

## **LIVER (B) House-cleaning : 3 Ways to Restore, Nourish and Strengthen**

*(Please listen to the accompanying Liver Cleanse Tele-class by Orest V. Pelechaty, CA at [www.HealAndRenew.com](http://www.HealAndRenew.com) to learn more about liver health and the two other liver cleanses)*

This can be done by 1) seeking the help of a professional, 2) learning and doing things for yourself, or 3) a happy combination of the two. I highly recommend daily that self care be combined with input from a clinician who really understands natural healing.

1. Traditionally the Spring time season is ideal for working on the Liver. Nowadays I recommend that even healthy people get at least one monthly acupuncture treatment. The Chinese have long recognized that the Liver can be strengthened and nourished by supporting it with Acupuncture, Qigong, and Herbs. Also Diet is crucial as this is an 'oral medication' which we give ourselves several times a day. So make your food a good medicine rather than a slow poison. Please eat wisely and consciously! A doctor level practitioner of Chinese Medicine who is fully trained in the classical healing arts can guide you. Also we can develop a solid treatment plan for you and deliver excellent care. *So invest in your self and ride the tide of Qi this Spring season!*

2. It is vital to do liver cleansing as part of regular daily life. The good news is that is possible for you to help your liver both gently and safely. By reading material from [Young Life Research Clinic](#) or [Essential Science Publishing](#) you can go safely on the road to physical rejuvenation with natural wonder tools. Regular application of therapeutic grade essential oils, such as from **Young Living** provides physical and energetic results which are truly impressive. The essential oil blends **JuvaCleanse** and **JuvaFlex** are formulated for hepato-protective activity and have significant antioxidant effect to neutralize free radicals. **GLF** relieves heavy metal burden. The powdered **JuvaPower** (and it's spicy condiment version **JuvaSpice**) combine the highest of acid-binding foods with phyto-nutrient fibers to balance pH and cleanse the liver and intestines simultaneously. **Sulfurzyme** uniquely combines the ancient Chinese 'longevity fruit' **Wolberry** ( *Lycium barbarum*) with **MSM** (methylsulfonylmethane - the protein building compound found in mothers' milk and fruits and vegetables), together they create a new concept in balancing the immune system and supporting almost every major function in the body, especially the liver. An excellent place to start may be the **Master Cleanse** developed by Stanley Burroughs. This powerful cleanse is not a complete fast and can be undertaken by almost anyone. Still, it is best to adjust and monitor even this technique in collaboration with a wise clinician.

3. It is always helpful to bring in the experience and objective perspective of a good clinician to oversee one's progress in self care and to provide insight and assistance as needed. This is important to fully maximize one's efforts by customizing a program for you as an individual. You may want guidance on which fresh organic vegetables to juice or blend for added cleansing. Many people, especially if overweight, improve vastly from digestive enzymes such as in **Detoxyme** or **Essentialzyme**, or may need colon cleansing as with **Comfort Tone** or **ICP**. You may benefit from advice on menu planning with the best possible foods to alkalinize and nourish your particular body type. Also, you can learn to use two truly awesome healing methods which have been recently brought forth to the world by Dr. Gary Young. One is the **Raindrop Technique**, which has roots in Native American healing and emphasizes physical re-alignment and helps with deep anti-microbial effects. The other is **Emotional Release Technique**, a way of soul healing rediscovered from ancient Egypt and adapted for our times. These are best experienced when delivered by a health professional. Eventually one can learn them for use with family members. Also, enjoy a drinking Dandelion Root *Taraxacum sp.* Tea. It nourishes while cleaning the liver!

\*\*\*Products listed in Bold are available at [www.YoungLivingAbundance.com](http://www.YoungLivingAbundance.com)