

Physiology of The Liver

BIBLE:

Proverbs 4:7 – “Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding.”

SOP:

“All should have an intelligent knowledge of the human frame that they may keep their bodies in the condition necessary to do the work of the Lord. The physical life is to be carefully preserved and developed that through humanity the divine nature may be revealed in its fullness. The relation of the physical organism to the spiritual life is one of the most important branches of education. It should receive careful attention in the home and in the school. All need to become acquainted with their physical structure and the laws that control natural life. He who remains in willing ignorance of the laws of his physical being and who violates them through ignorance is sinning against God. All should place themselves in the best possible relation to life and health. Our habits should be brought under the control of a mind that is itself under the control of God.” {COL 348.1}

“The people of God should know themselves. They must understand in regard to their own physical frames.” (CD 33.1)

MEDICAL SCIENCE:

The liver is the largest glandular organ of the body. It weighs about 3 lb. (1.36 kg). It is reddish brown in color and is divided into four lobes of unequal size and shape. The liver lies on the right side of the abdominal cavity beneath the diaphragm. Blood is carried to the liver via two large vessels called the hepatic artery and the portal vein. The hepatic artery carries oxygen-rich blood from the aorta (a major vessel in the heart). The portal vein carries blood containing digested food from the small intestine. These blood vessels subdivide in the liver repeatedly, terminating in very small capillaries. Each capillary leads to a lobule. Liver tissue is composed of thousands of lobules, and each lobule is made up of hepatic cells (**hepa meaning liver**), the basic metabolic cells of the liver.

OTHER THINGS TO KNOW ABOUT THE LIVER:

YOU CAN HAVE A NEW LIVER IN AS LITTLE AS 6 MONTHS

ALL BITTER HERBS increase the oxygen levels for the Liver.

STRESS affects the **Liver** which causes the liver to produce Increased Cholesterol.

The Liver is the filter for the human body. Anything poisonous put into the body has an effect on the **liver**. When the **Liver** is too full of contaminants, it gets backed up, making it unable to filter matter any longer.

THINGS THAT HARM THE LIVER:

1. **Poisonous tobacco** (2SM 467)
2. **Improper breathing** (MH 273)
3. **Tight clothing that compresses** (Te 291-292)
4. **Compressed waist by tight pants, skirts, pantyhose, etc.** (2SM 473)
5. **Confined to indoor work** (1T 520)
6. **Lack of pure air** (1T 701)
7. **Self-abuse** (masturbation) (CG 444)
8. **Diseased diet**, including the eating of flesh

9. **Drug medication/recreational drugs** (4SG-a-135/2SM 452, 281)
10. **Eating and drinking improperly** (2T 67-68)
11. **Eating too much** burdens the Liver (MH 240; 2T 412-413)
12. **Overheated air** (1T 702)
13. **Foul air** (1T 702)
14. **White flour** which includes unbleached, bread flour, and whole wheat pastry flour (2T 68)
15. **Lack of deep and full inspirations** (lack of proper inhaling) (2T 67-68)
16. **Inactivity** (CD 422)
17. **Pores of skin not functioning properly** causes harmful effect to the Liver (2T 524)
18. **Not bathing frequently** (bathing...not referring to showers)
19. **Poor ventilation**/not keeping the windows open (2SM 462)
20. **Drinking cider** causes problems (5T 357)
21. **Eating oil & vinegar** combinations like the common Italian salad dressing on the market (CD 345)
22. **Stimulants** (CD 422)
23. **Drinking with meals**
24. **Eating anything with vinegar in it** (ketchup, mustard, BBQ-sauce, pickles, etc...not referring to the homemade kind that doesn't use vinegar) (**VINEGAR IS THE HIGHEST FORM OF FERMENTATION**)
25. **Animal fat** has an effect on the liver causing it to have to produce too much cholesterol for the body
26. **Drinking any type of alcohol** (beer, wine, cider, liquor, etc....) not one sip should be taken
27. **Depression** – “Sadness deadens the circulation in the blood vessels & nerves, and also retards the action of THE LIVER. It hinders the process of digestion and of nutrition and has a tendency to dry up the marrow of the whole system.” (UL 102.3)
28. **Fried food** (Divine Prescription & Science of Health & Healing)
29. **Cow's milk** (Divine Prescription & Science of Health & Healing)
30. **Mercury** (Divine Prescription & Science of Health & Healing)

THINGS THAT BENEFIT THE LIVER:

1. **Bathing** gives new life and energy to (MH 276; 3T 70)
2. **Health reform** benefits (CD 124)
3. **Not eating meat** benefits
4. **Proper breathing** benefits
5. **Exercise** benefits (MLT 136) “**Morning exercise**, walking in the free invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a **healthful circulation of the blood**. It is the surest safeguard against colds, coughs, congestions of brain and lungs, INFLAMMATION OF THE LIVER, the kidneys, and the lungs, and a hundred other diseases.” (HL 176)
6. **Getting sunshine** every day
7. Drinking plenty of **water**
8. Proper **rest**

FOODS GOOD FOR THE LIVER:

- Apples
- Artichokes
- Barley
- Cherries
- Foods High in Potassium (brown rice, blackstrap molasses, bananas, almonds, prunes, raisins, etc.)
- Grape juice
- Grapefruit
- Grapes

- Honey
- Lemon juice
- Limes
- Loquats
- Olive Oil (this protects very well)
- Onions
- Plums
- Radish
- Soybeans
- Tamarind
- Whole grains

HERBS GOOD FOR THE LIVER:

- Aloe
- Barberry tea detoxifies the Liver
- Chaparral
- Dandelion
- Grapevine
- Milk Thistle
- Parsley
- Sarsaparilla
- Wormwood

***For Cirrhosis of the Liver, Inflammation, Alcohol Poisoning and Hepatitis C, a **CHARCOAL POULTICE OVER THE LIVER IS AN EXCELLENT REMEDY.**

***A Cabbage Pulp Poultice over the Liver is also a good remedy. You may heat the leaves and put over the liver too.

LIVER FLUSH:

1 t. olive oil
 ½ t. ginger, grated fresh
 1 t. fenugreek
 1 t. ground dandelion
 Juice of 1 fresh lemon
 Pinch of cayenne

Mix in juice and drink every morning during a fast.

“It is NO DENIAL OF FAITH TO USE RATIONAL REMEDIES JUDICIOUSLY.” (2SM 346.2)

“Every poisonous preparation in the vegetable and mineral kingdoms taken into the system, will leave its wretched influence, affecting the LIVER...” --Spiritual Gifts Volume 4a, 140. {HL 245.1}

MORE INFO REGARDING THE LIVER:

<http://en.wikipedia.org/wiki/Liver>

SOP ABBREVIATIONS:

1T = Testimonies for the Church, Volume 1

2SM = Selected Messages, Volume 2

2T = Testimonies for the Church, Volume 2

4SG = Spiritual Gifts, Volume 4

5T = Testimonies for the Church, Volume 5

CD = Counsels on Diets & Foods

CG = Child Guidance

COL = Christ's Object Lessons

MH = Ministry of Healing

MLT = My Life Today

Te = Temperance

UL = Upward Look

Link to my blog:

<https://ravishingrecipesandhealthfacts.blogspot.com/2017/07/physiology-of-liver.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2017/12/physiology-of-liver.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/physiology-of-liver.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/physiology-of-liver.html>