

More Important Information on the Liver and Gall Bladder by Erin Schumacher

Our livers work extremely hard everyday to protect us from adverse affects from toxins and often it is easy for our livers to become overworked compromising our health significantly.

The primary way in which your body expels toxins is via the liver, which **detoxifies** and **cleanses** your body by continuously filtering the blood of poisons that enter it through the digestive tract, the skin, and the respiratory system. But when your liver becomes overworked as a result of stress or excessive exposure to toxins, your entire system can be thrown off balance, and your health severely compromised.

The following are gallstones. They are different colors and sizes. And when they clog your liver (or gallbladder) they lead to a variety of not-so-comfortable health problems!



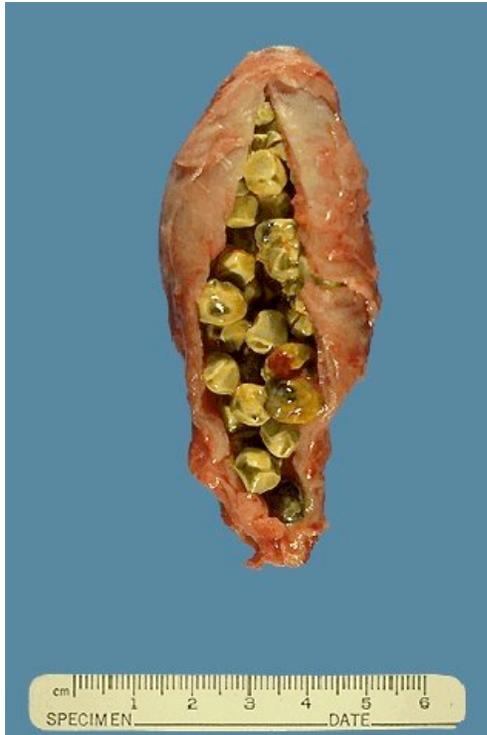
All diseases or symptoms of ill health are caused by an obstruction of some sort. If a blood vessel is blocked and therefore can no longer provide speedy delivery of vital oxygen or nutrients to a group of cells, the cells will have to enforce specific emergency measures in order to survive. Of course, many of the afflicted cells will not survive the 'famine' and will simply die off. But other, more resilient cells will learn to adjust

to the adverse situation (cell mutation) and live off trapped, toxic metabolic waste products. Although, in reality, such a survival response helps to prevent the body's immediate demise through septic poisoning, we tend to label it as 'disease'. In this case, the label is known as cancer.

These or similar obstructions in the body are directly and indirectly linked with restricted liver performance - in particular, to an impasse caused by gallstones in the liver and gallbladder. The presence of chunks of clotted bile (gallstones) in these organs greatly interferes with such vital processes as the digestion of food, elimination of waste and detoxification of harmful substances in the blood. By decongesting the liver bile ducts and the gallbladder, the body's 60-100 trillion cells will be able to **'breathe' more oxygen**, receive sufficient amounts

of **nutrients**, efficiently **eliminate their metabolic waste** products, and maintain perfect communication links with the nervous system, endocrine system and every other part of the body.

One of the easiest ways to remove health problems such as **high blood pressure, poor circulation, poor digestion, thyroid disorders, constipation, heart disease, back pain, asthma, headaches, depression, and high cholesterol** is by doing a series of liver flushes.



Surgically removed gall bladder filled with stones.

Link to The Guided Liver Flush

http://erinschumacher.net/ErinSchumacher/Events/Entries/2012/7/30_The_Guided_Liver_Flush.html

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