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# PLANET HEALTH NEWSLETTER

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## BE A LIVER LOVER!

WRITTEN BY CHERYL MYERS

Most people don't think about their liver very much. I have to say, as organs go, the liver just doesn't get the attention showered on the heart and brain, but it is absolutely crucial to health and longevity.

One of the liver's most important jobs is to eliminate compounds that might otherwise cause us some degree of harm. This is called detoxification, because the elimination process before the offending compound is finally dumped in the intestines for disposal. If we didn't have a liver, one dose of some prescription drugs would stay in our blood stream forever. That shot of tequila would never go away. Those fake estrogens from BA plastic bottles would just keep circulating, creating hormonal havoc wherever they go. We often don't know how much our liver does for us until something goes wrong.

If your liver is at the top of its game, it is an unbeatable superhero. We all know someone who does not take good care of themselves, perhaps they drink or use drugs to excess, they may smoke, they don't exercise, and their idea of a vegetable is a French fry. Yet, there are 78-, 89- or even 90-year-olds that are doing fine despite their "vices."

So why do a few people do everything "wrong" yet still survive and thrive? Some people are so very good at detox that the toxins to which they are exposed are pulled out of the body quick as can be, before serious damage can be done. Better to not smoke, use moderation in all things, eat unprocessed food, and take care of your health if you want to be able to do the tango at 100.

In addition to healthy living, what else can we do to take care of our liver? One good practice is to avoid acetaminophen (one brand name is Tylenol) as much as possible. In addition to over-the-counter pain relievers, acetaminophen is an ingredient in sleep products, as well as cold and flu formulas. It is a component of prescription narcotic analgesics, such as Vicodin (hydrocodone and acetaminophen). Acetaminophen destroys the ability of the liver to make an important antioxidant and detox agent called glutathione, and too much acetaminophen destroys liver tissue. In fact, acetaminophen use is the No. 1 cause of acute liver damage and failure in America.

What are some other liver problems? The best known are probably hepatitis A, B and C, which are caused by bacterial or viral infections. There is also non-alcoholic fatty liver disease (NAFLD), which is growing at an astronomical rate, cirrhosis of the liver, drug and alcohol liver damage, liver cancer, and a fair number of rare liver diseases with genetic roots.

There are supplements that can make a big difference in liver health, whether for prevention of disease, or to help repair previous damage. The common ones are milk thistle, Curcumin, grape seed extract and andrographis.

## NEWSLETTER SPOTLIGHT

### MILK THISTLE

Protects liver cells from toxins. Reduces liver injury caused by acetaminophen, carbon tetrachloride, radiation, iron overload, certain prescription drugs, alcohol and even the liver poisonous mushroom, Amanita phalloides.

### CURCUMIN

Reduces inflammation, oxidative stress and up-and-down-regulation of a multitude of cancer progression pathways, there are few health concerns that would not benefit from this herbal medicine.

### GRAPE SEED EXTRACT (GSE)

Protects against the formation of fatty tissue in the liver, as well as protecting liver cells from damage by toxins such as lead or chemical exposure. The OPCs in grape seed also benefit diabetes and insulin resistance, which indirectly improves liver health. Uncontrolled blood sugar levels are damaging to the liver and are a big contributing factor to fatty liver disease.



### ANDROGRAPHIS

Lowers abnormal liver enzymes caused by liver dysfunction, which is an indicator of improved liver health.



# WHAT'S NEW?



- Features a clinically studied probiotic to help support a healthy gut
- Supports healthy detoxification
- Support healthy digestive function
- Helps to maintain healthy gut microflora

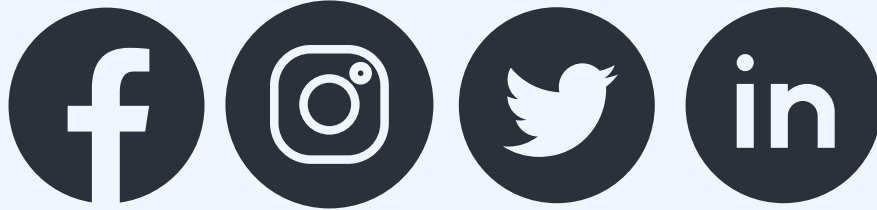


- 15g protein, 4g carbs, 0g sugar
- Promotes healthy body composition and fat metabolism
- Increased muscle recovery
- Made with 7 superseeds, plus ancient botanicals
- Non-GMO, Paleo-Friendly



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