

LIVER DISORDERS

The liver is one of the most important organs in the body, playing a major role in detoxifying the body. When the liver is damaged, due to excess alcohol consumption, viral hepatitis, or poor diet, an excess of toxins can build up in the blood and tissues that can result in degenerative disease and death.

Symptoms of a stressed or diseased liver include:

- Jaundice (abnormal yellow color of the skin). This may be the only visible sign of liver disease.
- Nausea
- Loss of appetite
- Dark-colored urine
- Yellowish or grey-colored bowel movements
- Abdominal pain or ascites, a unusual swelling of the abdomen caused by an accumulation of fluid
- Itching, dermatitis, or hives
- Disturbed sleep caused by the build up of unfiltered toxins in blood
- General fatigue and loss of energy
- Lack of sex drive

How to Protect Your Liver

- Use supplements such as schizandra, milk thistle, and N-acetyl cysteine
 - Avoid alcoholic beverages.
 - Avoid unnecessary use of prescription drugs. Even some common over-the-counter pain relievers can have toxic effects on the liver in moderately high doses.
 - Consume a diet high in selenium.
 - Avoid mixing pharmaceutical drugs. Be especially cautious in mixing prescription drugs with alcohol.
 - Avoid exposure to industrial chemicals whenever possible.
 - Eat a healthy diet.
 - The Chinese wolfberry (Ningxia variety) is widely used in China as a liver tonic and detoxifier.
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Detoxification of Liver and Gall Bladder

Single Oils:

Ledum, *Citrus hystrix*, celery seed, helichrysum, mandarin, cardamom, geranium, carrot seed, German chamomile, Roman chamomile

Blends:

JuvaFlex, JuvaCleanse, Release, ImmuPower, Thieves, Di-Tone, EndoFlex

Liver blend:

- 2 drops German chamomile
- 3 drops helichrysum
- 10 drops orange
- 5 drops rosemary

Gall Bladder blend:

- 2 drops Roman chamomile
- 2 drops German chamomile

EO Applications:

INGESTION:

CAPSULE, 0 size, 2 times daily

RICE MILK, 2-4 times daily

TOPICAL:

COMPRESS, warm, over the liver 1-2 times daily

VITA FLEX, massage 1-3 drops on liver Vita Flex point of foot, 1-2 times daily

RAINDROP Technique, 1-2 times weekly

Dietary Supplementation:

JuvaTone, JuvaPower/Spice, Rehemogen, Sulfurzyme, Cleansing Trio, Power Meal, Chelex

Hepatitis

Viral hepatitis is a serious, life-threatening disease of the liver which results in scarring (cirrhosis) and eventual organ destruction and death. There are several different kinds of hepatitis: Hepatitis A (spread by contaminated food, water, or feces) and hepatitis B and C (spread by contaminated blood or semen).

A 2003 study conducted by Roger Lewis MD at the Young Life Research Clinic in Provo, Utah evaluated the efficacy of helichrysum, ledum, and celery seed in treating cases of advanced Hepatitis C. In one case of a male age 20 diagnosed with a Hepatitis C viral count of 13,200. After taking two capsules (approx. 750 mg each) of a blend of helichrysum, ledum, and celery seed (JuvaCleanse) per day for a month with no other intervention, patients showed that viral counts dropped to 2,580, an over 80 percent reduction.

Symptoms include jaundice, weakness, loss of appetite, nausea, brownish or tea colored urine, abdominal discomfort, fever and whitish bowel movements.

Single Oils:

Ledum, celery seed, ravensara, German chamomile, thyme, clove

Blends:

JuvaFlex, JuvaCleanse, Di-Tone, ImmuPower, Thieves, Release, Exodus II

EO Applications:

INGESTION:

CAPSULE, 0 size, 3 times daily

RICE MILK, 2-4 times daily

TOPICAL:

DILUTE 50-50, apply 1-3 drops on carotid arteries (on right and left side of throat just under jaw bone on either side), 2-5 times daily. (Carotid arteries are an excellent place to apply oils for fast absorption.)

COMPRESS, warm, over liver 1-2 times daily

VITA FLEX, massage 1-3 drops on liver Vita Flex point of foot, 1-3 times daily

RAINDROP Technique 2-3 times weekly

Dietary Supplementation:

Royaldophilus, JuvaPower/Spice, VitaGreen, JuvaTone, ImmuPro, ImmuneTune, Super C, ImmuGel, Rehemogen

NOTE: Avoid citrus juices.

Daily Hepatitis regimen:

- Begin with colon and liver cleanse using Cleaning Trio.
After 3 days add JuvaTone, 1-2 tablets 3 times daily
- Super C Chewable: 6 tablets, 3 times daily.
- ImmuPro: Chew 8 tablets at night, 2-4 tablets morning and afternoon.
- VitaGreen: 2-6 capsules, 3 times daily, according to blood type
- Royaldophilus: 1-2 capsules at breakfast and bedtime
- Master Formula vitamins: 2-4 tablets, 3 times daily, according to blood type
- ImmuPro: 3 tablets, 4 times daily

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