LIVER & URINARY TRACT

LESSON 7



Self-Reliance in Health Course

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The liver is the second largest organ in the body which controls many functions essential for maintaining life. It produces bile, which aids digestion, filters out waste, toxins, and poisons in the blood, synthesizes nutrients, regulates blood sugar, processes hormones, manufactures antibodies and even stores vitamins and minerals. This organ does much more and is so complex, it is second only to the brain in body function. The liver can even regenerate itself when injured!

The urinary tract includes the kidneys, ureters, bladder, and urethra. The purpose is to filter waste material from the blood, control the body's fluid balance, maintain a healthy level of electrolytes and manufacture urine for elimination of waste. This would be the waste treatment center of the body.

Liver and Kidney Care

The liver needs to be taken good care of for healthy function. If we go back to our analogy of the body being like a home, the liver acts as the filter system. We need to keep the vents in our homes cleaned out and change the filter every six months. The way to care for the liver is avoiding as many toxins as possible, eat a whole foods diet (Lesson 1), drink plenty of liquids, and feed it liver nourishing foods and herbs.

- Consume purified water. Did you know that tap water in the U.S. is treated with over 700 different chemicals, including "medications" such as fluoride? That is a toxic overload on the liver and kidneys, which use water as the means of flushing out waste. Make sure the water you consume is filtered. There are many filtering systems available so do some research and find what system or method may work best for you. Whatever you do, be sure to consume pure water and avoid tap water. Distilled water is best as it is "empty" so it has more room to grab on to toxins for flushing.
- Breathe clean air. The air filter we talked about as part of a home system needs to be changed regularly to keep the air in your home as clean as possible and so should the air we breathe. Open the windows in the spring and fall months and get outside as much as possible. The more nature surrounds you, the cleaner the air – breathe deeply!
- The lifestyle suggestions in *Lesson 10* for stress relief are just the things needed for optimal function of all body systems, including the liver and urinary tract. They include adequate rest, exercise, relaxation time, positive thoughts, feelings, and attitude, etc.
- Avoid toxic foods such as alcoholic beverages, excess fried foods, hydrogenated oils, processed and refined foods, artificial (and "natural") flavors, and colors.
- Cut out as many environmental toxins as possible.

Liver Care

Tonic herbs to build and strengthen the liver

- Shitake and Reishi mushrooms
- Barberry root
- Burdock root
- Dandelion
- Golden seal
- Vervain
- Wild yam
- Yellow dock root
- Yarrow
- Milk thistle seeds
- Oregon grape root
- Turmeric
- Dr. Christopher's Liver Gall Bladder formula

Healing Foods

Foods that can help the liver process toxins

- Broccoli
- Cabbage
- Cauliflower
- Kale
- Collard greens
- Arugula
- Onions
- Garlic

Foods that improve liver function

- All the above plus
- Beets
- Whole grains
- Avocado
- Leafy greens
- Nuts
- Legumes

Kidney Care

Tonic herbs to build and strengthen the kidneys.

- Chamomile
- Dandelion
- Fennel
- Hawthorn berry
- Marshmallow

Mint
Sorrel
Sage
Yarrow
Kidney Support blend

Healing Foods

Foods that strengthen and support kidney function.

Lemon
Apples
Carrot
Cabbage
Blueberries
Bell peppers
Cauliflower
Garlic
Onions
Cranberries
Raspberries
Strawberries
Cherries
Red grapes
Olive oil
Egg whites
Fish

Environmental Toxins

We live in a world surrounded by environmental toxins; pollutants, harsh chemicals – including cleaning detergents and personal care products, secondhand smoke, pharmaceuticals, vaccinations, electromagnetic radiation, etc., etc. this list could go on and on. While we cannot escape them, we can do our best to eliminate what we do have control over. The more toxins the liver must filter out, the harder it must work and sometimes it can be overwhelmed and then those toxins leak into the blood and cause all kinds of health conditions and mystery illnesses. Here is a small list of ways you can cut toxins out of your environment:

- Emotions can be toxic! Studies have shown that negative thoughts and feelings literally work like poison to a body, not to mention the soul. If there is any one thing you can do to eliminate toxins from your environment it would be to let go of negative thoughts and emotions. It is okay to experience and feel sadness, anger, and frustration – that is part of life – but the key is to feel it, then let it go. Give it to the Savior, who suffered, died, and atoned for not only our sins, but our weaknesses, sorrow, and negative feelings.

- Forgive others and yourself.
- Think positive thoughts.
- Seek for understanding of others and look at them through God's eyes.
- Love one another, including yourself.

