

Organ Power

How your Liver supports Your
Immortality



Your liver is part of your “Immortality Package”.



Hold your left hand on your liver and listen.

My Own Liver Experience



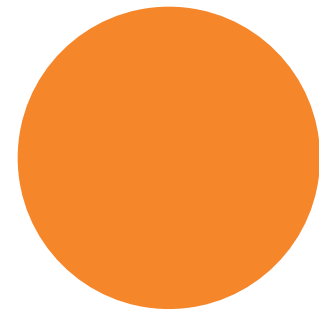
New Body-Mindset: Let your liver speak up for itself



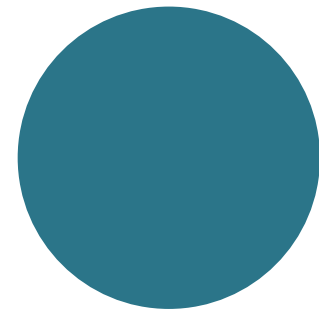
“I weigh about 3 lbs and am ALWAYS in touch with my neighbors: Stomach, spleen, small intestines, kidneys, diaphragm.”

“I share a special information highway to the brain = Vagus Nerve”

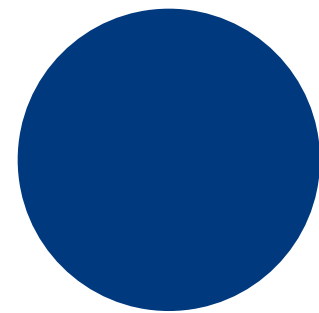
Hi, I am your liver – There is a LOT to love about me!



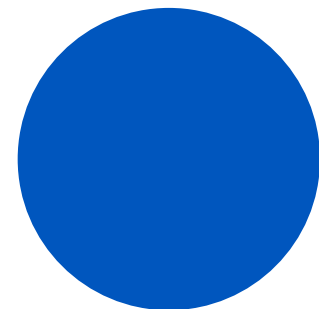
I do more than 500 complex things for you consistently and consume about 20% of oxygen – just as much as your brain.



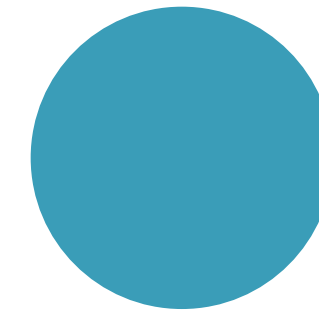
I am a star player in the digestive system and hold 13% of your blood in reserve to regulate supply and demand.



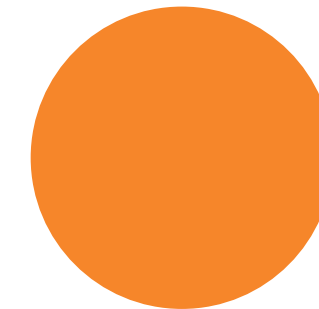
Every drop of blood runs through me and I purify it consistently by taking out bacteria, viruses and toxins.



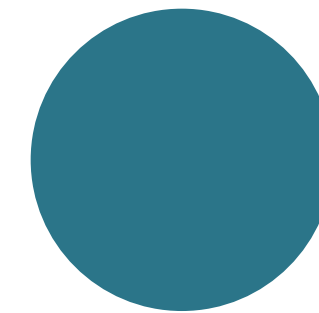
I turn amino acids from animal and plant proteins into human peptides and proteins



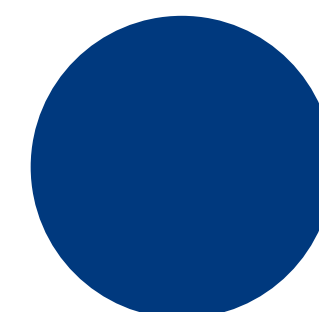
I store glucose as long-chain glycogen for energy shortages as well as vitamin A, D, K, B12 and Folate.



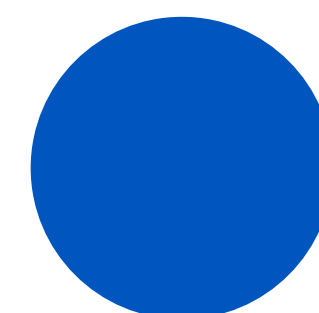
I produce the most important blood plasma protein Albumin and the factors that make your blood clot.



