

A stylized illustration of a sun with a human-like face, arms, and legs. The sun is smiling and has its arms raised in a 'strongman' pose. The sun's rays are depicted as sharp, pointed shapes.

Liver Is Life

Much of our conventional medical system has been grounded around diagnostics and treating symptoms, which has led many people to be underserved and uncomfortable. Over the years allopathy has ignored many of the root factors in addressing illness or conditions. As a result, the pharmaceuticals being prescribed are less effective. The root factors in healing symptoms and illness is to address the terrain in which the symptom/diagnosis (*eg. excess weight, acne, joint pain, diabetes, fatigue, autoimmune disease etc.*) has manifested. That takes us back to the liver.

This organ serves many vital purposes that we would be remiss to overlook the liver. The liver is responsible for many critical life sustaining metabolic mechanisms that affect the entire body and other organ systems greatly.

When the liver isn't functioning properly or is unable to, due to a variety of factors, diseases and symptoms will manifest in areas that may not even seem related such as the **heart conditions** or **immune dysfunctions**. These two examples are unfortunately just a fraction of the issues related to liver function that can occur in the body.

The liver is responsible for detoxification, this biomechanical and biochemical mechanism eliminates exogenous toxins and endogenous toxins from the body. It's this very action that prevents many symptoms or diseases from occurring. The liver detoxes extra hormones, histamines, antibodies, neurotransmitters and bacterias from the body if the liver is working properly. In the case, *which is so prevalent for many*, that the liver is sluggish, bombarded or unable to properly detoxify, we may see as a result **estrogen dominance, hyperimmune response, depression, heightened allergies, resistant weight loss etc.**

A bombarded liver will store excess toxins it can't process in fat, fatty organs (*endocrine glands and the brain*) and synovial fluid between joints . Stored toxins around the body will result in **cognitive decline, and hormonal disruptions and diseases** due to the toxins being stored in these fatty organs. Toxins stored in fat around the body will result in **stubborn weight loss** as the fat is a protective mechanism to prevent toxins from entering the bloodstream. Toxins stored in synovial fluid will cause **joint pain** often mistaken for arthritis. If the liver has a low toxic burden it can go back to these toxins and detoxify them.

The liver synthesizes Vitamin D. Vitamin D needs to be synthesized into its usable form 25 hydroxy D3 for the body to use. Vitamin D deficiency can be linked to the inability of the liver to do this conversion and not necessarily to the lack of it in the diet. Vitamin D deficiency is also related to **bone health**. Once again an example of how the liver may be a big factor in the overall health of a certain symptom.

Cholesterol is synthesized in the liver both HDL & LDL. The liver also detoxifies excess cholesterol from the body. Cholesterol is vital for life, it is the backbone for hormones and serves to repair tissue damage. **High LDL** in the bloodstream is more a sign of chronic inflammation and the liver needing support than it is a sign of heart disease.



The liver plays a role in blood sugar management & vitamin storage. The liver converts glucose into glycogen for the body's later energy requirements. While the liver also stores vitamin A,E,D,K, & B12 for later use from the body.

Whether you are experiencing acne, eczema, excess fat, diabetes, arthritis, depression, anxiety, autoimmune, allergies, fatigue, lack of cognitive function or hormonal disbalances the liver is a great place to start your care. When you begin to address root cause factors in your health journey you are setting up a solid foundation to work on so that no matter what route in medicine *herbal or pharmaceutical* you take it has a greater chance of restoration.

If you are looking for clinical support in addressing your personal health concerns, health desires (*reaching your fullest genetic potential*) or disease prevention it may be time to love your liver. Contact Surell Citrine from Sun Soul Fitness to start your Liver Lover journey. Set a strong foundation where you can become the healthiest, happiest version of yourself !

Free 20 minute consultation!

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