



Help
your liver
help you.

‘Tis the Season to Care About the Health of Your Liver

Beware of Alcohol
It takes just three drinks in combination with an over-the-counter medication containing acetaminophen for liver damage to begin.

When your body metabolizes alcohol, acetaldehyde—a substance more toxic to the liver than alcohol itself—is produced as well as free radicals that damage liver cells and cause inflammation.

The *British Medical Journal* reports that eight days after heavy drinking starts, fatty lesions begin to cause a condition called “fatty liver.”

With holiday fare and beverages high on the enjoyment list, a little nutritional insurance is a great idea. The drinking and festivities surrounding New Year’s alone causes considerable stress to the body—particularly to the liver. Taking care of your liver is one of the most important things you can do for your health. Healthy cholesterol depends vitally on a healthy liver—and cholesterol-based hormones and precursors, such as pregnenolone, estrogen and testosterone, might even be affected. Your capability to clear the body of metabolic waste and chemical poisons from the environment also depends largely on your liver. Plus, people with a healthy liver enjoy higher energy levels and can burn fat at a higher rate, which gives them greater ability to lose weight. You can see, then, how far ranging the impact of your liver is on the health of the human body.

Maintaining liver health means keeping alcohol consumption to a minimum, fighting fatty liver, liver scarring, and free radicals caused by detoxifying heavy duty chemicals. Fortunately, several of nature’s most powerful herbs and nutrients have been well studied to offer surefire benefits that

when given, support the liver to regenerate healthy tissue and function.

MILK THISTLE— PHENOMENAL LIVER SUPPORT

The most important of these herbs is the prickly ball-shaped milk thistle. Silymarin, a flavonoid complex derived from the seeds of milk thistle, consists of healing phytochemicals known to improve enzyme function and reduce scarring, as well as protect from exposure to dangerous toxic chemicals. Two major culprits for diminishing liver health are a high-fat diet and alcohol consumption. And milk thistle has been shown to support the liver under stress from toxic chemicals caused by the consumption of alcohol and high-fat foods. And with its ability to benefit people with various liver conditions, most health experts agree that milk thistle is one of the most important herbs to take for liver health.



Milk thistle

According to Ralph Napolitano of LiverSupport.com, “Double-blind studies on the effect of silymarin on toxic liver damage, chronic liver disease and disease caused by certain drugs, have been reviewed by medical experts. They concluded that basic lab and clinical data suggests silymarin is a therapeutically useful medicinal plant product that stabilizes the cell membrane and stimulates protein synthesis, while accelerating the process of regeneration in damaged liver tissue, and that these effects are important in the therapeutic efficacy of silymarin.

“Over the past twenty-plus years, intensive chemical, pharmacological, and clinical research has confirmed mechanisms of action and therapeutic value of silymarin in a wide range of human liver disease, including toxic metabolic liver damage (such as fatty degeneration of the liver) and supportive treatment of chronic hepatitis and cirrhosis. Silymarin has shown both protective and restorative effects in liver disease.

“Literally hundreds of research studies, mostly in Europe, have confirmed the remarkable ability of milk thistle to protect the liver against virtually all types of damage: from accidental exposure to chemical pollutants, toxic side effects of medications, liver diseases like hepatitis and even the self

inflicted damage from overindulgence of rich food and alcohol,” says Napolitano. “The United States National Library of Medicine has catalogued more than 300 scientific studies of milk thistle and its active compounds in their medicine database.”

Unfortunately, the body’s absorption of the silymarin in milk thistle seeds is usually very poor. The type of milk thistle supplement you use is critical to its efficacy because the body can have difficulty with inferior formulations. LiverX™, from MRM, has a unique extract of BioSorb™ Silymarin, which provides superior absorption and thus more effective results. When compared to other products, BioSorb concentrations remained elevated by 342 percent for 12 hours, giving this form of milk thistle five-times greater absorption.

Recent studies have shown that a particular type of milk thistle standardized to be rich in silymarin is much more absorbable when it is bound to phosphatidylcholine, which aids in the transport of the plant molecules into actual liver cells. These molecules then provide a buffer against dangerous chemicals and metabolic byproducts and assist in detoxification, protecting the cellular energy factories that help to maintain liver detoxifying energy, and also helping to replenish levels of protective glutathione.

