

Optimizing Elimination

Liver and Gallbladder Function

With
Dr. Ritamarie Loscalzo

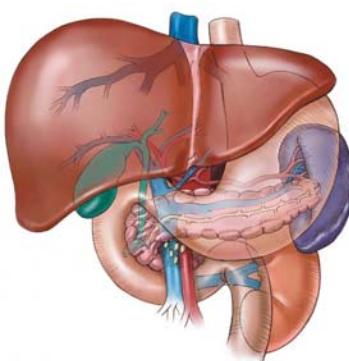


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The Liver and Gallbladder



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3 Main Functions of the Liver

Blood Filtering

Clean and clear metabolic wastes and toxins

Fat Digestion

Produce bile to emulsify fats for easy absorption

Metabolic

Regulation of nutrients and production of important proteins and immune factors

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Fat Digestion – What's Involved

- Fats don't dissolve in water, so they need to be **emulsified**.
- Requires **lipase** from the pancreas, and **bile**, made in the liver, and stored and concentrated in the gallbladder
- Bile inserts itself between fat and water so the fat cells get suspended in water (emulsification)
- Lipase efficiently breaks down emulsified fats – not large globules



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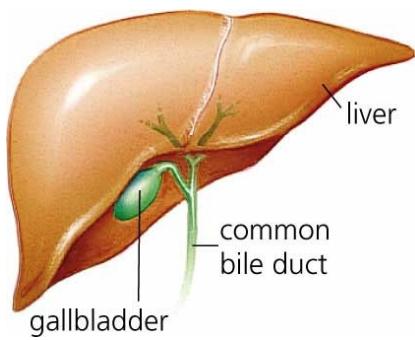
Liver and Digestion: The Role of Bile

- Bitter-tasting, dark green to yellowish brown fluid
- Emulsifies fat:** breaks into tiny globules
- 97% water, 0.7% bile salts, 0.2% bilirubin, 0.51% fats (cholesterol, fatty acids and lecithin), small amount of inorganic salts
- 95% reabsorbed in ileum**
- Eliminates cholesterol
- Mixed with sodium bicarbonate pH 11, to **neutralizes “chyme”**



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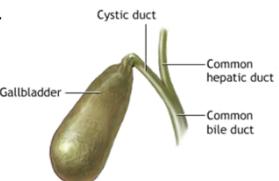
Gallbladder



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Your Gallbladder's Job Description

- ✓ Stores and concentrates bile.
- ✓ Secretes bile when needed.
- ✓ Secretes bicarbonate into the small intestine to alkalinize the food bolus that has become acid from the stomach's actions.
 - An alkaline environment is needed in the beginning of the small intestine so that starchy foods can be digested.
 - An alkaline environment helps maintain a healthy intestinal lining.



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Biggest Cause of...

Liver Disease

- Overexposure to toxins like alcohol or environmental pollutants
- Poor diet
- High fructose corn syrup and fatty liver syndrome
- Sedentary/junk food lifestyle
- Viruses like Hepatitis A, B, C
- Parasites



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Gallbladder Issues

- Food allergies – especially eggs, wheat, coffee, pork, and onions
- Inadequate stomach acid
- Lack of exercise
- Weight gain
- Risk increases with more childbirth
- Rapid weight loss
- Excess refined sugars
- Birth control pills, synthetic hormones
- Constipation
- Parasites

Liver/Gallbladder Testing

Exam

- Tenderness between 6th and 7th ribs on the right
- Tenderness over 3rd rib, 3 inches to the right of mid line
- Tenderness beneath the right rib cage



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Testing

- Increased SGOT, SGPT
- Increased LDH
- Increased GGTP
- Increased alkaline phosphatase
- Decreased uric acid suggestive of phase 2 liver detox insufficiency
- Liver detoxification panel
- Cholesterol, HDL, and LDL decreased-bile insufficiency

Liver and Gallbladder Support

Diet and Lifestyle

- Breathe and relax before eating
- Chew thoroughly
- Avoid sugar, refined carbohydrates, gluten and alcohol
- Avoid trans and bad fats
- Identify and eliminate food allergies
- Essential fatty acid-rich foods and supplements (chia, flax, hemp, and pumpkin seeds)
- Chlorophyll-rich foods
- Lots of water
- Don't overeat
- Don't skip meals



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Supplements

- Bitters to stimulate bile production
- Lipase
- Taurine
- Vitamin C
- Liver cleansing herbs: milk thistle, dandelion, yellow dock, burdock root
- Liver stimulating herbs: fennel, anise, and cayenne
- Lecithin
- Peppermint oil
- B vitamins

Keeping Your Gallbladder...

