



How's your Liver?

Part II: Possibilities for treatment

by H.-D. Bartels, Naturopath



"Experiences are tailor-made. They only fit those who make them."

Carlo Levi

Introduction

The exhortation "Heal thyself!" should be particularly true where treatment of the central system of liver and bile is concerned. Its many facets and the multiple etiologies of the diseases which affect it call for holistic treatment, which of course must be individualised. Greater demands are made on both patient and practitioner than is the case with many other illnesses. Mutual trust is a precondition for a co-operative approach in seeking and following the path to healing - despite the scepticism which we often find in people with a weakened liver. We also need to ask ourselves: "What contribution can the patient make?" and "What assistance do they require from ourselves or from colleagues?"

Compared with the therapy of other types of illness, orthodox medicine is still in its infancy as far as the treatment of the liver is concerned. This is also reflected in the medicines available, with regard to lastingly effective and minimally distressing preparations. Thus naturopathy is predestined to be of great service in this field.

Being still relatively young, the science of nutritional medicine has little in the way of well-tried solutions. A gross example of this is the protein issue. For decades curd was the dietetic remedy of choice. Nowadays this food, with the burden it places upon the liver, is banned from dietary plans. The edible fat industry also conceals many uncertainties.

Viewed from this angle, naturopathy offers a rich fund of work and experience. Liver patients are often distrustful and constitute a typical example of the need to consider and practise medicine from a holistic point of view. The liver is a pivotal regulator of health and well-being.

As was emphasized in Part I, the initial consultation itself may constitute half the treatment. Thoroughness and patience in working together to seek and establish a diagnostic picture are essential. Medical history, lifestyle, visual perceptions, laboratory test results, iris diagnosis and dark-field microscopy are but a few of the possibilities.

Basic principles of holistic treatment

Lifestyle adjustment is the basis and main focus of successful liver treatment, because mostly wrong nutritional and

eating habits give rise to the problem. These result in imbalances of blood and body fluids and toxicity of intestinal origin. Many a patient is flabbergasted to learn that the body produces alcohol, making him an "illicit distiller". It is up to both, practitioner and patient, working together, to reach an understanding of these processes and to decide on the measures to be undertaken in each individual case. Pre-prepared plans and instructions are only of limited relevance.

It should be a priority to reduce the burden on the liver and give it a chance to recover and regenerate. In this connection I refer the reader to my article "Fasting as a home-based treatment with advice". This type of re-orientation must be mastered by the affected person him- or herself, and it affords a solid basis for successful treatment, and not only in liver disease.

Intestinal cleansing is indicated, using remedies with a saline base or, better still, high enemas; likewise relief of the intestinal burden by eating with awareness, and also sufficient exercise. Physical activity improves the oxygen supply to the blood and the liver. Regarding the disputed question of protein, as to whether it should be of animal or vegetable origin and in what



quantity, it must be emphasized that the decisive factors are the quantity and the quality. If the protein building blocks are biologically inferior, high-quality cartilage, tendons or capsules that are equal to their tasks are unattainable. Questions are raised about the amino-acid treatments on offer today.

Patients must be asked about their use of recreational drugs, and their intake of medicines, both prescribed and over-the-counter. In any event, alcohol and drugs are to be strictly avoided. Lactose, fructose and other poorly tolerated substances must be clarified. Hypo- and hyperglycemia may go hand in hand with a disordered liver and should therefore be taken into account when investigating causes and planning the treatment. The glycemic index of foods should be borne in mind.

It is important to harmonise the various levels of existence, so that the outcome is an accord which will promote good health. At the forefront of this should be the biological, physical milieu, since treatment undertaken in this area will have a positive effect on the other levels. The body's many-sided metabolic activity is regulated by the activity of the liver. The deep-reaching interrelations between physi-

cal and cerebral metabolisms show up in the case of encephalopathies, provoked by ammonia from the intestines, and their superficial treatment with lactulose.

The highly sensitive hepatic system reacts best of all to the use of remedies from the isopathic, homeopathic, biochemical and phytotherapeutic spheres. Equally appropriate are orthomolecular substances in a natural combination, physical measures, fasting cures and nutritional advice, as well as detox procedures. Organ extracts and amino-acids, used with care, can be very helpful.

