



## OUR LIFE PURPOSE

**N**o matter where annoying symptoms may erupt, the cause can usually be traced back to your main filtering and processing plant—the liver. To the tune of “The knee bone connected to the thigh bone” sing: “The kidney connected to the liv\_er; the eye ball connected to the liv\_er; the colon connected to the liv\_er.” Add as many verses as you want. In other words, if Human sends the liver cells more toxins than they can handle and not enough oxygen and nutrients, Human’s kidneys, heart or some other body part will eventually weaken.

What’s the purpose of it all? I’m not asking the big spiritual question right now. I mean what is the purpose of eating and processing what Human ingests? The purpose is to give each of us cells the material we need to produce energy. If we produce enough energy Human

### ENZYMES ON PATROL



will feel positive enough to enjoy life. To keep Human healthy we work with the raw materials we get mostly from the food you give us—mainly glucose and amino acids. Let’s track part of the process for turning food into energy and good health.

First, let’s zero in on ATP or adenosine triphosphate. ATP is to Human what jet fuel is to the rocket-booster that launches space capsules. ATP spells energy! Glucose and oxygen are the key materials to produce ATP. Given a healthy diet, a relaxed attitude, a good chew and exercise, we can produce 38 energy molecules (ATP) for every glucose molecule we use. That’s efficiency! Good thing as your liver cells use ATP to power some 65,000 jobs. No need to be tired. Of course the electrons from amino acids and fatty acids are also crucial to efficiently produce ATP and operate our power plants efficiently.

We get glucose from two main sources. Our cells love one source while the other wears us out. Glucose from fruits and vegetables comes packaged with a load of nutrients and fiber that keeps liver cells energized and healthy to pass along the precious glucose as needed. Glucose from highly processed foods loaded with fat, refined sugar and flours lacks the nutrients and roughage that whole foods give us and that means our cells get clogged up and so does Human. Now that Human eats more fruits and vegetables the liver cells happily pass along a steady flow of glucose as needed to keep blood sugar levels steady throughout the day.

Brain cells need lots of glucose to keep Human alert. They get mighty upset if we don't keep their blood sugar levels balanced. That's why it is important to eat regularly. When Human skipped meals, the blood sugar level dropped. Nerve cells in the brain instantly sent electromagnetic signals to the liver and pancreas cells screaming for glucose. In response, Human craved sugar so would grab something processed and sweet. Without the nutrients needed to go with the glucose, the nerve cells were suddenly flooded and sent out the alarm to reduce blood sugar levels quickly. The liver and pancreas over-reacted to mop up the excess glucose. Brain cells suffer again as sugar levels dip drastically. The seesaw effect stopped when Human started eating lots of whole fruits and vegetables—love those smoothies with whole fruits and leafy greens! Now we get the necessary glucose gradually enough to feed the brain and keep blood sugar levels in check.

Next, protein. Remember you don't need a lot of protein to give us the necessary amino acids. Vegetables and especially green leafy vegetables and sprouted seeds are good sources of protein. When eating meat for protein (and to simply enjoy, of course), the portions should be small and not take up much room on your plate. Once we have done the work of digestion to prepare the amino acids, the liver cells make executive decisions—some must be stored to make hormones and enzymes as needed; some are returned to the blood to build blood plasma and some are sent for our cells to build and replace ourselves—including strong muscle cells and wrinkle-free skin. As the liver cells prepare amino acids, they produce ammonia as

### REFINED SUGAR

In 1900 the average American was eating 90 pounds (about 41 kg) of sugar per year. In 2012, it was a whopping average of 168 pounds (about 76 kg) of sugar a year. Sugar consumption continues escalating exponentially. A recent U.S. Department of Agriculture report revealed that more than half of Americans consume a half pound of sugar daily—that's 180 pounds (about 81.5 kg) of sugar per year!

Today the average American adult consumes an average of 22 teaspoons or 93 gm of sugar every day, the average American child consumes over 32 teaspoons or 135 gm of sugar every day, and the average teenage male now consumes more than 42 teaspoons or 180 gm of sugar every day.

*Sugar: The Bitter Truth, 2012*

<http://kolpinstitute.org/facts-about-sugar>

## EMOTIONS AND THE LIVER/GALL BLADDER

A nurse practitioner explained why she left a career as an operating room nurse to go into private practice. She felt the numerous gallbladder removals she assisted with were unnecessary. Her experience taught her that repressed anger is a factor with liver and gall bladder problems. She coaches her clients to express their anger in suitable ways to strengthen the liver and avoid gall bladder problems.

a by-product. The ammonia is combined with carbon dioxide to produce urea. As long as we don't produce too much urea, we safely ship it via blood to the kidneys for elimination as urine. Too much protein means we produce too much ammonia and urea and that severely interferes with our ability to produce energy.

Let's have a look at Human's pancreas. It's an elongated shape tucked behind the stomach. There are two highly specialized types of cells in here. One group of cells produce a hormone called insulin. These cells inject insulin into the blood stream to keep blood sugar levels balanced. Remember during our visit to the liver, we saw how hard the liver

cells worked to keep from overloading the pancreas cells. When Human's diet was based on too much highly processed food—loaded with fat, sugar, fat and refined flours—their storage capacity got over burdened and they could no longer protect the pancreas cells. Cells in here were kept busy squirting out more and more insulin in order to protect the brain and bring the sugar level down quickly. Then Human suffered from low blood sugar. Energy swings from wildly fluctuating sugar levels affected Human's moods and made it difficult to handle the day's challenges. Fruits don't trigger that reaction as they are rich in nutrients and fiber.

Another group of specialized cells in here produce the enzyme-rich mixture to break down food particles. You'll recall when we were squeezed out of the stomach on our journey through the digestive tract we got hosed with a strong flow of alkalizing bicarbonates and enzymes. Pancreas cells manufacture several cups of this enzyme-rich mixture every day. When meat was regularly the largest portion of Human's evening meal, these cells grew fatigued trying to produce enough juice. And, the extra effort the cells put forth to digest excess meat and only cooked foods enlarged the pancreas.

Back to the liver, it cleanses during sleep. It takes at least six hours after a meal for the nutrients to reach the liver cells. When human ate a big meal in the evening it meant the portal vein delivered nutrients and toxins to the liver cells during the night ... just when those cells should have been cleaning up debris to prepare for morning. Ah, what a difference since Human enjoys mostly fruit and vegetables for the evening meal—giving the liver cells time to clean up and prepare for the next day.

Liver and pancreas cells need exercise. They only move or get massaged when surrounding tissue moves so they depend on Human to have a good laugh, get out for walks, do yoga, or participate in a sport or move in some way. Give these cells both a good giggle and a good jiggle!

“But ... but ... but,” Human balked. “It means a lot of change! My friends and family aren’t making these changes and it’s tough to do it on my own.” Human didn’t want to make these changes. Eventually Human got fed up feeling tired, being negative and being sick so much. That’s when Human decided it was time to make change. Human wanted to feel energetic, be positive and stay healthy. Human took one step at a time so changes to diet came slowly but surely. Now that Human listens to us and treats us better, Human is able to better enjoy the feeling of an open heart—to love and to serve life.

We’ll flow out of the liver in the blood stream to have a better look at the blood.

## THE BODY HEALS ITSELF

“Your body wants to heal. It can heal. Even after years of being ignored, mistreated, or misunderstood, your body will fight for you like nothing else and no one else can. When you tend to it in the right way, your body has the ability to rejuvenate and restore from the most extreme conditions and diseases.”

Medical Medium: Secrets Behind Chronic and  
Mystery Illness and How to Finally Heal,  
Anthony William

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