

# Natural treatment to fatty liver

**Abbreviations:** NAFLD, non-alcoholic fatty liver disease; NASH, nonalcoholic steatohepatitis; GGT, gamma-glutamyl transpeptidase; AST, aspartate transaminase; ALT, alanine transaminase;

## News

Use this Natural Liver Detox 2 OZ daily for a week every 4months to detox your liver & Gallbladder from TOXINS! 24oz/700ml apple cider vinegar (always use organic) cup finely chopped garlic cup finely chopped onion 2 fresh peppers, the hottest you can find (be careful with the cleaning wear gloves!!!) cup grated ginger 2tbsp grated horseradish 2tbsp turmeric powder or 2 pieces of turmeric root Scientists know that fat buildup in the liver is more common in people who are overweight, have type 2diabetes, or drink excessive amounts of alcohol. But beyond that, not much about fatty liver disease is well understood. Does the diabetes or fatty liver come first? Do certain genes predispose people to fatty liver disease? How can the disease be detected early and treated? Do other diseases contribute to fat in the liver?

The pathogenesis of nonalcoholic fatty liver disease is not fully understood. One of the leading theories involves insulin resistance as a key mechanism leading to hepatic steatosis and perhaps also steatohepatitis. Another theory postulates that NAFLD is caused by oxidative stress secondary to steatohepatitis. Hepatic iron, leptin, antioxidant deficiencies, 14 and intestinal bacterial have all been noted to be part of the pathogenesis of NAFLD.

Most individuals with NAFLD are asymptomatic, although some with NASH may complain of vague right upper abdominal discomfort, fatigue, and/or malaise. 16 In clinical reality, NAFLD typically comes to the attention of the healthcare practitioner because laboratory testing reveals elevated liver aminotransferase. On physical exam, some patients may have hepatomegaly due to the fatty infiltration.7 Hepatic steatosis can also be detected incidentally on abdominal imaging.

Numerous therapies have been investigated for the NAFLD treatment. Weight loss is the only therapy with reasonable evidence suggesting it is beneficial and safe, although emerging data supports nutritional interventions. Conventionally, the following strategies are typically employed: Weight loss for patients who are overweight or obese; Hepatitis A and B vaccinations, except in those with serologic evidence of immunity 21; Treatment of risk factors for cardiovascular disease and abstention from alcohol. Pharmacological agents, such as pioglitazone, are not recommended. Numerous other drugs have been examined for the treatment of NASH. While some have shown initial promise, none have been sufficiently studied.

I have routinely screened my patients with high normal GGT levels, in isolation or in conjunction with high normal or elevated AST and/or ALT levels, with a liver ultrasound and have frequently seen evidence of NAFLD on the radiology report. This is where nutritional and nutraceutical therapies have an enormous role to play. A diet rich in organic fruits and vegetables (the more varied the colors, the better) and avoidance of refined, processed, and charred foods are beneficial. I also recommend that my patients avoid trans fats and saturated fats, 23 along with nitrates/nitrates and high fructose corn syrup. I recommend that they consume green tea, fresh fish, and liver-

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**George Grant**

World organization of Natural Medicine, Canada

**Correspondence:** George Grant, World organization of Natural Medicine, Richmond Hill, Ontario, Canada, Tel 416 562 3140, Email drgrant@rogers.com

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supportive foods. (Note of caution in regards to fish: Be aware of the mercury and other contaminants present in some fresh fish. The US Environmental Protection Agency is an excellent resource on safe fish consumption.) Liver-supportive foods include high sulfur foods like garlic and onions, as well as cruciferous vegetables 28-30 like Brussels sprouts, cabbage, cauliflower, and broccoli. Other nutritious liver-supportive foods include artichokes, turmeric, beets, and green tea.

The following nutrients have shown the greatest clinical efficacy in addressing and even reversing the spectrum of NAFLD. In my practice, I have seen positive results in as little as 3 months, but typically it takes 9 to 12 months to see the most restoration and reversal of NAFLD. Tocotrienols: 200mg twice daily with food. 34Gamma-tocotrienol, but not alpha-tocopherol, attenuates triglycerides accumulation by regulating fatty acid synthase and carnitine palmitoyltransferase enzymes, leading to a reduction of hepatic inflammation and endoplasmic reticulum stress.

N-acetyl-cysteine (NAC): 600mg twice daily, best taken on an empty stomach. NAC blocks the propagation of lipid peroxidation. Avoid taking NSAID like Acetaminophen [Tylenol], ASA and Advil. Taking just 25percent more of these drugs than the daily recommended dose the equivalent of just two extra strength pills per day can cause liver damage after just a couple of weeks of daily use. When taken all at once, just under four times the maximum daily dose can be lethal! Previous research has also shown that taking just a little more than the recommended dose over the course of several days or weeks (referred to as staggered overdosing can be more risky than taking one large overdose.

