

## Liver Rescue Foods:

The liver has over 2,000 chemical functions in the body

A happy Liver is “The Key” to great health

**GREAT NEWS:** God has provided us with a vast array of *incredible table foods* along with a wide variety of *herbal whole foods* with their amazing restorative nourishment, concentration, balance, cost effectiveness, and simplicity to prepare & eat. This combination is all VERY GOOD NEWS to help us Rescue! Renew! Nourish and Protect! our livers, which is paramount to a healthy body!

**To Rescue our Liver:** #1 goal is to **Lower** the fat intake, **increase** the intake of CCC: Critical Clean Carbohydrates

### Herbal Whole Foods:

Sunrider International has a unique-to-the-marketplace combination of Chinese herbal whole foods based on thousands of years of ancient Chinese wisdom along with modern science’s cutting edge research and development. These whole herbal foods are based on the “Philosophy of Regeneration.” Our bodies are designed to gain and maintain excellent health if we give it ENOUGH of the RIGHT KIND of WHOLE FOODS. By Nourishing, Balancing, and Cleansing with these herbal whole foods, we restore the balance in the body so that the body can heal itself. Sunrider foods are already broken down (predigested) into glucose, amino acids, and fatty acids, ready to be absorbed into the bloodstream and taken throughout throughout the body.

- **The Sunrider “Basics” Nourish, Balance Cleanse Foods: NuPlus, Quinary, Calli are our “#1 go-to” for Liver Rescue because of the *balance, the concentration and the wide variety of foods in these time tested combinations, and even in the single foods.***
- *Herbs are a higher level of nourishment than our regular table foods and actually repel disease.*
- *The simplicity and time saving benefits in prep and eating make Sunrider herbal whole foods additionally very appealing and cost effective.*
- I’ve also included “Beyond the Basics” Sunrider’s additional herbal whole foods that give additional support for a healthy happy liver.

### Regular Table Food:

- #1 goal: **Lower** the fat intake, **increase** the good carbs intake of CCC: Critical Clean Carbohydrates.
- The body yearns for high-quality glucose from nutrient rich fruits and starchy vegetables.

- Too much of *any good plant based* fat slows down the liver and makes it incapable of performing its duties. On a high fat, low carb diet, the heart slowly becomes weary.
- Lowering your fat intakes usually means lowering much of your protein intake also.
- Following the list of Sunrider foods, I've listed the life-giving, life-saving **CCC: Critical Clean Carbohydrates** that are filled with liver rescuing benefits. I have quoted the key benefits of each from the **Medical Medium Liver Rescue** by Anthony William. P. 285-308

## **Sunrider Whole Herbal Foods:**

### **NOURISH:**

#### ***NuPlus:***

12 whole herbal foods combined to have the perfect balance of Nutrients the body really needs, concentrated 8-10 times. (NuPlus was considered "Angel Food" in Historic Chinese Records)

- 60% complex carbs (glucose)
- 20% assimilable protein (amino acids)
- 15% Fat (fatty acids)
- 5% vitamins and minerals in their whole food form

#### ***Spirulina:***

Stops viral and bacterial growth inside the liver, binds hundreds of toxins and poisons carrying them out of deep pockets of the liver, especially aids the liver's glucose storage and protein conversions. Provides abundance of vitamins and minerals to reestablish liver's storage banks. p.306

### **BALANCE:**

#### ***Alpha 20-C:***

10 nourishing whole herbal foods to restore the Balance in the liver. It is the specific immune system food, also found in Quinary (1/5 of the 50 food combination of Quinary). A symptom is a system out of balance. Again, concentration 8-10x.

#### ***Evergreen:***

Extremely valuable in building healthy oxygenated blood, healing to the whole digestive system. A super Aloe Vera. "Gel from fresh aloe leaf binds onto toxic debris in the intestinal tract and carries it out of the colon during elimination, reducing toxins in the intestinal tract so that they don't travel up to the liver. Aloe expels and diminishes ammonia inside the intestinal tract that otherwise seeps into the liver when food is putrefying due to low hydrochloric acid and bile production. p. 300

#### ***Citric C:***

Strengthens liver's own immune system, speeds up white blood cell recuperation & recovery time in between wars with viruses and bacteria, also weakens pathogens

exposed to it. The liver uses Vt.C in all of its over 2,000 chemical functions. It detoxifies and cleanses the liver, stops a sluggish liver, loosens and disperses fat cells stored inside the liver, strengthens the adrenal glands, and helps the liver recover after bouts of stress-related adrenalin surges. Helps stop and repair scar tissue deep in the liver's core. SR's Vitamin C is from Rose Hips: making Vt.C a powerful bioavailable source for the liver fighting disease created by viruses and bacteria.