Preventing gallstones and flushing out congested bile

- Fasting and juicing
- Regular cleansing
- Bitters
- Herbs and foods that thin bile: Beets, especially fermented, turmeric, milk thistle, artichoke, dandelion
- Apple cider vinegar contains malic acid which softens bile
- Anti-inflammatory herbs
- Anti-spasmodic herbs
- Liver/gallbladder formulas



WARNING: Do not attempt to treat yourself for gallstones without the help of an experienced practitioner. Ultrasound is important to diagnose the size and location of the stones, and follow-up assessment is critical.

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Living Without a Gallbladder: Special Considerations

- **Avoid** fried foods, trans fats
- **Minimize or avoid** dairy
- **Avoid** fats cooked with sugar
- **Reduce grains** – inefficient digestion of starch without gallbladder's bicarbonate
- **Use bitters** before meals to stimulate bile production and movement
- **Supplement with lipase**, the fat digesting enzyme
- **Supplement with bile salts**, 2 with all fatty meals - 5 days on, 2 days off until feeling well. Cycle on and off.



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General Diet and Lifestyle Support for Liver

- **Avoid late night snacking**
- **Bed by midnight** (liver regenerates between 1:00 am and 3:00 am)
- **Decrease toxic load**: water, organic food, fiber to bind toxins
- **Oil Change:**
 - ✓ No fried, no oxidized oils,
 - ✓ EFAs: Hemp, chia, algae, flax, walnuts
- **Protein: Ample, high quality**
 - ✓ Individual variances
 - ✓ Protein powder if needed
 - ✓ Spirulina and other green powders



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Liver Supportive Foods

▪ Brassicas – indole-3-carbinol <ul style="list-style-type: none">✓ Especially broccoli sprouts and seeds	▪ Dill
▪ Citrus peels: limonene	▪ Fennel
▪ Caraway: limonene	▪ Garlic
▪ Turmeric	▪ Ginger
▪ Avocado	▪ Grapefruit
▪ Basil	▪ Green juices
▪ Beets	▪ Jerusalem artichoke
▪ Leafy bitter greens	▪ Onion
▪ Mushrooms	▪ Peppermint
▪ Cardamom	▪ Rosemary
▪ Cayenne	▪ Sea vegetables
▪ Chlorella	▪ Thyme
▪ Cilantro	▪ Radishes
▪ Cinnamon	▪ Wheat grass
▪ Dandelion	



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Superfoods for Liver

- ✓ Spirulina
- ✓ Chlorella
- ✓ Green macha tea
- ✓ Chlorophyll
- ✓ Sea weeds
- ✓ Milk thistle
- ✓ Burdock
- ✓ Dandelion
- ✓ Hawthorn



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Cholagogue Herbs

What they do:

- Stimulate flow of bile from liver
- Stimulate bile secretion from gall bladder
- Strengthen liver
- Enhance detoxification

Who they are:

- Artichoke
- Barberry
- Blue flag
- Boneset
- Dandelion root
- Fringetree bark
- Gentian
- Goldenseal
- Greater celandine
- Rosemary
- Sage
- Wild indigo
- Wild yam
- Yellow dock



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Gentle 5-Day Liver/Gallbladder Cleanse

Take Herbs for Liver and Gallbladder

- ✓ *HealthForce Nutritionals Liver Rescue*: 1 capsule 3 times daily
- ✓ Any favorite formula

Daily Diet

- ✓ Continue *Gut Rejuvenator Drink* in the morning
- ✓ Continue green drinks – 1 quart or more each day
- ✓ Eat simple-to-digest foods
- ✓ Bitters with each meal
- ✓ Incorporate as many liver support foods as possible

Daily Drink – 3x/day – Natural Gentle Cholagogue

- ✓ 1 tablespoon lemon juice
- ✓ 1 tablespoon organic olive oil
- ✓ 1 tablespoon apple cider vinegar

Maintenance

- ✓ Take the liver formula 2 times a day for 1 month
- ✓ Consume probiotics daily
- ✓ Continue following Daily Diet list above



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