



Mike Casey

Herbal Remedies Class Six: Liver and Kidneys

The Liver:

- A. Your liver can be compared to a huge factory that supplies a whole city with its functional needs. **It has been said that it would require 500 acres of land to build such a factory to do everything your liver does.** It has so many different functions that researchers still haven't discovered them all.
- B. **Your liver is the largest organ in your body and carries on the most functions.** It is situated on your right side beneath your diaphragm, level with the bottom of your sternum and wraps around and covers the upper portion of your right kidney.
- C. **The liver has four basic tasks**, out of which arise a multitude of functions:
- Storage and distribution:** The liver stores various amino acids obtained from digestion, then reconstructs them for essential body proteins. It converts excess glucose into glycogen (stored fat), then converts the stored glycogen back to glucose when the body needs extra fuel. The liver also stores and distributes various vitamins and stores minerals.
 - Conversions, Synthesis, Biological Transmutations:** The liver stores glycogen, and when your blood glucose levels drop, it will convert this stored glycogen into glucose again. If our glycogen reserves are depleted, it will convert other fats and even stored amino acids into glucose. This shows you that the number one priority of your body is the need for fuels for energy (glucose/fructose). It converts ammonia from excessive protein consumption into urea, which is then excreted by the kidneys. It synthesizes non-essential amino acids for growth and repair functions. Cholesterol is synthesized for use in cell membrane walls, steroid production, and for anti-inflammatory purposes. Various minerals and elements are transmuted into other elements.
 - Secretion:** Your liver produces and secretes approximately 1 liter of bile per day. Bile is a fat emulsifier important for digestion and alkalizing agent. Most of the bile produced gets stored in the gallbladder for later use.
 - Detoxification:** The liver's immune cells digest bacteria, viruses and other pathogens within the blood from the digestive tract. A healthy liver can metabolize hormones, chemical drugs, and other chemicals to a certain degree. However, our daily ingestion of these substances is more than most livers can cope with. The liver also produces enzymes to help with the above detoxification process. The liver filters and processes everything that enters the body, good or bad. It binds medications, chemicals, synthetics and other toxins to be metabolized and then removed from the body. Most excess weight comes from the

inability of the body to properly metabolize toxins, therefore storing them as fat cells as a protective mechanism.

- D. The liver is also tied to your mind in ways not understood by a lot of people yet. When the liver is inflamed and impaired in its function, so is your mind. This can create low self-esteem and anger. Remember that your body develops and functions according to how you treat it. Be good to yourself and treat the body the way God designed!

The Kidneys:

- A. The kidneys are the filters of the blood and are vital to our health. They weight approximately 5 ounces each, and are about 4.5 inches long. They filter the blood, producing urine, which is stored in the bladder until it is evacuated. Every minute, $\frac{1}{4}$ of the body's blood passes through the kidneys. Each kidney is composed of about one million microscopic filters called nephrons.
- B. Nephrons are responsible for eliminating toxins and waste materials from the blood, and for maintaining the electrolyte balance by selectively eliminating some electrolytes while retaining others, according to the body's need. Urine consists of many by-products of metabolism, like ureas, ammonia, hydrogen ions, creatinine, chemical toxins, medications, synthetic vitamins, and minerals, etc. These get filtered by the nephrons and empty into the kidney reservoirs and move down through the ureter to the bladder.
- C. Kidneys are very sensitive to acidosis from meats, teas, coffees, chocolates and carbonated soda drinks. Most people consume these types of "foods" (toxins) that, after a while, yield them discomfort and pain in the mid-to lower back. If they are not filtering properly, your toxins and chemicals etc. cannot get out of the body easily and they will stay in the blood stream until the body figures out somewhere else to store or eliminate them.
- E. What damages our kidneys and liver? Pharmaceutical drugs, ibuprofen and other OTC medications, birth control pills, high animal proteins (meat and dairy), caffeine, alcohol, coffee, artificial sweeteners, sodas, table salt, processed sugars, rancid fats (hydrogenated or partially hydrogenated oils, vegetable oils, anything fried...), processed chocolate, genetically modified foods and pesticides. Aspartame for example is in many diet sodas and most all gum as an artificial sweetener and it converts into formaldehyde, which destroys liver function.

Herbs for the Liver

- A. **Burdock Root:** Burdock root is considered a **strong blood and liver cleanser and tonic, and a top burn healer**. It is a great aid in detoxification as it **rids the body of toxins and mucus** and promotes urine flow and perspiration. Burdock promotes kidney function and helps remove acid build-up within the body

and reduces swelling in the body and especially around the joints. Number one in skin conditions of all types.