- Swap chemical household cleaners for natural ones. You can either make your own or purchase locally from a health food store or do a google search.
- Swap personal care products for natural ones. Again, there are many companies out there supporting natural personal care from shampoo and deodorant to makeup. You can also make your own.
- Avoid using synthetic perfumes, dryer sheets, or any items with fragrance. Fragrances also act as hormone disruptors which can cause many issues in the body.
- Pharmaceutical use. All synthetic medications are chemicals which the liver must process, and studies have shown the ill effects they have on it. On top of liver damage, they also carry side effects and adverse reactions:
    - *"Prescription medications…readily deplete the body of nutrients and damage the gut lining. This is why all synthetic drugs in some way cause leaky gut."* (Eat Dirt by Dr. Josh Axe)
    - *"209 people a day – approximately 106,000 a year – die from non-error adverse effects of medications…that figure was for deaths only and did not include adverse effects associated with disability or discomfort."* (Eat Dirt by D. Josh Axe)
    - *"Adverse drug reactions (ADRs) are the 4th leading cause of death in the U.S."* (Herbal Academy Intermediate Herbal Course Unit 1)

  *If you are currently taking pharmaceuticals, you will want to make sure to replenish the nutrients they deplete by eating a variety of vegetables, fruits, and some nutritive herbs such as alfalfa, nettle, and raspberry leaf. Please be prayerful about how you decide to use or not use pharmaceuticals and if you decide you want to cut them out of your life be sure to do it under the care of a physician. Getting off certain medications cold turkey can cause serious harm. Functional medicine doctors (www.ifm.org) can help as they understand and work with the body as a whole. Dr. Christopher's Liver Transition formula can assist the body transitioning from drugs to supplements.

Liver Conditions

Immune imbalances can happen because of an over toxic liver due to its job of manufacturing antibodies, which mark a virus or bacteria as an invader. If an imbalance occurs no marking happens, and pathogens can run wild in the body. Mystery or chronic illness can also find their root causes in liver dysfunction. Follow the foundational principles of good nutrition and gut healing in Lesson 1 and Lesson 3 first, then incorporate liver support and detox measures.

Hepatic herbs strengthen, tone, and stimulate liver function.

Barberry
Cleavers
Dandelion both leaf and root
Fennel
Milk thistle seed
Oregon grape root
Selfheal
Yarrow
Wormwood
Turmeric
Yellow dock
Reishi mushroom
Dr. Christopher Liver Gall Bladder Formula
Liver Cleanse & Support blend

Skin Conditions

The skin is one of the elimination organs of the body, so when the liver is overburdened with toxins, the next place to go is the skin. Skin conditions can include eczema, psoriasis, rashes of all kinds, hives, acne, and sores. These conditions can also result from an allergy or reaction to a toxin, either way, treating the liver is the first place to start after following the foundational principles of health.

- Use one of the liver cleansing options above. Take the herbs every morning and evening.
- Drink plenty of distilled water to aid in cleansing and flushing toxins.
- Incorporate probiotics and/or cultured foods to work on the gut (Lesson 2).
- Clean out bowels (Lesson 6)
- Purify the blood (Lesson 8)
- Topical soothing remedies while treating the inside with above suggestions.
    - Only use natural personal care products on the skin while conditions exist.
    - Face Cream/Lotion - makes a great facial moisturizer and wrinkle cream.
    - Burn salve, Bone & Tissue Builder salve
    - Chickweed, calendula, or comfrey salve
    - Aloe vera
    - Raw honey, yes, it is messy, but it works!

Urinary Tract Conditions

Urinary Tract Infection (UTI) happens when a pathogenic bacterium invades any part of the urinary tract and turns to infection. Symptoms include an urgent desire to urinate, typically frequent and painful, even after the bladder has been emptied there may be a desire to go again. Urine may have a strong, unpleasant odor and may appear cloudy. Abdominal pain and burning sensation may also be present.

Preventive Measures

- Women should always wipe from the front to back after using the restroom.
- Do not delay urinating, go when you feel the urge.
- Avoid alcohol, caffeine, carbonated beverages, coffee, excess chocolate, refined or processed foods, and refined sugars. These can be hard on the urinary tract.

Remedies

- Unsweetened cranberry juice prevents bacteria from adhering to the bladder lining and acidifies the urine which inhibits bacterial growth. Drink 1 quart a day.
- Drink plenty of fluids, at least 8 oz. every hour: distilled water, celery and parsley juice, watermelon.
- Consume cultured foods or take probiotic capsules, two per meal. (*Lesson 2*)
- UTI Formula (*recipe*)
- Hot bath with essential oils from the list below or a sitz bath.

Diuretic herbs (increase the flow of urine) help cleanse the system, flush the kidneys, and help reduce the urgency to urinate.

Birch leaves (also have pain relieving properties)
Dandelion leaf
Hydrangea
Alfalfa
Fennel
Hawthorn berry
Horsetail
Marshmallow (also soothes irritation)
Plantain
Sorrel
Uva Ursi (reduces bacteria in urine and reduces swelling)

Herbal antibiotics specific for kidneys.