***Goldenseal:***

Suffocates and destroys pathogens, both bacterial and viral. Inhibits pathogens that are adjacent to the liver in the lymphatic system. Goldenseal has a gentle purging effect that expels bacterial debris, viral byproduct, neurotoxins, and other pathogenic waste matter. p.302 Sunrider's Chinese Goldenseal is different from the Canadian Goldenseal typically sold in health food stores. There are no side effects and is 4 xs stronger.

***VitaSpray:***

Contains all the B vitamins and Vt. C: "B12 helps protect nerve tissue in the liver, improve nerve cell communication, highly instrumental to all of the liver's 2000 plus chemical functions. p. 307

**CLEANSE:**

***Calli:***

5 whole herbal foods: Chelate for the heavy metals and chemicals 1 bag/1 cup daily, then Nourish the liver's cleansing ability thru the day with another bag in 4-8 cups/day. Makes your water "Living Water". The liver loves peppermint-improving the hydrochloric acid levels in the stomach, calms intestinal nerves and spasms, cleanses the liver, helps liver rebuild its glucose and glycogen storage reserves and abilities. p.305

***Fortune Delight:***

5 whole herbal foods: Super hydrates the cells, "wetter than water" and cleanses the digestive system with high power antioxidant foods.

***Sunnydew:***

2 whole herbal foods: Anti-viral, anti-fungal, anti-inflammatory, nourishes the pancreas for excellent blood sugar balancing. A wonderfully delicious healthy sweet, makes everything taste great.

***Dandelion Root:***

One of the most powerful liver cleansing herbs. Helps reset the filtering capabilities of the liver, purging the liver, increasing the liver's ability to convert nutrients, bile strength increases p.302

**Note: Remember the concentration of Sunrider's herbal whole foods: 4-10xs, like eating 4-10 of each food, combined to balance, bringing out strengths and negating weaknesses.**

## **Table Food**

***#1 Goal: Up your CCC: Critical Clean Carbohydrates & Lower your fat intake!!!***

***Lowering the fat usually includes lowering animal protein.***

There are many liver benefits from each of the following CCC (Critical Clean Carbohydrates). I have listed only one or two key liver/gallbladder benefits for each carbohydrate:

### **CCC: CRITIAL CLEAN CARBOHYDRATES:**

#### **Apples:**

Starves out **bacteria, yeast, mold, other funguses, and viruses** from the intestinal tract and liver. Great for dissolving gallstones.

#### **Apricots:**

Are medicine to your liver cells, bonds to **toxic coppers** inside the liver and helps carry them out.

#### **Artichokes:**

Contain phytochemical compounds that stop the growth of **tumors and cysts** inside the liver.

#### **Arugula:**

Causes a **gentle purging** effect inside the liver, vs. a strong purge.

#### **Asparagus:**

**one of the most important liver-healing foods.** Consider putting it on the menu at least a few times a week.

#### **Atlanta sea vegetables (especially dulse and kelp):**

Contains **iodine a natural antiseptic** to the liver that inhibits unproductive bacteria, viruses, and other unwanted microorganisms that can find their way to the liver and cause cell damage. Iodine at the proper level inside the liver can help prevent cancer and all manners of disease that occur within the liver and body.

#### **Bananas:**

Contrary to popular belief, bananas are **one of the most antibacterial, anti-yeast, antifungal foods.** Improves the liver's ability to absorb nutrients.

#### **Berries:**

A medicine chest for the liver. Keep a variety of liver cells from becoming infected and affected by toxins and pathogens. All berries, stop the liver from **oxidizing too easily when saturated with toxic heavy metals and poisons.**

**Broccoli:**

Great aid to the intestinal tract's **gases** that travel straight to the liver.

**Brussels sprouts:**

An ultimate liver-cleansing food, providing a vast array of chemical compounds and phytonutrients. The large mother stalk contains some of the most powerful, **beneficial sulfur** unlike any other to cling to each poison and safely escort it out of the liver, whether through the kidneys, bile duct, or intestinal tract, staying bonded all the way until the troublemaker leaves the body. It's a **food rarity.**

**Celery:**

A powerful herb we should never forget! It's undiscovered **subgroups of sodium** that I call *cluster salts* protect the liver's cell membranes and **inhibit the growth of viruses, bacteria, and fungus.** Celery restores and **balances the bile,** which in most people is completely imbalanced.

