

Be Healthy Now

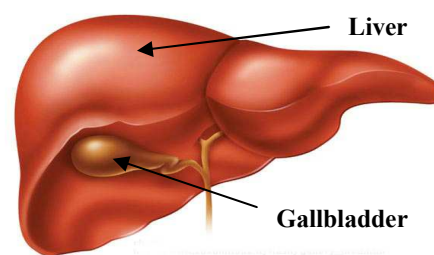
The Miracle of Liver Cleansing

Carl J. Donaldson, Jr., ND, LMT

Thus far, in our natural health discussions, we have attempted to cover several aspects of the detoxification process. Please refer to our newsletter archives http://drcarl.naturopath.com/Health_Articles_Archives.html for our previous articles on cleansing. This discussion will briefly address the need for you to periodically clean your liver.

As a compliment to the colon cleansing process, liver cleansing is the next step in several natural health processes we are presenting. Cleansing your liver is one of the most powerful things you can do to improve your body's performance.

How do you know if you need to clean your liver? Just based on the diet most of us consume, the Standard American Diet of excess fats, hidden toxins, irradiation, chemical processing, and additives, we need to periodically go through a routine cleansing of our entire bodies. But, if you have problems with serious fatigue, tend to gain weight easily, or you seem to retain water, taking time out to cleanse your liver will be a help to you.



You will benefit from a periodic liver cleanse if you have gone to your physician and are diagnosed with fatty liver, cirrhosis of the liver, elevated liver enzymes, or that you suffer from gallstones. Doing a liver cleanse through diet and supplements can help you avoid complications down the road.

Vital Functions of the Liver

Our great chemical factory, the liver, located on the right side of the body, is a complex organ that has many unique functions that keep us alive. It helps out in digestion and circulation, and it processes blood for our bodies. It is the second largest

Liver Cleansing cont. pg. 2

N Acetyl Cysteine: A Liver's Ally

Nicole Cutler, L.Ac. (reprinted with permission)

Glutathione is a powerful antioxidant that helps the body defend against toxicity, and it is most needed by those living with chronic liver disease. Because the stress of chronic liver disease also depletes this valuable antioxidant, learning to supplement with one of its precursors helps defend against future liver damage.

A powerful antioxidant found within every

cell in your body, glutathione has many supportive functions. One of glutathione's best-known roles is to protect your cell from damage caused by wastes and toxins.

Since the cells of those with chronic liver disease are consistently stressed as they deflect poisons, the cells' quantity of glutathione becomes even more important. Glutathione's building blocks have been extensively revered for protecting the liver from damaging toxins.

Clinical studies have documented that glutathione is essential for detoxification and that its depletion is associated with increased risks of toxicity and chronic disease. As this antioxidant is depleted, the body has fewer resources to protect itself from oxidation. Needed by other antioxidants to scavenge and neutralize free radicals, glutathione is the body's primary defender against oxidative stress. Many ex-

N Acetyl Cysteine cont. pg. 4

Inside this issue:

The Miracle of Liver Cleansing	1
N Acetyl Cysteine: A Liver's Ally	1
Microwave Ovens: The Cures of Convenience	3
Peroxide: The Little Brown Bottle...	5
CounterThink (The Natural Health Comic Strip)	6
Eat All The Colors of the Rainbow	7
Announcements	7

organ in our body and is dark red because of all the blood that flows through it.

One big function the liver does for us is that it neutralizes toxins and waste. Just think, we breathe toxic air, eat foods sprayed with pesticides, smoke, drink alcohol, and use toxic chemicals to clean our homes and places of business. If the liver is working, it filters these toxins and attempts to keep them from building up in our body.

One of the most important functions the liver does for us is to produce bile. Bile is a substance that is important for proper digestive break down of fatty acids. Fat in the small intestines requires a special degreasing molecule in order for it to be digested. This molecule is known as bile salts.

