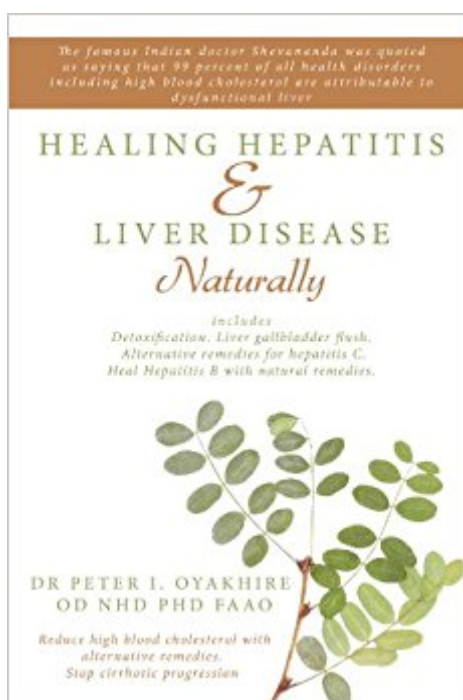


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# Healing Hepatitis And Liver Disease Naturally: Detoxification. Liver Gall Bladder Flush & Cleanse. Cure Hepatitis C And Hepatitis B. Lower Blood Cholesterol And Stop Cirrhosis



## Synopsis

LIVE YOUR LIFE EXPECTANCY WITH CHRONIC LIVER DISEASE. Studies show that all wellness traditions except western medicine offer detoxification and toxic waste management as a means of natural healing. Using the principles of natural healing and detoxification, Dr. Alexis Carrel, a Nobel Prize winner kept chicken heart alive for 38 years. He believed that cells could live indefinitely and that the secret of life is to feed nutrients to cells and to saturate the cells with Oxygen. If you can't get nutrients into the cells and you don't remove the toxins, the cells will be poisoned by their own waste products. He had found the secret to ageless body and timeless health. Often overlooked is the pain associated with orthodox management of infective and degenerative liver diseases and the promise alternative remedies have to offer. The question often asked is which herbs and nutrients are crucial to my healing? How much should I take? What about the latest infomercial? And who can we believe with so many choices out there? DID YOU KNOW THAT? Thirty million Americans have liver disease. Liver disease is the fourth leading cause of death in America. Over 550,000 people die world wide from liver cancer each year-a preventable complication of liver disease. One in one hundred thousand Americans have a truly functional liver. Each year, 25,000 Americans die from liver cancer. Liver cirrhosis is the seventh leading cause of death in America. YOU WILL DISCOVER HOW HERBAL REMEDIES, DETOXIFICATION AND LIVER GALL BLADDER FLUSH RESTORE LIVER HEALTH, LOWER BLOOD CHOLESTEROL AND HEAL FATTY LIVER Dissolve gallstones with hepatic herbs. Prevent liver cancer. Reduce hepatitis B and C viral loads .Repair and regenerate liver cells and normalize liver enzymes.Â Â Reverse compensated cirrhosis from contagious and alcoholic hepatitis. Stop progression of de-compensated cirrhosis. Peter I. Oyakhire, O.D., N.H.D., Ph.D., studied herbal medicine at the Institute of Natural Healing in Great Britain. He also holds a doctorate in natural health and a Ph.D. in holistic nutrition from the Clayton College of Natural Health in Alabama. He was a fellow of the American Academy Of Optometry and has a doctorate degree in optometry from the New England College Of Optometry in Boston. His emphasis is on natural healing therapies

## Book Information

Paperback: 288 pages

Publisher: AuthorHouse (November 23, 2010)

Language: English

ISBN-10: 1452010331

ISBN-13: 978-1452010335

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 23 customer reviews

Best Sellers Rank: #646,508 in Books (See Top 100 in Books) #10 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Hepatitis #322 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #10606 in Books > Health, Fitness & Dieting > Alternative Medicine

## Customer Reviews

The famous Indian doctor, Shevananda was quoted as saying that 99% of all health disorders including fatty liver and high blood cholesterol are attributable to dysfunctional liver.

Modern medicine does not allow for the healing potential inherent in each person. A program for liver health includes herbs to reduce liver stress and dietary supplements such as antioxidants and essential fatty acids. These herbs will normalize liver enzymes and lower viral load. The liver will regenerate and a long and a healthy life can be expected. Healing hepatitis and liver disease naturally shows how liver diseases that include infective hepatitis C and B can be eradicated using natural remedies. It clearly shows how many of today's health issues like fatty liver, high blood cholesterol, toxic wastes; alcoholic cirrhosis can be resolved with botanical remedies, detoxification and the liver gallbladder flush. It show how sluggish immune response is central to all degenerative diseases and how we can restore immune function and heal many of the diseases that plague humanity Hepatic herbs work by stimulating the production of the antibodies, defense blood cells etc. In cases of immune disease, they seem to be working by correcting the immune mechanism. These hepatic herbs have been used successfully with a variety of results ranging from normalizing liver enzymes, stop cirrhotic progression, lower blood cholesterol, flush the gall bladder, and detoxify the liver to total clearance and elimination of the hepatitis virus. Fatty liver (steatosis) is a disease associated with accumulation of fats in the liver cells. It is related to exposures to environmental toxins, drug use, alcoholism, obesity, and degenerative diseases. Cholesterol seals blood vessels and prevents leakage of blood. Blaming cholesterol for heart attacks and heart disease is like blaming the tire shop for your flat tire. When the doctor says you have high blood cholesterol, he or she is only measuring your arterial blood cholesterol. If cholesterol in the arterial blood causes heart disease, why doesn't cholesterol build up in the veins when the same blood flows through both vessels? The difference is because of the presence of muscle tissues that help

