



**BRETT ELLIOTT**  
Ultimate Herbal Health

# LIVERCLENZ

The Ultimate Liver Cleansing Program



by Brett Elliott - Medical Herbalist  
**[www.brettelliott.com](http://www.brettelliott.com)**

## Let's talk about your Liver function!

Liver Detox is a controversial subject because medical doctors generally say “you can’t detox your liver because your Liver detoxifies itself”

This is true in a sense, but what we often fail to understand is that the Liver can become overloaded and poisoned with the very toxins it’s meant to process and start to break down, become diseased and even fail completely. I’ve put together a short video that explains it very well, but you might need to pause it in places if you want to read the research snippets.

[WATCH VIDEO HERE](#)



Detox supplements that address the entire digestive system indirectly support the Liver. By clearing undigested, built-up matter from the colon, an [Ultimate Herbal Detox program](#) with a high dose of herbs will reduce the amount of re-circulating waste substances straining the Liver. I have designed the Ultimate Herbal Detox program with a specific range of herbs designed to specifically detox your Liver.

Liver disease is one of the major causes of morbidity and mortality across the world. According to the World Health Organization estimates, about 500 million people are living with chronic hepatitis infections resulting in the death of over one million people annually.

Medicinal plants serve as a vital source of potentially useful new compounds for the development of effective therapy to combat Liver problems. (1)

## What does your Liver do?

Weighing in at 1.5 kilos your Liver is the largest organ of your body. It is like a busy chemical-processing factory that performs over 500 functions for the body.

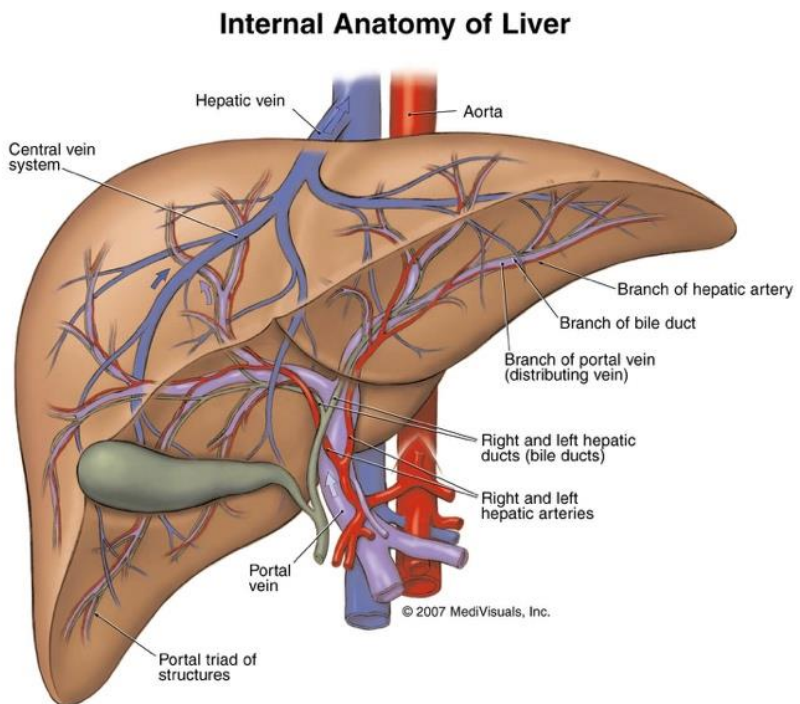
The healthy functioning of your Liver is vital to the continued life of your physical body.

### **The Liver is responsible for over 250 functions including:**

- Breaking down and eliminating every toxic substance that enters your bloodstream
- Processing and sorting all the blood and nutrients returning from the digestive process
- Producing bile for digestion
- Balancing [cholesterol](#)
- Balancing your [hormones](#)
- Storage of nutrients ready for the body to use
- Many metabolic processes, such as blood, fluid and [blood sugar balance](#)
- Synthesizing substances essential for the immune system

The list goes on and truly testifies to the benefits of maintaining a healthy Liver.

The power of your Liver to regenerate is incredible. Even after 2/3 of a human Liver is removed it can grow back very quickly. Normal liver weight is re-established within 8–15 days in humans. (19)



## Benefits of a Healthy Liver

There is much you can do to improve your health, simply by giving a little TLC to your Liver.

If you have high cholesterol, then rather than taking a harmful statin drug, nurture your Liver! For a sluggish bowel, acne, poor immune system, bloating, or menopause supporting Liver function is key.