With all that the liver does its best to protect us from all of those potential killers, while sustaining and prolonging our lives.

Signs of Wear and Tear

How do we know when there is a problem with our liver? When the liver is showing signs of wear and tear there are symptoms that send signals to let us know. Some of the symptoms include:

- General fatigue
- Digestive problems
- Constipation
- Allergies
- Chemical sensitivities
- Weight loss
- Jaundice
- Edema
- Mental confusion
- Itching
- Nausea
- Vomiting

These signals that show up may show up for varying reason: a poorly formed liver, blocked bile ducts, autoimmune problems, metabolism problems, tumors, toxins, alcohol related problems, bacteria, parasites, or a virus (hepatitis B or C).

Liver Cleansing

As we said earlier, fortunately the liver has the great ability to regenerate itself. Unfortunately, most of us don't give it a chance to do just that. The first thing we should do is cut back on the liver stressing diet most Americans consume. The second thing we need to do is to take time out to detoxify the liver and flush the gallbladder.

There are several nutrients that are required to detox the liver successfully. Beyond the standard antioxidants (Vitamin A, C, E,

and Selenium) to prevent further damage of the liver, you would be wise find liver cleansing products that include some, if not all of the following ingredients:

Silymarin (Milk Thistle) - proven to be one of the most potent liver-protecting substances known. Its main routes of protection is the prevention of free-radical damage, stabilization of plasma membranes, and stimulation of new liver cell production.

Vitamin B complex – found in large amounts in the liver, B complex, a group of vitamins (B1, B2, riboflavin; B3, niacin; B5, pantothenic acid; B6, pyridoxine; and B12, cyanocobalamin) help to process carbohydrates and fats, calms the nervous system, and helps to produce red blood cells.

Folic acid. Folic acid is an important member of the B-complex family, important for reducing harmful levels of homocysteine, a sulfur-containing amino acid, known to be a major culprit in heart disease. Decreased folic acid is also associated with an increase in oxidative stress (aging) to the liver.

Choline. Choline also stops fats from being deposited in the liver and helps move fats into the cells.

Vitamin E . Vitamin E protects the lipid membrane from oxidative damage. Adequate levels of vitamin E also protect cholesterol from oxidative damage.

N-Acetyl Cysteine (NAC). NAC is an amino acid that acts as an antioxidant or free-radical scavenger. NAC is frequently used to treat liver toxicity.

Alpha-lipoic acid (ALA). ALA is an antioxidant that has been shown to decrease the amount of fibrose material that is associated with liver injury, also, shown to effectively scavenge harmful free radicals, chelate or remove toxic heavy metals, and help to prevent gene mutation.

Selenium - a trace mineral that detoxifies liver enzymes, has an anti-inflammatory effects, provides antioxidant defense, and helps to maintain the glutathione in the system.

S-adenosylmethionine (SAME). SAME is a liver protecting agent that is necessary for the synthesis of glutathione. Studies have shown that SAME has beneficial antioxidant effects on the liver and other tissues, particularly in protecting and restoring liver cell function destroyed by the hepatitis C virus.

Phosphatidylcholine (PC). Phosphatidylcholine is a type of fat that is part of cell membranes. PC is one of the most important substances for liver protection and health and is a primary constituent of cell membranes. PC acts by exerting potent antioxidant effects; inhibiting the tendency of damaged cells to progress to cirrhosis; decreasing the death of liver cells and thereby prolonging the life of liver cells; stabilizing the cell membrane of the liver; and helping to slow down the progression of the breakdown of collagen.

Coenzyme Q10 (CoQ10) - an antioxidant that is protective for a liver that has been damaged by reduced blood flow; is also an important component of healthy metabolism. It protects the en-

Microwave Ovens: The Curse of Convenience

By Christopher Gussa (reproduced with permission)

Throughout the ages there has always been a natural need to make things a little easier. From as far back as first having a fire to warm us, we learned to contain it in stones that radiated the heat leading to what most of us love and still call “The Fire Place”. Then, when workable metal came into existence (a very convenient invention in itself) we learned to fashion wood burning stoves. Heating with metal stoves was becoming a modern convenience and soon it was in almost all homes.

