

The liver is on the upper right side of the abdomen. It's the largest internal organ of the human body. Blood filters through the liver before it travels around the body.

The role of the liver is to remove toxins from the body, process food nutrients, and help to regulate body metabolism.

"Without the liver, you can't live," said Leonard Seeff, M.D., senior scientist for hepatitis research at the National Institute of Diabetes & Digestive & Kidney Diseases. "It's the metabolic factory of the entire body."

Five Foods Toxic to the Liver

Fast Food: No surprise here, right? A study from Europe showed that eating too much fast food, which is high in fat and sugar (including sweeteners like high fructose corn syrup), could cause serious damage to the liver. Follow-up studies also showed, however, that that damage could be reversed by giving up the unhealthy diet.

Too much alcohol can lead to liver disease and conditions such as Cirrhosis.

Salt: You know that too much salt can increase blood pressure, but did you know that it can also lead to fatty liver disease? Look out for high-salt processed foods like bacon and sausages.

Artificial Sweeteners: Aspartame, Splenda, NutraSweet, and Equal can all create toxic reactions in the body. The government advises pregnant woman and children to avoid them and diabetic's should avoid these "toxins" as well.

Monosodium Glutamate (MSG): A form of concentrated salt, MSG was found in a 1994 study to cause headaches, irritable bowel syndrome, and asthma attacks, and in animal studies, to be toxic to the liver. Researchers commented, "There is considerable evidence to suggest that consumption of MSG is a serious public health problem...." those of you who have been under my guidance will know that this one is everywhere in processed foods and should be avoided at all cost for a variety of reasons.

Raw Foods clean up the damage

Fortunately the liver can generally be healed and regenerated with raw foods. Garlic and onions help rid the body of toxins. Freshly squeezed lemon in hot water first thing in the morning encourages detoxification.

Beetroot has antioxidant anthocyanidin, which has shown some anti-tumour effects.

Healing phytonutrients(plant foods in general) help counteract the bad effects of fatty foods. Good examples of this are fresh Parsley and Coriander

Apples contain pectin, which helps drain heavy metals like mercury out of the brain and body.

Roundup (or Glyphosate) has to be drained out of the body so loads the liver.

So take the time now to do what you can for your liver and it will make your life so much better, when the liver is overburdened your whole mood and sense of wellbeing is effected - a sad liver will create a sad person, so become happy by helping your liver!

Some probiotics reduce antibiotics caused diarrhoea

How often have I had someone come to me complaining of a "problem" after taking their prescribed antibiotics!?! Way too often! The following articles will help explain.

Diarrhoea is a common side effect of antibiotic use, occurring in almost 1 in 3 people who take the drugs. But new research suggests that probiotics may help lower the risk of that unwanted side effect.

If you know someone who has used antibiotics recently and hasn't been right since, then this combination could be very beneficial for them.

By affecting good bacteria, as well as bad, antibiotics can disrupt the delicate microbial balance in the intestines, but the live microorganisms marketed as probiotics can help restore this balance to reduce diarrhea risk, a new review of the research suggests.

Supported by a federal grant, researchers from the nonprofit research and analysis group RAND Corporation pooled the best available research on probiotics and antibiotic-associated diarrhea, including the most recent studies.

They found that in people taking antibiotics, those who used probiotics were 42% less likely to develop diarrhea.

Even with the latest research, the science showing that probiotic foods and supplements promote digestive health has not yet caught up to the hype, and many questions remain about their benefits, experts tell WebMD.

"The good news is that a lot of extremely high-quality research is going on now," says gastrointestinal disease researcher Eamonn Quigley, MD, of Ireland's University College Cork, who was not involved in the review.

"Up until now, most of the noise about probiotics has been generated by marketing, but it may soon be generated by the science."

Probiotics and GI Health

Found in yogurts with live bacterial cultures, as well as in other foods and dietary supplements (a list can be found below), "probiotic" products continue to multiply on the shelves of grocery stores and vitamin and supplement retailers.

