

Healthy Liver Support

Most people associate liver damage with alcohol abuse or hepatitis. Yet, there is a stealth liver condition epidemic that poses a greater threat to the public: Nonalcoholic Fatty Liver Disease or NAFLD.

One-third of the American population suffers from nonalcoholic fatty liver disease. Many people do not realize they have it. Nonalcoholic fatty liver disease can go undetected for years and may eventually progress to inflammation and scarring of the liver (cirrhosis) and, in some cases, full-blown liver failure.

While poor dietary choices are often to blame, cutting-edge research suggest that hidden genetic factors may also play a role, as some people do not metabolize polyunsaturated fats properly, resulting in fatty deposits in the liver.

As mainstream medicine continues to struggle in the search for drugs to manage this widespread condition, emerging scientific evidence has shed light on effective natural, nutritional interventions that may halt or even reverse it's progress.

Certain nutritional supplements have been proven effective in combating Nonalcoholic Fatty Liver Disease such as Vitamin E and Omega-3 Fatty acids. Vitamin E and Omega-3-Fatty acids complement one another as they fight the oxidative stress, insulin resistance, fat accumulation and abnormal lipid profiles, also known as "lipotoxicity". Vitamin E and Omega-3-fatty acids, also help to improve liver chemistry, ameliorate liver cell damage, and improve blood flow to liver tissues in early nonalcoholic fatty liver disease.

Hazle Drugs brand of "Milk Thistle Plus" is a supplement that supports healthy liver function. Hazle Drugs "Milk Thistle Plus" contains potent antioxidants that can protect the liver from free radical damage, strengthen liver membranes and help maintain the liver's built-in antioxidant system—glutathione and superoxide dismutase (SOD). In numerous studies, it's active ingredient, Silmarin, has been utilized to prevent liver cell damage. Silmarin has also been shown to help maintain the body's normal inflammation response.

Hazle Drugs "Milk Thistle Plus" also contains Turmeric Root Extract Powder (*Curcuma Longa*) (95% Curcumin) and Artichoke Leaf Extract Powder (*Cynara scolymus*) (2% Cynarin). *Cynara scolymus* (artichoke) has a long history of use in hepatic support and Turmeric Root has been used traditionally in both Chinese and Ayurvedic medicine to support liver function. The primary efficacious agent in Turmeric Root is the yellow pigment curcumin. Curcumin's hepatoprotective activity is likely due to its strong antioxidant activity and potential to maintain the body's normal inflammatory response.

The recommended suggested use for Hazle Drug's Milk Thistle Plus is 1 to 3 capsules daily. For more information on liver support and Hazle Drug's Milk Thistle Plus, contact Certified Clinical Nutritionist, Bill Spear, R.Ph, CCN at Hazle Drugs, 1 E. Broad St., Hazleton, Pa. 18201, 570-454-2476.

Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal nutritional consultations at Hazle Drugs, 1 E. Broad St., Hazleton, Pa 570-454-2476 / 800-439-2026 www.hazledrugs.com

