

# LIVER & YOU

## 肝脏与您

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肝脏是您身体消化系统重要的一员，您吸收到的所有东西、包括药物都会经过您的肝脏！

肝脏是人体的第二大器官（排第一的是皮肤），它能过滤血液中的酒精和药物等化学品、管理荷尔蒙及血糖指数、从吸收的营养中储存能量、制造血液蛋白、胆汁和几种身体所需的酶。

其实只要保生活活得健康，基本上让肝脏保持在良好状态是绝对没有任何问题。

要好好照顾肝脏，就必须知道如何预防坏的东西入侵、如何排毒以及吸收什么东西可以滋补肝脏。

## 照顾您的肝脏

以下有一些例证教导您如何避免破坏肝脏：

**避免酒精。**酒精会损害肝细胞、导致疤痕或肿胀等现象，久而久之会造成致命的肝硬化。

**培养健康的饮食习惯及常运动。**一种情况称为非酒精性脂肪性肝病（NAFLD）也可引起肝硬化，它源于肥胖、糖尿病或血液拥有高水平的脂肪，减轻体重能预防该病症的发生，如果你是肥胖一族应经常运动并摄取均匀的饮食。

**远离会伤害肝脏的药物（或任何有关系到药物的）。**胆固醇药物和止痛的对乙酰氨基酚如服食过量会令肝脏中毒。您是不会察觉到过量服食乙酰氨基酚的，因为它能在数百种感冒药和止痛处方中找到。一些特定的药物组合也会危害肝脏，所以可以喝酒时服用药物。咨询您的医生或药剂师，什么药物是不该和其他药物或任何酒精混合，而且服用药物需要遵循建议的剂量。

**小心肝炎及肝炎是如何传播？**肝炎是一种病毒引起肝脏发炎的症状，有几种不同的类型。A型肝炎是经由被污染的水或食物、粪便中的细菌传播。它会自行痊愈。B型肝炎和C型肝炎是经由血液和体液传输而传播。如果不及早治疗，它会导致肝硬化、肝癌和肝衰竭。记住，要经常洗手和远离肮脏的地方，这可以预防B和C型肝炎的发生，还有千万不要共享剃刀、牙刷、针头等，还有性伴侣，如果您有多于一个性伴侣，请记得使用乳胶浓度避孕套。

Your liver is a vital player in your body's digestive system. Everything you consume, including medicine, goes through your liver.

The liver is the second largest organ in your body (the skin is the largest). It filters chemicals like alcohol and drugs from the blood; manages your hormones and blood sugar levels; stores energy from the nutrients you take in; and makes blood proteins, bile, and several enzymes that the body requires.

There's absolutely nothing challenging about keeping your liver in great shape. It's all about a healthy way of life.

Caring for your liver is all about avoiding what's bad and knowing how to detoxify your liver as well as consuming things that are specifically nourishing to the liver.

## Care for Your Liver

Here are the proven means to avoid wrecking your liver:

**Avoid alcohol.** Alcohol can damage liver cells, causing the scarring or swelling that becomes cirrhosis, which can be deadly.

**Consume a healthy diet and get routine exercise.** A condition called nonalcoholic fatty liver disease (NAFLD) likewise can cause cirrhosis. It originates from being obese, having diabetic issues, or having high levels of fat in your blood. It can be prevented with weight loss if you're obese, getting regular exercise, and consuming a well balanced diet.

**Keep away from medications (or combinations of medications) that damage the liver.** Cholesterol medicines and the pain reliever acetaminophen (paracetamol) can be poisonous to the liver if too much is taken over time or at once. You may be taking more paracetamol than you realize; it's found in hundreds of medicines like cold medication and prescription pain medications. Specific combinations of medicines can be hazardous to the liver; so can taking some medications while consuming alcohol. Talk to your physician or pharmacist about exactly what medications should not be integrated with each other or alcohol, and always follow dosage recommendations.

**Be aware of hepatitis and how it is transmitted.** Hepatitis is a virus that causes the liver to become inflamed. There are a number of different types. Hepatitis A is transmitted by water or food that has been contaminated with bacteria found in feces. It generally gets better on its own.

Hepatitis B and C are transmitted with blood and body fluids. If untreated, they can result in cirrhosis, liver cancer, and liver failure. Hand washing and staying clear of locations that do not appear clean can prevent hepatitis A. To prevent hepatitis B and C, don't share items like razors, tooth brushes, or needles, restrict the number of sex partners you have, and always use latex condoms if you have more than one partner.

