

Time for another Health News! I want to tell you about what I have recently learned about that wonderful organ in our body called, the LIVER. It is amazing at what is going on inside of these wonderful bodies of ours.

THE LIVER:

The liver is a very special organ and loves us in 9 ways.

1. It **stores the iron** reserves you need as well as a lot of vitamins and minerals.
Without the liver you would not have the strength to carry on.

2. It **makes bile** to help digest food.
Without the liver you would waste away to nothing.

3. It **detoxifies poisonous chemicals** we give it - and that includes alcohol, beer, wine, and drugs (prescribed over the counter) as well as illegal substances.
Without the liver our bad habits would kill us.

4. It **stores energy** like a battery, by stockpiling sugar, (carbohydrates, glucose and fat) until you need it.
Without the liver, the sugar level in your blood could fall dramatically and you'd go in to a coma.

5. It **makes the blood** that got your system going even before you were born.
Without the liver you wouldn't be here!

6. It **manufactures new proteins** that your body needs to stay healthy and grow.
Without the liver you wouldn't grow properly!

7. It **removes poisons** from the air, exhaust smoke, and chemical you breathe.
Without the liver you would be poisoned by pollutants!

8. It **makes clotting factors** that stops the bleeding when you accidentally prick or cut your self.
Without the liver you would bleed to death.

9. It **helps defend us** against the germs going into your body all the time. It takes those cold germs, flu bugs and other germs you encounter and knocks them dead – or at least weakens them.
Without the liver you would be a sitting duck for every infection known to man.

That's how much I love you BUT do you love me? Let's have a look at some ways to love your liver.

- **Watch those drugs**

All drugs are chemicals and when you mix them up without a doctors advice you could create something poisonous that could damage the liver badly.

*** The liver scars easily ... and those scars, called "cirrhosis", are permanent.*

Medicine is sometimes necessary. But, taking pills when they are not necessary is a bad habit. All those chemicals can really hurt the liver.

- **Be careful with aerosol sprays.**

Remember the liver has to detoxify what you breathe in. So when you are cleaning with aerosol cleaners, make sure the room is ventilated, or wear a mask.

That goes double for bug sprays, mildew sprays, paint sprays and all those other chemical sprays you use.

BE CAREFUL WHAT YOU BREATHE!

- **Watch what gets on your skin!**

Those insecticides you put on trees and shrubs not only kill bugs, they can get right through your skin and destroy the liver cells too. **REMEMBER THEY ARE ALL CHEMICALS.** Cover your skin with gloves, long sleeves, a hat and a mask every time insecticides are in the air or if you are handling them.

WARNING

The liver can't and won't tell you until it is in trouble and almost at the end of its rope...and yours! Remember it is a non-complainer. Overloading it with drugs, alcohol and other junk can destroy it! This may be the only warning you ever get.

Now you know how much your liver loves you.

Please treat it with loving, tender care.

Your liver is a silent partner and an ever loving organ in your body.

Okay, you say, what can we eat that will keep our livers healthy?

AVOCADOS:

It is amazing as I read, to learn of the many health benefits found in the Avocado. A small pilot study found that eating one-half of a fresh medium Hass avocado with a hamburger significantly inhibited the production of the inflammatory compound Interleukin-6 (IL-6), compared to eating a burger without fresh avocado.

Additionally, the study found that when fresh Hass avocado was eaten with the burger it did not increase triglyceride levels beyond what was observed after eating the burger alone, despite the extra calories and fat from the fresh avocado.

Avocados, which are actually classified as a fruit, are rich in monounsaturated fat that is easily burned for energy. Overall, most people would do well to get upwards of 50-70 percent fat in their diet (along with high amounts of vegetable carbohydrate, moderate-to-low amounts of high-quality protein, and very little, if any carbs). According to the California Avocado Commission, a medium Hass avocado contains about 22.5 grams of fat, two-thirds of which is monounsaturated. They are also very low in fructose, which is yet another boon, and provide close to 20 essential health-boosting nutrients, including:-

Fiber: **Potassium:** (more than twice of that in a banana) **Vitamin E:**
B Vitamins: **Folic Acid:**

Avocados are one of the safest fruits you can buy – most experts believe you don't have to purchase organic ones as their thick skin protects the inner fruit from pesticides.

The avocados health list is endless. "Besides offering taste and nutrition, avocados seem to **improve liver health.** People should eat more of them."

- * One 2005 study, found that adding avocado to salads allowed the volunteers to absorb three to five times more carotenoids antioxidant molecules, which help protect your body against free radical damage.
- * Contain compounds that appear to inhibit and destroy oral cancer cells.
- * Another study found that healthy individuals saw a 16 percent decrease of serum total cholesterol level following a one-week long diet high in monounsaturated fat from avocados.

How to get more Avocado in your diet.

While avocado is commonly eaten raw, on salad, or alone with nothing but a dash of Himalayan salt and maybe some ground black pepper, there are many other ways to include avocado in your diet. What about trying the following:

- Use as a fat replacement in baking. Simply replace the fat called for (such as oil, butter or shortening) with an equal amount of avocado.
- Use as a first food for babies, in lieu of processed baby food.

Until next month, God bless and stay happy and healthy.

Judy

Health Ministry Leader.