In 2009, the FDA finally added a warning to acetaminophen containing drugs alerting consumers to its potential for causing liver damage. Using Tumeric, Ashwaganda and ginger is much safer natural anti inflammatory that will detox your liver. The reason obesity might accelerate aging in your liver could have to do with an underlying cause of both weight gain and liver damage: fructose. You may already be aware that fructose, the sugar found in everything from high fructose corn syrup and fruit juice to agave syrup and honey, is harmful when consumed in excess. This is precisely what most Americans do. However, you may be surprised to learn that fructose

is, in many ways, very similar to alcohol in the damage that it can do to your body.

## Foods that detox liver & gallbladder

### Garlic

Just a small amount of this pungent white bulb has the ability to activate liver enzymes that help your body flush out toxins. Garlic also holds high amounts of allicin and selenium, two natural compounds that aid in liver cleansing.

### Grapefruit

High in vitamin C and antioxidants, grapefruit increases the natural cleansing processes of the liver. A small glass of freshly-squeezed grapefruit juice will help boost production of the liver detoxification enzymes that help flush out carcinogens and other toxins.

### Beets and carrots

Both are extremely high in plant flavonoids and beta-carotene; eating beets and carrots can help stimulate and improve overall liver function.

### Green tea

This liver loving beverage is full of plant antioxidants known as catechins, a compound known to assist liver function. Green tea is not only delicious; it is also a great way to improve your overall diet. Learn more about the benefits of green tea.

### Leafy green vegetables

Leafy Greens, One of our most powerful allies in cleansing the liver, leafy greens can be eaten raw, cooked, or juiced. Extremely high in plant chlorophylls, greens suck up environmental toxins from the blood stream. With their distinct ability to neutralize heavy metals, chemicals and pesticides, these cleansing foods offer a powerful protective mechanism for the liver. Try incorporating leafy greens such as bitter melon, arugula, dandelion greens, spinach, mustard greens, and chicory into your diet. This will help increase the creation and flow of bile, the substance that removes waste from the organs and blood.

### Avocados

This nutrient-dense super-food helps the body produce glutathione, a compound that is necessary for the liver to cleanse harmful toxins.

### Apples

High in pectin, apples hold the chemical constituents necessary for the body to cleanse and release toxins from the digestive tract. This, in turn, makes it easier for the liver to handle the toxic load during the cleansing process.

### Olive oil

Cold-pressed organic oils such as olive, hemp and flax-seed are great for the liver, when used in moderation. They help the body by providing a lipid base that can suck up harmful toxins in the body. In this way, it takes some of the burden off the liver in terms of the toxic overload many of us suffer from.

### Alternative grains

You need alternative grains like quinoa, millet, and buckwheat

in your diet. Your liver is your body filter for toxins, and grains that contain gluten are full of them. A study last year found that persons who experienced gluten sensitivities also had abnormal liver enzyme test results, and that is just one of many.

### Cruciferous vegetables

Eating broccoli and cauliflower will increase the amount of glucosinolate in your system, adding to enzyme production in the liver. These natural enzymes help flush out carcinogens, and other toxins, out of our body which may significantly lower risks associated with cancer.

### Lemons & limes

These citrus fruits contain very high amounts of vitamin C, which aids the body in synthesizing toxic materials into substances that can be absorbed by water. Drinking freshly-squeezed lemon or lime juice in the morning helps stimulate the liver.

### Walnuts

Holding high amounts of the amino acid arginine, walnuts aid the liver in detoxifying ammonia. Walnuts are also high in glutathione and omega-3 fatty acids, which support normal liver cleansing actions. Make sure you chew the nuts well (until they are liquefied) before swallowing.

### Cabbage

Much like broccoli and cauliflower, eating cabbage helps stimulate the activation of two crucial liver detoxifying enzymes that help flush out toxins. Try eating more kimchi, coleslaw, cabbage soup and sauerkraut.

### Turmeric

The liver favorite spice. Try adding some of this detoxifying goodness into your next lentil stew or veggie dish for an instant liver pick-me-up. Turmeric helps boost liver detox, by assisting enzymes that actively flush out dietary carcinogens.

### Garcinia cambogia

The fruit of the Garcinia Cambogia plant is a small, green pumpkin and is used in many traditional Asian dishes for its sour flavor. The skin, or rind of the fruit contains a large amount of Hydroxycitric Acid (HCA), which is the active ingredient that has been known to aid with weight loss. Only buy Garcinia Cambogia that has at least 60% HCA.

### The benefits of garcinia cambogia

- i. May aid in the reduction of fat cells forming
- ii. May aid in increased weight loss
- iii. May increase energy levels
- iv. May help with fatty liver and uterine fibroids

## Acknowledgements

None.

## Conflict of interest

The author declares no conflict of interest.