



Liver Cleanse Formula (LIV-A)

Liver and digestive tonic formula

Proper liver function is essential to health, because the liver filters all the blood coming from the intestines. It prevents toxins from getting into the general circulation and helps remove toxins from the blood. The liver also processes basic foodstuffs for use by the tissues of the body. Moderate liver dysfunction can lead to a host of vague symptoms including digestive disturbances, skin eruptive diseases, dry or oily skin, headaches, glandular problems, sleep disturbances, malaise, morning sickness, and nausea.

Liver Cleanse Formula was created by the famous nutritionist Paavo Airola. It is a gentle liver cleansing and nourishing formula which also helps to regulate digestive and kidney function. It is useful for inflammatory liver diseases (hepatitis), age spots, mild edema, morning sickness, jaundice, gallstones or a sluggish gall bladder, skin problems such as acne and hives; it is a general tonic for a feeling of stuffiness in the abdomen accompanied by malaise. It contains the following herbs.

Red beet root has long been considered a tonic for the blood. A tonic is an herb that strengthens the structure or function of an organ or body system. Beets are rich in iron and have been used for anemia. They are a gentle nourishing food for the liver.

Birch leaves are a mild diuretic used to ease water retention, kidney stones and fevers. This helps flush toxins from the blood.

Dandelion root is a very effective but gentle acting liver remedy. It promotes the flow of bile and helps the liver's detoxification processes. It has been used for hepatitis and liver congestion; it has even been known to alleviate the first stages of cirrhosis of the liver through consistent use.

Blessed thistle herb is commonly used in herbal medicine to help the liver. It is a digestive tonic and promotes the flow of bile from the gall bladder. Also, it is believed to have a strengthening effect on the brain and heart through its ability to oxygenate the blood.

Parsley herb is a diuretic herb that is rich in mineral electrolytes such as sodium, potassium, calcium, and magnesium. It has an alkalizing effect on the blood.

Angelica root is highly valued for its stimulating effects on the digestive system. It has been used to treat heartburn, gas, and liver congestion. It is mildly stimulating, blood nourishing, and it promotes vitality and mental well-being.

Horsetail herb has been used to treat painful urination, kidney infections, urinary tract infections, and dropsy. It nourishes and strengthens the kidneys and bones.

Chamomile flowers are anti-inflammatory and nerve-soothing in nature. They reduce intestinal inflammation, expel gas from the colon, and stimulate the secretion of digestive juices.

Yellow dock root, an excellent blood cleanser, which also promotes the flow of bile, thereby helping to detoxify the liver. Rich in iron, this herb has a blood building effect. It has been helpful in cases of jaundice and hepatitis.

Gentian root strengthens and stimulates the digestive system, acting as a fortifying tonic to the whole body. It is considered useful for jaundice, insufficient bile production, and other liver problems.

Black cohosh root is an antispasmodic and anti-inflammatory herb.

Goldenrod herb is a nourishing diuretic, useful for treating kidney problems and passing kidney and bladder stones. It has an alkalizing action on the body and a strengthening effect on the kidneys.

Dosage

A typical dosage for Liver Cleanse Formula is 1-2 capsules two to three times daily with meals.

Sources

Natures Reference Guide by Deanne Tenney

The Energetics of Western Herbs by Peter Holmes

The Healing Herbs by Michael Castleman

The Little Herb Encyclopedia by Jack Ritchason N.D.

"Thistles: Prickly but Useful" in *Nature's Field* (May/June 1993).

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