### **How about your immune system?**

Let's say you eat a healthy balanced diet with only occasional alcohol but suffer from frequent chest infections, headaches, or skin irritations.

Nothing to do with your Liver you think, until you connect to dots. You stay up too late at night then perhaps wake in the middle of the night. This is the time your Liver is the most active, dumping toxins and producing such things as natural killer cells for your immune system.

However, an active liver requires you to be resting at this particular time so it can get to work.

If you wake during the nights sweating or feeling uncomfortable, tossing and turning, or getting hot feet then these are signs pointing to a disturbed Liver function.

### **Prevalence of Liver Disease**

Hepatitis, an inflammatory disease of the liver, is commonly caused by drug intoxication or viral infection, with the latter being classified into types A, B, C, D, and E. According to the World Health Organization, 2 billion people worldwide have been infected by the hepatitis B virus (HBV), and among them, 350–400 million are chronic HBV carriers, and about 1 million deaths are caused by HBV infection every year. It is estimated that around 1.2 million and 3.2 million people in the USA are battling chronic hepatitis B and C, respectively, and more than 85,000 new cases of hepatitis are diagnosed each year.

In China, there are 93 million HBV carriers, and among them, 30 million are patients with chronic hepatitis B.

(27)

There is a definite connection between liver toxicity resulting from the processed food industry and the use of pharmaceuticals to this rising tide of hepatitis.

### **The Hidden Danger of Pharmaceuticals**



Many substances including medicinal drugs, and some overused supplements commonly thought to be safe, can bombard the Liver with the extra workload, causing acidity, inflammation, and tissue damage.



For example, thousands of people around the world think nothing of taking painkillers on a regular basis yet acetaminophen (paracetamol) toxicity is common. It is so dangerous it can completely destroy the Liver function if taken only slightly above the dose stated on the label. Known by various names in different countries this is **paracetamol**, Tylenol, and other over-the-counter cold and flu, fever, and pain remedies.

Experience shows that even when prescribed appropriately at the usual therapeutic dosage, paracetamol can be toxic to the Liver (hepatotoxic). (7) In fact Mortality rates from Paracetamol-induced liver failure have been approximated at 0.4% in overdose patients, translating to 300 deaths annually in the United States.

Although toxic ingestions causing hepatic failure are usually in excess of 150 mg/kg, an increasing number of reports have arisen to suggest that lower doses of APAP may confer acute liver injury and liver failure. A so-

called “therapeutic misadventure” phenomenon, as coined by Zimmerman *et al.*, is becoming increasingly acknowledged, as some patients have presented with acute liver failure despite consumption of “safe” doses of Paracetamol.

Drug-induced liver injury (DILI) has become a leading cause of severe Liver disease in Western countries and therefore poses a major clinical and regulatory challenge. (18)



According to recent reports, oxidative stress plays a pivotal role in the initiation and progression of hepatic damage following insult to a variety of hepatotoxins. The role of oxidative stress in viral hepatitis and autoimmune-related Liver diseases has been extensively documented. Moreover hepatotoxic chemicals damage liver cells. (1)

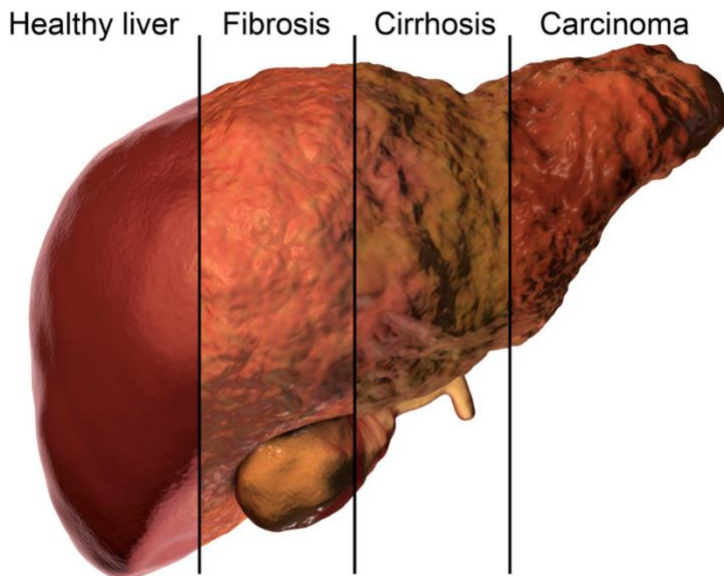
The Liver is the largest and most vital organ of the human body. Besides its crucial role in the metabolism of nutrients, the Liver is responsible for the biotransformation of drugs and chemicals thereby protecting the body against toxic foreign materials. In this process, the Liver is exposed to a high concentration of toxic chemicals and their metabolites which may cause Liver injury.