The old saying always held true, “Necessity is the mother of invention”. This concept was healthy, inspiring, good for the economy, and led to so many great things. (The industrial age of the 1890s to around 1950 was absolutely amazing!)

The basic necessities of life were always transportation, heating

and cooling, storing food and water, and shelter from the weather. When we see such fine examples as automobiles, central heating and cooling, modern refrigerators, modern plumbing, and the beautiful and comfortable homes of today, it’s easy to say, “Convenience is not a curse at all but a blessing”; and we would be right!

It is fairly safe to say that today the necessities of life are well covered to where we can grasp any of them with ease. However, there is quite a difference between something that makes a necessity more convenient and something that makes the convenience itself, such as the ease of preparing a meal on a nice modern



Microwave Ovens cont. pg. 5

Miracle of Liver Cleansing (continued)

ergy factory (mitochondria) of cells, protects cell membranes from oxidative damage, and helps generate the energy source (ATP) for cells.

Cruciferous Vegetable Juice (cabbage, broccoli, brussel sprouts, cauliflower) – powerful liver detoxifying juices

Other Herbs - dandelion root, artichoke, or beet leaf

Coffee Enemas. Enemas using coffee (without cream and sugar), is an unorthodox method for clearing the liver, but are used by many to detoxify the liver. How it works is that there is a duct that is located between the sigmoid colon (last part of the colon) and the liver. When your stools reach that point before you pass your stool, toxins from those stools are sent to the liver for detoxification. When you take a coffee enema and hold the coffee in you colon, the caffeine is absorbed into the liver system and causes the liver ducts to empty the toxins it has absorbed from your stools back into the sigmoid colon where you will release them into the toilet receptacle.

If you already have a degenerative liver condition, or have symptoms of liver disease, consult a qualified physician who is experienced in treating liver disease and who will coordinate your treatment. Supplementation with formulas that include many of the antioxidants, branched-chain amino acids, and all of the B complex of vitamins except B3 (niacin) has been shown to have protective, detoxifying qualities and to be beneficial for the liver.

References:

Loomis, Howard, Enzymes: The Key to Health, Vol. 1, 21st Century Nutrition Publishing, Madison, Wisconsin, 2005

Van Rijn CM, Marani E, Rietveld WJ, The neurotoxic effect of monosodium glutamate (MSG) on the retinal ganglion cells of the albino rat, *Histol Histopathol.* 1986 Jul;1(3):291-5.

www.drlam.com, Toxic Food, Michael Lam, MD, 2004.

www.foodandhealth.com.au, Love your Liver and Live a Little Longer, Gowings Food and Health, 2006.

www.lef.org. Liver Degenerative Disease. 2003

www.liver-cirrhosis-failure.com, Liver damage and Failure: Causes, Liver Cirrhosis and Transplant, Legal Center, 2006.

www.mercola.com, The Five Absolute Worst Foods You Can Eat, Dr. Joseph Mercola, 2006.

Relieve Tension in Your Neck

Get Rid of Sore Muscles

Have a Massage

Treatments Available:

Traditional Swedish

Neuromuscular/Trigger Point

Myofascial Release

Reflexology

Aromatherapy



Natural Health Solutions

100 Valley Road, Montclair, NJ

(908) 612-4931

Carl J. Donaldson, Jr., ND, CMT

perts believe that a deficiency of hepatic glutathione is one of the leading contributors to the progression of liver disease.

Replenishing Glutathione

The evidence connecting glutathione depletion with a poor liver disease outcome is clear. To capitalize on this understanding, many educated people with liver disease have taken it upon themselves to increase their odds by fortifying their glutathione levels.