The next step is to maintain high antioxidant activity levels within the liver, especially of glutathione. To do so, however, we cannot just take straight glutathione because it is poorly absorbed. Studies have shown that supplementation with glutathione does not result in an increase of levels in the blood.

Using precursors or building blocks such as alpha-lipoic acid and N-acetyl cysteine (NAC) is the approach nutritionists recommend for best results. “One of the most exciting discoveries made at the Packer Lab is that [alpha] lipoic acid supplements can significantly boost levels of glutathione in target tissues where it is needed,” says Lester Packer, Ph.D., director of the prestigious Packer Lab at UC Berkeley and author of *The Antioxidant Miracle*. “To my way of thinking, the easiest and best way to maintain optimal glutathione levels is to eat foods that contain the building blocks of glutathione and to supplement with alpha-lipoic acid.”

Meanwhile, hospital emergency room staffs have long used intravenous NAC as a standard treatment for acetaminophen poisoning. Acetaminophen overdose depletes the glutathione vital to detoxification, while NAC replaces it.

LiverX contains both of these powerful antioxidant precursors, plus additional herbal healing herbs.



The bitter rhizomes of *Picrorhiza kurroa* have been used for thousands of years in Ayurvedic medicine. The major constituents in picrorhiza are glycosides. According to experimental studies, picrorhiza has antioxidant actions, particularly in the liver. Picrorhiza increases bile production in the liver and has also been shown to protect animals from damage by several potent liver toxins, offering protection as good as or better than silymarin. Picrorhiza has also been shown to reduce formation of liver cancer due to chemical exposures.

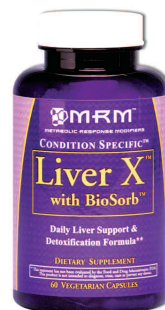
Andrographis paniculata is used extensively in the Indian traditional system of medicine as a hepatoprotective and hepatostimulative agent. The aqueous extract of the leaves of this plant has traditionally been used for treatment of various liver disorders and jaundice.



HEALTHY LIVING, HEALTHY LIVER

During the holiday season it's very common to break away from our usual eating habits by indulging more in high-fat foods and taking back a few more drinks, unfortunately, all of this immoderation can overtax the liver. While you should never take your liver health for granted—even more so if you use over-the-counter painkillers or prescription medications, use hormonal birth control, regularly consume alcohol, smoke or live in an urban area—taking a good liver care support formula makes sense for a lot of people, especially over the next few months.

So this holiday season, choose foods to support your health, use natural remedies and take care of your health with key herbs and nutrients that have real science behind them. Fortunately, in this area, many articles are now published on these specific natural remedies—milk thistle, alpha-lipoic acid and N-acetyl cysteine—which are all found in LiverX from MRM, helping your liver help you. ■



Diet for a Healthy Liver

According to Richard N. Podell, M.D., clinical professor of family medicine at the UMDNJ-Robert Wood Johnson Medical School in New Brunswick, New Jersey, and author of *Patient Power: How to Protect Yourself from Medical Error*, certain nutritional factors keep the liver operating smoothly and induce detoxification through enzymatic pathways:

How to Protect Yourself from Medical Error, certain nutritional factors keep the liver operating smoothly and induce detoxification through enzymatic pathways:

- Garlic, legumes, onions and eggs—all sulfur-rich foods—enhance sulfation, which makes toxins easier to excrete.
- Broccoli, brussel sprouts and cabbage enhance glutathione conjugation, a complex process of converting fat-soluble toxins to water-soluble ones for easier excretion.
- Green leafy vegetables rich in folic acid, whole grains and legumes rich in vitamin B₆, and animal products or supplements providing vitamin B₁₂ ensure adequate methylation, which inactivates estrogens and increases both bile and lipid flow.
- Nutritional yeast, whole grains, cabbage, citrus fruits and peppers provide the B vitamins and vitamin C necessary for acetylation, which helps the body eliminate sulfa drugs.
- Artichokes, beets, carrots, dandelion and herbs such as cinnamon, licorice and turmeric are also useful in maintaining liver health.
- In addition to Dr. Podell's nutritional suggestions, *DPHL* recommends supplementing with LiverX because of the extraordinary liver health support it provides.

Resources

LiverX from MRM with the key ingredients detailed in this article 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.

Dosage—Take 2 capsules daily with meals.