There are more than a hundred well-known Liver diseases with diversified pathology. The most frequent causes of hepatic disease include infectious agents (especially hepatitis viral A, B, and C), obesity-related fatty Liver disease, xenobiotics (alcohol, drugs, and chemicals) induced Liver injury, inherited and genetic defects related to Liver diseases, autoimmune hepatitis, liver cirrhosis, and primary or secondary Liver cancer.

(1)

So what can we do to detoxify and heal our Liver?

You are about to find a world of answers.



## What about Fatty Liver?

You've probably heard the term fatty liver, as it has become very common but what exactly is it?

Non-alcoholic fatty Liver disease (NAFLD) is a spectrum of liver disorders. It is defined by the presence of steatosis (stagnant fat) in more than 5% of liver cells with little or no alcohol consumption involved. [Insulin resistance](#), [metabolic syndrome](#), or [type 2 diabetes](#) seem to play a role in the onset of NAFLD. (20)

NAFLD is rapidly becoming the most common Liver disease worldwide. The prevalence of NAFLD in the general population of Western countries is 20-30%. About 2-3% of the general population is estimated to have non-alcoholic steatohepatitis (NASH) which may progress to liver cirrhosis and hepatocarcinoma. As a rule, the prevalence of NAFLD is higher in males and increases with increasing age and it is influenced by the diagnostic method and the characteristics of the population, especially lifestyle habits. (23)



Key physiological functions of the Liver, including glucose and lipid metabolism, become disturbed in the setting of NAFLD. Consequently, the effects of NAFLD extend beyond the Liver with a large body of clinical evidence demonstrating NAFLD to be associated with both cardiovascular disease and chronic kidney disease. (21)

Weight loss is the cornerstone treatment for NAFLD. Various randomized controlled trials have shown that weight loss of 5-10% leads to significant improvements in hepatic steatosis. (22)

We will outline below, herbs and foods which reduce fatty Liver as part of the ['LiverClenz' Liver detox program.](#)

### **Liver protection made easy**

We can see that healthy Liver function is necessary every time you eat a meal, come into contact with pesticides, pass through menopause, take a painkiller, and every second of the day.

The good news is that there is much you can do to aid your Liver.

First, there are the obvious lifestyle necessities:

- Adequate sleep....at night
- A balanced diet high in live, unprocessed fruits and vegetables (packet foods made in the factory are not it!)
- Moderate, regular exercise, necessary for circulation to the liver and health of organs, muscles, blood vessels, to lighten the load on the Liver.

- Drink adequate water, it is your body's solvent that helps your blood carry nutrients and wastes in and away from the Liver
- Avoid alcohol, processed foods with lots of additives
- Avoid taking pharmaceutical drugs if at all possible and seek out natural medicines where practical

Let's take a look at some of the more specific choices which have a direct effect on the Liver. Specific foods and food supplements, herbs, and detox programs.

## Foods for the liver

- **Brassica: Broccoli, Cauliflower, Kale, Cabbage, Brussels sprouts** – and the rest of the brassica family of vegetables are proven to support Phase 2 Liver detoxification, eat plenty of broccoli, cauliflower, cabbage (all kinds), and kale. In fact rocket was observed to protect the Liver against induced hepatic injury through its



potent antioxidant activity. (5)Cruciferous vegetables contain a substance called Indole-3-carbinol (I3C). Both the Phase I and Phase II detoxification centers in the liver and the cells of the intestines can be accelerated by I3C. Many researchers indicate that the ability of cruciferous vegetables to motivate Phase I and Phase II detoxification, particularly their I3C content, is a primary factor in how these foods reduce cancer risk in humans. (28)



- **Wasabi, Horseradish, and Mustard** – These condiment foods contain a compound called Sinigrin which is also found in smaller amounts in other members of the Brassica family of vegetables. Sinigrin has been shown to combat liver cancer, and findings indicated that the liver functions were gradually restored after treatment with Sinigrin. (29, 30)
- **Raw fermented vegetables** (see [recipe](#)) – give increased nutrients and support the health of the colon which in turn aids the Liver
- **Onions** – Food plants in the Allium genus include different chives, garlic, leeks, onions, and scallions. They present various flavors and mouthfeels and are consumed either cooked or raw all over the world in different delicacies. A number of studies both in vitro and in vivo have been published reporting that allium-genus plants have potent hepatoprotective activity and distinct effects on various liver conditions such

as hypercholesterolemia-induced oxidative stress, cadmium liver accumulation, liver fibrosis, liver fluke, and alcoholic fatty liver. (31)