Although glutathione is available as an over-the-counter pill, its absorption into cells when taken orally has been repeatedly questioned. Most experts on glutathione supplementation suggest that people with chronic liver disease supplement with its amino acid building blocks. Because it is readily absorbed and rapidly metabolized to glutathione, N-Acetyl Cysteine (NAC) is the glutathione building block most favored by healthcare practitioners. In the case of an acetaminophen overdose, NAC is administered by physicians to detoxify the drug before it destroys too many liver cells and becomes fatal. In addition, NAC has been shown to increase blood glutathione in HIV-infected patients with low levels of glutathione due to their chronic infection.

Since the hepatic cells of people with chronic liver disease have to fend off more than their share of waste and toxins, their cells' glutathione levels drain quickly. Unfortunately, this depletion makes them more susceptible to the advancement of liver disease. When the liver is consistently insulted, the facts support NAC Supplementation to replenish glutathione levels. Restoring glutathione levels is an effective way to refuel a person with liver disease's ammunition, a replenishment that can help them defend against incurring any further liver damage.

Editor's Note: Diabetes patients should check with their physician before taking NAC. Supplementing with NAC may disrupt insulin and interfere with its effectiveness.

References:

<http://content.nhiondemand.com>, n-Acetyl-Cysteine, NHIONdemand.com, 2008.

Kortsalioudaki, C, et al., Safety and efficacy of N-acetylcysteine in children with non-acetaminophen-induced acute liver failure, *Liver Transplantation*, January 2008.

San-Miguel B, et al., N-acetyl-cysteine protects liver from apoptotic death in an animal model of fulminant hepatic failure, *Apoptosis*, November 2006.

www.advance-health.com, N-Acetyl-Cysteine, Clear Springs Press LLC, 2008.

www.hepatitis-central.com, HCV and the Body's Most Important Antioxidant, Nicole Cutler, L.Ac., Natural Wellness, 2008.

www.medscape.com, NAC Slows Early-Stage Non-Acetaminophen-Related Liver Failure, Medscape Medical News, 2007.

www.sciencedaily.com, Treatment With NAC Is Associated With Better Outcomes For Children With Liver Failure, Study Suggests, ScienceDaily LLC, 2008.

www.spinalrehab.com.au, Oxidative Stress in Chronic Liver Disease: The Role of Glutathione, Theodore Hersh, MD, MACG, hyperMED, 2008.

Ionic Detoxifying Foot Baths

"Not all foot baths are made the same and what many of them do has not been studied. We use the BP-2020, which will make the water change colors like all footbaths do, with your feet in it or not. What does happen with our machine is that there is a measurable increase in the amount of minerals and toxic metals that show up in the water after a footbath is completed. That means our machine stimulates the lymphatic system to drain, which boosts your immunity." Dr. Donaldson

Studies show you will:

- Feel more energy
- Rest better
- Have an increase in muscle strength
- Possible increase in range of motion in your limbs

Call today to make an appointment

(908) 612-4931



Buy 3 Baths Get 1 Free

Peroxide: The Little Brown Bottle No Home Should Be Without!

In case we have forgotten, these are some of the benefits of that 3% Peroxide solution you can get at any drugs store for about \$1.00.

1. Take one capful (the little white cap that comes with the bottle) and hold it in your mouth for about 10 minutes daily, then spit it out. No more canker sores, and your teeth will be whiter without expensive pastes and dental procedures.

2. Soak your toothbrushes in a cup of peroxide to keep them free of germs.

3. Clean your counters and table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dish cloth when you wipe, or spray it on the counters.

4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.

5. If you have fungus on your feet spray a 50/50 mixture of peroxide and water on them (especially the toes) every night.

6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day.

7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect bathroom surfaces.

8. Whenever you have a cold or clogged sinuses tilt your head back and spray a 50/50 mixture into your nostrils. Hold it for a few minutes then blow your nose. It will kill bacteria and clear your nostrils.

