

~ Ask Granny Earth ~

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When I surrender, the Universe moves.
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S.A.D. (Standard American Diet)

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I'm concerned about the S.A.D. (standard American diet) with the massive amounts of processed foods, chemicals, and other unnatural things that are added and radiated meat. I hate to go grocery shopping anymore, because I get so confused by reading labels and trying to find food that is 'pure'. What can I do?

Well, join the club! We could name it "The Club of Confused and Discontent Food Shoppers". I remember my daughter being relieved when I offered to do her grocery shopping for her a while back. She expressed that she got 'confused, foggy headed and almost sick', because after reading all the labels (trying to eliminate additives and chemicals) she didn't know what to buy.

She felt guilty buying food for her children that ultimately contained poison chemicals, but couldn't find enough food that didn't. And if you've done a little research, it's even worse, because now you're aware of what's being added to your food and the damage it is doing to your body.

The big question is: Why does the food industry continue to poison us? Think of it; we are being forced to eat chemicals, preservatives, processed and radiated food, which ultimately make us sick. We run to the doctor for drugs to alleviate our symptoms, which cause side-effects for which we need more drugs. It's a vicious cycle, and I, for one, see a connection.

That being said, now what does one do? We can begin to make small changes in the way we eat. The problem becomes complicated, because most of our lifestyles have become so busy that these changes take time. So, before we can make changes in the way we eat, we need to start thinking about ways we can make more time. This isn't easy, because it involves restructuring your entire life, making priorities, setting boundaries and sticking to your decisions. Once you have more time, you can start getting back to wholesome, healthy, home-prepared foods.

In the meantime we can begin to help our immune system, which is responsible for getting rid of all the toxins in our body. With the S.A.D., our immune systems are over-taxed just by the foods we eat. Some symptoms of an immune system that is over-loaded are: allergic responses, anxiety, eczema, depression, diarrhea, headaches, muscle/bone pain, sleeplessness, and a general feeling of being tired and ill.

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:

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 decon-gestant effect on veins and capillaries, which relieves stagnant, congested blood.

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.

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.