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## Your Liver and Your Health



### Why is the liver important?

#### The liver:

- Is the most complex organ in the body other than the brain and is **the primary key to health. It performs more functions than any other single organ of the body.** In the past it was called the “seat of life.” Traditional Chinese medicine considers the liver to “house the soul.” The word liver derives from the Anglo-Saxon verb meaning “to Live.”

- It performs **over 500 known metabolic functions**. Some of these functions include:
  - Manufacturing blood clotting chemicals that prevent a person from bleeding to death
  - Produces and stores glycogen, needed by the brain and muscles for energy
  - Aids in metabolizing proteins, carbohydrates and minerals.
  - Digests worn out red blood cells and some bacteria.
  - Deactivates and balances hormones such as estrogen and steroids (cortisol, the stress hormone produced by the adrenal glands, which if overproduced can cause damage to the brain and more if not cleared from the body)
- It's the master detoxifier, **filtering 3 pints of blood per minute**. The liver **doubles** in size and filters all the contents – **twice** – in an 8-hour period of sleep.
- The liver produces 1-1.5 pints of **bile** daily. Bile helps with digestion, nutrient absorption and detoxification.
  - Bile → **absorbs fats**
    - Fats → **absorb minerals**, such as calcium.  
*Bile deficiency can lead to osteoporosis (insufficient absorption of calcium)*
    - Fats → **absorb proteins and carbs**.  
*Bile deficiency leads to undigested food → gas, discomfort, bloating \*\*Key signs of liver congestion\*\**
  - Bile contains important antioxidant and anti-mutagenic properties → reduces cancer and heart disease. The liver is the **protector of the heart**

**The most important thing for overall health is not removing dis-ease but removing the cause of disease  
→ i.e. toxins.**

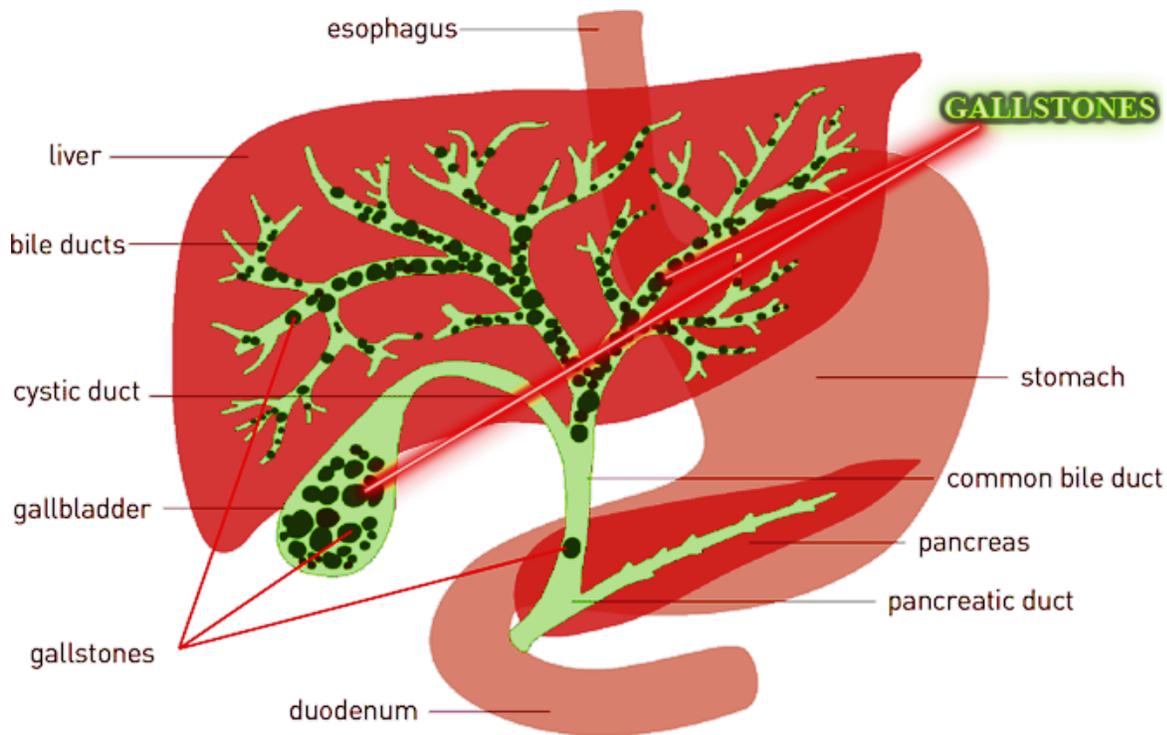
**If the Liver is blocked, it cannot help the body eliminate toxins.**

- A blocked liver cannot deliver clean blood to the body → *dirty, congested blood leads to all kinds of dis-ease*
- Any time a duct is blocked by a stone, that duct cannot remove the toxin → on a large scale this leads to septic shock; on a small scale this is what causes allergies
- **If you are over 30 years old and have never done a liver / gallbladder cleanse, your liver is most likely packed with stones**

**All dis-ease is caused by an obstruction of some sort.**

- For example, a blocked capillary can no longer deliver vital oxygen and nutrients.
- Afflicted cells die or mutate (become plant based to absorb CO<sub>2</sub> in an oxygen deficient environment).
- Cell mutation leads to cancer which is the body's final attempt to prevent demise (weeks → years of life).

