

Liver Cleansing Herbal Program

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We presently inhale, ingest and absorb more toxins, chemicals, and disease-causing foods than ever in the history of humankind! We come in contact with pesticides every day through the food we eat, the water we drink and the air we breathe. These substances enter our bodies through the skin, lungs, mouth and eyes. It is now more important than ever for our elimination and detoxification systems to be in top form. Of the five organs of elimination and detoxification (the colon, kidneys, liver, lungs and skin), the liver is the most important for detoxification. It has the astounding ability to process and breakdown natural and synthetic toxic compounds, and prepare them for elimination from our bodies.

If the body cannot eliminate the toxins, they tend to be stored in body fat and accumulate over time. Most Americans are subjected to 14 pounds of food additives, colorings, flavorings, pesticides, herbicides, anti-microbials, and now, GMO toxins per year. 70,000 chemicals are commonly used in pesticides, foods and drugs (according to Elizabeth Lipski, M.S., C.C.N., Digestive Wellness) some of these chemicals can have a serious negative impact on our health, as well as cause neurological and psychological damage. Amazingly, less than 7% of chemicals used in high volume are thoroughly studied! We are surrounded by toxins in the external toxic environment.

WATER. Significant portions of our groundwater and surface water are now contaminated with pesticides, herbicides, fungicides and fertilizers, as well as their metabolites. These contaminants find their way into groundwater, wells, cisterns, and reservoirs, eventually coming out in home faucets. A 1995 study tested tap water for weed killers in cities across the U.S. corn belt and showed that major agricultural weed killers are routinely found in tap water at levels that exceed federal health standards.

AIR. The Environmental Working Group performed independent air monitoring in eight California counties and found that toxic pesticides routinely drift from farm fields into surrounding neighborhoods and schoolyards.

INDOORS. The EPA has ranked indoor air pollution among the top five environmental risks to public health. According to the EPA, indoor air levels of many pollutants may be 2-5 times, and sometimes more than 100 times, higher than outdoor levels. A 1990 EPA study detected 32 different pesticides in air samples taken inside and outside homes. Indoor air had much higher concentrations. They estimated that 85% of the total daily exposure to airborne pesticides comes from breathing air inside the home. Most products used in homes contain either organophosphate or carbonate pesticides which are acute nervous system toxins. For a great website tracking these toxins, go to <http://www.purefood.org/toxiclink.html>.

The liver functions as the main filter of toxins in our blood, processing them, for quick removal from our system. Where these toxins are water soluble, the liver can deal with them in one step process. When they are not, it requires two processes, with the need to store the toxins, and have them hang around while the necessary enzymes are being mobilized to deal with them. Many of our modern environmental toxins we are exposed to are non water soluble, including alcohol consumption, insecticides and pesticides as well as simple products we use daily cosmetics, pharmaceuticals etc.

The Internal Toxic Environment



The liver protects our body by filtering over one liter of blood a minute and produces up to one quart of bile a day. It metabolizes internal wastes such as harmful bacteria, fungi, viruses and parasites, while breaking down our hormones such as testosterone and estrogen, preventing build ups, that could lead to PMS or mood swings, and other hormonal imbalances. The toxins processed by the liver are excreted by the lungs, kidneys and through bile into the gall bladder and out through the intestines. So it makes sense to give your liver and gall bladder a little help from time to time. This is especially important for patients who suffer constipation as they are re-circulating wastes through their systems.

Is your Liver Toxic or Sluggish?

A toxic or sluggish liver can be the causative factor in a wide range of ailments.

Common symptoms include:

- Eye problems, with the eyes becoming sore, gritty and easily tired
- Low energy, with general listlessness
- Nausea, bloating and wind
- Bowel disturbances
- Chronic weight gain can be caused by having trouble digesting fats
- PMS, hormonal imbalances and menstrual irregularities
- Depression
- Headaches, Migraines
- Irritable Bowel Syndrome
- Confusion
- Impaired nervous function
- Respiratory Allergies
- Increased Risk of Cancer

Some substances limit the liver's ability to detoxify and are suspected in toxic reactions involved in immune dysfunction, which can cause:

- Allergies
- Inflammatory States
- Swollen Glands
- Recurrent Infections
- Chronic Fatigue Syndrome
- Fibromyalgia or Auto-Immune diseases.
- Some of the more common autoimmune diseases are Systemic Lupus Erythematosus (SLE), Sclerosing Cholangitis, Primary Biliary Cirrhosis, Hashimoto's thyroiditis, Vasculitis and Rheumatoid Arthritis.

