

~ Ask Granny Earth ~

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Burdock



Milk Thistle



Dandelion

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Since the liver is the organ that does so much detoxing of our bodies, what herb(s) can you suggest for cleansing and healing it - the liver?

Yes, the liver is a major detoxing organ in our body and some symptoms of an over-taxed liver are: intolerance to any fatty food, achy joints, wounds that take a long time to heal, bitter or metallic taste (in the mouth) in the morning, foul smelling stool, right-sided pain in the abdomen after a meal containing fat, peeling skin on soles of feet, excessively dry skin, or rashes, and ridges on fingernails.

One of the liver's many jobs is to make bile and deliver it to the bile ducts. Bile metabolizes fat in the diet, and if the ducts are choked with stones (gall stones), because of a high fat/cooked food diet, the liver makes less bile and is unable to do its job at an optimum level. When this happens, an overload of toxins then bypasses the liver. They are put directly into the fat tissues where they are stored. But the innate wisdom of our bodies is constantly sending these toxins back into the blood stream in the hopes that the liver will detox them. So they are constantly circulating in our blood. Clean blood means a disease free body. It makes sense to keep our filter, the liver, in good condition. Following are herbs for the liver:

Burdock root (*Arctium lappa*)- Stimulates flow of bile, which detoxifies the body by improving liver function, i.e., improves blood quality and overall health. It contains inulin, which enhances immune

function by stimulating activity of white blood cells, thereby protecting the body against pathogenic invaders such as cancer and HIV.

Milk Thistle seed (*Silybum marianum*)- It promotes bile flow, reduces liver congestion, removes accumulations, and restores the liver. It is being used for Liver Toxicosis, Cirrhosis and Hepatitis. Milk Thistle promotes tissue repair, and the generation of new liver cells. These activities are supported by a decongestant effect on veins and capillaries, which relieves stagnant, congested blood.

Dandelion root (*Taraxacum officinale*)- Best known as a liver tonic, it is also a powerful diuretic, and has been used to relieve congestion in the blood vessels serving the liver. It has also been used successfully in treating hepatogenic dropsy, cardiac edema and water retention in the legs. Dandelion is a principle ingredient in blood purifying, liver, kidney and pancreas formulas.

The liver is also known as 'the seat of repressed anger'. This could be because it plays an important role in regulating hormones. I have put together a tincture, which I call Liver Power Formula. It contains the above herbs in a base of glycerin and alcohol.