

Is Your Liver Crying Out for Help? Take This Quiz...

by Joshua Corn, editor at LiveintheNow.com and owner, stopagingnow.com

Let's face it. No matter how hard you try to keep your diet and environment pure, you just can't avoid all of the harmful toxins in the air you breathe, the water you drink and the soil your food is grown in. It's a global problem, and, unfortunately, there's no escaping it. Toxic overload can seriously impact your health and make you feel miserable. This occurs when your liver — your body's primary organ of detoxification — just can't keep up with the task of eliminating the toxins you're exposed to on a daily basis. Is your liver crying out for help? Take this one-minute assessment to find out whether you're showing signs of toxic overload.

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| 1. | I often experience digestive discomfort or bloating after eating. | Yes | No |
| 2. | I crave sweet, starchy or salty foods. | Yes | No |
| 3. | I have struggled with attempts at losing weight. | Yes | No |
| 4. | I often feel tired and easily develop dark circles under my eyes. | Yes | No |
| 5. | I have difficulty concentrating or staying focused. | Yes | No |
| 6. | My moods fluctuate, and I often feel irritable. | Yes | No |
| 7. | I'm prone to itchy skin or other allergy symptoms. | Yes | No |
| 8. | I seem to catch every bug that comes around. | Yes | No |
| 9. | I experience unexplained headaches or other aches and pains. | Yes | No |
| 10. | I have trouble falling or staying asleep. | Yes | No |

If you answered "Yes" to 2 or more of these symptoms, chances are your liver is struggling to do its job, and if you don't take action now, your health could continue to suffer and even deteriorate. But it's important that you understand what you're doing to avoid causing yourself more harm than good. Detox programs, packaged "cleanses" and other all-in-one products that promise to flush the toxins out of your body certainly are trendy. But are they as safe and effective as their proponents claim? You might be surprised to learn what I uncovered in my research. Please keep reading, because I'm going to give you all the details you need to know about how to safely and effectively support your liver in eliminating toxins and dramatically boost your health.

The Right (and Wrong) Way to Do Detox...

If you are feeling run down, lethargic, heavy, bloated, "foggy brained," irritable or otherwise less than your best, you're probably wondering what you can do to feel better. Maybe you've heard about detoxing and how it can help you lose weight, clear up brain fog and boost your energy. Perhaps you've also been told that a good detox can clean out your liver, support your immune function and make you look and feel younger. And with an ever-increasing number of studies linking exposure to toxins to negative health effects, it's no wonder that detox is so trendy. In my experience, all of these good things — and more — can happen as a result of detoxification, but only if you do it right! And what most people don't realize is that doing it wrong can actually magnify the risks these dangerous toxins pose! That's right, cleansing can actually make your body "dirtier" or more toxic, and the implications for your health can be disastrous.

The Plain Truth About Detoxification...

Most toxins you encounter are fat-soluble, which means your body stores them in fat cells. In turn, it's the job of your liver to metabolize fat-soluble toxins and transform them into water-soluble derivatives for subsequent elimination from the body. Usually this system works extremely well. The problems start when your "detox" regimen begins to pull these toxins out of

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your fat cells and into your bloodstream at a rate that is far too rapid for the liver to keep up with. Once this happens, they can quickly travel throughout your body wreaking havoc and making you feel miserable. When we're talking about detoxification, I firmly believe the conversation should not be about flushing all the toxins out of your system in a short period of time, but rather about supporting the function of your body's own detoxification systems on a daily basis. This is the key to "detox done right" in my opinion.

The Incredible Benefits of Detox Done Right...

With the correct daily detox plan, the health effects you can achieve can be truly remarkable. The first things most people notice are better digestion and a wonderful boost in energy. As your liver gets the help it needs to flush out toxins on a daily basis, you'll start to feel lighter and livelier with more energy and enthusiasm for tackling projects and doing the things you love. Many people find they are able to think more clearly too. Brain fog dissolves, and with it goes that irritable, stressed out feeling. Over time, everything simply starts to work better — from your joints and muscles to your immune system. Your skin will glow, and people will remark that you look younger and healthier. And there's a good chance your doctor will notice a difference too at your next checkup.

A Safe, Effective and Easy Detox Plan...

Trust me when I say this — safe and effective detoxification shouldn't make you feel woozy from lack of nutrients. It won't require you to drink strange concoctions, and it won't interrupt your life by forcing you to plan your day around being constantly near a bathroom. So what's the best approach?

Here's my 5-step plan for what you need to do...

