

# Spring Clean Your Body

by Gina Ladinsky

Spring brings a fresh new beginning to our lives, so it makes sense that it's a good time for Americans to spring into action over liver health. As flowers burst into bloom and the grass returns to a lush green, the surge of springtime energy brings forth the tradition of spring cleaning. Windows sparkle, closets are emptied, and the dirt and toxins that accumulated during the dark days of winter are cleared away. Since the liver is the body's detoxification center, it's important for you to keep your liver in the best of health. Without a healthy liver, it is impossible to maintain a healthy life. Just as spring cleaning removes household toxins, the liver removes toxins from your bloodstream, whether the toxin is alcohol, a pesticide, or a drug. Spring is a great time to assess your liver health and to find new ways to support your liver, because your life depends on a healthy liver all year long.

## DETOXIFICATION 101

The liver—the largest internal organ in the human body—is a chemical production plant in that nearly all the blood that leaves the stomach must pass through the liver for processing. According to the

Cincinnati Children's Hospital Medical Center, the liver has over 500 functions, some of which are: the conversion of food into energy and chemicals to support life and to fuel muscles; the manufacture of blood-clotting factors, blood, and proteins; the regulation of hormones, cholesterol, and blood sugar concentrations; the production of bile to help with digestion; and the detoxification of drugs and poisons, including alcohol. The intake of some toxins, such as alcohol and medications, is controllable, but exposure to air pollution or ingesting pesticides from improperly washed fruits and vegetables at a restaurant can't be avoided. Although the liver is extremely resilient, it is not indestructible. According to The National Institutes of Health, alcohol-induced liver disease (ALD) is a major cause of illness and death in the United States.

## ALCOHOL AND THE LIVER

The damage alcohol inflicts on the liver is significant. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), cirrhosis is the seventh leading cause of death among young and middle-aged adults in the United States. Of the cir-



## *Celebrate Spring* with a Healthy Liver

Take time to consider all the work your liver is doing each minute of the day to keep you healthy. Then make a list of things you can do to provide a new start this spring for your liver. Simple precautions such as limiting alcohol intake, avoiding medications that can cause liver damage such as acetaminophen, and avoiding exposure to environmental toxins, combined with eating a healthy diet and exercising will help maintain a smooth-functioning liver. Be sure to include MRM's LiverX on your list to help boost your liver's antioxidant healing powers and to help your liver maintain a healthy balance of toxin-filtering as well as production of all the wonderful chemicals a healthy liver can produce all year long.

rhosis deaths, 10,000 to 24,000 are due to alcohol consumption. The reason alcohol is so toxic to the liver is because almost all alcohol consumed is detoxified through the liver. With as few as three drinks in combination with some over-the-counter medications containing acetaminophen, liver damage begins. The *British Medical Journal* reports that in as little as eight days after the start of heavy drinking, fatty lesions begin to cause a condition known as “fatty liver.” The fatty lesions rupture liver cells and set off an inflammatory reaction that can lead to more serious inflammatory damage, producing an unhealthy liver.

Another reason alcohol is so toxic to the liver is due to the products produced during alcohol metabolism. One product, acetaldehyde, is more toxic to the liver than the alcohol itself. In addition, during alcohol metabolism, free radicals are released that damage liver cells and promote inflammation. And it gets worse. While it is normal to have bacteria in the intestines, alcohol consumption increases the passage into our bloodstream of a toxic product formed by bacteria called endotoxins. When endotoxins reach the liver, the immune response alarm is sounded and cytokines are released, throwing the liver into a full inflammatory response. The reason for this inflammatory response is that the liver erroneously senses an infection is present. According to NIAAA, increased cytokines cause scar formation in the liver and a lack of oxygen, both of which are associated with cirrhosis. This type of inflammation is known as “alcoholic hepatitis,” which can lead to cirrhosis. The Liver Foundation reports that alcoholic hepatitis by itself is a serious condition that can be fatal. What is alarming is that while alcoholic hepatitis is usually found in alcoholics, it is also found in social drinkers. This is due to the variation in the way each person’s liver reacts to alcohol. Liver function variations also depend on diet and general overall health. Continued scarring leads to cirrhosis, which may eventually prevent the liver from functioning, making a liver transplant necessary to maintain life.

## AN OUNCE OF PREVENTION

A healthy lifestyle will help avoid acute renal dysfunction (ARD). Some healthy recommendations are to eat a low-fat diet, keep alcohol consumption at a minimum, avoid smoking, to not mix drugs with alcohol (especially acetaminophen-containing medications), and to maintain a normal body weight. Let's not forget that illegal drugs stress the

liver too. Even with the best intentions, as reported by the Liver Foundation, everyone’s liver operates at its own level. That’s why Metabolic Response Modifiers (MRM) created LiverX™—a product dedicated to helping maintain a healthy liver via an assortment of carefully selected ingredients.

## LIVERX

Although LiverX contains several effective ingredients, its unique extract of BioSorb Silymarin is impressive because it is so well absorbed. Silymarin, an extract from milk thistle, is believed to remove toxins that may otherwise accumulate in the liver. In addition, it acts as an antioxidant to protect the liver from harmful free radicals or oxidants that can damage liver cells. Remember that during alcohol metabolism, one of the side effects is oxidative damage to liver cells. Although silymarin helps to reduce the damaging effects of oxidation, the bad news is that it is resistant to absorption in humans. While other supplements may contain silymarin that is difficult to absorb, the good news is that MRM’s BioSorb Silymarin is specially treated to provide greater absorption. With greater absorption, more effective results are possible.

LiverX also contains alpha-lipoic acid that acts to regenerate the antioxidants vitamin E, vitamin C, and glutathione (GSH). GSH is an extremely important antioxidant that rids the liver of toxins and helps to enable white blood cells to work at their full potential, supporting a healthy immune response. GSH cannot be taken as a supplement in that it cannot directly enter the cells threatened by oxidative stress. MRM’s formula also includes N-acetyl-cysteine (NAC), another important antioxidant precursor that acts to regenerate GSH. Other ingredients in LiverX include *Picrorhiza kurroa* and *Andrographis paniculata*, used in Ayurvedic medicine, a traditional Hindu system of healing that has been around for thousands of years. So you can see that LiverX is an excellent choice for a healthy liver. ■

## Resources

LiverX from MRM is available nationwide at natural health centers and from health professionals. Contact MRM directly to find a store near you. The toll-free number is (800) 948-6296. You can also visit [www.mrm-usa.com](http://www.mrm-usa.com).