Clean that Filter! If the filtering and/or detoxification system within our livers is overloaded or inefficient, this will cause toxins, dead cells and micro-organisms to build up in our blood stream. This will then increase the workload of our immune systems, which will become overloaded and irritated. Our immune system will then produce excessive inflammatory chemicals, and in some cases, auto antibodies, because it is in a hyper-stimulated state. We should be motivated to cleanse our livers at least once a year, as we do not want these dangerous substances building up in the blood stream and moving to deeper levels in our bodies.

A Six-Week Herbal Cleansing Protocol



I. **Weeks 1 & 2:** Herbs for parasite cleansing.

Wormwood Blend Formula:

Caution: Not to be taken during pregnancy or while breastfeeding. This formula should not be taken for more than two weeks. Keep away from children. Seek medical advice and testing if you suspect that parasites persist as they can be difficult to pick up in tests.

Parasites are not limited to Third World countries. Improper cooking of meat at home (usually on the grill), in restaurants as well as travel abroad are oft-cited reasons for contracting intestinal bugs. A recent study at a hospital in an affluent New Jersey community found that 70% of those randomly tested harbored some kind of parasite. In fact, the 5,200-year-old mummified body of a man found in the Alps revealed eggs of a parasite; it was further revealed that he was carrying herbs identified today as anti-parasitic. Both Chinese and Western herbalism have grappled with parasite problems for thousands of years. Different herbs have been found to expel or eliminate different parasites, used to clear and cleanse the intestines they are safe and effective for short-term use.

Ingredients in Wormwood Blend: Gentian root, *Gentiana lutea*, helps stimulate circulation, strengthen the system, and strengthen the muscles of the digestive organs help the absorption of the other herbs. Melia root bark, *Melia Azedarach* or *M. toosendan*, is noted in TCM to especially target roundworms; research has identified *toosendanin* as its effective ingredient. Contraindicated where gastric ulcers are present, thousands of years of Chinese usage of Areca seeds, *Areca catechu*, have shown this herb especially effective against tapeworms, intestinal parasites such as fasciolopsis, pinworms, roundworms and blood flukes. Its energetic helps to drain the downwards useful for expelling.

II. **Weeks 3 & 4:** Herbs to stimulate gall bladder and liver cleansing.

Broccoli Sprouts: (now named SGS Brocco) Sulforaphane glucosinolate, (SGS) is the compound found in broccoli which has far greater concentrations in the broccoli sprouts. These compounds increase the body's own defense system against carcinogens and support general and specifically liver detoxification. The detoxification of carcinogens and other toxic substances takes place in the liver, and involves two distinct enzyme driven processes or phases. Phase One enzymes neutralize toxins by various routes. Some of these convert toxins into substances that are immediately eliminated. However, other Phase One steps convert toxins into intermediate products which are carcinogenic themselves, and require further treatment before they can be excreted. Phase Two enzymes do this vital job. Phase Two enzymes deactivate these carcinogenic metabolites of Phase One, and the final breakdown product is then eliminated once and for all. Cells in the body contain a family of detoxification enzymes (Phase 2 enzymes) that neutralize cancer-causing chemicals as well as free radicals before they damage DNA and initiate cancer.

According to studies by Dr. Paul Talalay and his colleagues at Johns Hopkins University School of Medicine, sulforaphane enhances the cancer-protective capacity of animal cells. *Sulforaphane induces Phase 2 (detoxification) enzymes, which are the enzymes that help to deactivate carcinogens and free radicals, thereby enhancing the body's own defense system against cancer-causing chemicals.*

In animal studies, sulforaphane blocked tumor development, reducing incidence, multiplicity, and size of carcinogen-induced mammary tumors. (See Broccoli sprouts: An exceptionally rich source of inducers of enzymes that protect against chemical carcinogens.)



"Three-day-old broccoli sprouts consistently contain 20 to 50 times the amount of chemo-protective compounds found in mature broccoli heads, and may offer a simple, dietary means of chemically reducing cancer risk," says Paul Talalay, M.D. In general, Brassica family plants such as broccoli are rich in sulforaphane in its glucosinolate precursor form. Unfortunately, broccoli must be eaten in large quantities to substantially reduce the risk of cancer. Because of the Johns Hopkins research they were able to identify that broccoli varies in sulforaphane content, and that certain varieties of young broccoli sprouts, grown under standardized conditions, contain large, uniform quantities of the compound.