- B. Dandelion Root:** Dandelion is another top herb and commonly thought to be one of the “bitter herbs” recommended in the Bible. It has been used to aid digestion, relieve liver distress, and to treat all manner of ills from jaundice, and kidney stones to warts and psoriasis. It is of an opening and cleansing quality, and therefore, **very effectual for the obstructions of the liver, gallbladder, and spleen.** It is a great alkalizer, promotes the formation of bile, high in iron and other minerals which increase the oxygen-carrying capacity of the blood and **very effective in liver conditions** including hepatitis, jaundice and cirrhosis.
- C. Milk Thistle:** Milk thistle is known as the “**great liver protector**”. It **protects, tones, strengthens and detoxifies the liver, like no other. It aids in the regeneration of the liver and pancreas** (stimulates new liver cell production) and is **superb for hepatitis A, B and C and in cirrhosis of the liver.** It has high antioxidant properties and is considered one of the best to protect against free-radical damage. It increases the production and flow of bile **and increases formation of new liver cells.**
- D. Oregon Grape Root:** Oregon grape root is a great blood purifier and has a powerful effect upon the liver, spleen, skin and blood. It is **one of the greatest herbs for stimulating, strengthening and cleansing of the liver.** Great for skin conditions like psoriasis, eczema or dermatitis. It is high in iron, which aids in increasing red blood cells and hemoglobin, and excellent for anemia, jaundice and hepatitis.
- E. Red Clover:** Red clover is a great herb with a long medical history and very safe and effective. It is a **tremendous blood purifier, cleans and strengthens all liver conditions and strengthens red blood cells.** It is **excellent for all skin conditions** including eczema, dermatitis, and psoriasis. It helps dissolve tumors and masses and great for abscesses and boils.
- F. Schisandra Berries:** Schisandra berries are touted for their adaptogenic properties, bringing the body back to a state of balance, whether it is fatigued or on edge due to stress. When it comes to the liver, they **can help the liver to work properly.** It contains lignans, which **protect the liver by stimulating cells that provide antioxidant properties to the body.** Research suggests that they have the ability to help those suffering from hepatitis and are frequently used in the U.S. to treat liver disorders.
- G. Turmeric:** Turmeric has strong anti-inflammatory properties and has **traditionally been used for liver and blood conditions. It helps dissolve and remove sediment in the liver,** has some anti-parasitic actions and helps increase circulation. It also **helps generate the secretion of several enzymes that assist the liver in breaking down and metabolizing certain toxic substances.** It has strong anti-inflammatory properties, aids in digestion and promotes healing.
- H. Yellow Dock:** Yellow Dock is **one of the great liver and blood herbs. It strengthens the liver and promotes liver function.** It is a good blood cleanser, purifier and builder and tones the entire system. It is used extensively in the treatment of chronic skin conditions such as psoriasis due to its blood

cleansing abilities. It is a top blood builder, is high in iron and increases the oxygen-carrying capacity of the red blood cells. It is also a great lymphatic cleanser and helpful in cases of fatigue and lack of energy.

Herbs for the Kidneys

- A. **Chanca Piedra:** Chanca piedra, also known as “stone breaker”, is well known for supporting bladder, kidney, gallbladder and liver health. It has been highly studied and repeatedly been found to **inhibit the formation of kidney stones and even help to break up established stones.** It also contains organic compounds that reduce the spasmodic activity of smooth muscles in the kidney, bladder and ureter so that kidney stones can pass more smoothly.
- B. **Corn Silk:** Corn Silk is a **powerful cleanser of the kidneys and bladder. It helps clean toxins and mucus from the urinary tract** and gently stimulates bile flow, aiding in improved digestion and alkalization. It helps remove inorganic minerals from the body, used for both gallstones and kidney stones and is excellent for cystitis.
- C. **Goldenrod:** Goldenrod has a long history of use for the urinary system. It has been **used for urinary tract infections as well as for strengthening the kidneys.** Goldenrod is both astringent and antiseptic. By tightening and toning the tissues of the urinary system, as well as providing action against bacteria, goldenrod is well suited to addressing bladder and urinary tract infections.
- D. **Gravel Root:** Gravel root is an extremely useful herb for treating problems of the urinary tract. In effect, this herb **helps to avoid the formation of stones in the kidneys and bladder and may also shrink the existing stones in these organs.** It is good for treating cystitis, enlarged prostate or other types of obstruction, urethritis as well as gout and rheumatism.
- E. **Hydrangea:** Hydrangea is **mainly used in the treatment of urinary tract conditions, particularly kidney and bladder stones.** It is thought to encourage the expulsion of the stones and to help dissolve those that remain. It is also given for other conditions affecting the genitourinary system, including cystitis, urethritis, and enlarged prostate. Hydrangea is **also a blood cleanser and may treat lymphatic conditions** that are caused by poor blood and is considered to be great for arthritis and rheumatism.
- F. **Juniper Berry:** Juniper Berry is **considered one of the great kidney herbs.** It is **very anti-inflammatory and has a very strong action upon the kidneys.** It helps relieve fluid retention and is a valuable remedy for cystitis. It has antiseptic properties, which are useful in killing fungi, bacteria and yeasts and great for UTIs (urinary tract infections). It is also said to aid in restoring the pancreas, and beneficial in cases of diabetes, as it has natural insulin properties.
- G. **Parsley:** Parsley is a **tremendous herb for the urinary tract** and adrenal glands. It has a **strengthening and cleansing effect upon the kidneys and bladder.** It is very high in chlorophyll, therefore it enhances the blood and cleans and moves the lymphatics also. It is excellent for removing heavy metal and