- Step 1: Limit your exposure to toxins. Choose organic foods when possible, and filter your drinking water. Use natural, non-toxic products on your skin. And avoid unnecessary pharmaceutical drugs.
- Step 2: Support your pathways of elimination. Make sure you're getting enough fiber to ensure that waste moves through your intestines efficiently, and increase your intake of water.
- Step 3: Stay active. Many toxins are carried to the lungs to be eliminated in respiration. In addition, any type of sweating facilitates the release of toxins through the skin.
- Step 4: Consume detox-promoting foods. Many phytonutrients enhance the operation of the body's detoxification systems. It's important to incorporate a wide variety of fruits and vegetables into your diet.
- Step 5: Take supplements to support your liver. Breakthrough research suggests that certain natural compounds can help support your body's ability to detoxify. Keep reading to learn which ones I recommend.

The Two Best Supplements for Detox...

There are a lot of supplements that promise to "detox," but in my opinion, there are two that truly stand out for their safety and effectiveness: glutathione and milk thistle extract. These are the supplements my readers tend to have the most success with, and they work well together.

1. Glutathione is an enzyme that has the ability to boost levels of superoxide dismutase (SOD), which is perhaps the most powerful antioxidant in your body. Glutathione is found in every cell and plays a critical role in controlling inflammation, supporting your immune system and facilitating the removal of toxins. However, glutathione levels can decline by up to 50% below optimal levels as you age, and the consequences can adversely impact your health and well-being. In my opinion, it's nearly impossible to get enough glutathione from food for significant benefits, which is why supplementation is so important. I recommend taking at least 50 mg daily of the superior reduced form of glutathione.

2. Milk thistle has been used for thousands of years to support liver health, and it remains one of the most effective herbs for liver cleansing and support. Milk thistle also supports healthy levels of glutathione in the body and promotes beneficial levels of detoxification enzymes in the liver, kidneys and intestines. And remarkable research has shown that silymarin, one of the key active compounds in milk thistle, supports detoxification by lowering oxidative stress in the liver associated with toxin metabolism. In addition, milk thistle can support liver function and normalize elevated liver enzyme levels. Taking a high quality milk thistle supplement is your best bet in terms of getting beneficial amounts in my opinion. Based on what the studies show, I recommend taking a standardized extract that provides a daily dose of 420 mg of silymarin.

The Easy Way to Start a Detox Plan That Works!

By now, I hope I've convinced you of the importance of a daily detox plan. I think you'll be amazed as to how quickly it can revitalize your health from head to toe. You'll feel better, look better and have much more energy. Not only that, you'll be supporting the health of your liver and your immune system at the same time! The first thing to do, as I mentioned, is avoid short-term cleanses. Not only can they sap your energy while disrupting your daily routine, they can actually do more harm than good as the rapid release of toxins overwhelms your liver's ability to process them. The second action item is to follow my 5-step plan above to the best of your ability, and this includes taking high quality glutathione and milk thistle supplements daily!

The All-In-One Supplement I Recommend to My Readers...

I got so frustrated with hearing readers complain about the low quality and high cost of the detox supplements out there that I decided something had to be done! My goal was simple — make the wonderful benefits of daily detox available to as many people as possible in an effective, affordable and convenient formula. In addition to my work with the Live in the Now newsletter, I also run Stop Aging Now, a company that has been proudly making premium-grade supplements for over 20 years. Working with the company's Scientific Advisory Board, I created a formula that combines 7 of the most powerful ingredients for detoxification known to science, including potent doses of glutathione and milk thistle. My formula is called Synergy7®, and I designed it to be the best daily detoxification supplement on the market. Synergy7 was formulated to help support healthy liver function, daily detoxification of environmental toxins, balanced hormones and overall wellness with a unique blend of 7 ingredients — all in just 2 small capsules per day. (No messy powders, complicated protocols or restrictive diets.) The information contained above is for general consumer understanding and education, and should not be considered or used as a substitute for medical advice, diagnosis or treatment. This product is not an alternative to any prescription drug. If you are currently taking a prescription drug, consult your doctor before making any changes. These statements have been evaluated by the FDA and product is not intended to diagnose, treat, cure or prevent any disease.

PS from FactorReady.com: See stopagingnow.com or amazon, etc. for the Synergy 7 formula.

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This 2-Ingredient Tonic Will Flush Pounds Of Waste From Your Colon...

Posted On September 26, 2016 By Krista Hillis at thealternativedaily.com

There are two ingredients that are always found in my household. They are known to offer a range of therapeutic properties and taste delicious in a wide selection of recipes. Often being two key ingredients in one of my favorite homemade vinaigrettes, there's no denying the beneficial use of both apple cider vinegar and raw honey. Perfectly balancing one another in terms of acidity and sweetness, these two health-promoting ingredients will help you flush toxins, promoting optimal positive health. Whip up this tonic yourself, adding it to your current daily health regimen. Work with your body and it will help you ward off diseases and essentially improve your quality of life long-term.

