

LiverClear Tea™

Detoxify your liver - detoxify your body

THE NUMBERS

- ❑ Each year more than 25 million Americans are affected by liver and gallbladder diseases and more than 25,000 die of cirrhosis
- ❑ About 80% of gallstones in the U.S. are composed mainly of cholesterol
- ❑ The American Liver Foundation estimates that some 20 million Americans -- about 10% of the population -- have gallstones, and more than 500,000 of them will have gallbladder surgery this year just because of the stones
- ❑ Hepatitis B is one of the world's most serious and widespread chronic diseases. 2 billion people have been infected with the hepatitis B virus worldwide, and over 350 million have chronic (lifelong) infections

A CLEAN LIVER DOES A BODY GOOD

Despite what seems to be an insurmountable number of toxic and parasitic invaders lurking around us, just waiting to gain a stronghold, we do have an incredibly potent line of defense: our own bodies, in particular the liver which is the main organ for detoxification.

An amazing organ -- the only one the human body can regenerate if part of it is damaged -- the liver weighs about four pounds and plays a crucial role in many body processes. It metabolizes carbohydrates and stores them as glycogen, a quick energy reservoir. The liver regulates

lipid and protein metabolism, manufacturing and controlling levels of proteins, hormones, immune factors and lipids like cholesterol. It manufactures bile, which is essential to break down fats for proper digestion and utilization by the body.

But the liver also serves another essential and lifesaving role: it filters the blood, removing toxins and impurities for elimination. When protein is digested and bacteria ferment food in the intestines, ammonia is produced. The liver detoxifies the ammonia. It also helps rid the body of environmental toxins like insecticide residues and other harmful chemicals (such as synthetic drugs) by mixing them with less harmful substances so they can be more safely eliminated through the intestinal tract and the kidneys.

However, despite its role (or perhaps because of it) as a detoxifier, it is important to periodically detoxify the liver itself, to flush out, in essence, the junk the liver has stripped from the rest of the body. It is also important to help the liver deal with damage that it sustains from toxins it is working to neutralize -- including alcohol which inflames and scars the liver -- along with infective organisms such as parasites and hepatitis viruses.

To regain optimal liver function, it's necessary to remove excess fat from the liver, eliminate the toxic wastes collected there, dissolve and flush out biliary stones, get the bile moving freely again, eliminate pathogenic organisms, reduce inflamma-

tion, and promote healing and regeneration of liver tissue. An herbal detox program with the right components can get all this done effectively.

LIVER CLEAR TEA

Healing America's H₂Clear contains ingredients to cleanse both liver and blood, and it also has ingredients to help restore and support liver health. Liver Clear Tea further supports liver cleansing activity, and it also helps minimize discomfort that might occur during a detox program. It particularly supports flushing of fat deposits and toxins from the liver, plus it unburdens the liver of some of its detox activity by promoting more of this through the urinary tract.

Like H₂Clear, Liver Clear Tea contains Dandelion Root, Ginger Root, and Fennel Seed. Other toxin-clearing, cleansing ingredients in the tea include the following:

Burdock Root

One of the foremost cleansing herbs, burdock root has been traditionally used through the centuries as a blood purifier. Its bitter constituents help improve digestion, and its natural sugars help regulate blood sugar metabolism. Burdock root is rich in vitamins B-1, B-6, B-12, and E, as well as manganese, copper, iron, zinc, and sulfur. It is also a good fiber source, with high amounts of inulin and mucilage.

Cinnamon Bark

One of the oldest remedies in tradi-

tional Chinese medicine, cinnamon bark has been used for everything from diarrhea and rheumatism to menstrual disorders. Cinnamon is most commonly thought of as a flavoring, but it also has many health benefits to offer. It increases bile flow and enhances digestion, especially of fats. It tends to warm the body -- old-timers used to chew and swallow a pinch of powdered cinnamon before bedtime to warm their hands and feet.

Cardamom Seed

If you enjoy ethnic cuisine, you're probably already aware of the central role cardamom plays in many curries and other hot dishes. Its high value is reflected in its cost -- it's the third most expensive spice in the world, because each berry must be hand picked. But the greatest value of cardamom can be found in its nutritional support as a digestive aid and its liver cleansing. Cardamom improves the flow of bile from the liver and gallbladder, and keeps viruses from multiplying.

Licorice Root

Like many of the other ingredients in this toxin-clearing tea, licorice root extract is great tasting and very sweet -- nearly 50 times sweeter than sugar! One of the primary active components of licorice root is glycyrrhizin (which gives it such an amazing sweetness), a substance which has been widely used in Japan as part of a treatment protocol for chronic hepatitis and cirrhosis. It helps decrease the build-up of toxic metabolic wastes in the body by increasing the liver's ability to filter out the toxins. In fact, it is one of the broadest spectrum natural detoxifiers known, with the ability to remove nearly 1,200 different toxins!

