

check your liver health

If you've battled for years with fatigue, poor health and an inability to lose weight even after trying all the latest diets, then we have some good news for you! **Dr Sandra Cabot**, internationally renowned author of *The Liver Cleansing Diet*, believes that often these complex, long-standing problems can be addressed by simply improving the health of your liver.

Sounds too good to be true, doesn't it? But the liver is the supreme organ of metabolism and detoxification, and in Dr Cabot's experience, perfect health will continue to evade you unless it is functioning effectively. Dr Cabot believes that many of the most common symptoms of poor health are in fact due to liver dysfunction, and that modern day medicine has become side tracked with treating the symptoms of poor health, rather than their cause.

The liver's role in detoxification

The liver is the cleanser and filter of your bloodstream, and all the chemicals you're exposed to are transported to it for detoxification. In fact, if you examine the liver under a microscope, you'll see rows of liver cells separated by spaces that act like a filter or sieve, through which the bloodstream flows. This liver 'filter' is designed to remove toxic matter such as dead cells, unhealthy cells, microorganisms, chemicals, toxins, drugs and debris from the bloodstream. Dr Cabot believes that just like the filters in your vacuum cleaner or swimming pool, your liver benefits from a regular clean out to prevent it from becoming clogged, and that a congested, dysfunctional liver often leads to chronic

health problems, such as those listed opposite.

As part of its detoxification processes, the liver converts toxic compounds that are soluble in fat into compounds that are soluble in water, allowing them to be excreted from the body via the urine, faeces and sweat. If this conversion pathway is not functioning properly, these fat-soluble toxins tend to accumulate in the body's fat stores where they have the potential to compromise your health. Furthermore, release of these fat-soluble chemicals during times of stress or weight loss can cause symptoms such as headaches and foggy thinking, aches and pains, fatigue and nausea. That means that by following Dr Cabot's LiverCare program guidelines, you won't just be improving your liver function - you'll be improving the health of your whole body!

The liver and your metabolism

The liver also plays an important role in metabolism. It's the major fat burning organ of the body and regulates fat metabolism, so, according to Dr Cabot,

Liver health check

Do you suffer with:

- An inability to lose weight
- Digestive problems or abdominal bloating
- A roll of fat around the upper abdomen 'liver roll'
- High cholesterol
- Chronic fatigue
- Foggy brain and/or mood swings
- Allergies
- Sugar cravings
- Bad breath and/or coated tongue
- Excess body odour
- Itchy skin
- Nausea or indigestion
- Dark circles under the eyes
- Diagnosed fatty liver
- Or do you simply party too hard?

If you answered YES to three or more of these questions, you may benefit from Dr Cabot's LiverCare program, based on the principles detailed in her best-selling book *The Liver Cleansing Diet*.

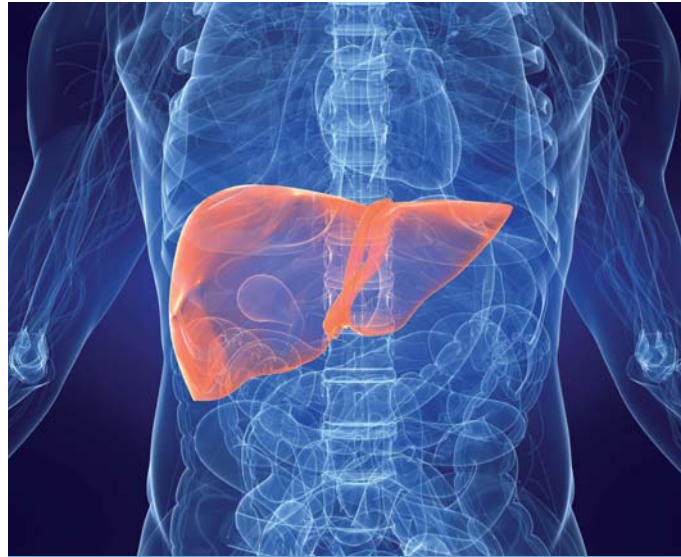
Check your liver health NOW

To receive a free two- or six-week plan designed to improve your liver and overall digestive health, visit www.livercare.com.au/govita and complete Dr Cabot's 10 minute health and lifestyle questionnaire. Alternatively, visit your Go Vita store, where specially-trained LiverCare consultants can tailor a program to your individual needs.

if your liver is functioning well, you're more likely to have a healthy metabolic rate and to find it easier to maintain a healthy weight.

Dr Cabot says that fibre intake is an important consideration here, because the liver has the ability to transport excess fat into your intestine via the bile. Once there, the fat is absorbed into the faeces so that it can be excreted from the body. But if you are constipated or don't have enough fibre in your diet, faeces remain in your bowel for a longer period prior to excretion, and the excess fat is less likely to be excreted and more likely to be stored as body fat.

Many overweight people have a fatty liver that doesn't burn fat efficiently. A fatty liver is doing the opposite of what it is programmed to do; rather than burning fat it is storing fat. According to Dr Cabot, for this reason people who have a fatty liver find it extremely difficult to lose weight.




Dr Cabot refers to the liver as 'the organ of longevity', believing that looking after your liver will not only help you live longer, but also give you a much higher quality of life here and now!

An unhealthy liver can also contribute to unstable blood sugar levels, or hypoglycaemia. Low blood glucose levels cause fatigue, sugar and carbohydrate cravings, light headedness, mood swings and poor quality sleep. People with hypoglycaemia typically

experience extreme sugar cravings, causing them to feel 'addicted' to or unable to resist sweets and sugary junk food. A healthy liver supports the regulation of blood sugar levels by storing excess glucose and then releasing it into the bloodstream when blood levels become low. However, with a fatty liver, the ability to regulate blood sugar is compromised, making it extremely hard to stick to a healthy eating plan if you're battling with fatigue, strong cravings and moodiness.

With these important aspects of liver function in mind, Dr Cabot's LiverCare program has been specially designed to help your liver to become a more efficient fat burner, making

your metabolism more efficient to help you burn fat and more easily control your weight in the future. 

Dr Sandra Cabot is a medical doctor with extensive clinical experience in holistic medicine. She is the author of 16 books, including the best-selling The Liver Cleansing Diet. Dr Cabot pilots herself to many Australian cities and country towns where she is invited to speak at seminars and exhibitions.