## Symptoms of Liver Damage

### Abnormal Metabolism of Fats

• Abnormalities in the level of fats in the blood stream. For example; raised LDL cholesterol and triglycerides, and decreased HDL cholesterol  
• Arteries obstructed with fat, resulting in hypertension, cardiac arrest and strokes  
• Build up of fat in other body organs (fatty degeneration of organs)  
• Lumps of fat in the skin (lipomas and other fatty growths)  
• Excessive weight gain, which may lead to obesity  
• Failure to slim down even while dieting  
• Slow metabolic process  
• Protuberant abdomen (pot belly)  
• Cellulite  
• Fatty liver  
• Roll of fat around the upper abdominal areas – (liver roll)

### Digestive Problems

• Indigestion  
• Reflux  
• Haemorrhoids  
• Gallstones and gallbladder disease  
• Intolerance to fatty foods  
• Intolerance to alcohol  
• Nausea and vomiting attacks  
• Abdominal bloating  
• Constipation  
• Irritable bowel syndrome  
• Pain over the liver – (upper right corner of abdominal area & lower right rib cage)

### Blood Sugar Level Problems

• Cravings for sugar  
• Hypoglycaemia and unsteady blood sugar levels  
• Mature onset diabetes (Type 2) is common in those with a fatty liver

### Nervous System

• Depression  
• Mood changes such as anger and irritability  
• Metaphysically the liver is known as the "seat of anger"  
• Poor concentration and "foggy brain"  
• Overheating of the body, specifically the face and upper body  
• Persistent headaches (including migraine) related to nausea

### Hormonal Problem

• Intolerance to hormone replacement therapy or the contraceptive pill (eg. side effects)  
• Menopausal signs such as hot flushes could be more serious  
• Premenstrual syndrome might be more extreme

### Immune Disorder

• Allergies – sinus problems, hay fever, asthma, dermatitis, hives, etc  
• Multiple food and chemical sensitivities  
• Skin rashes and inflammations  
• Increased risk of autoimmune diseases  
• Chronic Fatigue Syndrome  
• Fibromyalgia  
• Increase in persistent viral, parasitic and bacterial infections

### External Indications

• Coated tongue  
• Bad breath  
• Skin rashes  
• Itchy skin (pruritus)  
• Excessive sweating  
• Offensive body odour  
• Dark circles under the eyes  
• Yellow discolouration of the eyes  
• Red, inflamed, itchy eyes (allergic eyes)  
• Acne rosacea – (red pimples around the nose, cheeks and chin)  
• Brownish spots and blemishes on the skin (liver spots)  
• Red palms and soles which might likewise be itchy and inflamed  
• Flushed facial appearance or excessive facial blood vessels (capillaries / veins)

### NOTE:

**All of the above are common symptoms of an inefficient liver. Nevertheless, they can likewise be due to other causes, of a more scary nature, so, in all cases of persistent signs it is important to see your physician.**

The accumulation of toxins and nutritional deficiencies has a very damaging effect to the liver as well as the health of the whole body, thus the need to detoxify. Datin Dr. Lynn Tan's Detoxification & Rejuvenation Programme, Coffee Enema and the following herbs all play a vital role in the natural internal cleansing and rebuilding of the body.

## 肝脏损害的症状

### 脂肪代谢异常

• 血液流量中异常的脂肪水平，例如低密度脂蛋白胆固醇和甘油三酯升高，HDL胆固醇降低  
• 脂肪动脉阻塞，导致高血压，心脏骤停和中风  
• 身体其他器官建立脂肪（器官的脂肪变性）  
• 皮肤上出现脂肪肿块（脂肪瘤等脂肪生长）  
• 体重增加，导致肥胖  
• 未节也无法瘦下来  
• 代谢过程变慢  
• 腹部隆起（大肚腩）  
• 消瘦  
• 脂肪肝  
• 脂肪周围的上腹部区卷（肝卷）

### 消化问题

• 消化不良  
• 逆流  
• 痔疮  
• 胆结石和胆囊疾病  
• 食物不耐受  
• 酒精过敏  
• 恶心和呕吐  
• 腹胀  
• 便秘  
• 大肠激躁症  
• 肝脏疼痛 – (右上腹部及右下肋骨角)

### 血糖水平的问题

• 糖渴求  
• 低血糖和不稳定的血糖水平  
• 成熟型糖尿病（2型）常见在脂肪肝

### 神经系统

• 抑郁症  
• 情绪变化，如愤怒和烦躁  
• 形而上学的肝脏被称为“肝脏疾病”  
• 注意力不集中和“脑雾”  
• 身体过热，尤其是脸部和上半身  
• 持续性头痛（包括偏头痛）与恶心

