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Getting to Know Your Body Lecture Series: 5th Lecture The Liver, Kidneys and Lymphatic System

Books and other references

1. *The New Detox Diet*. Elson Haas, M.D.
2. *Detox or Die*. Sherry Rogers, MD.
3. *Living Healthy in a Toxic World*. Stein man and Wisner.
4. *Hepatotoxicity: the adverse effects of drugs and other chemicals on the Liver*. Hyman Zimmerman.
5. *Your Key to Good Health: Unlocking the Power of Your Lymphatic System*. Elaine Hruska.
6. *Eating Well For Kidney Healthy*. Jackson, James and Green.
7. *The Anti-oxidant Miracle*. Lester Packer. PhD.
8. *Nourishing Traditions*. Sally Fallon.

Supplements and Remedies (brands I recommend and/or use in my practice)

1. B complex. Max Stress B. Predigested with probiotics. PRL.
2. Liver Life. Best liver support formula on the market. www.bioraynaturaldetox.com
3. Quantum Kidney Complex. Premier Research Labs.
4. Coconut Oil/Butter. Garden of Life, Artisana.
5. Lecithin. Lewis Labs or PRL.
6. Heavy Metal/Chemical detox formula. NDF and NDF Plus from Bioray. Zeomins (zeolite formula) from PRL.
7. Mineral supplements: many to choose from. New Chapter, Garden of Life are food-based. Selenium is a must for liver health.
8. Vitamin C. Whole food forms: Truly Natural Vitamin C made by Health Force. Quantum Vitamin C (PRL). Also, Lyposperic C from LivON Labs. Critical for protecting liver.

Resources

1. www.bioraynaturaldetox.com : best detox products on the market
2. www.pyroclay.com : Ashland-based company with great clay-based detox products
3. www.essiacinfo.org : information on Essiac Tea and how it supports liver, kidney and lymphatic cleansing.
4. www.herbdoc.com: Dr. Richard Schulze's powerful herbal cleansing formulae.
5. www.drlwilson.com Dr. Larry Wilson's website with great information on sauna therapy and hair mineral analysis.
6. http://www.doctoryourself.com/liver_15_ways.html 15 ways to love your liver with references to research