I am the only internal organ that can regenerate itself completely from 25%



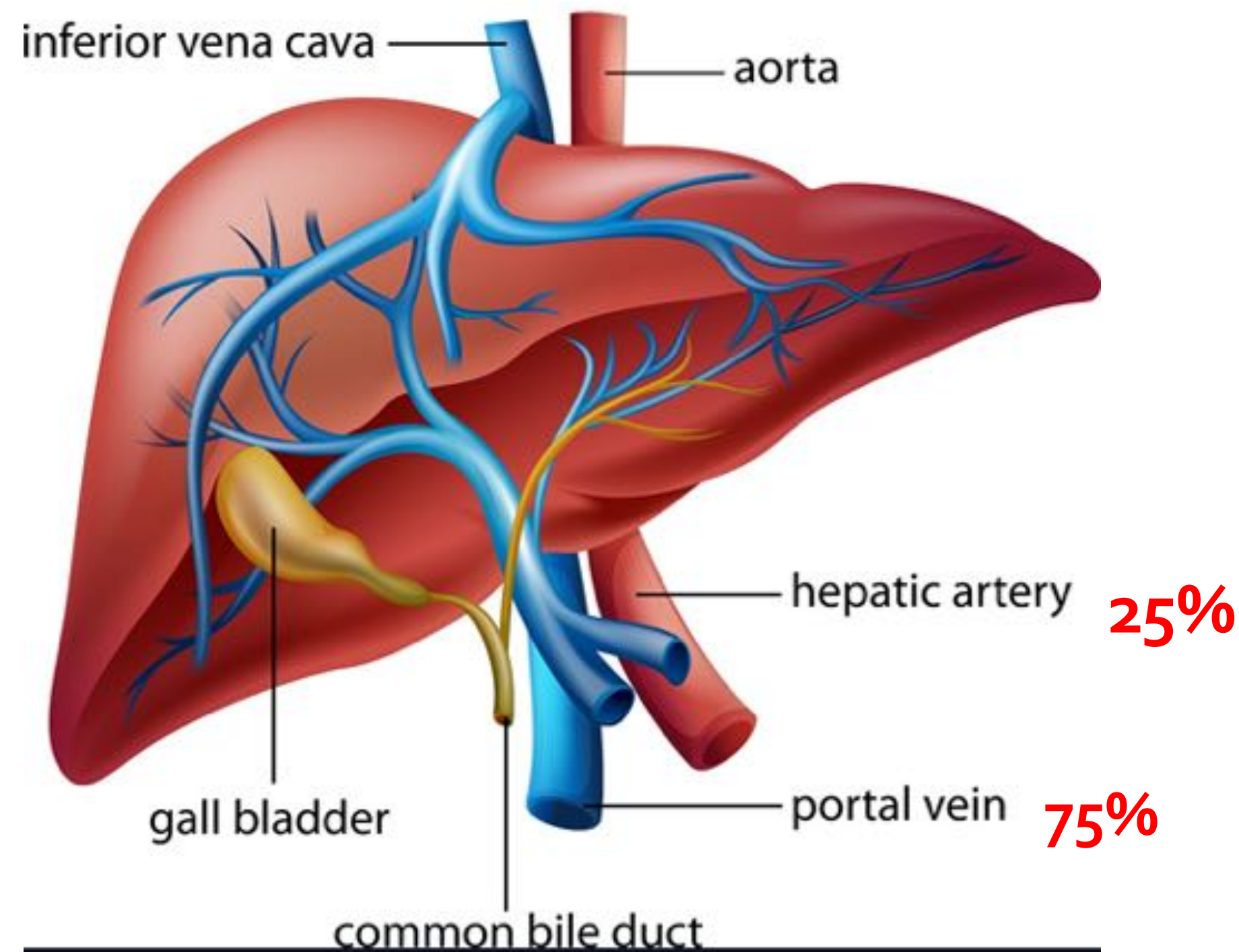
I produce bile and give it back to the small intestines to help digest fat.



No artificial organ or device is capable to reproduce all my functions.

“The Hard Belly Syndrome”

Human Liver Anatomy



VectorStock®

VectorStock.com/1361130

Swollen liver without pain

Variety of symptoms: Fatigue, bloating, infections, inflammations



3 most frequent causes

Frequent use of painkillers like Ibuprofen, ...
Too much Vitamin A – Hyper-vitaminosis A
Processed or red meat on regular basis



Liver works SLOW and very TOLERANT

Accumulation of damage
Speed of blood circulation ESSENTIAL



Source: 1MD.org

Liver –Friendly Lifestyle

Movement: Stretching, running, swimming, headstands,...

Very little processed food: “Farm to table” preferred!

Eating SLOW – enough time for saliva enzymes and small bites

Gentle liver cleanse – Example: JonBarron.com

Regular test for hard spots on liver and changes in blood work

Body Meditation – Focus on liver with gratitude AND belly breathing



Thank you for listening!

