

THE LIVER DETOX PROGRAMME

The liver is the largest organ in the abdominal cavity. Protected by the ribcage, it sits under the diaphragm on the right and spans all the way to the left where it covers part of the stomach. The liver is the main detoxification organ in the body. It has remarkable capacity for regenerating and healing.

The liver detox protocol is a multi-functional approach to supporting liver function. It aims to:

- Reduce detox load from diet, alcohol and environment
- Stimulate detoxification with a herbal formula
- Stimulate bile production with a bitter herbal tea combination, liver-flushes and coffee enema
- Calm inflammation with Castor Oil packs and soothing herbs
- Regenerate with Milk Thistle

The protocol lasts 28 days. It can be extended to 12 weeks. The duration will depend on liver condition and general health. The protocol consists of 5 complementary components and is gentle and suitable for most people. It is a strict protocol which requires a focussed level of commitment. It is best to follow the protocol well for 4 weeks rather than to start and stop over an extended period.

The herbs are available from SHS (Specialist Herbal Supplies):

tel. +44 1273 424333

sales@shs100.com

You will need:

- 30-days SHS liver programme pack
- 100ml of milk thistle tincture



COMPONENT 1 - THE HERBAL PROTOCOL

The herbal protocol is an intensive schedule of herbs which should be taken before food (or away from foods) throughout the day.

The SHS programme pack includes the following ingredients:

Liv Capsules: (per vegan capsule) Barberry 96mg, Wild Yam 32mg, Dandelion Root 32mg, Cramp Bark 32mg, Peppermint 32mg, Catnip 32mg, Fennel 32mg, Ginger 32mg.

Liv 2 Capsules: (per vegan capsule) Dandelion 80mg, Barberry 80mg, Wild Yam 80mg, Liquorice 80mg.

Liv Tea: Milk Thistle, Artichoke Leaf, Calendula, Elderberry, Dandelion Root, Orange Peel, Liquorice and Cardamom.

And additionally:

Milk Thistle tincture: alcoholic extract of Milk Thistle seeds

Daily schedule for the herbs:

- Liv Capsules: 1 capsule 3 times a day
- Liv 2 Capsules: 1 capsule 3 times a day
- Milk Thistle tincture: 30 drops 3 times a day
- Liv Tea: Soak a teaspoon of herbs in 1-2 mugs of cold water in a small saucepan, either for 30 minutes to an hour, or ideally overnight. Bring slowly to a gentle simmer for 5-10 minutes, then strain and drink either hot or leave it (covered) to cool down first. Honey can be added if desired. Drink neat or diluted twice daily, preferably before food,

Safety information

Do not take this combination of herbs if pregnant or nursing.

COMPONENT 2 - THE LIVER FLUSH PROTOCOL

Liver flushing aims to encourage the liver to release bile and prevent bile stagnation and gallstone formation, and to support strong bile production. Bile is a significant route of detoxification (of hormones in particular) and is important in regulating digestion, microbiome health and good elimination.

A. Liver wake-up call every morning:

- Drink on an empty stomach 2 Tbs of apple cider vinegar (ACV), preferably organic and live (i.e. with the "mother"), in a glass of warm water
- Alternatively you can use the juice of a lemon in warm water
- A teaspoon of honey (optional)
- Wait at least 30 minutes before breakfast

B. Liver flushing for 7 consecutive days (for each of the months that you are on the liver detox programme)

- Pause the apple cider vinegar and your usual breakfast
- Take the liver flush instead of breakfast
- Eat no sooner than two hours after the liver flush drink

Liver flush recipe:

Mix in a blender and drink immediately:

- 3-6 Tbs of organic and cold-pressed olive or avocado oil
- 1 clove of garlic (you may omit this if you are sensitive to garlic)
- 1- or 2-inches worth of organic fresh ginger root (this can be mixed with fresh turmeric 50/50), or organic ground ginger/turmeric can be used instead
- The juice of one or two lemons
- 1 Tbs of Lecithin liquid or granules
- 100ml of organic apple or orange juice

For best results, aim to have at least one colonic during one of the 7 days of liver flushing. This protocol can also be enhanced with a coffee enema implant in your colonic or/and a daily home coffee enema for the seven days of the liver flushing protocol.

COMPONENT 3 - CASTOR OIL PACK

Castor Oil Packs have a long naturopathic tradition both for assisting Colonic Hydrotherapy and for detoxing. Apply every day during the liver flush and if possible for the whole duration of the liver detox programme.

Castor Oil is uniquely viscous and deeply penetrating. To ensure that the oil has time to soak into the deeper layers, traditional methods of application are via a "pack" (e.g. a thin cotton muslin cloth soaked in Castor Oil) laid on the area – see Figure 1 - then maintained in place with a suitable wrap to avoid the oil staining clothes or/and bedding. Proprietary packs are now available for this purpose - see Figure 2 – but rudimentary methods using a towel and safety pin or an old T-shirt are also fine.