Oregon grape root
Garlic
Ginger
Goldenseal

Juniper
Sage
Wormwood
Usnea

Essential oils massaged over abdomen.

Basil
Cedarwood
Eucalyptus
Frankincense
Juniper berry
Thyme
Rosemary
Tea tree (Melaleuca)

Kidney Stones are accumulations of mineral salts that form crystals which clump together forming either jagged or smooth 'stones'. They can lodge anywhere along the course of the urinary tract. Symptoms include agonizing pain radiating from the upper back to the lower abdomen and groin, profuse sweating, frequent urination, pus and blood in the urine, odorous or cloudy urine, nausea and vomiting, and sometimes chills and fever. Men are much more likely to get them than women. There are different types of kidney stones and many causes, which can be tricky to pinpoint. Some factors include high blood calcium levels, over consumption of carbohydrates, especially sugar, and oxalates (found in dark green leafy vegetables), metabolism, heredity, shape of the kidneys, and pharmaceuticals to name of few. While it is hard to identify the actual cause, one factor that increases risk is dehydration, which concentrates the urine making it more susceptible to forming crystals.

Preventive Measures

- Drink plenty of purified water every day.
- Daily glass of lemon water can prevent stones from forming due to the citric acid.
- Include 2 Tbsp of extra virgin olive oil into daily diet.
- Consume a whole foods diet, avoiding high amount of carbs, processed foods, and refined sugar.
- Foods high in Vitamin A discourage stone formation: alfalfa, apricots, cantaloupe, carrots, pumpkin, sweet potatoes, and squash.
- Stay active. Exercise helps pull calcium from the blood into the bones.
- Eat meat sparingly. Diets high in animal protein can cause the body to excrete calcium, and other minerals that can crystallize.
- Avoid taking synthetic vitamin supplements.

Home Remedies

- Drink a large glass of distilled water, wait for 20 minutes to absorb, and then run up and down the stairs vigorously.
- Take a hot bath with essential oils for pain relief (Lesson 10)
- Hot and cold therapy
- Music Therapy for pain relief
- Hot Honey & Lemon or just lemon in warm water will help flush kidneys and break down stones.
- Kidney Stone Capsules and Power Lemon Water

Essential oils that aid in stone dissolving, add to a carrier oil and massage into bladder area, add to bath water, and massage into the reflex points on each foot (right in the middle of the foot).

Fennel
Geranium
Juniper
Lemon
Spearmint
Frankincense
Orange
Digestive blend of choice (Lesson 6)

Essential oils for pain relief (Lesson 10). Apply to backside where the kidneys are and then place a hot pad over the area or hot and cold depending on the person. You could also use a wet compress.

Herbs that help dissolve stones

Celery seed
Gravel root
Cleavers/sweet woodruff
Parsley
Stone root

Herbs

Birch - cleanses and supports urinary system and dissolves kidney and bladder stones.
Marshmallow - soothes inflamed and irritated urinary tract.
Willow - pain reliever.
Gingko biloba and goldenseal both aid circulation to the kidneys and have anti-inflammatory properties.

Resources

Natural Therapy for Your Liver by Christopher Hobbs
Herbs for Hepatitis C and the Liver by Stephen Harrod Buhner
The Emotion Code by Bradley Nelson
Feelings Buried Alive Never Die by Karol Truman
A Better Way to Think by Norman Wright
Eat Dirt by Dr. Josh Axe

Lesson 7 Formulas & Recipes

KIDNEY SUPPORT

In addition to diet and removing as many toxins from your environment as possible, this formula can be used for sluggish kidneys, to increase urine flow and decrease water retention, and to strengthen and support the urinary tract.

2 parts dandelion leaf
1 part marshmallow root
1 part raspberry leaf
1 part crushed fennel
½ part oak bark
½ part uva ursi (not for pregnant women)

Mix the herbs together and use as a tea, tincture or capsules.

BATHROOM SCRUB

1 cup baking soda
⅓ cup citric acid
⅓ cup salt

Add to a container and shake to incorporate all the ingredients.
Then add 15 drops essential oil (see list below)

You can place this solution in a used spice jar container for easy sprinkling or just keep a tablespoon in your container and sprinkle around your wet tub, sink or toilet, then scrub away.

MULTI-PURPOSE CLEANING SPRAY

Stuff a jar with citrus peels and if you have some in your garden or cupboard, herbs. I love thyme, oregano, and lavender as disinfectants. Cover with vinegar and let sit for about 2 weeks then shake and strain.

Add 1 part vinegar infusion to 1 part water in a spray bottle. You can use this

solution for multi-purpose cleaning, as a fruit and veggie wash, and a mold and mildew killer.

