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Healing by Design

HEPATITIS/FATTY LIVER

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. Eat a "liver-friendly" diet. This means avoiding all fried foods and oily foods. But this also means staying away from heavy fats such as animal fats, butter, too many nuts and seeds, nut butters and for many even coconut oil. Use very small portions of olives, olive oil, and avocado. These are healthy fats for the liver.
2. This also means avoiding sugars and grains, especially processed sugars. This includes all "healthy sugars" like maple syrup, agave, honey and cane sugar. Think of how damaging alcohol is to the liver of those who have abused alcohol. Sugar has this effect on the body and damages the liver. Grains are complex carbohydrates that can stress the liver as well. If you are going to eat sugar in any form, make it fruit sugar in small portions. Many livers and gallbladders are diseased and full of infection. All sugars and starches feed infectious organisms.
3. Drink raw vegetable juices for the liver like carrot, parsley, beet, lemon, and lots of greens. Also drink warm/hot liquids throughout the day. Carrot juice helps with bile flow and liver healing.
4. Do not believe the lie that "there is no cure." Many people have been healed from hepatitis. You just don't hear about it on the news because it's a secret that God can heal people from diseases.
5. Blood work. Be cautious of false positives from Hepatitis A, B, and C. If the body encounters these viruses and creates antibodies to destroy it, it can show up on a blood test as a false positive. Don't jump into dangerous drug therapies or vaccines without doing research. An indicator for liver problems can be found AST, ALT and Bilirubin levels.
6. Never get a vaccination. ***Do not expose your newborn to the completely unnecessary Hepatitis B vaccine that has already injured and killed countless children.*** There is no logic to even needing the vaccine in the first place of the mother does not have Hepatitis B.
7. The liver is also damaged from gallstones, mold, parasites and other infections. Be sure to find the root cause of your liver problems. A diagnosis of fatty liver or hepatitis does not tell you why you have a liver problem. There is always cause and effect. SOMETHING is interfering with God's design of your liver.

8. Anti-viral herbs that fight hepatitis include; CHAPARRAL, POKE ROOT, ECHINACEA, SCHISANDRA, OLIVE LEAF AND PAU D'ARCO. Other are myrrh, heal all, turmeric and red marine algae. The strongest products we have to fight viruses includes ***Parasite M by Dr Morse, Gigartina by Vibrant Health, Virux by Bell Lifestyle and any of the Lymphatic formulas by Dr Morse.*** All good lymph formulas contain lots of powerful antimicrobial herbs!

9. Increase Interferon with ***Interferon Support by Cedar Bear.*** This boosts the immune system. Other immune boosters are SUMA, REISHI and other medicinal mushrooms, SCHISANDRA, PAU'DARCO, CAT'S CLAW and ASTRAGALUS. Try ***Healing Mushrooms by Cedar Bear.*** Cedar Bear has all of these herbs in their purest forms.

10. Open up liver detoxification. Here are the keys!

- ***PC (phosphatidyl choline) by Quicksilver Scientific***

- ***BITTERS by Dr Shade (Quicksilver Scientific) or Swedish Bitters by Flora***

- ***Methyl-B Complex by Quicksilver Scientific or Super-B Complex by Synergy or Garden of Life***

- GLUTATHIONE IS KEY! To boost glutathione...

* ***Sulfur - MSM by Ojio, DIM by Quicksilver Scientific or DIM by Nature's Way.*** Also eat garlic and cruciferous vegetables.

* Exercise

* ***Alpha Lipoic Acid by Dr. Best or R-Lipoc Acid with Vitamin C by Quicksilver Scientific***

* ***Selenium - Aqueous Selenium or SE-Zyme by Biotics Research (liquid is better)***

* ***Vitamin C and E by North American Herb and Spice, Garden of Life, Synergy Company***

* Enemas. Not everyone's favorite, but assisting the body to remove wastes is ALWAYS a positive. The liver dumps out through the intestines, so enemas are important. Coffee enemas are well-known to help the liver dump toxins, but lemon and baking soda can also be very helpful.