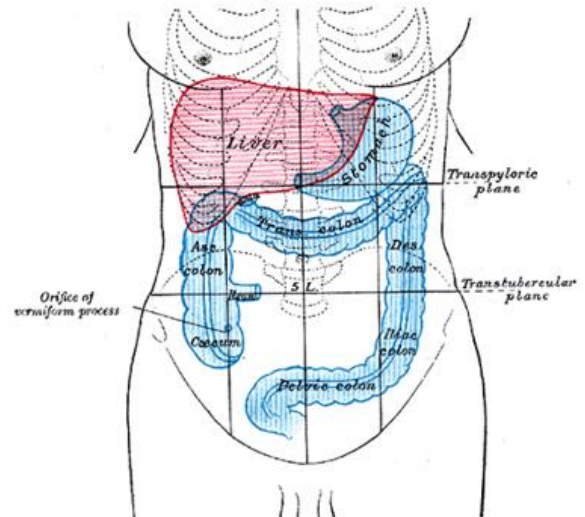


Figure 1

With this method, the Castor Oil can reach the lymph system that nourishes, drains and cleanses the abdominal area, the liver and all the other organs. A hot water bottle or a heated pad placed on the pack can make the experience even more relaxing and speeds absorption of the oil.

Castor Oil softens and relaxes the bowel. It balances the nervous system and disperses congestion. It is anti-inflammatory and profoundly relaxing.

Dr Christopher (a world-renowned naturopathic doctor) also comments "Castor Oil helps to get rid of hardened mucus in the body, which may appear as cysts, tumours, or polyps".

Castor Oil Packs can be used anywhere on the body where there is inflammation, congestion or a cyst. It is very useful in the treatment of sprains and injuries.

To be effective Castor Oil packs must be done regularly and consistently using organic Castor Oil from a reputable source.



Figure 2

COMPONENT 4 - THE PRINCIPLES OF A LIVER DETOX DIET

The Liver is a busy organ with many functions beyond detoxification of the harmful chemicals that we encounter. The liver stores nutrients, regulates metabolism, participates in fat digestion and has significant immune functions. Diet strongly influences the health of the liver.

A diet that supports liver detoxification is based on the following three principles

1. It must be low in biotoxins
2. It must be high in the co-factors that support liver detoxification pathways
3. It must be low in fructose (and to a lesser extent low in lactose) which strongly contributes to fatty liver and poor liver metabolism

The main biotoxins in foods and drinks which can be reduced or/and eliminated are:

- Agrochemicals from non-organic farming
- Additives etc. in processed foods
- Rancid dry foods (e.g. beans, seeds, rice, oats) and spices
- Fats and oils that are out-of-date, poorly stored and/or exposed to light
- Burnt foods
- Fried foods
- Alcohol

The foods that are particularly supportive of liver function and should be generously included in a liver detox diet are:

- Organic colourful, seasonal and as much as possible locally-grown vegetables
- Berries and summer fruits – organic, fresh or frozen
- Bitter foods such as endive, rocket and radicchio
- Most herbs and spices especially lemons, rosemary, coriander, turmeric

Foods that are high in fructose and should be avoided are:

- Fruit juices
- Table sugar
- Most processed foods and drinks

Dairy foods should be limited to fermented sheep and goat products (soft cheeses and yogurts) for their lower lactose content.

COMPONENT 5 - DETOX YOUR WORLD...

Compared to 50 years ago, in the West we are exposed to lower levels of certain heavy metals and regulated industrial pollutants, however we are simultaneously exposed to a vastly larger and more complex "cocktail" of tens of thousands of new synthetic chemicals, whose cumulative health effects remain largely unknown.

The following is a list of chemicals that find their way into our home and immediate environment. Taking actions to minimise exposures will significantly reduce the levels that accumulate in the body.

They are:

- Plastics ubiquitous in food packaging and in microfibre/polar type fabrics
- PFAS in nonstick cookware and "non-iron" clothing
- Perfumes in household goods, personal hygiene products, scented candles, cosmetics etc.
- Pesticides and herbicides in non-organic foods and household/gardening products

In Naturopathy, detoxification is more than a biochemical process, it is a concept that is extended to the elements that clutter and burden our life. Those are not limited to the chemical and are driven by the choices we make which impact us mentally, emotionally and energetically.

Examples of those are:

- Blue and bright light exposure at night which disrupt our delicate circadian rhythms and hormones
- Social media addiction which disrupts our ability to mentally focus and be still
- Electromagnetic fields from WiFi/mobile phone etc. which disrupt our subtle energetic balance
- Addictions of any kind which disrupt our relationships and spiritual wellbeing

Our modern world is full of traps that take us away from feeling grounded, being mindful and breathing peacefully. A detox is also a chance to build-in time to examine our behaviour, our attachments and cravings and to explore new ways to nourish our soul.