



## Liver Cleanse Formula

(formerly LIV-A)

Stock #1010-3 (100 capsules)

Liver Cleanse Formula focuses on strengthening liver and gallbladder function, reducing congestion and inflammation, and stimulating bile flow. Liver Cleanse Formula contains herbs that improve digestion and detoxification, increasing urine flow to flush toxins out of the body via the kidneys. Liver Cleanse Formula also enhances spleen function, promotes perspiration, fights infection, relaxes muscle spasms, alleviates pain, and provides an expectorant and laxative effect.

Liver Cleanse Formula is frequently used for anemia, arthritis, constipation, dyspepsia (indigestion), edema (fluid retention), fever, flatulence, gastritis (inflammation of the stomach), gout, inflammatory skin conditions, jaundice, kidney problems, menstrual irregularities and rheumatism.

**Angelica** improves liver function, relieves stagnation in the spleen, improves digestion, and treats constipation and dyspepsia, particularly in the elderly. Angelica is also recommended for treating skin problems such as abscesses and boils. Angelica acts as a mild analgesic (pain-reliever), laxative and sedative, and exhibits some antibacterial activity. Angelica has been used for angina, arthritis, gout, inflammatory skin conditions, injury, liver problems, menstrual irregularities and neuralgia (nerve pain).

**Birch** is a bitter herb that affects the liver, gallbladder and kidneys. Birch induces perspiration and stimulates urine flow to flush out accumulated wastes. Birch also relieves pain, reduces inflammation, fights infection, and acts as a mild laxative. Birch has traditionally been used for arteriosclerosis (hardening of the arteries), arthritis, cystitis (bladder inflammation), gout, fever, inflammatory skin conditions, kidney problems, rheumatism and water retention.

**Black cohosh** acts as an anti-inflammatory for arthritic and rheumatic conditions, especially arthritis associated with menopause. Black cohosh also acts as a mild analgesic (pain-reliever), due to the presence of salicylic acid. The mild hypotensive (reduce blood pressure), sedative and vasodilatory (dilate blood vessels) effects produced by black cohosh have been found helpful for treating high blood pressure, tinnitus, and vertigo. Black cohosh contains a variety of "irritants" which are responsible for many of its different properties. The tannins and acids in black cohosh enable it to be used as a diuretic and expectorant, while also helping to promote perspiration to reduce fever and expel toxins, and enhance menstrual flow and uterine contractions.

**Blessed thistle** has an extremely bitter taste and is reported to help encourage appetite and improve digestion. Blessed thistle is therefore, often used for treating anorexia and poor appetite associated with depression. Blessed thistle stimulates digestive secretions and the production of mucosal fluids in the intestines which helps soothe irritated tissues. Blessed thistle has been found to be a valuable digestive tonic for diarrhea, dyspepsia and flatulent colic. Blessed thistle also helps reduce fever and inflammation, and acts as an antibiotic, antiseptic and mild expectorant. Blessed thistle seems to work well on problems of the gall bladder, kidneys and liver, and is combined in homeopathic tinctures to treat arthritis, hepatitis and jaundice.

**Chamomile's** sedative properties have been found particularly beneficial for digestive problems, including colic, morning sickness, nausea, vomiting, and stress-induced dyspepsia and ulcers. The volatile oils in chamomile are primarily responsible for the herb's analgesic (pain-relieving), anti-inflammatory, and antispasmodic effects. Chamomile is especially helpful for relaxing muscle spasms and soothing intestinal inflammation associated with colitis, constipation, diverticulitis (inflammation of one or more of the small pouches (diverticula) lining the colon), diverticulosis (presence of numerous diverticula (small pouches) in the colon), hemorrhoids and abdominal cramping. Chamomile's bitter constituents stimulate digestion and liver function, and help relieve flatulence, nausea and vomiting.

**Dandelion** has been shown to help the liver and gallbladder filter out toxins and purify the blood, as well as stimulates the kidneys to eliminate toxins through the urine. Dandelion contains enzyme-like compounds that assist cell metabolism and increase bile secretion in the liver. As a result, dandelion inhibits bile duct inflammation, cirrhosis, dyspepsia with constipation, gallstones, hepatitis and jaundice. Other research shows dandelion exhibits anti-inflammatory properties and restricts the development of an enlarged or swollen liver. In essence, all glands associated with digestive function respond quickly and effectively to dandelion. Dandelion provides viscous fiber which absorbs toxins from the bowel, balances intestinal flora, lowers serum cholesterol, reduces bowel transit time, and soothes digestive tract tissues. Dandelion is also a source of bitter flavonoids that purify the blood, increase urine flow, relieve inflammation and muscle spasms, and provide a mild laxative action. The herb is especially beneficial for spleen ailments and for eliminating uric acid buildup. Dandelion has also been used to treat acne, age spots, anemia,

eczema, frequent urination, heartburn, psoriasis, rheumatism, urinary disorders, water retention, chronic joint complaints, including gout and osteoarthritis, and edema resulting from high blood pressure and heart weakness.