**Cherries:**

High in anthocyanin that bonds to specific troublemakers from the **petrochemical group** that store deep inside our livers to help rush them out of the body.

**Cilantro:**

This herb binds onto **toxic heavy metals, neurotoxins and dermatoxins** and expel them safely from our bodies. A great liver cleansing and liver building herb, and helps regenerate the nerve tissues in and around the liver.

**Coconut**

(only when used in small amounts): Lowers viral and bacterial loads inside your liver and lymphatic system. **Too much coconut or c. oil slows down the liver and makes it incapable of performing its duties. This true of any plant fats.**

**Cranberries:**

Help prevent cells from dying in general of toxic overload, also **strips the cell membranes off pathogens,** most especially bacteria.

**Cruciferous vegetables:**

Some of the best: kale, radishes, arugula, brussels sprouts, red cabbage broccoli, cauliflower, watercress, kohlrabi, collard greens, broccoli rabe, and mustard greens. These provide an abundance of vitamins, minerals, antioxidants, and rich phytochemical sulfur compounds that **help the liver restore its nutrient storage banks.**

**Cucumbers:**

Cucumbers help keep the **blood hydrated,** and helps to **minimize dirty blood.**

**Dates:**

The intestinal tract builds up mucus due to low hydrochloric acid and bile production, and that can slow down absorption of nutrients into the bloodstream. Dates **expel and eliminate this mucus**. The sugars of dates feed and restore the liver.

**Figs:**

Don't require much hydrochloric acid or bile fluid to digest, and also bind onto and expel almost very variety of pathogen and toxin in their way in the **intestinal tract**, which means less poison heading up to the liver through the hepatic portal system. Figs are a win-win for your liver.

**Garlic:**

The medicinal, pungent, and astringent quality of garlic is **a pathogen's worst nightmare!**

**Grapes:**

The sugar content in grapes helps revitalize the liver. They're truly **a longevity food**. The fruit acid unique to grapes is a great dissolver of gallstones.

**Hot peppers**

(cayenne, super chili habanero, bird's eyes, jalapeno, and poblano): Look to ripe (red) hot peppers for a **liver reset**. It's like opening a window in your house to let out stale air and let in fresh air.

**Jerusalem artichokes:**

halt aggressive **quick-to-spread diseases**.

**Kale:**

Starves unfriendly bacteria and microorganisms while **feeding beneficial bacteria and microorganisms**. Very helpful for improving the ileum environment which improves Vit. B12 production.

**Kiwis:**

Fruit acid has a dissolving effect on **gallstones** unlike any other.

**Leafy greens:**

(lettuces and their stems): **extremely important cleansing tool** for your liver. **Eaten with fruit, their medicinal qualities increase twofold.**

**Lemons and Limes:**

Improves **hydrochloric acid and bile production and potency**. Contains micro mineral salts that break down pathogens such as unproductive bacteria, mold, yeast, and fungus to help to protect the liver's immune system. Binds with Vit C and wakens a stagnant sluggish, fatty liver, helping loosen and disperse fat cells. Lemons and lime clean up dirty blood, improve glucose absorption, and even protect the pancreas.

**Mangoes:**

So many liver benefits. Cool a toxic liver to prevent spasms, helps livers immune system destroy pockets of bacteria that create liver abscesses. **Helps prevent liver from aging.**

**Maple Syrup:**

A vast array of vitamins, minerals, and other nutrients(many still undiscovered) coupled with **high-quality sugar** on which the liver thrives.

**Melons:**

**Powerful liver-cleansing food.** Melons unique living water with its nutrient content, thins out dirty toxic, fat-filled blood, allowing the heart to not overwork itself in pumping blood. Flushes toxins out of intestinal tract allowing the stomach to rebuild hydrochloric acid reserves.

**Mushrooms:**

Medicine for the liver. Mushrooms are a fungus that helps the liver remove fungus from the liver, also in r4educing fungus, bacteria, and viruses in the intestinal tract.

**Onions & scallions:**

Very much like garlic, have antimicrobial sulfur compounds that expel unfriendly pathogens from the liver. Also disinfecting and temperature control for the liver.