sustain blood pressures in the arteries that are absent in veins. Detoxification with cleansing herbs guarantee that the dead pathogenic viral agents are eliminated the natural way, cholesterol level is normalized, immune system is restored, cirrhotic progression is stopped, the gallbladder is flushed of accumulated toxins, liver functions are restored and by eliminating wastes, more oxygen is available to the red blood cells to restore metabolic functions in tissues. Regenerating herbs stimulate and rebuild the extracellular matrix and cells to produce a natural healthy body. In all the medical jargon you have read about the immune system, it is important to realize that the immune system is the lymphatic system's compartment. The immune system is a system nature put into place to shield humans from extreme conditions and imbalances in the environment. The activities of the immune system are fully integrated with the lymphatic system. White blood cells reside in the lymphatic system, and when we optimize the activities of the lymphatic system with efficient management of the cellular wastes it collects through detoxification, we are said to have an efficient immune system. Individuals who have properly-functioning lymphatic systems have good immune systems, and those who have sluggish lymphatic systems have weak immune systems which are predisposed to cancer and organ degenerations. The immune system is said to be weak when we are unable to eliminate cellular metabolic wastes and neutralize pathogens. Immune system activities take place in the lymphatic system. "The liver - gall bladder cleanse is an age-old procedure that helps the liver empty its contents into the colon for excretion. It is a way to dump old bile, bile soaps, hardened bile, and gallstones into the colon. This gives the liver system a new energy for a fresh start." Jack Tipps The gallbladder is a sack in the liver. Its functions are intricately related to that of the liver. It is the reservoir of the bile salts that emulsify fats and metabolize fat soluble vitamins. Bile thus helps as a means to effectively eliminate toxins from the body. Similarly, bile helps to synthesis fat soluble vitamins (Vitamins A, D, E, and K) in the intestine and improves their absorption. Each day, about one quart of bile is manufactured by the liver, and it serves as a carrier of toxic substances that are dumped into the intestine. These toxic substances are absorbed by fiber and excreted. Low-fiber diets lead to inadequate binding and re-absorption of toxins. This becomes problematic when intestinal bacteria modify these toxins to more virulent forms. The liver gallbladder flush and hepatic herbs help remedy these problems

I just received this book today, and looking through it, it looks like it has a LOT of very useful info! BUT I'm disappointed in the HUGE DARK GRAY WATERMARK ACROSS EVERY SINGLE PAGE. This watermark has the publisher's logo and name, obscures the printing and makes the book hard to read. It is dark gray, 4 inches long, 1/2 inch tall, and is diagonal across the middle of every page. I

understand if they wanted to keep people from copying the book, but isn't there technology to make the watermark lighter and have it show up dark in a photocopy (like the background of a paycheck does)? I give the book itself 4.5 stars, but knocked it down to 3.5 because I'm having so much trouble even reading it. Very frustrating, I wonder if the author knows what's being done to his book?

**Bottom Line:** If you can get past the watermark problem, this is a good book to have.

**UPDATE** on 09/03/2012: I have now read more of the book and can make further comments.

**PROS:**

- 1) There really is SO much useful info in this book (just look at the table of contents!). It's nice to have so much information in one place. I learned a lot that I didn't already know, especially about my body's lymphatic system, just what bile is, and what the gall bladder does. I'm glad he included info on the liver/gall bladder flush.
- 2) I love that the author tells us honestly how Hepatitis C is transferred and NOT transferred. I am so sick of the mis-information in a lot of books and on the internet. This author states directly you CANNOT get Hep C from any activity that does not involve transfer of blood. End of story. Thank You Mr. Oyakhire.
- 3) There are MANY more pros, too many to list, the book is packed with information!

