

And Finally, a Word About the Gallbladder

The poor gallbladder. Guilty by being found at the scene of the crime, it is the frequent target of the surgeon's knife. Gallbladder removal is one of the most frequently performed operations in America. In fact, over a half-million gallbladders are removed each year in the United States.

Understand, the gallbladder is not responsible for the production of gallstones. The liver is the culprit—or rather what we do to the liver. The gallbladder is merely a holding area for bile to be used in the digestion of fats and oils. But if our diets are too high in the wrong kind of oils, if we have allergies to dairy and eggs, low levels of stomach acid, too little fiber in our diets, stress, if the liver is not functioning properly, etc., etc., etc., why then the bile produced in the liver (a mixture of cholesterol, minerals, bile salts, pigment, and lecithin) is of a type and consistency that tends to quickly harden into "stones" before it can be passed out of the gallbladder. (As a side note, women are four times more likely than men to get gallstones.)

Removing the gallbladder does not remove the problem; it merely removes the symptoms. Yes, it's true that after gallbladder removal you're unlikely to suffer from further gallstones. But on the other hand, you've now traded one problem for two new ones:

1. Since you never corrected the underlying problem of imbalances in the liver, these problems will just continue to get worse—eventually compromising the liver itself.
2. By removing the gallbladder, you also remove its regulating effect on bile. That means that bile is continually dumping into your intestinal tract when it is not needed, and is available in only minimal amounts when it is needed. The net result is chronic digestive problems and probable long-term nutritional deficiencies.

Far better than removing the gallbladder is a seasonal liver/gallbladder flush combined with a periodic liver rebuilding program.

Liver/Gallbladder Flush

By cleansing the liver, we're talking about inducing the liver to purge all of the fats, old cholesterol deposits, gallstones, poisons, drug residues, and toxic waste stored therein. Probably nothing else you do (including even the bowel cleanse and detox) will make a greater difference in your overall health.

Note: It is highly recommended that you do a colon cleanse before doing the liver cleanse. When the liver dumps, it dumps through the bile duct and out into the colon. If the colon (the drain pipe if you will) is plugged, the waste backs up into

the blood stream and can make you feel extremely ill. This is the reason that the "Miracle Doctors" always start with the colon detox. It's the prerequisite for all the other cleanses in the body—and, of course, can also produce dramatic healings in its own right.

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Misc

- [Index of archived newsletters and reports](#)
- Premium versions of Jon's formulas are now available at www.baselinenutritionals.com
- Please note. Despite claims to the contrary on the internet, Jon Barron is not associated with Healing America and does not oversee their formulas or their ingredient sourcing, and no longer licenses the use of the Barron Effect in the processing of their herbal tinctures.
- For those of you who have already written reviews for Jon Barron's *Lessons from the Miracle Doctors* on the Amazon.com website, thanks for your support. For the rest of you, feel free to [log on](#) and write a review. Every good review helps. Thanks for your support.

Sincerely,

Kristen Barron
Baseline of Health Foundation

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