Milk Thistle

Milk thistle has been used for hundreds of years in Europe to promote liver health and positive mental attitude. The first written references can be traced to the Roman physician, Pliny the Elder, (23-93 A.D.), who noted that milk thistle's juice was excellent for carrying off bile. Culpepper, (1616-1654 A.D.), used it to remove obstructions of the liver and spleen and protect against jaundice. Modern German research into this herb now concentrates on flavanoligans, a group of compounds that are collectively referred to as silymarin. It is this substance within milk thistle seeds that has been found to be highly protective of the liver, supporting its functions and preventing damage from compounds that are highly toxic. For example, severe liver damage from a poisonous mushroom may be prevented if silymarin is ingested within the forty-eight hours prior to eating the mushroom. This protective action is thought to come from the powerful antioxidant activity (ten times greater than vitamin E) that prevents certain toxins from entering liver cells, while actually stimulating regeneration of damaged cells. Pliny the Elder, once claimed and it now seems confirmed through scientific research, that milk thistle helps prevent and treat gallstones through its ability to increase the solubility of the bile and lower biliary cholesterol.

Gall Bladder-Liver Cleanse Formula

Dandelion and barberry root stimulate bile secretions, cleansing the gall bladder. Recent studies of schizandra berries have demonstrated an ability to help liver cells regenerate. Blessed thistle clears inflammation, removes stagnant "qi", or energy, and congestion from the liver, and promotes bile production and digestion. Gentian is the European digestive aid; it is cooling and stimulates secretions.

Cleansing herbs have been defined as "blood purifiers", herbs that facilitate and support the elimination of wastes from the blood through the skin, kidney, and bowels. Dandelion is a great cleansing herb that supports liver function (as does blessed thistle), stimulating bile production and flow. Dandelion root opens up perspiration and is a wonderful diuretic; both dandelion and blessed thistle help excrete wastes. The yellow-flowered weed is the only diuretic that actually helps replace potassium, often depleted by all other diuretics, herbal and pharmaceutical.

III. **Weeks 5 & 6:**

Specific herbs to support the immunity and regeneration of the gall bladder and liver.

Hepo-Protect Formula

The Hepo-Protect formula combines the Chinese formula, Minor Bupleurum with milk thistle, schisandra and andrographis paniculata to rejuvenate and protect the liver. This is the cornerstone of the Gall Bladder/Liver Cleanse Program. Its value to the long term health of the liver, and thus for the overall health of the liver, cannot be overstated. It can be taken for long periods of time.



First formulated in 300 B.C., the usefulness of the Minor Bupleurum, or *Xiao Chai Hu Tang*, formula in hepatitis treatment has been confirmed by dozens of studies in Japan. One study states “over 90% of chronic hepatitis patients [in Japan] take this formula”. In another, it was estimated that 1.5 million hepatitis patients in Japan take this formula. Studies show the effectiveness of Minor Bupleurum at nearly every stage of infection, to hinder and even stop the progression of the hepatitis viruses who already have liver damage. Minor Bupleurum, has demonstrated the ability to improve levels of interleukin-1, a compound which acts to improve the immunity of the liver.

Japanese researchers have identified steroid-like ingredients, saikosaponins, that enhance the activity of cortisone and prevent adrenal atrophy. Bupleurum, the main herb, also displays non-steroidal anti-inflammatory activity and has been shown to potentiate prednisone. (See the article at this site, *Herbs and the Alphabet Soup of Hepatitis*.)

Andrographis, *Andrographis paniculata*, acts by blocking an enzyme known as reverse transcriptase, which the virus uses to translate its genetic information in order to replicate. Acclaimed for its ability to help the liver regenerate itself, it has the added benefit of hindering viral replication by altering cell-to-cell transmissions. The ingredient andrographide is suspected of destroying the virus’ communication mechanism by modifying cellular signal transmission.

Schisandra, *Fructus schizandrae*, has demonstrated great promise in liver protection against viral hepatitis as well as toxic chemicals, even when activated into a poison in the liver, such as with carbon tetrachloride. There are no toxic reactions reported even at huge dosages. Schisandra is a well-known Chinese herb, widely used in ancient China. During recent decades, it has been found to be effective in viral and chemically induced hepatitis and in the repair of injured liver cells.

Dietary Guidelines for Liver and Gall Bladder Detoxification.

- Plenty of organic, unrefined, unprocessed foods
- Fresh whole foods. Fresh vegetables, fruits, whole grains and unrefined carbohydrates should make up the majority of the diet
- Avoid red meats, animal fats, sugars, refined white flour / pastas, and processed foods
- Avoid caffeine, other stimulants and alcohol
- No hot, spicy, greasy, fatty, oily, fried foods
- Drink plenty of bottled water or diluted juice, at least two liters per day
- A minimum of one daily serving of cruciferous vegetables and at least five servings of fresh fruit should be included in the daily diet
- Protein sources can be obtained from lentils, soy, beans, nuts, seeds and fish and organic chicken

*The statements contained in this article have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