### 荷尔蒙问题

• 荷尔蒙补充疗法不耐受或避孕药（如副作用）  
• 更年期症状，如热潮红会可能更严重  
• 经前期综合征

### 免疫紊乱

• 过敏 – 鼻窦问题、花粉症、哮喘、皮肤炎、荨麻疹等  
• 多种食物和化学物质过敏  
• 皮疹和炎症  
• 自身免疫性疾病的风险增加  
• 慢性疲劳综合征  
• 纤维肌痛  
• 增加持续性病毒，寄生虫和细菌感染

### 外部症状

• 舌苔  
• 口臭  
• 皮疹  
• 皮肤瘙痒（痒痒）  
• 出汗过多  
• 狐臭  
• 黑眼圈  
• 眼睛黄变  
• 眼睛变红、红肿、痒痒（过敏性眼）  
• 红斑痤疮 – (鼻子周围、脸颊和下巴的红色丘疹)  
• 皮肤上出现褐色斑点和瑕疵（肝斑）  
• 掌和脚掌变红，这可能是发痒和发炎  
• 脸部红血丝或面部出现血管（毛细血管/静脉）

### 注意:

**上述症状是一个肝脏状况不佳时会出现，然而，他们同样可以是由其他原因更可怕疾病导致。因此，如果情况有在持续的迹象，建议您一定要去看医生咨询病情。**

毒素的累积和营养的缺乏对肝脏会造成非常大的危害，严重的甚至影响整个身体的健康状况。因此，需要为肝脏排毒。以下陈林希珠博士的排毒程序、咖啡灌肠及所有草药，都为身体内部自然排毒起重要的作用。



**Herbs that benefit the Liver**  
**草药对肝脏的好处**



**Milk Thistle 水飞蓟**

Milk Thistle has a long history of use as a liver detoxifier and has the ability to protect the liver, gallbladder, kidneys and pancreas from oxidative damage related to toxins. Milk thistle's primary active ingredients are silymarins, flavonoid compounds with potent antioxidant properties. Studies have shown that Milk Thistle assists with the cleansing of toxins, such as alcohol, regeneration of damaged liver tissues, stimulation of bile production, and improved digestion.

水飞蓟一直以来都具有为肝脏解毒的悠久历史，它具有保护肝脏、胆囊、肾和胰腺的功能，以避免遭受氧化毒素的损伤。水飞蓟的主要有效成分是水飞蓟素，它具有强大的抗氧化性能黄酮类化合物。研究显示水飞蓟能帮助清除毒素，如醇、受损的肝组织的再生、胆汁分泌的刺激，并且改善消化系统。

**Dandelion Root 蒲公英根**

This humble weed is a liver tonic that has actually been celebrated throughout the ages. Dandelion root promotes bile flow from the liver, and is frequently used by herbalists to help combat, fatty liver, cirrhosis, estrogen dominance, as well as acne breakouts.

这个不起眼的杂草实际上已拥有多年为肝脏进补的历史。蒲公英根能促进肝胆汁的流量，而且经常被提取来帮助战斗脂肪肝、肝硬化、雌激素及粉刺。

**Burdock root 牛蒡根**

It promotes bile flow while assisting a weakened liver by cleansing the blood and restoring damaged cells.

它促进胆汁流量，同时通过净化血液，恢复损坏的细胞以协助弱化的肝脏。

**Artichoke Extract 朝鲜蓟提取物**

The boost in bile production you get from consuming artichokes can be credited to cynarin, which can be really helpful to the health of your liver, gallbladder, and your digestive system. The bile that your liver produces assists to eliminate harmful contaminants and absorb fats. Artichokes also consist of the flavonoid silymarin, an effective liver protectant. Silymarin averts the process of lipid peroxidation from taking place in the cell membranes of the tissues of the liver, making the artichoke a perfect weapon in your toolbox to assist you in obtaining optimum liver function.

从摄取朝鲜蓟中的洋蓟酸能令胆汁分泌产生，能帮助您的肝脏、胆囊和消化系统的健康。您肝脏产生的胆汁能消除有害的污染物以及吸收脂肪。朝鲜蓟也含有能有效保护肝脏的黄酮类水飞蓟素，它能避免肝脏组织的细胞膜出现脂质过氧化的情况，使肝功能发挥到最佳状态。

**Celery Extract 芹菜提取物**

Lots of food and drug products are precursors to metabolites that cause direct damage to liver cells. The liver as an organ ends up being progressively inadequate in containing the damage as we age. There is a growing body of scientific literature dedicated to the hepatoprotective properties of celery extract, which promotes liver function and raises the ability of the liver to resist harmful metabolites.

