

Your Liver ~ Love it or Lose It

What I am about to tell you will probably shock the dickens out of you, or at the very least allow you to **STOP**, take a long look at your life style and make some changes.

- Fifty percent of the population is suffering from fatty livers.

Where does that leave you? I'd say you have about a 50/50 chance of being one of the healthy ones. That's not very good odds in my book. That's one out of every two. You have a better chance of surviving a game of Russian roulette; at least your odds go up to one out of six.

What does this mean in the scope of the bigger picture? We are literally walking time bombs; it's just a matter of time. If our liver fails we better make darn sure we've *made good with our maker* because there isn't enough time to travel the planet and make restitution with everyone we've offended.

Take a look at the list below and tell me if you can answer yes to at least one:

- You work in any type of situation whatsoever where you may be exposed to blood or bodily fluids
- You're a camper and you use bug spray
- You use aerosol hair spray or room freshener, any type of aerosol for that matter
- You smoke
- You *DON'T* smoke but you have to *walk through the smoke* outside a restaurant just to get inside
- You're a Vietnam vet
- You drink alcoholic beverages
- You have taken acetaminophen
- You have certain conditions such as obesity or diabetes
- You have injected drugs where you used a needle or even worse shared one
- You've had a tattoo or a piercing and you can not guarantee the needle was sterile
- You received a blood transfusion before 1992
- You've had unprotected sex or multiple partners
- You use certain herbal remedies, yes mega doses of certain vitamins can cause liver damage
- You drink coffee
- You consume sugar
- You drink tap water
- You're on meds

- You eat processed foods...now unless you're a farmer and grow your own fruits, and vegetables and raise your own livestock and gather your own eggs...you're eating processed foods (check the list below)
 - Bacon
 - Ham
 - Pop tarts
 - Soup, unless you made it from scratch from your garden
 - Rice-a roni
 - Spam
 - Pastries, pies, cakes, doughnuts
 - Packaged lunch meats
 - Milk, unless you just milked your very own Elsie
 - Crackers
 - Boxed breakfast cereals
 - Pre-packaged hamburger helper
 - Pasta
 - Breads
 - Soda pop
 - And a plethora of things I simply did not mention
- Oxidative Stress

If you answered **YES**, to at least one of the above call Dr. Ross (858) 481-1131 for a consultation and a testing. If you answered YES to at least four **run**, don't walk to Dr. Ross's office right away. If you answered YES to more than six, go over your will.

Why is the liver so important? Your liver performs over 5,000 important functions every minute of the day just to keep you alive. One of the key primary functions is to filter harmful substances from the blood. Imagine your liver as a washing machine and you've just put in a load of dirty whites after an afternoon game of football with the boys in your backyard. Your backyard just happens to be in Seattle, so you're covered in wet mud from head to toe. Got the picture? I can guarantee you your washer is going to be working over time, not to mention you just might have to throw in a cup of bleach. That washing machine just had a *heavy-duty* workout and the water is going to be dreadfully dirty afterwards. That's your liver, imagine doing that every day. Your liver is cleaning up all the toxins you put in it day in and day out, and several of them you're clueless to.

What is oxidative stress? Oxidative stress has been identified and proven the root cause of more than 70 chronic degenerative diseases. Oxidative stress occurs when free radicals, which are not neutralized by antioxidants, go on to create more volatile free radicals and damage cell walls, vessel walls, proteins, fats and even the DNA nucleus of our cells. A free radical is an atom which had an odd number of electrons in its outer ring, normally these electrons are paired

Occasionally an atom loses an electron, leaving the atom with an "unpaired" electron, hence the "free radical."

Look at it like this "Imagine yourself in front a crackling fireplace. You're mesmerized by the fire, out pops a *hot cinder* and *burns a hole* in the carpet. After time you're carpet is looking like a barbeque. The fireplace represents the furnace of the cell, the cinder the free radical and the carpet is **YOUR** body.

Bottom line is this, pick up the phone (858) 481-1131, and schedule a consultation with Dr. Ross. Don't wait till St. Peter just crossed your name off the list and unlocked the Pearly Gates awaiting your arrival. Your friends, family and loved ones will be glad you did.