9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.

10. Put half a bottle of peroxide in your bath. Over a period of time peroxide baths can rid you of boils, fungus, and skin infections.

11. Add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour it directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.

13. Use peroxide to clean your mirrors. There is no smearing.

Microwave Ovens (continued)

stove, become unnecessary.

How lazy are we going to allow ourselves to get? Or even worse, how much of this wonderful life that we were created to enjoy (which includes using our brain and muscles once in a while) are we willing and wanting to give up? If this is not self-destruction, I don't know what is. We are trapped in a whorl-wind moving faster and faster away from the life our bodies, souls and spirits were created to live in and the average person can't even see it!

Well, on that moment of hope and delight in humanity, my wife just told me about a TV survey that she saw on "Good Morning America": When asked what was most important in deciding "what to do for dinner" such as price, taste, nutrition, or convenience, an overwhelming 70% said convenience. The survey did not say but I suspect to most people that means popped in the microwave or a trip through a fast food place.

Now surely popping something in the microwave at home couldn't hurt you even if there was no nutrition left in it, right? Wouldn't they warn us or ban microwave ovens if eating food cooked in them was a major health threat? Well, the data may shock you but here are the facts...

This data has confirmed just about all my suspicions. I believe that the general obesity in this country, the lack of energy, and increased cancer along with all the new "designer diseases" i.e. Erectile Dysfunction etc. can be traced in part to our habit of using microwave ovens as the 'lazy man's way out of a little extra work'.

It turns out it was the Nazis who actually invented these ovens.

They were used in their mobile support calling them the "radiomissor". These ovens were to be used for the invasion of Russia. By using electronic equipment for preparation of meals on a mass scale, the logistical problem of cooking fuels would have been eliminated, as well as the convenience of producing edible products in a greatly reduced time-factor.

After the war, the Allies discovered medical research done by the Germans on microwave ovens. These documents, along with some working microwave ovens, were transferred to the United States War Department and classified for reference and "further scientific investigation". The Russians had also retrieved some microwave ovens and now have thorough research on their biological effects. As a result, their use was outlawed in the Soviet Union (for a year or two). The Soviets issued an international warning on the health hazards, both biological and environmental, of microwave ovens and similar frequency electronic devices.

After the war, Dr. Percy Spencer, a self-taught engineer with the Raytheon Corporation, claimed to have "invented" the microwave oven in 1946. The Raytheon Corporation did actually file the first U.S. patent on one. The first ones were called Radar Ranges in 1954. Thank You Raytheon, but I like your missiles much better!

The following is a summary of the Russian investigations published by the Atlantis Rising Educational Center in Portland, Oregon.

Carcinogens were formed in virtually all foods tested. No test food was subjected to more microwaving than necessary to ac-

Microwaves Ovens cont. pg. 6

Microwave Ovens (continued)

comply with the purpose, i.e., cooking, thawing, or heating to ensure sanitary ingestion.

Here's a summary of some of the results:

- * Microwaving prepared meats sufficiently to ensure sanitary ingestion caused formation of d-Nitrosodiethanolamines, a well-known carcinogen.
- * Microwaving milk and cereal grains converted some of their amino acids into carcinogens.
- * Thawing frozen fruits converted their glucoside and galactoside containing fractions into carcinogenic substances.
- * Extremely short exposure of raw, cooked or frozen vegetables converted their plant alkaloids into carcinogens.
- * Carcinogenic free radicals were formed in microwaved plants, especially root vegetables.

How Microwave Ovens Work:

All microwave ovens contain a magnetron which is a tube in which electrons are affected by magnetic and electric fields. They produce micro wavelength radiation at about 2450 Mega Hertz (MHz) or 2.45 Giga Hertz (GHz). This microwave radiation interacts with the molecules in food. The wave energy inside the oven changes polarity from positive to negative with each cycle of the wave. These changes of polarity happen millions of times every second. Food molecules (especially the molecules of water) have a positive and negative end just like a magnet has a north and a south polarity.