chemical toxicity. It is great for the endocrine glands and increases the iron-carrying capacity of the blood.

- H. **Saw Palmetto Berry:** Saw Palmetto is known as the “male herb” as it is most well known for its anti-inflammatory and healing effect upon the prostate. It is a great herb for the endocrine glands (thyroid, adrenal, pancreas, pituitary, etc.) and **helps increase urine flow and kidney function so very useful in UTIs.** It also has a strong effect upon the adrenal glands, increasing neurotransmitters and steroids and aids in sugar issues involving the pancreas and adrenals.
- I. **Uva Ursi:** Uva Ursi is a **powerful antiseptic and cleanser of the urinary tract.** It can help in the **treatment of urinary tract infections such as cystitis and urethritis.** It can help to reduce accumulations of uric acid and relieve the pain of bladder stones. It strengthens the liver, kidneys, bladder, uterus, prostate and spleen. It is also a great herb for the prostate gland and helping reduce inflammation.

Healing, Cleansing and Nutrition for the Liver and Kidneys

- A. To heal the liver and kidneys, eating right is critical. Remember, the liver and kidneys literally filter everything that enters the body, good or bad. So the only way to heal them is to remove the incredible burden often put upon them. For example, high fat and high protein diets full of meats and dairy are very difficult for the liver to process and the kidneys to filter, especially considering additional hormones and antibiotics that may be present in these foods and the acidosis that comes from eating these foods.
- B. Eat the foods God designed for us to eat: **And God said, “See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.” (Genesis 1:29)** A diet focusing primarily on raw foods in their whole form the way God made them is best: fruits, vegetables, herbs, nuts and seeds. Some cooked vegetables are good too. Small amounts of lean grass fed meat or wild caught fish and some cooked grains are ok (wild or brown rice, quinoa, buckwheat, millet... are best) but should be kept to a minimum.
- C. **Water and juicing:** **Drink plenty of water,** this helps flush toxins and irritants out of the body and provides plenty of liquid going through the kidneys to assist them. Room temperature or warm water and liquids are best in general, cold liquids are harder on the body. **Drink warm lemon water daily** as it is very cleansing to the kidneys and liver, they need liquids to flush them. Fresh **juices are great also.** Experiment with different combinations but greens (kale, spinach, parsley, cilantro, arugula...) are great, along with lemon, apple, carrots, cucumber, celery, ginger, beet, etc. Any combination is good, be creative.
- D. **Cleansing:** It is said by many that **everyone has impaired liver and kidney function to some degree,** some more than others. With the amount of obstructions we encounter from our foods, the what we drink, the air we breathe, what gets on our skin (which absorbs into the body and bloodstream), **it is important to cleanse our main filtering organs of the body so we can stay healthy** as they can become overburdened. Lots of clean water and fresh juices are very cleansing as mentioned above. Use the

herbs mentioned: **Herbal tea blends** drunk several times throughout the day can be powerful for getting these healing and cleansing herbs through the liver and kidneys multiple times in a day! **Concentrated herbal tinctures are a powerful way to get these herbs too.** Tinctures are very potent and require minimal digestion, maximizing their absorption and effectiveness. **Add fresh herbs in your juices** (parsley, cilantro, mint, fennel, dandelion greens, arugula...). **Also it is important to have the colon functioning properly.** The liver dumps what it filters into the colon so if the colon is congested this can be a problem. The liver must have a place to dump the toxins being released during cleansing to get out of the body quickly or they can get reabsorbed into the body and cause more harm. See class 4 for more on colon health, cleansing and enemas.