

## of the Week...

### What You Should Know About T8...

is involved with providing the primary nerve supply from the control centers in the brain to the *Liver and Gallbladder* – Subluxation at T8 is commonly found to be associated with disturbed function of fat breakdown and metabolism, an increasingly difficult job given our society's affection for fast foods, processed foods and chemicals.

### Ways to Strengthen Your Immune System

The liver doesn't get the attention it deserves and so too few people understand the vital importance of the liver in our health and well-being.

The liver is the body's filter. It insures the proper absorption of nutrients and the proper disposal of waste products that we don't need. Just a few of its major jobs are:

- Allows us to get to the stored energy in proteins, fats, and carbohydrates.
- Stores vitamins, minerals, and sugars.
- Filters the blood, removing all kinds of harmful substances.
- Creates immune system enhancing substances like gamma globulin.
- Helps the body to maintain balance of

both water, salts and minerals.

- Helps us utilize fat-soluble vitamins (like A, D, E, F, and K).
- Creates bile, which breaks down fats.

There are, however, literally hundreds of important liver functions and all of them are vital for good health.

There are many foods that can help cleanse the liver naturally by stimulating the natural ability to clean toxic materials from the body.

These include but are certainly not limited to

|            |                     |
|------------|---------------------|
| Grapefruit | Lemons/Limes        |
| Apples     | Olive Oil           |
| Green Tea  | Green Leafy Veggies |
| Walnuts    | Avocados            |
| Beets      | Carrots             |

### The Bottom Line...The Bottom Line...The Bottom Line...

What does all this mean to you? What if you don't consume alcohol? What if you don't have a high-fat diet? The problem is that anytime you overeat or eat processed or fried foods; the liver is being over-worked. Not if but when you are exposed to environmental pollutants or stress, the liver can become "pushed too far." When pushed, the liver may not process toxins and fat in an efficient way and the result is a loss of function, vitality and health. Keep your liver healthy!

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