- **Beetroot** – for blood building (the Liver contains 13% of your body's blood); beetroot (*Beta vulgaris*) is high in iron, is a good antioxidant, and has been shown to protect liver cells. The hepatoprotective activity of *Beta vulgaris* may be attributed to its antioxidant (2) and anti-inflammatory (3) activities. The plant is safe to use even in large doses. Phytochemical studies on roots of *Beta vulgaris* have shown the presence of betaine, betacyanins, betaxanthins, oxalic acid, and ascorbic acid (4)
- **Turmeric** – a common spice you can add to soups, casseroles, curries, and rice. Turmeric protects the liver against oxidative stress, improves blood circulation, and improves liver function and detoxification processes. It has been shown that curcumin is very effective in

preventing Liver damage induced by paracetamol overdose and that the level of protection afforded by curcumin against paracetamol-induced liver damage is comparable to that of N-acetyl cysteine (NAC), which is presently the main clinical treatment for paracetamol overdose in humans. (8)



- **Grapefruit** – Studies conducted over past decades have suggested that the grapefruit might be active in cellular regeneration, cholesterol reduction, the detoxifying process, and the maintenance of heart health, in rheumatoid arthritis, for the control of body weight, and in cancer prevention. Grapefruit juice is an excellent source of many phytochemicals and nutrients that contribute to a healthy diet. It reduces fat accumulation in the Liver and increases Liver enzymes involved in detoxification. (17)
- **Berries** – These include Blueberries (Bilberry), Cranberry, and Grape due to anthocyanins and proanthocyanins. The results of one study indicated that treatment with Blueberry significantly increased the liver enzymes, and spleen function, improving the proliferation of lymphocytes deriving from this organ. In conclusion, the authors suggested that consuming this berry type protected Liver

hepatocytes from Oxidative Stress and could modulate the function of T cells. It is important to remember that anthocyanins and proanthocyanins are widely available compounds in fruits, vegetables, and seeds of natural origin. (17)

## Herbs for the Liver

These herbs are all in the [Ultimate Liver Detox Program](#)

- **Chamomile:** Results have confirmed that the chamomile extract has reversal effects on the levels of paracetamol hepatotoxicity, and the authors concluded that the extract served as a hepatoprotective agent and that this hepatoprotective activity of chamomile might be due to the normalization of impaired membrane function activity. (17)



- **Milk thistle:** The seeds are well known for their Liver protection properties. Milk Thistle helps repair damaged Liver tissue and aids in Liver detoxification. A well-known hepatic antioxidant, silymarin, from the milk thistle (*Silybum marianum*), inhibits Liver damage by scavenging free radicals among other mechanisms. This powerful antioxidant protects the Liver against alcohol and pharmaceutical injury and even poisoning from extremely toxic compounds. (9)Milk Thistle is one of the most investigated plant extracts, with known mechanisms of action for oral treatment of toxic liver damage. Silymarin has been used as a protective

treatment in acute and chronic liver diseases.

(17) It also acts by stimulating Liver cell regeneration and cell membrane stabilization to prevent hepatotoxic agents from entering hepatocytes (17)

- **Globe Artichoke**: Based on recent basic and clinical investigations, the extract of artichoke (*Cynara scolymus*) leaf has been revealed to be used for hepatoprotective and cholesterol-reducing purposes. The study sheds light on the potential role of *Cynara scolymus* in the management of Non-Alcoholic Steatohepatitis. The active constituents of this herb such as flavonoids and caffeoylquinic acid may be responsible for this effect. These compounds have been proven to have hepatoprotective activity and hypolipidemic effects. (26)
- **Goldenseal**: The root contains substances that protect the Liver, aid Liver function, and are



antimicrobial. Another great Liver stimulant and protector. One study demonstrated that berberine (from Golden Seal) possesses hepatoprotective effects against Liver toxicity and that the effects are both preventive and curative. Berberine should have the potential for developing a new drug to treat Liver toxicity. (10) Results of another study show that Goldenseal reduces acetaminophen (paracetamol) toxicity and related acute Liver failure. (11)

- **Dandelion:** The leaf and root gently support the Liver, gallbladder, and kidney function. Results of one study suggest that the extract of Dandelion root has a protective action against alcohol-induced toxicity in the Liver by elevating antioxidative potentials and decreasing lipid peroxidation. (12)
- **Wormwood:** bitter properties in the leaf stimulate Liver secretions and kill parasites. It is