**CONS:**

- 1) No index. This book is so dense, it is screaming for an index, and I love an index. It's the first thing I look for in any non-fiction book.
- 2) The book is full of typos, but I can forgive those to get all of this great info, all except one. On page 101 we have this sentence: "Starches do not combine well with meats, so meats should be eaten with rice, potatoes, or bread." Obviously this should read "should NOT be eaten with...". This typo changes the entire meaning, and if someone is not paying close attention they may not catch it, and could eat a food combination that causes further harm to their body and liver.
- 3) And speaking of meat, the author provides a section of 42 recipes for healthy eating, with 20 of these recipes containing meat. Then AFTER the recipe section, there is a section going into great detail about how eating meat is bad for our livers. Huh? Then if you are going to include meat recipes, maybe the "meat is bad" disclaimer should come BEFORE the recipes. Or better yet, have more healthy recipes that don't include meat.
- 4) One of the recipes calls for Tuna. I recently had a job working in a laboratory testing Tuna for Mercury, and I can honestly tell you that 75% of the Tuna I tested had more than the legal limit of Mercury (more than 1ppm). Tuna is a very large fish, lives a long time and therefore has a lot of time to accumulate Mercury in its body, Mercury that it gets from the pollution we dump into the ocean. NO-ONE should eat Tuna! Especially someone with liver disease. Mercury is a heavy metal that builds up in your body, it does not go away, and it attacks your nervous system among other things.
- 5) I'm glad there's a list (on page 158) of things to avoid in order for my liver to heal, but I have an inquiring mind and I want to know WHY to avoid them. Especially the rubbing alcohol. I looked online and cannot find any reference as to why I should avoid this. I can only assume that it's

because it's so volatile and breathing any chemical is bad for my liver. Another bottom line: I AM glad I bought this book, it has much useful information and I've learned a lot from it. I can tell that the author is passionate about the topic and put a lot of work into this. I definitely think the book is worth buying! :-)

I was born to a mom with HBV which makes me a chronic carrier. Last two years my liver enzyme rates would flare up from time to time, but always just slightly above the normal level. In the beginning of April, I found myself very tired, no appetite and slightly jaundiced. I went to my doctor and results came out 2 weeks later were alarming. AST almost 1K and ALT over 1.5k and viral load was beyond possibility of measurement. I thought the traditional treatment was the only way. After lots of prayers and researches, all directions pointed to this book. I began to follow Dr. Oyakhire's recommendations in the beginning of May and increasingly taking different herbs, intensifying exercises, changing diet, liver and colon cleansing, etc. Meanwhile learning from other books. Seven weeks later, on June 21, the first miracle: seroconversion of HBe to negative. Sept. 18th test results showed more miracles, both AST and ALT are in the normal rates, i.e. under 40; viral load slightly above 10K IU. I also recommend other books: *Prescription for Natural Cures: A Self-Care Guide for Treating Health Problems with Natural Remedies Including Diet, Nutrition, Supplements, and Other Holistic Methods*; *Prescription for Nutritional Healing, Fifth Edition: A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements*; *The First Year---Hepatitis B: An Essential Guide for the Newly Diagnosed*. For herbs: *Himalaya Herbal Healthcare LiverCare/Liv.52, Liver Support, 180- Vcaps*; brands like Swanson; FoodNOW. I won't buy anymore from Jarrow Formulas since it's just a distributor with a very limited in-house scientific team. For this book I bought KINDLE edition and has lots of typos.

No disease required. Good primer on how to avoid toxicity in the human lymphatic system no matter the illness. Real biology and science mixed with homeopathic conjecture. On the subject of hepatic health, I am clear I want a gastroenterologist with a hepatic specialty who is well read on and open to alternative care. I honor Mr Oyakhire's experience, professionalism, and success. And while he is clearly delineated on modern medicines and homeopathy, his journey is remarkable. I judge his success to be part science, sheer will, a lot of research, and relentless pursuit of a quality of life.

The title of this review says it all. This was written in 2003, and there is much newer info out on the web. Additionally, the "natural" moniker doesn't quite fit the advice in this book, although there is

some of that in here. But sometimes it's the canola-oil-is-ok-but-otherwise-go-low-fat mainstream type of diet advice, and at other times the author contradicts himself on this very advice. Additionally, there are a lot of grammar and some spelling mistakes, which I would just normally blow off... but this is continuous and on nearly every page, and it gets distracting. Finally, it is clearly written by a medical practitioner with little to no writing help, as the circular repetition of the information adds to the irritation of the poor copy editing, especially if you just want to cut to the chase in each chapter. I gave it three instead of the two stars it would otherwise deserve because it is my fault that I didn't look at the copyright date. I normally do that for these types of books (some part of mainstream medical knowledge is obsolete every week it seems, which is indicative of how sound that knowledge is in the first place, but I digress), but I didn't do so this time. That's probably because this book was an impulse buy, after it showed up in my "recommendations" feed at the bottom of an page I was viewing. As an aside, the stamping of the publisher's logo on each page was not bothersome to me. Sort of like refrigerator hum... I didn't notice it.

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Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) REVERSE HEART DISEASE - HEART ATTACK CURE & STROKE CURE - LOWER HIGH BLOOD PRESSURE TO NORMAL & RESTORE YOUTHFUL CARDIAC HEALTH WITH NO SURGERY OR DRUGS ... Pressure Cure, The End Of Heart Disease) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback Non Alcoholic Fatty Liver Disease Liver Cleanse Diet & Recipes: because a happier liver makes a happier life. The 8-Week Cholesterol Cure: How to Lower Your Blood Cholesterol by Up to 40 Percent Without Drugs or Deprivation Dr. Melissa Palmer's Guide To Hepatitis and Liver Disease: A Practical Guide to Understanding, Treating & Living with Hepatitis & Liver Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) DASH Diet: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) DASH Diet: Proven Steps To Rapid Weight Loss, Lower Blood Pressure, Lower Cholesterol And Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy)

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