



# The Liver

**T**he health and vitality of every organ, gland, and cell are dependent upon the liver. Even our intelligence, attitudes, emotions and vitality are largely related to the liver. Our ability to repel disease or recover from disease is very much associated with this incredible organ. The liver, along with the heart and brain, are the most important organs in our bodies. However, even the heart and the brain are dependent on the liver. No one can be healthy without a strong, clean liver.

Notice: Live-er. The name itself gives us an idea of how important this organ really is. It is the largest gland in the body, weighing about 4 pounds. According to some doctors, at least 85% of the Western World's population have sluggish livers. 100% of people with cancer, AIDS, diabetes, heart problems, yeast infections, digestive problems, parasites, etc., probably have liver problems. Every organ, gland and tissue is dependent upon the liver, and the liver depends upon the digestive tract.

## HOW LIVER PROBLEMS ORIGINATE

The skin and lungs are the body's first line of defence against toxins; the bowel is next, then the liver.

Physiologically, we develop liver weakness when the bowel is overburdened with the wrong foods and/or negative emotions that cause physical stress and toxicity. Eating of acid-forming foods, processed foods and other unhealthy foods like meat, sugar, white flour, white rice, foods cooked in oil, etc. gradually weakens our digestive system and all the food that is absorbed from our intestines goes directly to the liver, by way of the portal vein. It is the liver that has to filter out toxins and waste.

The liver and bowels deal with all the harmful chemicals from the bad food. It is for this reason, that **cleansing the bowels is absolutely the most important treatment in helping to rejuvenate the liver.**

Negative thoughts and feelings that affect hormonal and nerve function plus toxins related to mental/emotional stress or poor diet lead to congestion and contamination. This prevents the proper flow of oxygen and nutrients to cells, and makes the cells unable to rid themselves of waste.

This cycle exacerbates an already weakened digestive system, toxic bowel and sluggish liver. In terms of physiology, this is the core of disease. Prior to the first sign of disease, the effectiveness of the liver has already been compromised.

## EMOTIONS AFFECT THE LIVER

*More than any other organ, the liver is affected by negative thoughts and feelings.*

Anger, resentment, fear, and all their emotional tributaries harm the liver more than anything else. With the exception of injury, 99% of all disease has an association with toxic waste settlement in conjunction with unconscious negative thoughts and feelings.

This is why when people cleanse or take herbs to cleanse and strengthen the liver, strong emotions surface. **These cleansing reactions must occur if we are to rid ourselves of the cause of our problems.**

## FOODS & THINGS THAT ARE THE WORST FOR THE LIVER

Heavy Metals	Pasteurized milk	Salt-Sodium Chloride
Cod-liver oil	White sugar	Chlorine from water
Oils not cold pressed	All drugs	Sodium Fluoride from water
Alcohol	Excessive fatigue	Cooked wheat - especially white bread
Meat, animal fats	Vaccines	Constipation alternating with diarrhoea
Lack of exercise	Tobacco	Pesticides found in commercially grown produce
Foods cooked in oil	Over cooking	
Margarine	Over eating	
Chemotherapy	Medications and food chemicals	
Coffee		

## A FEW OF MORE THAN 1200 PROBLEMS TRACED TO LIVER WEAKNES

Abscesses	Difficulty sleeping
Anal itching	Sticky mouth when waking up
Adenoid and tonsil problems	Sleepiness after meals
Anaemia	Strange stool colour
Appendicitis	Sinus trouble and head colds
Poor assimilation	Nervous depression
Bad breath	Thin stool or hard putty-like consistency
Bronchitis	Candidiasis
Cancer	White part of eye and skin is yellow
Chills	Tuberculosis
Diabetes	Jaundice-yellow coloration of the skin
Poor digestion	Brown or dark spots on face and on back of hands
Enlarged spleen	Nausea, especially if no appetite and feeling of heart trouble
Gas	Feeling of pain around the right shoulder blade and shoulder
Mental fatigue	Tongue coated with whitish, yellowish or greenish coating
Flat feet	Frequent urination at night (example of how a weak liver can weaken the kidneys and bladder)
Swollen legs	Appearance of small bright red specks on various places of the body
Skin diseases	Glandular imbalance, discomfort during menstrual period
Rheumatism	Headaches-especially a feeling of heaviness in the whole head, and if pain circles upper part of head and temples
Cloudy urine	Intestinal inflammation, infections and fermentation
Sterility and impotency	
Haemorrhoids	
Dizziness and blind spells	
Haemorrhages	
Proneness to insect bites	
Inability to tolerate heat or cold	
Spasms in intestines	
Migraine headaches	
Problems with intestinal flora	
Nervousness, anxiety	
Obese and skinny people	
Vision trouble and ear trouble	
Red nose	

## HOMEOPATHY

Homeopathy, along with correct diet, can help restore balance and health to the liver. If you think you may have liver problems, speak to Pauline.

Telephone: 01905 798567 or email: [pauline@paulinestarthomeopath.com](mailto:pauline@paulinestarthomeopath.com)

PAULINE  
START  
LCPH MARH  
Registered Homeopath