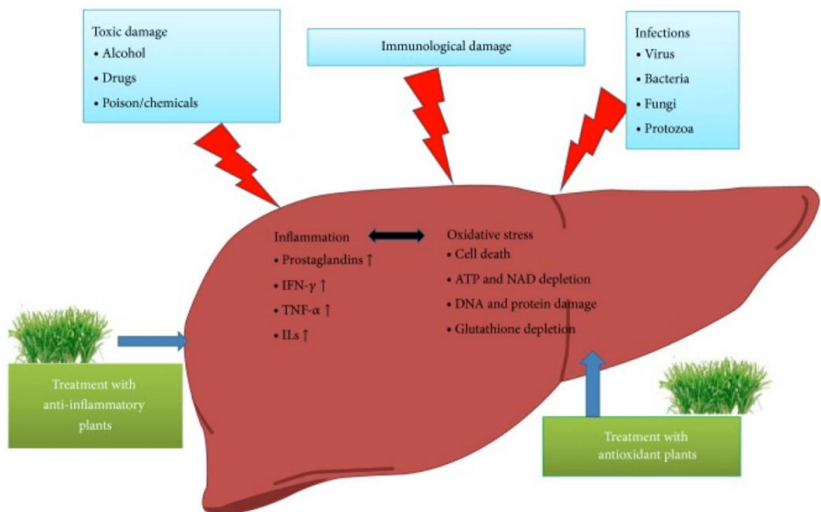
long known that the bitter constituents stimulate the gustatory nerves in the mouth and increase the secretion of gastric juice and bile, thereby promoting appetite and digestion. (13)

- **Turkish Rhubarb**: Moderate doses stimulate a sluggish Liver and bowel helping your Liver to detoxify its own cells as well as the blood passing through it. There is some evidence of the protective potential of this herb against Liver injury due to multiple causes (14) Turkish Rhubarb targets Liver metabolic and immune pathways, beneficial for complex metabolic diseases such as Fatty Liver disease. (15)



- **Kiwifruit:** Antioxidant, protects the Liver, shown to inhibit certain cancers. Use only organic kiwifruit to completely avoid the heavy sprays normally used. Data reported in one study suggested a beneficial effect of this kiwi fruit peptide on the physiology of the human intestine. (16)
- **Barley grass:** Good source of superoxide dismutase (SOD) a group of enzymes important to a healthy Liver. SOD aids in Phase 2 liver detoxification. Barley grass supplementation sustained Liver anti-oxidative enzymes, catalase, glutathione peroxidase, and superoxide dismutase, at transcriptional and enzymatic levels, thus suppressing oxidative stress markers. (6)
- **Spirulina:** Liver examinations have revealed that Spirulina is potent in protecting the Liver from toxic lesions and preserved the Liver cell (hepatocyte) structure. Lesions including necrosis, lymphocyte infiltration, ballooning

degeneration, and hepatocyte injury, as well as irregular lamellar organization, dilation of the endoplasmic reticula, and the presence of great numbers of cytoplasmic vacuolizations, were reversed by Spirulina. (17) In other words, Spirulina heals the Liver.



**Diagram Explained:** Anti-inflammatory and anti-oxidant herbs protect the Liver against a variety of toxins and injurious stimuli by restoring the oxidative stress and the related liver damage and inflammation.

## The Ultimate Liver Detox program

Herbal supplements can address the entire digestive system indirectly support the Liver. By clearing undigested, built-up matter from the colon herbs can reduce the amount of re-circulating waste substances straining the Liver.



## The Ultimate Herbal Detox and BodiClenz

[The Ultimate Herbal Detox](#) or [BodiClenz programs](#) both give the benefits of most of the very effective herbs we have talked about, including [Milk thistle](#), [Globe Artichoke](#), [Goldenseal](#), [Dandelion](#), [Wormwood](#), [Turkish Rhubarb](#), [Kiwifruit](#), and [Barley](#)

grass. It is the combination of the herbs above along with the specific foods mentioned which give you an excellent liver cleansing program.

***You should use these programs over 14-days following what's called the Deep Cleanse Program. [Read more about the Deep Cleanse program here](#)***



### **LivaFood Tonic Capsules**

Livafood is a nutrient-rich formulation that supports liver function and provides a broad range of naturally occurring nutrients including superoxide dismutase

which supports phase 2 liver detoxification plus 700mg of [Milk Thistle herb](#) per capsule. The addition of Cilantro and Chlorella promotes the process of a [heavy metal detox](#), helping to remove lead and mercury.