As these microwaves generated from the magnetron bombard the food, they cause the polar molecules to rotate at the same frequency millions of times a second. This is major agitation. (Much less agitation is used in pharmaceutical drug labs to separate or isolate molecules in the making of just about anything they want). This agitation creates the molecular friction, which heats up the food. The friction also causes substantial damage to the surrounding molecules, often tearing them apart or forcefully deforming them. The scientific name for this deformation is "structural isomerism".

In *Comparative Study of Food Prepared Conventionally and in the Microwave Oven*, published by Raum & Zelt in 1992, it states:

"Production of unnatural molecules is inevitable. Naturally occurring amino acids have been observed to undergo isomeric changes (changes in shape morphing) as well as transformation into toxic forms, under the impact of microwaves produced in ovens. One short-term study found significant and disturbing changes in the blood of individuals consuming microwaved milk and vegetables. Eight volunteers ate various combinations of the same foods cooked different ways. All foods that were processed through the microwave ovens caused changes in the blood of the volunteers.

Hemoglobin levels decreased and overall white cell levels and cholesterol levels increased. Lymphocytes decreased. Luminescent (light-emitting) bacteria were employed to detect energetic changes in the blood. Significant increases were found in the luminescence of these bacteria when exposed to blood serum obtained after the consumption of microwaved food."

In Dr. Lita Lee's book, *Health Effects of Microwave Radiation - Microwave Ovens*, and in the March and September 1991 issues of *Earthletter*, she stated that every microwave oven leaks electromagnetic radiation, harms food, and converts substances cooked in it to dangerous organ-toxic and carcinogenic products. Further research summarized in this article reveal that microwave ovens are far more harmful than previously imagined.

It makes absolutely no sense to me that our FDA is "looking out for us" and yet has not banned perhaps the worst cancer producing machines in history.

If you are interested in an electronic subscription to

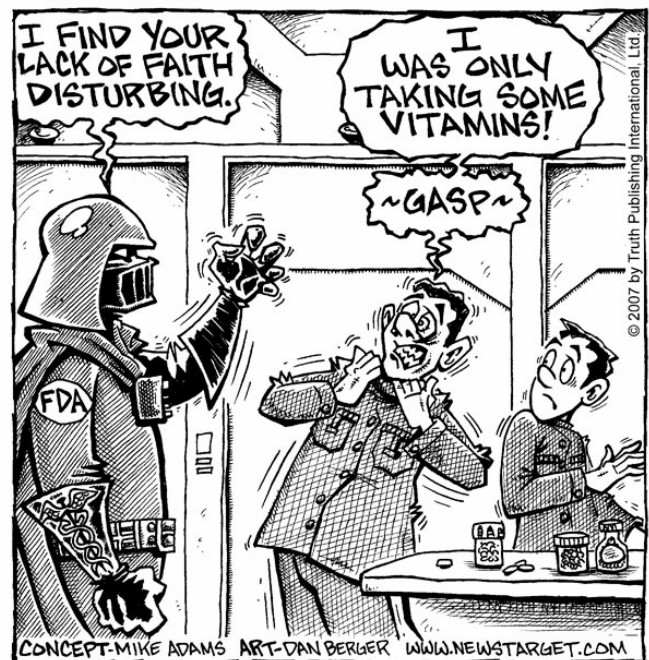
Be Healthy Now

please call (908) 612-4931

or send your request by e-mail

drcarl.naturopath@gmail.com

COUNTERTHINK THE EMPIRE OF MODERN MEDICINE



Eat All The Colors of the Rainbow

Red	Tomatoes, peppers, cranberries, raspberries, apples, beans, strawberries
Orange	Carrots, pumpkins, oranges, sweet potatoes, cantaloupe, peaches, apricots, mango
Yellow	Squash, corn, legumes, lemons, banana, eggs, grapefruit, mushrooms, pineapple, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas, almonds, pecans, walnuts, brown rice, ginger, beans
Green	Peppers, cabbage, beans, limes, spinach, kale, honeydew melon, avocado, pears, pesto, celery, zucchini
Purple	Blueberries, blackberries, currants, beets, red cabbage, eggplant
White	Potatoes, tofu, onions, garlic, whole oats, cauliflower