**Oranges and tangerines:**

Allows for easy absorption and conversion of nutrients for your liver especially when eaten with calcium and Vt. C rich foods. Also, helps clean sludge & sediments in gallbladder.

**Papayas:**

Helps reduce inflammation in intestinal tract, the red-pigment phytochemicals allows liver to function at its optimum.

**Parsley:**

Dislodges poisons and catapults them out of the liver. Purging effect on gallbladder sludge, though not on gallstones.

**Peaches and nectarines:**

The skins help clean out deep debris in intestines and colon. Liver loves the unique combination of fruit acid with mineral salts and sugars.

**Pears:**

Incredible for agitated, inflamed, stagnant, sluggish overburdened, or fatty livers. Calming and soothing, takes liver off autopilot when in constant crisis allowing organ to heal and rejuvenate.

**Pineapple:**

Dissolves gallstones. Brushes, degreases, cleans up & drives out sticky mucus-y debris and byproducts from troublemakers.

**Pomegranates:**

Excellent for cleaning passageways of blood vessels and promoting better flow through veins of liver.

**Potatoes:**

Abundant in amino acids (proteins) that specifically inhibit viral growth. Provides high glucose buildup, to protect from blood sugar problems, weight gain, fatty liver and dirty blood syndrome. Shunned for being a nightshade, when in truth they have the ability to reverse many varieties of chronic illness. It's what we put on the potatoes that can be the troublemakers.

**Radishes:**

Strong medicine for the liver, disinfects, stopping pathogen infection, increasing white blood cells' ability to fight and destroy invaders.

**Raw Honey:**

Contains a combination of sugar, vitamins, minerals, and other micro nutrients, hundreds not yet identified with science, that the liver loves. Antimicrobial, antiviral, antibacterial, antifungal all packaged into one.

**Red cabbage:**

Greatest role is cleaning up the intestinal tract of old debris & knocking down pathogens and helping create a good environment for B12 production in the ileum. Deep purple red pigment and sulfur compounds effective tools for liver recovery.

**Spinach:**

Most effective in providing lots of nutrients that are easy to be absorbed and utilized in intestinal track and liver.

**Sprouts and Microgreens:**

These contain elevated probiotics that create the strongest beneficial bacteria environment possible in the intestinal tract making it possible for greatest absorption of nutrients.

**Sweet Potatoes:**

Help regulate and control some of the liver's hormone functions. An important glucose and glycogen storage food for the liver to help with blood sugar levels in the body. Helps support almost every function for which the liver is responsible. Helps prevent liver spasms.

**Tomatoes:**

Lycopene is a beloved liver nutrient to shield itself from cell damage, helps detox red blood cells safely, smoothly, and effectively. Helps keep gallbladder healthy. The trendy nightshade hatred keeps people's livers from being healthy and preventing disease.

**Tumeric (fresh):**



2 main responsibilities for your liver: Purges host of different troublemakers, even from deep inner core of liver & protects from injury as these harmful toxins are leaving the body. Tumeric provides a renewal effect. Digs up deep dark toxins and rids them from your liver.

**Wild Blueberries:**

Wild blueberries are to the liver as mother's milk is to a baby. They grab troublemaker, hold onto them as they leave the liver (unlike most other healing foods) to make sure they get out of the body. Deeply feeds the liver, crossing cell walls and membranes inside the liver. Feed good bacteria in intestinal tract.

**Winter Squash:**

Excellent for stabilizing blood sugars (easily stores the glucose), High in carotenoids that protect liver cells from damage. Loaded with nutrients easy to store.

**Zucchini:**

Similar to cucumber in many way, helpful for liver hydration, safe mild liver purging effect. Helps push bacteria and fungus in intestinal tract. Beneficial to gallbladder inflammation.

**Note:** Always eat fruits alone or with greens or several hours after meals that contain fat or proteins, otherwise the fruit tends to ferment in the digestive system when mixed with foods that take longer to digest. Fruits digest and move out of the stomach quickly.

Eating fruit with Sunrider is an exception, because the Sunrider foods are already broken down (predigested) into glucose, amino acids, and fatty acids, ready to be absorbed into the bloodstream and taken throughout the body.

**GREAT NEWS: God has provided us with a vast array of *incredible table foods* along with Sunrider's wide variety of restorative *herbal whole foods* with their concentration, balance, cost effectiveness, and simplicity to prepare & eat. This combination is all VERY GOOD NEWS to help us "Renew" and "Nourish" and "Protect" our livers, which is paramount to a healthy body!**