

Liver regulates many aspects of body function

BY DR. JUNE GENTLE



Make a lifestyle change by decreasing caloric intake and increasing exercise. This is a simple way to get started.

About 65 percent of the nation's population is overweight.

Obesity contributes to being hyperglycemic, which leads to diabetes, inflammation and high blood pressure. However, high blood pressure is not a disease; it is caused by some other problem. Treat that problem and guess what happens? Your blood pressure goes down and maybe you can get off of some of those meds you're taking.

In our youth, anabolism (the building) of cells outweighs catabolism (the breaking down) of cells. But as we age, this is reversed. Genetic factors are not the controlling factors in your weight, it is your lifestyle. Stay away from denatured products and eat real sugar, real fat and real butter. The fake stuff will not digest.

Have you started that detox program and getting control of your weight? Your program will be a big asset for you and your liver. It is like getting a tune-up for your body. The liver regulates, stores, secretes (releases) and synthesizes (produces) many important substances for body function. Some of the products that are synthesized, for example, are blood proteins. These blood proteins regulate functions such as edema (swelling) and coagulation (blood clotting). The liver cells (hepatocytes) are also important in the uptake and storage of fat soluble vitamins (A, D, E and K), minerals (copper, iron, manganese) and glucose. These vitamins, minerals and glucose are directly absorbed in the liver from the hepatic portal vein and from the body.

As we remember from our science classes, a vein travels to the heart and then to the lungs for oxygen (O₂) before going back out to the body from another organ or area of the body. However this is not the case with the hepatic portal vein. It does not have to pass through the heart and lungs first before it returns to the liver directly from certain organs such as the abdom-

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inal part of the digestive tract, the spleen, pancreas or gallbladder.

Liver cells also help keep the body in balance by regulating glucose and cholesterol. When using cholesterol-lowering drugs, keep in mind that your real problem might be your homocystiene levels. Homocystiene is used to build and maintain body tissue. If the level is too high, it could be breaking down the arteries internally causing cholesterol and fat to attach to the walls of the arteries. Ask your doctor about this. Cholesterol-lowering drugs can possibly cause side affects such as chronic aching and neuropathies. If the homocystiene is high, increase your B vitamins (B6, B12 and folic acid, which is also a B vitamin) intake. These will attack and neutralize the homocystiene levels.

There are so many symptoms that can occur because of a lack of vitamin B and so many diagnoses labeled and drug therapies given, including depression, hypoglycemia, candidiasis, premenstrual syndrome, neuritis, fatigue, indigestion, insomnia, forgetfulness, hostility, anorexia, confusion, impaired intellect. There can be a lot of medication given for just a vitamin B deficiency.

Ask your doctor to take the time to explain this and other reasons why certain body functions could be affected and other problems (contraindications) that might arise from medications and the combinations of medications. These questions can be so important. If there are a few medical doctors involved in your case, a family member's case or a friend's case, make sure the primary doctor has a list of all the doctors and medications. Ask questions about interactions of these medications. If you are not happy with the primary-care doctor, you can always change. Get involved, understand and ask questions.

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