

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

NON-ALCOHOLIC FATTY LIVER DISEASE



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STORE HOURS:

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Liver disease is the fourth leading cause of death in the United States among 45 to 54 year olds and, sadly, affects more than 6 million children. As childhood obesity has increased, researchers are expecting it to cause more complications in children in coming years. One problem is that it is difficult to diagnose. While we can easily measure things like blood sugar or iron levels, the perfect way to find out if a liver is diseased would be to remove it and physically examine it. Liver biopsies are the most accurate way to diagnose fatty liver, but they are not at all practical as screening tools. When researchers examined 70 such biopsies from healthy relatives hoping to donate liver tissue to a loved one who needed a liver transplant, they found that nearly 50% had fatty liver disease. The rate of fatty liver in obese populations may be as high as 90%. Fatty liver is a sign that the body is not burning its fuel right. When you eat, your body breaks food down into fuel which either gets burned or stored as body fat. A healthy liver has about 1-3% fat. Once you get over 5% things start to go wrong. Once you get over 10%, disease usually sets in. It can lead to problems like a poorly functioning liver, liver tissue scarring and liver cancer. Today, about a third of Americans are obese, with rates projected to reach 60% in 13 states by 2030. However, many who develop fatty liver are lean and have no apparent health issues. This is why screening is important. Fatty liver disease is more common in those with Type 2 diabetes or who carry some extra weight. Other factors that have been linked to fatty liver disease include alcohol use, malnutrition, high cholesterol, high triglycerides, metabolic syndrome, rapid weight loss, and pregnancy. Medications such as aspirin, Tylenol, steroids, tetracycline, tamoxifen, and blood pressure pills have also been linked to this condition. Fatty liver can lead to early death from liver damage. Among fatal diseases, it is the only one that has been causing more deaths year after year since the 1940s. Those with a fatty liver are also at higher risk for liver cancer, diabetes, and heart disease. It is important to get your liver function tested periodically with an ALT test. Most blood tests include a metabolic panel which includes liver enzymes. ALT is an enzyme found in your liver. When liver cells are naturally breaking down, they release some of their contents into your bloodstream. While some of these enzymes in your bloodstream are perfectly healthy, a liver inflamed with excess triglycerides or one that is injured causes ALT scores to be higher. ALT levels greater than 19 for women and 30 for men are suggestive of fatty liver. Some symptoms related to fatty liver disease include pain and discomfort on the upper right portion of the abdomen or an increase in bloating, gas, heartburn or right shoulder pain. The disease can lead to a liver transplant and possible fatality if left untreated. The good news is that in the vast majority of cases, fatty liver can be managed, or even reversed, through a few simple action steps.

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1. **Stop drinking.** If you have fatty liver disease, or are even at risk for it, there is NO safe amount of alcohol. 2. **Lose weight.** Not everyone with fatty liver is overweight but, for those who are, losing just 5 to 10 pounds may be enough to radically improve liver function. 3. **Manage your blood sugar.** Eating foods high in fiber and lean protein, as well as eating small, frequent meals, can help heal your liver by balancing your blood sugar resistance. Fiber has a double benefit for those with fatty liver. It helps blood sugar and binds with toxins that would otherwise go from your colon into your liver. The highest sources include white beans, split peas, lentils, artichokes, broccoli, blackberries, and Brussels sprouts. 4. **Avoid high-fructose corn syrup and limit your sugar and fruit intake.** Even though fruit is delicious and is a better choice than candy or soda, fructose is the type of sugar that is most apt to harm your liver. 5. **Cut trans fatty acids.** Primarily found in processed foods and baked goods, trans fats can cause liver damage. Some big sources are fried foods, pie crusts, margarine, shortening, frosting, pancake mixes, non-dairy creamers, microwave popcorn, store bought cookies and crackers. 6. **Get enough magnesium.** Since the soils are depleted of nutrients and water is often stripped of its mineral content, eat foods high in magnesium or consider taking a good quality magnesium supplement. Magnesium acts as an antioxidant within the liver. Best sources include adzuki beans, nuts and seeds (especially pumpkin seeds), avocados, oysters and spinach. 7. **Get enough vitamin E every day.** Studies of liver biopsies have found that adequate vitamin E levels can halt the progression of fatty liver disease within 5 months. Foods rich in vitamin E include sunflower seeds, almonds, leafy greens (chard, beet greens, spinach), avocados, squash, pumpkin and fatty fish. 8. **Use betaine, a naturally occurring substance found in beets.** Also called trimethylglycine, it has been found to lower ALT levels by 40-50% for most people. Using fresh or powdered beet juice is a great option, as is betaine supplements. 9. **Know your ALT level.** Get your levels tested periodically. Fatty liver is common and deadly. Thankfully, the pathway back to health is fairly simple. Subtract alcohol, sugar, and trans fats from your diet. Then, add some of the nutrients mentioned earlier. Eating healthy will give you the energy you need to fuel a healthy lifestyle. Even more so than other parts of your body, your liver can regenerate if you give it a chance and supply your body with the required nutrients.

OCTOBER SPECIALS

Rising Moon Organics—Organic Ravioli, variety (frozen)	30% OFF
Alta Palla—Organic Beverages, variety, 4-packs	30% OFF
Bioitalia—Organic Beans and Peas, variety, 14 oz.	30% OFF
Eternal Artesian Water—Artesian Water	30% OFF
European Gourmet Bakery—Organic Pudding Mixes	30% OFF
Fruit Bliss—Organic Dried Fruit, variety	30% OFF
Heavenly Organics—Organic Honey Patties	30% OFF
Mother India—Organic Indian Ready-made Meals, variety	30% OFF
R.W.Knudsen—Sparkling Pumpkin Spice Juice, 25.4 oz.	30% OFF
Superseedz—Pumpkin Seed Snacks, variety, 5 oz.	30% OFF
Way Better Snacks—Sprouted Crackers, assorted, 5 oz.	30% OFF

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WE LOOK FORWARD TO SERVING YOU!

LIVER DETOX JUICE RECIPE

- 1 medium-size beet**
- 6 celery stalks**
- 1 cup fresh cilantro**
- 1/2 lemon**
- 1 knob ginger**

Add all ingredients to a vegetable juicer or high-speed blender. Stir gently and enjoy!

LIVER DETOX GREEN SMOOTHIE

- 2 oranges, peeled**
- 1/2 rib celery**
- 1 lemon, peeled**
- 1/2 cup dandelion greens or bitter greens**
- 1/2 cup fresh parsley**

Place all ingredients in a blender. Enjoy!

