

# Baritz Wellness Center, P.C.

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## Gallbladder-Liver Detoxification

02/22/12, 02/25/12

### **Periodic liver and gallbladder detoxification can have many benefits.**

The liver acts like a filter, processing three pints of blood every minute. The liver binds toxins with bile and secretes them to the gallbladder via the bile duct. As the toxic load increases the bile thickens. Thick bile causes congestion of the liver, bile ducts and gallbladder.

The liver affects every system in the body and liver congestion can cause a variety of problems such as sweet cravings, hormone imbalance, cardiovascular problems, high blood pressure, and flare-ups of arthritis and auto-immune disease. The liver is the headquarters for biochemistry in the body; therefore when you do something to improve liver function you have done a lot to balance body chemistry.

The gallbladder releases bile to support digestion. When the gallbladder is stressed with sluggish bile, symptoms of abdominal pain, constipation, gas and bloating can develop. Every year over half a million people in the US have their gallbladders removed to relieve symptoms. Even if they do achieve symptomatic relief, the underlying problem is not addressed and new problems can develop.

Beets have long been considered a potent detoxifier and health promoter. Interestingly a recent study published by the American Heart Association journal, *Hypertension*, found that blood pressure was lowered when people drank beet juice. It can be surmised that this is due to its potent detoxifying effect.<sup>1</sup>

If you have any symptoms of liver or gallbladder problems or if you are interested in prevention, a gallbladder-liver detoxification may be right for you. Cleansing your liver, bile ducts and gallbladder is a lot like changing the oil in your car. You do not rely on sludgy oil to keep your engine running smoothly and you should not rely on sludgy bile to keep your liver and gallbladder running well.

**There are numerous gallbladder-liver detoxification programs, some of which have been used for hundreds of years. Our detoxification program incorporates dried beets as well as other nutrients. For more information or to have a custom detoxification designed for you, call our office at 508 583-2565.**

***To have a custom program created for you or for a free consult call 508 583-2565***

***\*\*To view this and other health tips go to [www.baritzwellness.com](http://www.baritzwellness.com) and select the Health Tips tab\*\****

1. Janet Epping "Blood Pressure Lowered by Nitrate in Beetroot Juice" Medical News Today, MediLexicon, ltl. 29 June. 2010. [www.medicalnewstoday.com/articles/193257.php](http://www.medicalnewstoday.com/articles/193257.php)

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