Ingredients:

[Barley grass](#) (Hordeum vulgare),

[Globe Artichoke](#) (Cynara scolymos) root,

[Dandelion](#) (Taraxacum officinale) root,

[Cilantro](#) (Coriandrum sativum),

[Chlorella](#) (Chlorella Vulgaris),

[Golden Seal](#) (Hydrastis canadensis) root,

[Milk thistle](#) (Silybum marianum) seed.

***Take 4 capsules daily for one month directly after completing the Ultimate Herbal Detox or BodiClenz 14-day Deep Cleanse.***

**[Download the Ultimate LiverClenz Instructions Here](#)**



## **LiverClenz Liquid Tonic**

LiverClenz Liquid Tonic contains a blend of classic liver tonic herbs formulated by Brett Elliott, Medical Herbalist.

The formula includes the following herbs: Licorice, Milk thistle, Dandelion, Bupleurum, Andrographis, Gentian, G oldenseal, Hops.

***Take 10ml three times daily alongside the 14-day Deep cleanse program***





## **LiverClenz The Ultimate Herbal Detox Combo Program**

Get all of the above products in one complete package for a full 6 week Liver detox program. This combo deal is discounted by 30%

[Buy the Ultimate LiverClenz Combo Here](#)

## Liver Energy

In Traditional Chinese Medicine (TCM) the Liver is known as the “Seat of Anger”. The Liver organ system reflects the condition of the nails and muscle sinews and expresses itself in emotions such as anger or sadness. When emotion is overwhelmingly excessive, no medicine can cure the resulting disorder. It must be overcome by emotion. Thus it is said that anger damages the Liver system (25)

The so-called “Hun” is associated with the Liver Qi. Hun is called non-corporeal because it is not dependent upon physical beings for existence and continues after death. This spirit is responsible for benevolence (loving-kindness), awareness of suffering, empathy, compassion, and tolerance; and serves as a reservoir for ideas that bring meaning to life. Disharmonies that affect the Hun may lead to anger, frustration, resentment, unkindness, and feeling “cut-off” from the meaning of life. (24)

For example, when a patient presents with prolonged grief and depression after the death of a loved one, a discussion may allow the patient to identify anger as an underlying emotion—anger that the person left them. From a TCM perspective, anger results in Liver disharmony, which frequently manifests as depression. The anger needs to be cleared in order to lift the depression. (24)

Most bitter herbs we talked about above are cooling and calming to the Liver as are some foods such as fresh greens, cider vinegar, and lemon juice in water. Finding peace is very important to healing the Liver, so seeking downtime and the space to release those feelings will be important. Cathartic exercises like cycling, rowing, boxing, or running will also be helpful. Even just a regular walk by the trees or ocean will help. Letting go of resentment and bitterness and forgiving those people or events that have angered you is crucial.



### **Detox your Liver for better health results**

You will see very noticeable differences in your health when you pay attention to the foods and herbs that benefit your Liver. Doing a regular detox for the colon with additional herbs to support your Liver will reward you with faster initial results and ongoing improvement as you continue to eat healthy, living foods.

It is good to get a combination of these foods and ingredients into your regular routine but high doses in the short term could promote rapid detoxification and healing by way of quickly restoring healthy Liver function.

# HEALING WITH ENERGY

A crucial part of any holistic treatment plan is addressing the body-mind link to any ailment. In other words, how is the energetic link between the body and the mind contributing to the condition? When it comes to parasites I have seen a consistent pattern. People who have ongoing problems with parasites, either worms, bacteria, viruses, or fungal problems always have a similar history of parasitic encounters with people. They are people pleasers and don't like to say no. People will take advantage of them and use their energy. This is exactly what a parasite likes to encounter.

Parasitic people will hang around and talk incessantly, they will get you to pay for them, use you in any way possible without returning the favor. Even when you try to help these people help themselves they won't take your advice and keep coming back for more help. They could be friends, workmates, family, or even your own

children. It is hard to fail, but sometimes we need to cut the negative energy exchange relationship and draw the line. In order to claim back your energy, it is important to identify those parasitic energy exchanges and stop supplying them with your energy. This is key to your long-term physical health when it comes to recurring parasitic problems. Remember this applies to all parasites, including worms, bacteria, viruses, or fungal problems.

[Learn more about Healing with Energy Here](#)



## **Conclusion**

The benefits of performing a natural Liver detox are wide-ranging and include increased energy, mental clarity, improved blood sugar, cholesterol balance, reduced headaches, allergies, and better digestion. By introducing the most beneficial Liver cleansing foods into your diet along with the Liver supporting herbs above you can quickly and effectively support your Liver and improve your general health.