**Gentian** may be the most bitter substance known to man, due primarily to the presence of amarogentin. According to *The Encyclopedia of Medicinal Plants*, amarogentin is so bitter it can still be tasted in dilutions of 1:50,000. The bitter constituents in gentian stimulate the production of digestive fluids and saliva, which in turn, improve digestion and absorption of nutrients; relieve dyspepsia, gastritis and flatulence; and stimulate appetite, especially in cases of anorexia. Gentian has been shown to improve absorption of vitamin B<sub>12</sub> and iron, and thus is an effective remedy for iron-deficiency anemia. Gentian also improves gallbladder, liver and pancreatic function; stimulates hair growth in some adults; relaxes muscle spasms; and provides antifungal activity in vitro against *Aspergillus niger*. German research studies indicate gentian improves the body's sensitivity to the effects of adrenalin.

**Golden rod** stimulates liver and kidney function, improves digestion, soothes inflammation, promotes healing of damaged tissues, and fights infection, especially within the urinary tract. Golden rod also acts as an antioxidant, astringent, diuretic and expectorant, and contains saponins that exhibit antifungal activity. Golden rod is useful for chronic excess mucus, diarrhea, dyspepsia, flatulence, inflammatory skin conditions, influenza, kidney stones, urinary infections and whooping cough.

**Horsetail** strengthens the skeletal system, speeding the healing of damaged connective tissue and improving elasticity. Horsetail is commonly used to relieve arthritic conditions and reduce menopausal bone loss which can lead to osteoporosis. Horsetail is an excellent clotting agent and also provides antibacterial, antiseptic and astringent properties, focusing much of its action on the genitourinary system. Horsetail tones the bladder and urinary mucus membranes, fights infection, and helps heal various urinary tract ailments, especially where there is bleeding. Combined with its diuretic activity, horsetail has been shown to correct cystitis, enuresis (involuntary urine discharge), prostatitis, urethritis (inflammation of the urethra), and incontinence in both children and adults. Horsetail also reduces chronic swelling in the legs and relaxes muscle cramps.

**Parsley** stimulates production of digestive fluids and enhances the elimination of wastes from inflamed joints via the kidneys. Such action makes parsley useful for arthritis, cystitis, dyspepsia, gastritis, gout, jaundice, other liver and spleen ailments, and rheumatic conditions. Parsley helps tone the urinary system and has been used effectively for almost any type of kidney and urinary problems, including dysuria, edema, nephritis, prostatitis, swollen breasts and glands, and urinary tract infections. Parsley effectively dries watery mucous conditions and acts as an antispasmodic. Parsley also lowers blood pressure, strengthens the adrenal glands, and enhances brain and optic nerve function. Parsley is a rich source of iron and provides numerous trace minerals, particularly the electrolytes calcium, magnesium, potassium and sodium. Parsley also provides vitamins A, B, C, and K, protein (up to 25%), and chlorophyll. Parsley actually contains several times the amount of vitamin C found in citrus.

**Red beet** stimulates the production of digestive fluids and enzymes, shrinks inflamed tissues, and promotes urine flow. Red beet also enhances immunity due to the presence of the anthocyanin, betanin. Red beet is also a good source of potassium and has been used as part of an herbal cleansing regimen for treating cancer. Red beet has been found helpful for frequent urination, inflammatory skin conditions, liver congestion and menorrhagia (heavy menstrual bleeding).

**Yellow dock** has become favored as a tonic for the liver and gall bladder, due to its astringent purification of the blood supply to the glands. Compared to other herbs, yellow dock has one of the most prominent reputations for clearing skin problems, relieving glandular inflammation and swelling, and curing a variety of bladder ailments and liver diseases, including jaundice. Many Native American medicine men were quite competent in using yellow dock for treating jaundice. Yellow dock also works as a laxative, encouraging the production of bile and digestive fluids and easing inflammatory bowel conditions.