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HEALTH AND HEALING

Detoxify and enhance your liver

by **Mike Ventresca**

Vital Choice

The liver is our primary organ for detoxification. If you stop and think about it, we ask it to do quite a bit. Every medicine, preservative, pesticide, herbicide, artificial color, flavor and sweetener, and alcoholic beverage that



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passes our lips ends up being filtered by the liver, not to mention the countless other functions it performs.

Given the burden placed on the liver, it begs the question: When and how do we detoxify our detoxifier?

According to numerous studies, the mushroom reishi (REE-shee) may be the perfect option, not only to cleanse but to also enhance liver function because it acts as both detoxifier and protector. According to numerous animal and in-vitro studies, reishi can prevent or lessen liver damage from a variety of chemicals, improve immune function, and inhibit the growth of some malignant tumors. It also shows significant anti-inflammatory effects and reduces allergic responsiveness. In addition, reishi also increases two powerful free radical scavengers called SOD and

glutathione.

Now, it's important to note that I am not claiming that any reishi product can prevent cancer or cure any liver disease. However, many natural health experts, including Andrew Weil, M.D., believe reishi to be an essential part of any optimal health regimen.

While many good reishi products are available, one of the best is Liver Strength, from MegaFood. Liver Strength features a unique form of reishi called reishi antler, which has been shown to be more potent than standard preparations. To further enhance the product, MegaFood grows its reishi antler on a bed of purple corn, a clinically studied source of potent antioxidants. Liver Strength can be taken daily to provide consistent liver support. For more information, listen in on my podcast with Ann Allworth, Ph.D., available at podcast.vchoice.com.

Mike Ventresca is the owner of Vital Choice Healthstore located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday through Friday, 10 a.m. to 8 p.m.; Saturday, 10 a.m. to 6 p.m., and Sunday, noon to 5 p.m.

This information is not intended to diagnose, treat, cure or prevent any disease. If you have concerns about your own health, you should always consult with a healthcare professional.



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