A. Basic framework for treatment

The following remarks are intended to supply a framework for drawing up suitable individual liver treatments or supporting adjunctive procedures for orthodox treatments. These hints are drawn from my personal experience of illness and from practical experience in providing treatment for others. In discussing such a many-sided topic, case examples are not so appropriate, since they can easily be followed like recipes in cookery. An individualised treatment is to be worked out for each patient, based on what has come to light during the casetaking and from

diagnostic procedures. Table 1 provides an overview of the isopathics and other remedies available from the SANUM-Kehlbeck company which would be suited to a successful liver treatment.

Acute stage

- ALKALA N
- QUENTAKEHL
- PINIKEHL
- OKOUBASAN
- RECARCIN
- LATENSIN
- EXMYKEHL

Chronic course

- QUENTAKEHL
- FORTAKEHL
- SANKOMBI
- REBAS 4X
- SANUKEHLS Coli, Salm, Prot
- LUFFASAN
- EXMYKEHL

Regeneration

- UTILIN S
- MUCOKEHL Amp.
- Lactopurum Amp. (Inf. Rovit)
- Infihepan Amp.
- SILVAYSAN Kaps.
- VITAMIN B Complex SANUM N
- THYMOKEHL 6X Amp.

Table.1: Building blocks for liver treatment (Selection)

1. Weaknesses in the liver – acquired or genetically caused – may mostly be brought under control simply by adapt-



ing one's lifestyle following comprehensive instruction. One must avoid burdening the liver with too much animal protein, heated fats, recreational drugs and a number of food-additives. The isopathic remedies SANKOMBI, PINIKEHL and FORTAKEHL are particularly helpful. These remedies have proved especially valuable in pediatric work. If these preparations in the form of drops are rubbed in or administered nasally, they are particularly effective. As a stimulant, LATENSIN could be given sporadically.

2. Acute disorders of the liver or biliary system may be alleviated by periods of fasting and by the drinking of a large amount of hot water during the chronobiological liver time of 1.00 - 3.00 a.m. Other approaches which have proved successful include alkalisation - to support the functions of the intestines and liver - using alkaline soups as advocated by Dr. Rau, ALKALA, or Dr. Auer's sodium-free alkaline mixture.

Remedies from the range provided by the SANUM company include SANKOMBI, PINIKEHL, FORTAKEHL, MUCEDOKEHL, OKOUBASAN and SILVAYSAN; these help in normalising the functions. The general well-being is improved by injections of VITAMIN B COMPLEX SANUM N. Anyone wishing to

get back on to an even keel really rapidly, besides drinking water as recommended above, should have high enemas. Not to be overlooked are hot compresses in the hepatic region and gentle cupping in the liver zone. Herbal teas with dandelion leaves and sage have a cleansing and stimulating action.

3. Fatty liver, resulting from faulty diet, gluttony or recreational drug abuse, requires a radical re-thinking of one's lifestyle. As well as the remedies already mentioned, the craving might be reduced by using MUSCARSAN and Sodium sulph 6X. For normalisation of the liver's fat metabolism, LIPISCOR or other fatty acid preparations are helpful. Here too, a surprisingly positive effect can be achieved with a very low-protein diet. A nasal dose of SANKOMBI every evening is recommended.

LUFFASAN, Lymphomyosot or Lymphdiaral can help to clear away the residues which clog the interstices, thus easing the load on the liver. Colon cleansing is always appropriate for those affected, since the liver produces storage fats to protect itself from ammonia and other toxins from the intestines.

As a protective measure taken by the body, fatty liver is reversible, but this is condition-

al upon iron self-discipline regarding food, and upon adequate exercise. When preparing meals, it makes sense to take into account the glycaemic index of the foods, so as to prevent hypoglycemia, with consequent ravenous hunger.

4. In alcohol abuse, alcohol often replaces a major portion of the food. This radically reduces the intake of proteins and vitamins. To ensure adequate nutrition for these patients and to activate the body's own channels of detoxification, administration of Arginin, Ornithin, vitamin B6, e.g. in the form of VITAMIN B COMPLEX SANUM N, and Folic acid is indicated. In this way the turnover rate of the urea cycle in particular will be enhanced, so that more ammonia is converted to urea. By giving vitamins B1, B6, B12 and Folic acid, support is provided for the regeneration of the liver metabolism.

5. Inflammation of the liver, whether acute or chronic, calls for a particular degree of professional competence, so as to prevent irreversible damage. In Natural Medicine we are particularly concerned with complementary and follow-up treatments.