Alternatively, you can just add some essential oils from the list below to 1 part water and 1 part white vinegar (skipping the citrus infusion).

CLEANING WITH ESSENTIAL OILS

Essential oils are perfect for natural cleaning, they are antiseptic and antibacterial, so they inhibit the growth of bacteria and kill germs. They also naturally purify the air by wrapping around odor molecules and deodorizing them, instead of masking an odor, leaving the air fresh and clean.

You can use an oil as a single, blend them together yourself to create your own custom scent or use a blended oil from an essential oil distributor. This is my list of the top bacteria busting essential oils. In addition to these I love to use my essential oil distributer's immune support blend, citrus blend and purifying blend.

Cinnamon – very powerful antimicrobial
Clove – kills viruses and bacteria
Lemon – grease stains, stain remover, brightener, disinfectant
Lemongrass – best oil for disinfecting and purifying
Lime – removes gum, wood stains, oil stains, grease spots on clothing
Orange – removes sticky adhesive residue from most surfaces
Eucalyptus – targets and eliminates bacteria, viruses, and fungi
Thyme - prevents fungi molds, antibacterial
Pine - disinfectant
Thieves – antibacterial blend (*recipe Lesson 5*)

LIVER CLEANSE & SUPPORT

Use this formula anytime you need to cleanse, build, or support the liver so it can effectively remove toxins, hormones, and heavy metals from the body.

3 parts nettles
2 parts catnip
1½ part milk thistle seed
1 part yellow dock
1 part Oregon grape root
1 part dandelion root
½ part ginger

This formula can be made into a tincture, capsules or tea.

MIRACLE FACE CREAM

This can be used as a daily face cream, and wrinkle reducer. Also use as a natural body lotion and for soothing rashes and skin conditions.

Add to a small saucepan and melt over very low heat:
1 oz beeswax
.85 oz coconut oil

.45 oz cocoa butter (or 8 wafers)
.40 oz shea butter
¼ tsp lanolin
¾ cup Calendula infused olive oil

Pour into a blender and let sit until it becomes an opaque color with a pudding like consistency.

Then add:
1 tsp essential oil (I use Ageless blend from Butterfly Express)
1 tsp Vitamin E oil

Add the following ingredients into a separate measuring cup:
⅔ cup distilled water (or a hydrosol)
⅓ cup aloe vera liquid

Turn on the blender and slowly pour the liquid mixture while it is going. It may get so thick the blender chugs and doesn't want to mix, just turn it off, add more liquid if you still have some left, give it a stir and turn it on again. I use a Blendtec and it comes with a twister jar that allows me to easily turn the contents while blending. Continue blending until the liquid is fully incorporated and you have a rich, thick, cream.

UTI FORMULA

2 parts uva ursi
1 part echinacea
1 part Oregon grape root
1 part marshmallow
½ part horsetail

Make into herbal capsules, tincture or tea. This blend comes from Rosemary Gladstar's *Medicinal Herbs for Beginners*, she recommends 2 capsules, 1/2-1 teaspoon tincture, or 8 oz. of tea every 3-4 hours until symptoms subside.

This is what Rosemary has to say about her formula:
"This is one of my favorite recipes for treating bladder infection. Taken with cranberry juice and/or berries, this formula is very effective and will cure all but the most tenacious cases of bladder infection."

POWER LEMON WATER

2 cups distilled water
4 drops lobelia tincture
15 drops juniper berry tincture
½ lemon
3 drops of liquid stevia to taste

Squeeze the lemon and then drop right in the water with all the other ingredients. Sip throughout the day, refilling as necessary.

Drinking a lot of water (distilled) while dealing with stones helps get them out faster, adding lemon to the mix will help break down and dissolve the stones. The juniper tincture increases urine flow and eliminates congestion, removes waste and strengthens the kidneys, bladder and urinary passages. The added lobelia helps to relax ureters, relieve pain, and hasten the passing of stones, it amplifies the effects of all other herbs as well.

KIDNEY STONE CAPSULES

3 parts uva ursi - strengthens and supports the kidneys, helps relieve pain and bloating
3 parts marshmallow root - soothes the mucus membranes, helping to relieve the discomfort of a passing stone, also has a cleansing effect
2 part juniper berries - increases urine flow and eliminates congestion, removes waste and strengthens the kidneys, bladder and urinary passages
2 parts gravel root - derived its name from its effect on stony deposits in the kidneys
2 parts skullcap - antispasmodic and sedative, helping with the pain
1 part Oregon Grape - infection fighter
1 part valerian - strongly sedative to relax ureter, allowing stones to pass

Use powdered herbs to make capsules. This formula tastes horrible so capsules are the best way to go, but you can make a tincture or tea with it.