Why take a tonic?

Tonics come in many shapes and forms, utilizing a wide range of ingredients and remedies. Put simply, a tonic is any medicinal substance that can be taken in order to restore vigor and overall well-being. If you feel rather sluggish, you may be in need of a good ol' fashioned cleanse — ridding your body of toxins and waste. When you are experiencing a blocked colon, toxicity will generally follow. This creates a combination of symptoms that you may be experiencing this very moment. Of course, constipation is often a key sign, as well as increased acne, fatigue, aches and even bad body odor. To cleanse your colon, welcome an effective, gentle and easy-to-take drinkable remedy into your routine. Working with your body, the use of an apple cider vinegar and raw honey cleanse will simply purify your system, allowing you to naturally flush out waste. As your body retains more "good" bacteria, your digestive and immune system will benefit. Apple cider vinegar (which is essentially fermented apples) and raw honey both offer probiotics. It's been found that when consuming probiotic-rich foods, you're able to detoxify accumulated heavy metals, according to a 2015 study published in the journal of the Applied and Environmental Microbiology. It's also been found that when studied in mice, as well as in human intestinal cells, the oral administration of certain probiotics is able to reduce the uptake of the heavy metal cadmium. This heavy metal is known to cause inflammation of the intestine and damages to the gut barrier. As barrier cells are killed, permeability and absorption into the body increase.

Apple cider vinegar and raw honey: the ultimate colon cleaners...

Both raw honey and vinegar have a vast history — often viewed as traditional remedies for just about everything. Like any ingredient, it's important to source the most beneficial option. When it comes to apple cider vinegar, you should only consume unpasteurized, organic apple cider vinegar that contains the mother. Often looking as though the vinegar has congealed, you will notice little floating pieces within the vinegar — don't let this put you off. It is the "mother" that provides your body with key enzymes and beneficial bacteria. In turn, you're able to improve both gut and colon function. Based on the active components in apple cider vinegar, including acetic acid, catechin and gallic acid, these bioactive compounds are known to offer antioxidant, antimicrobial and anticancer benefits, all while reducing your risk of obesity, hypertension, high cholesterol, diabetes and more. Once again, raw honey is a functional food with a unique composition. For years, it has been well understood that raw honey can help to overcome cardiovascular, liver and gastrointestinal issues. Containing more than 180 substances, this sweet treat contains amino acids, minerals, vitamins and active enzymes.

Within one study published in BMC Complementary and Alternative Medicine, researchers concluded that raw honey offers protective effects which are dependent on its antimicrobial and

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probiotic properties. As colonic probiotic bacteria increases, several benefits follow, including detoxification and antigenotoxicity — reducing your risk of genetic mutations and overall disease. As you can imagine, when you combine these two key ingredients, you're left with the ultimate colon cleanser that supports your overall immune system. Change your diet and you'll change your life.

Homemade Colon Cleansing Tonic

As mentioned, this remedy could not be more simple. Remember, when sourcing apple cider vinegar, always select an unpasteurized option that contains the mother, as well as unprocessed, raw honey.

Ingredients...

- 1.5 tbsp apple cider vinegar
- 1.5 tbsp raw honey
- 8-oz glass of filtered water

Instructions

1. Simply combine all three ingredients, stirring until the honey is well dissolved. Done!
In order to get into a set routine, take this tonic at the same time each morning, afternoon, or evening — whatever best suits you. No need to worry about being by a bathroom. As mentioned, although this remedy is fast-acting in that it will be rapidly absorbed and utilized by the body, you will not need to worry about problematic bowel movements throughout the day. It will, however, quickly begin working with your digestive system to improve functioning.

PS: from FactorReady.com: The bragg.com is the organic ACV (apple cider vinegar) brand most often recommended, and available off shelf at many grocery stores. We suggest you employ their general health tonic too, with suggestion of 1-2 tps in 6-8 oz of filtered water up to 3 times daily, such as before meals. It can even serve to raise body tissue pH to healthier levels, help delete candida, etc. Other inexpensive home items offering various health benefits well worth utilizing include baking soda, lemons and organic virgin coconut oil (see our pdf articles on the ACV and Coconut Oil as example). One good suggestion we've read about, is about once a week for 20 minutes, sit in a hot bath that contains a handful of Epsom or sea salts, 10 drops of lavender essential oil, and a half cup of baking soda. This combo draws out toxins, lowers stress-related hormones, and balances your pH levels. If seeking formulated detox supplements, we suggest the earlier article on the Synergy 7 product from stopagingnow.com. Also, visiting web sites such as organic.com and looking into their Detoxx 1 and 2 products for a simplified colon, lymphatic, kidney and liver organic cleanses. So, Stay well, Stay Prepared and Stay Prayed Up!