



LIV-J

Jeanne Burgess' Liver Formula

LIV-J is a gentle liver cleansing formula developed by herbalist Jeanne Burgess. It helps to decongest the liver by promoting the flow of bile while gently strengthening the liver function.

Moderate liver dysfunction is associated with a wide variety of health problems, including a general groggy or dull feeling, particularly in the morning. There may be a stuffy or bloated feeling under the right rib cage and digestive problems such as bloating, gas and nausea. Another major symptom that the liver is out of balance is nervous energy in the evening and difficulty falling asleep, followed by a groggy, "hung over" feeling in the morning. Frequent headaches, especially migraines, and skin eruptive diseases such as acne, hives and rashes are other signs of liver dysfunction.

LIV-J is also a very good digestive formula. The herbs in it help to relieve bloating and abdominal distention and improve digestion of both proteins and fats. Since the liver must filter all the blood coming from the intestines, improving digestion takes stress off of the liver.

LIV-J contains the following herbs.

Fennel Seeds

Fennel seeds aid digestion, which improves the quality of the venous blood flowing to the liver. It is a carminative and digestive stimulant, increasing digestive secretions, and relieving gas and bloating. Fennel reduces abdominal distention and inflammation. Eaten during or after a meal, fennel seeds help digest heavy oils and protein foods more easily. Fennel has also been used to ease morning sickness and nausea, both of which arise from the liver cleansing itself via the bile ducts.

Horseradish Root

Horseradish root has been used throughout history as a digestive and liver aid. It is a hot, biting, pungent herb that improves protein digestion and metabolism. People who have a hard time digesting meat will find that eating horseradish with meat stimulates gastric juices, helping proteins to digest more rapidly while producing less acid waste to burden the liver and the kidneys.

Barberry Bark

Barberry bark is a bitter herb that cleanses the liver and promotes the flow of bile. It has been used to ameliorate conditions like gallbladder pain, gallstones, jaundice and poor digestion of fats. Like goldenseal it contains the alkaloid berberine, which gives it an antimicrobial action. Barberry helps to balance the

friendly flora in the intestinal tract—killing yeast and harmful microbes. It has also been used to treat gastrointestinal infections such as amebic dysentery.

Red Beet Root

Beets have a long standing folk reputation as being a blood-building food. They are a good source of iron, but also seem to have a beneficial effect on the liver, one of the organs that helps to build the blood. They have been used for anemia, gallbladder problems, and for improving fat metabolism. Red beets also have an immune-enhancing effect.

Parsley

Parsley is both a digestive tonic and a diuretic. It helps to flush toxins from the kidneys and has been used for gout, rheumatism and arthritis. It is also carminative, helping to improve digestive function.

Dandelion Root

Dandelion root has a cleansing action on the liver. It stimulates bile production, and helps the body remove toxins via the liver and kidneys. It has been used for improving gallbladder function which aids in the digestion of fats. It has also been used to help prevent and even dissolve gall stones. Dandelion also improves digestive secretions and can help with constipation due to poor bile production. Another major use for dandelion root has been in treating skin problems, such as eczema, psoriasis and acne, all of which can arise from poor liver function.

Rose Hips

Rose hips are a rich source of vitamin C and bioflavonoids. Rose hips reduce gastrointestinal inflammation and have an enhancing effect on the immune system.

Use and Dosage

LIV-J is an excellent formula for abdominal bloating and distention, gas, liver congestion, poor fat digestion and other symptoms of moderate liver dysfunction. Typical dosage is 2-4 capsules three times daily.

Selected References

The Wild Rose Scientific Herbal by Terry Willard
The Book of Herbs by Dorothy Hall
The Healing Herbs by Michael Castleman
The Scientific Validation of Herbal Medicine by Daniel B. Mowrey.
The Encyclopedia of Medicinal Plants by Andrew Chevallier

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