Many authors mention that the majority of hepatitis cases go unrecognised. In any case,



there is a great danger that a chronic condition may develop from an unrecognised acute inflammation.

a. In the **acute stage** of hepatitis, the priority is to take the pressure off the sick organ. This may be achieved by means of a suitably light, low-fermentation diet, and nutritious infusions as a substitute for food. Alkaline soups bring about a stabilisation of the patient's condition. Stress of intestinal origin may be reduced by high enemas, using an irrigator. Personally I have achieved good results from using these measures in treating hepatitis B. Aids to detoxification such as these can be used on a daily basis, and my observations indicate that they are very effective where there is incipient necrosis of the liver. At this stage adjunctive treatment may be given in the shape of SANKOMBI, QUENTAKEHL and FORTAKEHL, as an injection or nasally. Gentle physical applications, such as liver fomentations with "Retterspitz" added, progressively hotter Schiele foot-baths, and back massages help with the elimination of toxins and assist in overcoming crises. From the range of SANUM preparations, SANUKEHL Coli, Salm and Prot are indicated for promoting elimination.

b. It is the **chronic** forms of

hepatitis which are predominantly treated with naturopathy. The patient's metabolism must - in Reckeweg's terms - be moved from the degeneration phase to the deposition phase, fibrosis or cirrhosis must be prevented, and fatty deposits must be broken down. Disturbed functions following necrosis of the liver must be determined and balanced. The basis of the treatment is the restoration of a functional intestinal mucosa, so as to break down the chronic inflammation and create favourable conditions for hepatic regeneration. Only the intestinal mucosa with healthy flora is capable of developing good immune defences and preventing noxious substances from crossing into the blood and lymph.

Further measures which are indicated include restoring the acid-alkaline balance, strict avoidance of protein from milk and hen's eggs, pork and citrus fruits, correction of the fluid balance by drinking adequate amounts of demineralised water and plenty of exercise in the fresh air, so as to create a physiological milieu and normalise the basic functions. In order to break down latent acidosis and encourage symbiosis in the blood, parenteral doses (infusion or injection) of Lactopurum and MUCOKEHL 6X can be given. Depending on

the case, Hepar Merz may be given as an ammonia detox. A combination of MUCOKEHL 6X + PINIKEHL 5X + SANUVIS as a series of injections is a great help. Further relief can be given by using the amino-acids arginine, ornithine, asparagine and citrulline.

The isopathic remedies QUENTAKEHL, FORTAKEHL, NOTAKEHL and EXMYKEHL help to drive back pathological elements in the intestinal flora and to regenerate this essential area. After two or three weeks, SANKOMBI, MUCEDOKEHL and ZINKOKEHL should be added to the prescription adjunctively to give general stability. PINIKEHL or NIGERSAN, depending on the progress being made, are remedies to support the liver and to combat degenerative processes. To activate the immune defences, a dose of RECARCIN on five successive days has proved its worth ("the 5-day thrust"). UTILIN "S", either rubbed in or in capsule form, given at intervals of a week or a fortnight, raises the spirits.

6. Systemic candidiasis frequently accompanies chronic liver disease. In such cases, as well as EXMYKEHL 3X suppositories, PEFRAKEHL and Caprylic acid capsules should be brought into use; this is because the yeast toxins would block any lasting healing.



7. Heart problems which occur in liver disease may successfully be brought under control with Strophanthus preparations, such as STROPHANTHUS 4X SANUM.

B. Long-term treatment

Milk thistle preparations, such as Legalon or SILVAYSAN, have made a name for themselves in long-term treatment. Dandelion and sage are herbal remedies of long standing for diseases of the metabolic organs and have a particularly deep action.

Saponines, which occur in a well-tolerated form in sage and in the palm lily (*Yucca schidigera*), stimulate the autonomic nervous system via the adrenals, and thus also stimulate the liver and pancreas. A good everyday aid, and pleasant to take, is oats. Even the company "Kölnflocken" [= Cologne flakes] invokes the healing power of saponines in marketing its products, as they lower the cholesterol level. In contrast to statins, the help in this case unconsciously follows the natural route by regulating the liver's fat metabolism. Sometimes even a blind chicken may find a grain of corn!

The *dietary plan* must be worked out individually with the patient's co-operation.

