



Nutrition Support for Liver Health

Liver problems often escape notice at first. The reason being there is no nerve sense in the liver, which means since we are unable to feel any symptoms or pain at the beginning of a health issue, this lack of recognition can often delay treatment. The liver performs several functions in addition to nutrient metabolism. It plays a major role in the detoxification of alcohol, medications, and toxic waste (such as ammonia produced in the intestine). The transformation of toxic waste products into non-toxic waste occurs before elimination in the urine or via bile acid.



The most common liver diseases chronic hepatitis and hepatic cirrhosis may be due to:

- ★ Life style – diets high in carbohydrates and simple sugars, combined with inadequate activity, cause obesity, and increase the chance of “fatty liver.”
- ★ Hepatitis B and Hepatitis C are major causes of liver disease, and few people are aware that they are carriers. Therefore, they do not receive proper treatment and follow up. When the virus counts increase, so does the risk of liver cancer.
- ★ Many people are used to taking traditional or Chinese medicine; but even simple painkiller can increase the load on the liver.
- ★ Alcohol or culinary wine for medicinal soup can be harmful to the liver. As alcohol intake increases, so does liver damage.
- ★ Lack of sleep, a diet high in processed foods (containing preservatives and food dyes or coloring), and lack of exercise can all cause and increase liver disease.

If you are beginning medical treatment, or thinking about alternative approaches, then you may wonder what other supplement can help protect your liver. Nutraceutical research shows that many nutrients from nature have a protective effect, and can boost liver function.

Vitamin B complex: Aids with liver cell metabolism, decreases liver workload. Decreases heavy metal deposit in liver.

Chlorophyll: Prevents toxin produced by aflatoxins, decreases the risk of liver cancer.

Milk Thistle: Full of phytochemicals, high antioxidative effect. Strengthens liver cell recovery, regeneration, and bile acid secretion to improve liver metabolism.

Parsley: Increases glutathione S-transferase, prevents cancer cell formation.

Dandelion Root: Contain protease which aids liver cell metabolism.

Selenium Yeast: Suppresses liver cancer cell growth, promotes cancer cell apoptosis.

Lecithin: Emulsifies fat, increases fat and cholesterol metabolism, improves fatty liver condition. Boosts liver function and prevents cirrhosis.

Antioxidants: Clears free radicals and prevents liver damage and liver disease.

There is no magic pill for curing liver disease. The best strategy for a healthy liver: a healthy life style and diet that includes nutraceutical natural nutrients.

Common Liver Tests and Indications

Test Item	Normal	If abnormal value?
GOT (AST)	<40 U/L	Indicates inflammation.
GPT (ALT)	<40 U/L	Acute or chronic inflammation; virus, alcohol, drug induced liver disease, and fatigue.
γ - GT	<29 U/L	Jaundice, alcohol, drug induced liver disease.
hepatitis B surface antigen (HBsAg)	negative	Positive result = hepatitis B carrier.
hepatitis B surface antibody (HBsAb)	positive	Negative result means no immune response, high risk for infection.
hepatitis B e antigen (HBeAg)	negative	Positive result shows very active hepatitis B virus, and very contagious.
Hepatitis C antibody (Anti-HCV)	negative	Positive result means hepatitis C carrier.
alpha-fetoprotein (AFP)	<20 ng/mL	Hepatic cirrhosis, liver cancer, pregnant, ovarian or prostate tumor.
Abdominal Ultrasound		Testing hepatic cirrhosis, fatty liver and cyst or tumor.

* GOT 、 GPT 、 γ -GT 、 AFP values may vary with testing device.