Dr. Donaldson's

Natural Health Solutions

A traditional Naturopathic practice

Naturopathy is a healing science that is based upon a belief in the body's innate, God given, natural ability to heal itself. At **Natural Health Solutions** we believe that the best chance you have to heal from sickness and disease is to clean the body internally, give it what it needs nutritionally, and decrease the stress in your life.

We provide consultation services that include:

- Non-invasive testing and assessment
- Detoxification
- Nutritional Recommendations
- Food supplementation
- Massage Therapy
- Stress management (Tai Chi and Qigong)

Call today for a **FREE Brief Phone Consult** or to make an appointment for an office visit.

(908) 612-4931

Carl J. Donaldson, Jr., ND is a Registered Naturopath with the Council on Naturopathic Registration and Accreditation, a member of the American Naturopathic Medical Association, and Board Certified Massage Therapist.

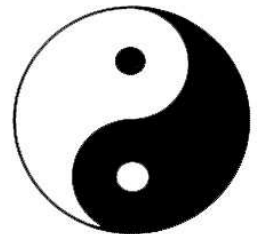


Tai Chi Chuan for Health

Tai Chi is a martial art that uses graceful, dance-like moves. Tai Chi is often thought of as moving meditation. It focuses on coordination and relaxation, rather than muscular tension.

Come and join us for the Fall '08 Tai Chi Chuan for Health Series!!!

- Reduce Stress
- Increase Flexibility
- Improve muscle strength
- Increase energy & agility
- Improve balance



Sept. 13th - Nov. 15th

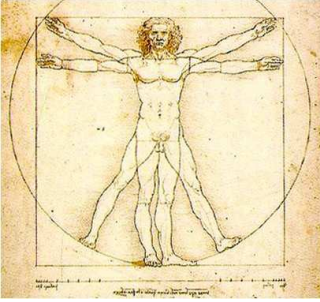
(Saturdays) 11:00 am—12:00 pm

Instructor: Carl J. Donaldson, ND

Divine Inspiration Books

217 Franklin Avenue, Nutley

(973) 562-5844



CARL J. DONALDSON, JR., ND, LLC

100 Valley Road
Montclair, NJ

Phone: 908-612-4931
Toll Free: (800) 638-4325
drcarl@naturopath@gmail.com

Natural Health Solutions

Be Healthy Now is a newsletter published by Natural Health Solutions, the traditional Naturopathic consulting practice of Carl J. Donaldson, Jr. Naturopathy is an ideal healing system for women, men, and children who are seeking non-invasive, preventive health-care services for improved health and personal well-being.

At Natural Health Solution we look beyond the body's symptoms to the root causes of your health imbalance. We provide traditional Naturopathic consultation service:

- Assessment and Testing
- Detoxification
- Nutritional Recommendations
- Food Supplementation
- Massage Therapy
- Stress Management Therapy

We are on the web at

www.drcarl@naturopath.com

Also visit our Virtual Dispensary at

<http://www.tidhealthrx.com/>

For over 7,000 high quality nutritional supplements from over 150 manufacturers.

Carl J. Donaldson, Jr., ND
100 Valley Road
Montclair, NJ 07042

“Our goal is to teach you how to make lifestyle changes that will balance your body's systems, and bring you in to a more normal state of being.”

“Our mission is to play a significant role in lowering the rate at which people experience diseases, and, increase their life-span with a good quality of life and a greater sense of well-being.”