Raw foods often do not agree initially; due to the disordered state of the gut excessive fermentation and even a toxic action may occur. A damaged liver is simply in no fit state to deal with heated fats. The combination of flour, fat and sugar can lead to what Dr. A. Vogel has called the "apple-cake or butter-cake syndrome", with flatulent distention, intestinal cramps, discharge of flatus and explosive stools.

People prefer to turn a blind eye to the real risk-factors. When discussing nutrition, consumers regard environmental toxins and additives as the greatest dangers. However, scientific evidence points to wrong nutrition and unhealthy eating habits as posing the greatest risk.

In the case of liver diseases the *question of protein* remains an open one: how much protein, which protein and in what prepared form? A low-protein diet for six weeks provides a solid foundation for basic treatment. This could be repeated at certain intervals with benefit to the patient. Otherwise, in my opinion, it is critical for the liver patient to practise moderation and to be vigilant regarding the biological quality of the protein. This is determined by its source, processing and preparation. Convenience foods

and microwaved dishes can be problematic. Fish protein is only tolerated when completely fresh.

Food supplements of every kind are available. Their use may be partly justified, but the liver patient needs to proceed with caution. Many preparations are merely test-tube products, containing biologically inferior raw materials or blends, which are poorly tolerated by the liver. Liquid brewer's yeast (Metz Panaktiv) turned out to contain complex active substances which make a significant contribution to the restoration of the liver. There is also much to be said for the judicious use of orthomolecular substances, and their success rate has been good. General aids which act well when the liver is under strain are summarised in Table 2.

C. Pediatric work

In pediatrics there is an urgent need for preliminary and follow-up treatment to protect the hepatic system, for small children and young people are exposed to more and more serious and lasting stress in this area. Apart from the concerns - more or less justified - regarding vaccine damage, and the - in some cases - frivolous use of antibiotics and psychotropic medication, young livers are under



attack to an increasingly drastic extent from questionable additives, precocious consumption of nicotine and alcohol, and an erroneous diet. Alcopops and imitations of sneezing powder are the latest thing in compulsive shopping.

Tried and tested tools in strengthening the body's resistance are the bacterial preparations LATENSIN and UTILIN. They should be prescribed weekly or once a month both prophylactically and in acute episodes. Metabolic remedies from the Iso company and Schüssler's biochemic tissue salts can be of help. Special mention should be made of the liver remedy Sodium sulph 6X, which is also particularly suited for cutting the "sweet habit". FORTAKEHL 5X and PINIKEHL 5X, sniffed up the nose, alleviate problems arising from the consumption of sugary food. MUSCARSAN 6X can help with problems of addiction.

Indispensable, particularly for children, are plenty of daylight, good water to drink, enough exercise and a wholefood diet, if possible free of synthetic elements; these will aid the development of an energetic liver (and vital energy!!). In children suffering from ADHD too, liver-strengthening treatment also yields superb results.

- 6-week course of low-protein foods
- drinking hot water
- alkaline soup, ALKALA
- hot fomentations with "Retterspitz"
- Schiele foot-baths
- high enemas
- oat products
- dandelion tea and salad
- sage tea
- yucca powder (Golden Yacca)
- brewer's yeast (Metz Panaktiv)

Table 2: Valuable aids for a disordered liver

D. Healthy ageing

Growing old healthily is very dependent on proper functioning of the liver system. 'Anti-ageing' is an expression which has tripped easily off many tongues in recent years. Preventive care of the liver is a good route to healthy ageing, and it can be achieved by a conscious choice of lifestyle. The already-mentioned preparations have produced good results: SANKOMBI, 5 drops a day taken nasally, UTILIN "S", one capsule every 3 months, and SILVAYSAN, PINIKEHL, and STROPHANTHUS 4X SANKUM, depending on the patient's state of health.

Conclusion

In closing, I should like to

stress once more that all levels of the person are involved in holistic treatment, not least the mental and emotional levels. Reliable indications for assessing the progress of the treatment are provided by dark-field and laboratory investigations, the state of the skin and the patient's mood. In many patients, their handwriting can give an insight into the quality of their liver function. Get them to keep a journal or written record of their treatment. As they get better, their handwriting, previously irregular and cramped, will become more harmonious and legible.

Even nowadays we may still find many inconsistencies lurking within the riddles concerning the liver. But we must not be discouraged. The search goes on!

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