大量的食品和药物能对肝细胞造成直接的损害。作为一个器官，随着年龄增长，肝脏最终会被损害而逐渐变得不足。许多科学文献证明，芹菜提取物能促进肝功能以及提高肝脏抵抗有害代谢物的能力。

## Here are 13 methods to provide your liver a boost: 这里有13个方法来让您的肝脏得到提升:

1 Your liver needs to filter food additives. Get rid of processed foods, artificial food additives, colours, and preservatives from your diet to give your liver a break.

你的肝脏需要过滤食品添加剂。从饮食习惯中剔除加工食品、人造食品、人造色素、以及防腐剂，让肝脏休息吧。

2 The liver needs high quantities of vitamins and minerals to perform its many functions. Your diet needs to be high in vegetables, fruits and fiber-rich foods.

肝脏需要的高品质的维生素和矿物质履行许多功能，您的饮食中需要蔬菜、水果和富含纤维的食物。

3 Avoid consuming heavy, fatty foods since they create even more work for the liver. Avoid margarine, shortening or commercial oils or any foods made with them.

避免食用口味重、高脂肪的食物，因为它们会令肝脏负荷更多的工作。避免食用人造油、起酥油或商业油或它们做成的任何食品。

4 Avoid eating for at least three hours prior to going to bed to allow the liver adequate time throughout the night to perform its numerous functions, unobstructed by other bodily processes such as digestion.

在睡前三小时避免进食，好让肝脏有足够的时间去进行其他工作，例如消化。



7 Substantially reduce refined sugar and stay clear of synthetic sweeteners completely.  
大大减少精制糖，彻底戒掉人工合成甜味剂。

8 Lecithin helps the liver metabolize fats and lower cholesterol. It contains a substance called phosphatidylcholine and essential fatty acids that help keep liver cells healthy and help prevent fatty deposits from developing in the liver. Lecithin also helps reduce hypertension by allowing the blood vessels to relax to allow better blood flow. You can get lecithin from organic eggs.

卵磷脂可以帮助肝脏代谢脂肪、降低胆固醇。它含有一种叫卵磷脂和必需的脂肪酸，有助于保持肝细胞的健康，并有助于防止脂肪沉积在肝脏中发展物质。卵磷脂还有助于使放松血管，让血液流量保持好的状态、减少高血压的风险。卵磷脂可以从有机鸡蛋得到。

9 Consume steamed vegetables, raw salad greens, raw fruits, and bitter greens. The bitter greens, especially, help to clean the liver.

食用清蒸蔬菜、生菜沙拉、新鲜水果和苦味蔬菜，它们对洁净肝脏特别有帮助。

10 Avoid consuming large meals. Instead, consume small meals comprised of mainly easy-to-digest foods.

避免暴饮暴食，相反要摄取容易消化的食物，少吃多餐。

11 Try to consume 2 tablespoons of Flax Seed Oil per day. Flax Seed Oil binds to hormone receptor sites, preventing excess hormones consisting of synthetic xenoestrogens from plastics and other chemicals, from floating around your bloodstream. One of the liver's hundreds of jobs is to filter excess hormones. By consuming Flax Seed Oil you are helping it function better. Flax Seed Oil can be added on salads, or blended into smoothies.

尝试每天服用两汤匙的亚麻籽油，亚麻籽油结合荷尔蒙受体、防止过剩的荷尔蒙组成塑料和其他化学物质合成的异源雌激素漂浮在血液中。一个肝脏要身兼百职来过滤多余的激素，通过服用亚麻籽油能帮助肝脏更好的运作。亚麻籽油可以添加在沙拉中或打成冰沙饮用也可。

12 Take 1000 to 2000 mg of vitamin C daily.  
每日摄取1000至2000mg的维他命C。

13 Consume lots of garlic, onions and broccoli since these foods contain sulfur that is needed to enhance enzyme activity, which improves liver cleansing.

摄取大量的大蒜、洋葱和西兰花，因为这些食品中成分能提高酶的活性，从而提高肝脏清洗硫。

5 Consume a lot of fresh carrots, which is an effective liver cleansing and rebuilding food. In addition, consume lots of green foods. Chlorophyll, which gives plants their green colour, helps to clean the liver. 摄取大量新鲜胡萝卜，这是一种有效的肝脏清洗和重建的食品。此外，食用大量的绿色食品——叶绿素，有助于清洁肝脏。

6 Consume entire, raw, unsalted nuts and seeds for their essential fatty acids along with their usable protein. 摄取原料、无盐坚果和种子，这是它们必需脂肪酸以及使用的蛋白质。