Uva Ursi

Uva ursi has been used in folk

medicine for years to relieve nephritis, kidney stones, and chronic cystitis. Due to its high concentration of arbutin (an antiseptic phenolic glycoside), uva ursi neutralizes the acidity of urine, and increases urine flow, which reduces bloating and water retention. It also enhances the elimination of various toxins through the urinary tract. Uva ursi is a good herbal tonic for general urinary tract health. Arbutin and uva ursi's other glycosides relieve pain from cystitis, nephritis, and urinary tract stones.

Juniper Berries

Although you may not know it, the same berry that gives the flavor to gin and other alcoholic beverages is also used to flavor sauerkraut in Germany. Juniper berry provides great support for healthy kidney and urinary tract function. It's a good diuretic that does not cause the body to lose important electrolytes. It's a great detoxifier that helps clear uric acid from the body and it improves digestion by helping to increase the flow of digestive fluids.

Clove Buds

Having been in use as a health supplement for more than 2,000 years, clove is well established in its uses for various digestive ailments, from diarrhea to intestinal worms. In modern times, however, studies of this amazing herb have revealed one of the powerhouses in its health toolkit: sesquiterpenes, which have great capacity for inducing detoxifying enzymes in the liver and small intestine. Researchers have also found that cloves contain high levels of antioxidants that can prevent cell damage which leads to cancer.

Black Peppercorns

Another of the items you may see on your shelf and use daily without realizing its full health impact, black peppercorn is a humble but amazing

player as part of an herbal supplement. Its capacity to stimulate the taste buds in a way that signals the stomach to secrete more hydrochloric acid makes it a great digestive aid. It also has tremendous antioxidant and antibacterial effects. Plus, the outer layer of the peppercorn stimulates the breakdown of fat cells, helping clear fat accumulations in the liver and elsewhere.

Horsetail Herb

While it tends to get upstaged by some of the herbal detox superstars, Horsetail quietly maintains its own claim to nutritional fame: it contains the highest amount of silica (up to 70 percent!) of any known herb. Silica is an important herb for healthy hair, skin, and connective tissue. Horsetail exhibits anti-inflammatory and diuretic actions, and it works to tone and cleanse the urinary tract.

Orange Peel

Extracts from bitter orange peel, or "Citrus Aurantium" have been commonly used in traditional Chinese medicine for many years. Citrus aurantium promotes metabolism, burns fat, increases energy, and it is a general stimulant. Its fat burning effects are useful for clearing fat deposits from the liver. Citrus aurantium's main active compound is synephrine, which is chemically similar to the ephedra alkaloids found in many over-the-counter cold and allergy medications and in weight loss supplements containing Ma Huang. However, it does not have the adverse side effects of Ma Huang.

Parsley Root

Although it's probably best known as the uneaten garnish on many a restaurant plate, parsley has been used in classical folk medicine for more than 2000 years. Some of parsley's benefits to the body include its function as a diuretic (eliminating

excess water) and a carminative (easing flatulence and stimulating digestion). Parsley has also been shown to tone the urinary tract, help with painful menstruation, lower blood pressure, improve asthma, allergies, and bronchitis by drying excess mucous, and provide general detoxification. It has been used traditionally as a liver tonic and to help break up kidney stones.

Fenugreek Seed

Commonly used as a spice in cooking, Fenugreek is cultivated mainly in India, Egypt, the Middle East, and North Africa. The seeds of this annual herb have been used for years as a traditional remedy for gastrointestinal disorders, gout, wound healing and inflammation, and diabetes.

Fenugreek has a hypoglycemic effect on the body due to its mucilaginous fibers, known as galactomannan. That's kind of a fancy way of saying it acts like a giant sponge, binding up fats and sugars from the intestinal tract and helping to flush them out of the body before they are absorbed. Because it reduces the absorption of fats by the body, Fenugreek also helps lower LDL ("bad") cholesterol.

Sassafras Root Bark

In popular use for its general health benefits for centuries, sassafras comes close to the proverbial "apple a day" in terms of its reputation. Recent studies have shown that the folk medicine claims have a lot of validity. Sassafras root bark is used to cleanse the liver and blood, and has some blood thinning activity.

BUILDING A FIRM FOUNDATION

In our ongoing battle against 21st century toxins, we should always keep in mind that our most powerful

weapon in the detox war is right in our own bodies -- the liver. To maintain its optimal functioning as a detoxifier, it is critical to keep it detoxified as well. Starting with a clean liver will help to better clean up everything else.

CAUTIONS

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease, but rather is a dietary supplement intended solely for nutritional support.

SOURCES

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