Global sales of probiotic foods has become a big business and supplements reached \$21 billion in 2010 and were projected to reach \$31 billion by 2015, according to one market analysis.

But which probiotics are best and in what quantities?

Sydne J. Newberry, PhD, of RAND's Southern California Evidence-based Practice Center, says this is not yet clear.

Newberry says none of the studies included in the analysis examined commercially available probiotic yogurts, and very few examined commercially marketed probiotic supplements.

"In most cases these were mixtures created in the lab for the individual study," she tells WebMD.

Many types of bacteria or yeasts are considered to be probiotics, and commercially available supplements contain different combinations of these microorganisms.

"At this point the research doesn't say much about which microorganisms work best," she says.

"I'm afraid nothing in this review will help consumers choose which probiotic supplement to choose or which foods to eat," says David Bernstein, MD, who is chief of the division of hepatology at North Shore University Hospital in Manhasset, N.Y.

All agree that more study is needed to identify which microorganisms best benefit the gut.

"In high-risk patients -- which would include elderly people in nursing homes taking antibiotics -- it is probably not a bad idea to give a probiotic," Quigley says. "But if you ask me which one, I really couldn't tell you."

Lucky for our readers, we have loads of experience on the topic and one of our preferred products has already been mentioned in this newsletter - read on to get to the special. And to any of you who have been following us for a while you will be very familiar with the great probiotic superfood from Miessence - also features as a special this month.

Food Sources for Probiotics

Even if there aren't recommendations on specific products, there are food as mentioned next that are excellent sources for probiotics:

Yogurt that contains live bacteria: Not all yogurts have these. Make sure the label says "live culture," "live bacteria," or "probiotic." Buttermilk and acidophilus milk. If it has anything other than milk and live culture listed as ingredients then forget about it and try one that doesn't have other "additives"

Cheese: with live bacteria cultures: Aged cheeses such as cheddar and blue cheese are a good source, but don't cook them. Heat kills the bacteria cultures.

Kefir: a yogurt-based drink found in an increasing number of food outlets.

Miso and Tempeh: different forms of fermented soy. Miso is a paste used for seasoning and tempeh is a fermented version of soy often used as a meat substitute.

Fermented cabbage: Sauerkraut is the German version; Kimchi is the Korean style. But heavily processed products packaged in cans or jars probably don't have live bacteria. Check the label.

Whatever you do to help maintain or boost the beneficial bacteria in the gut will be giving your whole system a helping hand, so why wait, get onto boosting the "good guys" now!

Effects of pesticides on Australian health

New findings reveal potential effects of pesticides on the health of Australians (and us too of

course)

(by Kai Kreuzer)

Friends of the Earth (FoE) recently assessed various pesticide residues and scientific reports which reveal the potentially alarming impacts of pesticides on human health in Australia.

Scientists have discovered that pesticides regularly detected on Australian foods have been linked to possible problems with human endocrine function, ADHD (Attention Deficit Hyperactivity Disorder), learning and behavioural problems, lower IQ and possible increases in lymphoblastic leukemia in children. Of the 125 types of pesticide detected on the Australian fruit and vegetables surveyed, 45% are suspected endocrine disruptors, with 62% of detections related to suspected endocrine disrupting pesticides.

Endocrine disruption occurs when a synthetic chemical is absorbed into the body and either mimics or blocks hormones and disrupts the body's normal functions, causing hormone levels to alter, halt or stimulate production, which can change the way hormones travel through the body. A number of health issues can be related to endocrine disruption, including reproductive problems such as reduced fertility, male and female reproductive tract abnormalities, skewed male/female sex ratios, early puberty, brain and behaviour problems, impaired immune functions and various cancers. In addition, long-term exposure to pesticides through diet has been linked to the development of Parkinson's disease.

The same old advice still holds true - where possible, eat organic!!