**A blocked liver cannot properly deliver nutrients  
or properly detoxify the body.**



**Ninety-five percent (95%) of all disease is caused by obstructions in the liver & gallbladder → STONES**

**Where do stones come from?**

**Kidney Stones:**

- Phosphate stones are mostly from **soda**
- Oxalate stones are from **tea, coffee, and chocolate** →  
NOTE: Avoid all teas from camellia sinensis (most green, white, black) Switch to Yerba Mate or herbal teas.

**Liver and Gallbladder Stones come from:**

- Sodas, tea, coffee, chocolate (same as kidney stones)
- Dairy
- Foods / drinks that create an acidic condition in the body
- Excessive protein → countries with the highest protein consumption have the highest rates of cancer and heart disease

## Symptoms indicating gallstones in the liver and gallbladder:

- Appetite issues (cravings or lack of one)
- Difficulty breathing
- Liver cirrhosis, hepatitis, pancreatitis; **Liver Spots** are a sign of cirrhosis
- Most infections
- Heart disease
- Brain disorders
- Duodenal ulcers
- Kidney diseases
- Cancer
- Multiple Sclerosis
- Fibromyalgia
- Elevated estrogen (leading cause of breast cancer)
- Chronic Fatigue, low energy, "brain fog"
- Allergies
- Depression
- Impotence and other sexual issues
- Prostate diseases
- Urinary problems
- Hormonal imbalances
- **Menstrual and menopausal disorders - menopausal hot flashes are signs of toxic shock (a septic reaction); for men too; extreme mood or mood swings**
- Hot and cold flashes
- Problems with vision
- Puffy eyes
- Skin disorders, liver spots
- Dizziness and fainting spells
- Loss of muscle tone
- Wasting away
- Constipation, diarrhea, nausea, frequent vomiting, Flatulence
- Hernia

- Hemorrhoids
- Pain in the back and shoulder area, frozen shoulder
- Pain the upper abdomen, dull pain on the right side of body
- Sciatica
- Joint problems
- Osteoporosis
- Scoliosis
- Gout
- Asthma, allergies
- Headaches and migraines
- Tooth and gum problems
- Herpes, thrush
- Shakes and chills
- Cold extremities
- Excessive heat and perspiration in the upper part of the body
- Very greasy hair and hair loss
- Cuts and wounds that do not heal or keep bleeding
- Angry personality
- Nightmares
- Multiple chemical sensitives
- Excessive weight → Weight gain is more due to fluid retention than fat retention. **Retained fluids trap and neutralize toxins** when the liver is overburdened to prevent more dangerous health issues. Unfortunately, fluid retention limits circulation and elimination. Once tissue storage is exceeded, illness begins to show up.
- Etc.
- **NOTE: If your stools are white or gray, immediately start drinking 32oz of apple juice daily. This indicates a severe blockage.** You can treat pets this way too, reducing the amount according to their body weight.
- **If the body is severely septic,** do the liver support tea protocol for a week, then drink add malic acid (apple juice, tart cherry juice or malic acid, , then do the cleanses – see

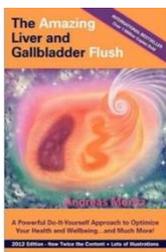
Divine Health Cleanse presentation for more information).  
Sungaze and get in the sun as much as possible and/or take  
vitamin D3 with K2 in it.

**NOTE: Standard clinical medical tests rarely reveal gallstones in the liver.** Liver enzymes are only elevated when there is advanced liver cell destruction, for example, with hepatitis and cirrhosis.

**Ninety-five percent (95%) of all disease is caused by obstructions in the liver & gallbladder → STONES**

## **Liver / Gallbladder Cleanse to safely REMOVE stones**

- Doing the liver / gallbladder cleanse removes stones; allergies can be eliminated since the liver is able to remove that toxin
- It is important to note that some stones get so large that it can take up to 12 cleanses, one per 3-4 weeks, to finally break them all down and remove them.



Reference: The Amazing Liver  
and Gallbladder Flush  
by Andreas Moritz