Thanks for reading.

Brett Elliott ®

## Testimonies from actual program users.

### **Liver enzymes lowered**

I had elevated Liver Enzyme readings for several years, which resulted in completing a Liver Biopsy. Diagnosis was that I had a fatty Liver. Every six months I complete a blood test to keep an eye on Liver Enzyme levels. Completed the Brett Elliott Detox diet, a couple of times within a six week period. really happy with results, more energy, just feeling better. Routine blood test was due last week, which I completed. Doctor text through result saying that Liver Enzyme results were Normal!! Fantastic. Other than the Detox diet, I also quit drinking coffee and changed to Roobois tea and freshly sliced ginger. Worked for me. Ross

### **Fatty liver reduced**

Since I became interested in natural healing, I have tried different forms of detoxing my body. I help run Health Retreats for people and I wanted to find the best possible way to support their healing both emotionally



and physically. I realise the importance of treating the whole person and how interconnected the mind and the body are. So I continued my quest to find the best possible DETOX I could. Prior to shifting my focus to natural ways of healing I was a high user of pharmaceutical drugs and had also had four different surgical operations so had an accumulation of chemicals resulting from anaesthetics in my body. I had had problems with my liver (fatty liver syndrome) which had improved by using a homeopathic DETOX but I still lacked energy. I experimented with fasting including water fasting and juice fasting. Changing to a vegetarian diet was also a great move giving me more energy than before, however, I still was low in energy over all.

I did Brett Elliott's Ultimate Herbal DETOX about 8 months ago and a bio-feedback test afterwards showed that I was still releasing chemicals from my body. Once I had completed Brett's DETOX I felt a lot clearer but my body was still letting go of a build-up of old stuff which was still healing in process, and was physically hard

going. I was pleased that Brett's DETOX was shifting these toxins from my body at last and I knew that I needed to take care of helping my body let go of more, both physically and emotionally. I had been medication free for a few years before the DETOX, so it was quite surprising that there was still so much build up even though I had done other different forms of detoxing. I decided to do Brett's DETOX again four months after the first one and found it much easier and more enjoyable this time. Since then, I have had a massive increase in energy.

I have started yoga again and been practicing three times a week now for almost six months – and loving it how my body is freeing up and getting so much stronger and flexible. I am enjoying getting fitter and feeling healthier and better about myself overall. I plan to continue doing Brett Elliot's Ultimate Herbal DETOX each year. This DETOX is by far the best DETOX I have ever come across. I highly recommend it if you want to feel more alive, energetic and appreciative of your body in how it serves your life."

(1) A Review of Hepatoprotective Plants Used in Saudi Traditional Medicine.

PUBMED. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4281445/>

(2) Georgiev V. G., Weber J., Kneschke E.-M., Denev P. N., Bley T., Pavlov A. I. Antioxidant activity and phenolic content of betalain extracts from intact plants and hairy root cultures of the red beetroot *Beta vulgaris* cv. Detroit Dark Red. *Plant Foods for Human Nutrition*. 2010;65(2):105–111. doi: 10.1007/s11130-010-0156-6. <http://www.ncbi.nlm.nih.gov/pubmed/20195764>

(3) Anti-nociceptive and anti-inflammatory effects of some Jordanian medicinal plant extracts.

PUBMED <http://www.ncbi.nlm.nih.gov/pubmed/9582001>

(4) Chakole R., Zade S., Charde M. Antioxidant and anti-inflammatory activity of ethanolic extract of *Beta vulgaris* Linn. roots. *International Journal of Biomedical and Advance Research*. 2011;2(4):124–130.

(5) Carbon tetrachloride-induced hepatotoxicity: Protective effect of 'Rocket' *Eruca sativa* L. in

rats. <http://www.ncbi.nlm.nih.gov/pubmed/20128046>

(6) Fermented barley extract supplementation maintained antioxidative defense suppressing lipopolysaccharide-induced inflammatory liver injury in rats.

PUBMED <http://www.ncbi.nlm.nih.gov/pubmed/21979071>

(7) Unexpected paracetamol (acetaminophen) hepatotoxicity at a standard dosage in two older patients: time to rethink 1 g four times daily?

PUBMED <http://www.ncbi.nlm.nih.gov/pubmed/27103600>

(8) Curcumin inhibits activation of TRPM2 channels in rat hepatocytes.

PUBMED <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4683391/>

(9) Herbal antioxidant in clinical practice: A review.

