

## Liver - chief of fat-metabolism

It is important to understand, that our metabolic exchange has two branches. One works water-based and its twin-chiefs are the kidneys. The other is fat-based and its chief is the liver.

It's pretty much like dish washing: in case you have fried something (oil, butter, fat), you won't be able to clean the pan with water only, you will need some kind of soap.

Where fat-based tissue is concerned, in order to deliver something there or get something out from there, it will need some kind of fat or some kind of soap.

Fat-based tissue:

- nerves, brain, spinal cord, marrow
- synovial tissue
- subcutaneous fatty tissue

Fat-soluble toxins, that cannot be eliminated via the liver, either because the liver is under-functional or because there are just too many of them, will be stored in subcutaneous fatty tissue.

Once that storage capacity is exceeded, the person will either increase that capacity (become fat) or the other tissues have to chip in, since these toxins will not leave without special measurements.

Bringing the liver up to its capacity will both minimize toxin-storage and facilitate and support detoxification measurements.

## when & how much?

Whenever you mobilize toxins, which then have to be eliminated by the organs of our body, especially your liver could do with some help.

Take ½ teaspoon in the morning on an empty stomach (most important dose) and ½ teaspoon before sleep – regularly over a couple of month.

In case you wake up between 1:00 and 3:00 a.m. **and** have difficulties to go back to sleep, take ½ teaspoon at that time.

**Exhaustion is the pain of the liver!**  
**Fondness of activity is its joy!**

Pay attention, as to how much LM can reduce your tiredness and exhaustion, which remain in spite of sufficient sleep (CFS). This will point to dose and duration of future use of LM.

The recommended dose for LM-*forte* - it contains 66% more herbs - is about 1/3 teaspoon.

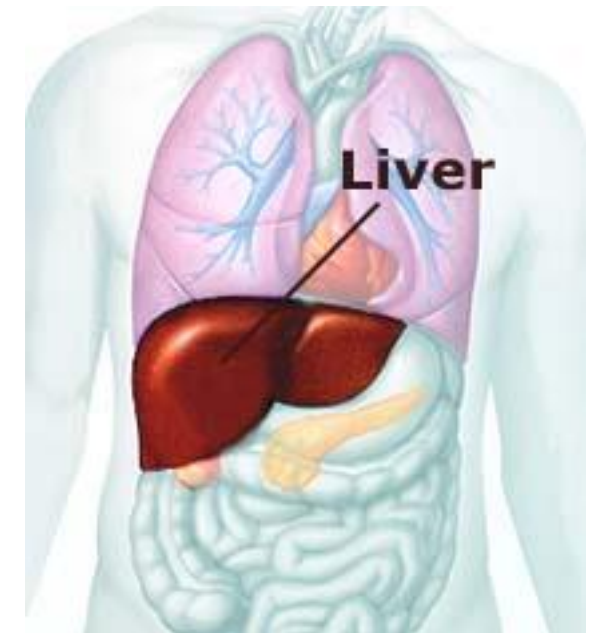
What the law says:

**You're allowed to buy the ingredients and prepare LiverMagic for your own personal use.**



# LiverMagic, LiverMagic-*forte*, LiverMagic-Artemisia

[www.gesund-im-net.de](http://www.gesund-im-net.de)



### Contact (english spoken):

Georg Keppler	(+49) 3301 2019566
Berit Jesse	(+49) 3304 521193
Michael Teich	(+49) 30 95614358

## liver, bile & gallstones

The liver has no pain receptors. **Exhaustion, tiredness and other "hang-over"-like symptoms are the pain of the liver.** They may result from food-poisoning, too much and / or too rich eating, jumping time-zones, etc.

Successful mobilization of toxins, that have been stored in the body because it does not know how to eliminate them, or its capacity to do so has been exceeded (overworked liver), also produces these symptoms (Herxheimer reactions).

### Daily chores of the liver

In order to illustrate the tasks of liver & kidneys, I like use of a metaphor - coffee. The coffee only contains that, which dissolves in (hot) water and is small enough to pass through the filter – like the urine, that has passed through the kidney-filter.

The coffee dregs, the gross leftovers, are withheld by the filter (kidneys) and have to be processed by the liver. Heaps of this sludge, the "big stuff", and everything that does not dissolve in water (all fat containing refuse) are to be worked through by the liver. They leave the liver as part of the bile. When this sludge does not contain enough liquid, it coagulates und clogs the liver ducts. Once stuck it calcifies with time and forms gallstones.

## bitter is (nowadays) better

In order to enable the liver of the heavy-duty sludge removing, it has been granted the greatest regenerative capacity of all our body tissues. But in order to do so - regenerate itself - the liver still needs the stimulus of **bitter taste**.

Historically bitter taste was always a warning that the food is poisonous and therefore our system's perception automatically equals bitter taste with poison and consequently rejects it. Too much bitter will even make you vomit instantly – a life-saving reflex.

The small natural amount of hardly tastable bitters in all fresh food was enough to provide the liver with the needed regenerative stimulus. However times have changed and our food no longer provides it.

Since about 150 years all bitter taste is systematically removed from our food items. That results in a liver, which no longer lives up to its potential capacity simply because bitter stimulus is missing.

Once the liver is under-functional, **it now needs strong bitter stimulus for a sustained period of time**, and our taste-buds need a little time to adjust to the new situation. Once the body has experienced the repeated benefit of bitters, it will readjust its taste standard and bitter will become palatable (takes about 3 days).

## Livermagic - an "awful" remedy

An effective way to supply these missing bitters is **LiverMagic**, an ancient ayurvedic herbal remedy. The vehicle for the four dried & powdered herbal ingredients of LM (1:1:1:1) is molasses:

- Azadirachta indica leaves
- Andrographis paniculata herb
- Emblica officinalis fruit
- Asparagus racemosus root

### LiverMagic:

500 g herbal mix in 2,5 liter viscous molasses

### LiverMagic-forte:

800 g herbal mix in 2,5 liter thin molasses (more suitable for diabetics).

### LiverMagic-Artemisia:

500 g herbal mix plus 250g Artemisia annua in 2,5 liter viscous molasses

In case your system objects to the taste of Livermagic, you belong to the vast majority of humans, who didn't have enough time to adjust their taste perception to the changed nutritional circumstances.

Your body requires some days to learn that the **Livermagic doesn't kill it, but increases its vitality** instead. In case you are threatened by vomiting, it might help to take just a tiny little bit two times daily until your body realizes the benefits. And it will, provided you are one of the many, who lack bitters.