PUBMED <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3819501/>

(10) Hepatoprotective effects of berberine on carbon tetrachloride-induced acute hepatotoxicity in

rats. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2949732/>

(11) Protective effects of goldenseal (*Hydrastis canadensis* L.) on acetaminophen-induced hepatotoxicity through inhibition of CYP2E1 in rats.

PUBMED <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249784/>

(12) In vitro and in vivo hepatoprotective effects of the aqueous extract from *Taraxacum officinale* (dandelion) root against alcohol-induced oxidative stress.

PubMed <http://www.ncbi.nlm.nih.gov/pubmed/20347918>

(13) Bitters: Time for a New

Paradigm. PUBMED <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4446506/>

(14) Hepatotoxicity or Hepatoprotection? Pattern Recognition for the Paradoxical Effect of the Chinese Herb *Rheum palmatum* L. in Treating Rat Liver Injury.

PUBMED <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3167848/>

(15) Rhein ameliorates fatty liver disease through negative energy balance, hepatic lipogenic regulation, and immunomodulation in

diet-induced obese mice.

PUBMED <http://www.ncbi.nlm.nih.gov/pubmed/21364120/>

(16) The kiwifruit peptide kissper displays anti-inflammatory and anti-oxidant effects in in-vitro and ex-vivo human intestinal models.

PUBMED <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3927908/>

(17) Review of natural products with hepatoprotective effects.

PUBMED <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4209543/#B17>

(18) Current Concepts of Mechanisms in Drug-Induced

Hepatotoxicity PubMed: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2765083/>

(19) Liver Regeneration.

PUBMED <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2701258/>

(20) Non-alcoholic fatty liver disease (NAFLD) – pathogenesis, classification, and effect on drug metabolizing enzymes and transporters.

PUBMED <https://www.ncbi.nlm.nih.gov/pubmed/28303724>

(21) Non-alcoholic fatty liver disease and its relationship with cardiovascular disease and other extrahepatic diseases.

PUBMED <https://www.ncbi.nlm.nih.gov/pubmed/28314735>

(22) Nutritional Approaches to Achieve Weight Loss in Nonalcoholic Fatty Liver Disease.

PUBMED <https://www.ncbi.nlm.nih.gov/pubmed/28298270>

(23) Epidemiology of non-alcoholic fatty liver disease.

PUBMED <https://www.ncbi.nlm.nih.gov/pubmed/20460905>

(24) Traditional Chinese Medicine as a Basis for Treating Psychiatric Disorders: A Review of Theory with Illustrative Cases. PUBMED <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3870484/#B21>

(25) Depression, Constraint, and the Liver: (Dis)assembling the Treatment of Emotion-Related Disorders in Chinese Medicine. PUBMED <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3586067/>

(26) The Effect of Artichoke Leaf Extracts on Alanine Aminotransferase and Aspartate Aminotransferase in the Patients with Nonalcoholic Steatohepatitis. PUBMED <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4879230/>

(27) New Perspectives on How to Discover Drugs from Herbal Medicines: CAM's Outstanding Contribution to Modern Therapeutics. PUBMED <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3619623/>

(28) Attenuation of Carcinogenesis and the Mechanism Underlying by the Influence of Indole-3-carbinol and Its Metabolite 3,3'-Diindolylmethane: A Therapeutic Marvel. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4060499/>

(29) Sinigrin and Its Therapeutic Benefits. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6273501/>

(30) Antioxidant dietary approach in treatment of fatty liver: New insights and updates. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5483489/>

(31) Plants Consumption and Liver

Health. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499388/>

(32) Acetaminophen-Induced Hepatotoxicity: a Comprehensive Update.

PUBMED <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4913076/>

## About the Author

Brett is a respected medical herbalist with 22 years of clinical practice. He is a regular seminar presenter both at health and wellbeing expos and at other private venues. Brett has helped over 100,000 people in over 45 countries complete his herbal



health program. Brett began his journey into natural medicine in the early 1990s when his own health began to deteriorate. He'd spent 10 years in hard manual work which resulted in severe spinal injuries requiring major surgery, which he declined. His search for alternatives led him to herbal medicine which quickly became his life's passion. Brett has operated his own retail health stores for 8 years, built a pharmaceutical-grade manufacturing facility in 2006, and has run a private clinical practice for over 22 years. During this time Brett identified a common pattern of events relating to the most common health conditions of our time. This led Brett to write his first paperback book '[CLEANSED & CURED](#)' which has been widely distributed through good bookstores. [Read Brett's Full Bio Here](#)