

Liver Cancer is on the Rise, but Help is in the Way

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With more than 800,000 people diagnosed with liver cancer each year around the world, liver cancer incidence and death rates are on the rise. Death rates for chronic liver disease and cirrhosis in persons aged 45 to 64 years in the United States increased by 31% between 2000 and 2015 [1]. The risk factors include human hepatitis B virus and human hepatitis C virus chronic infections, cirrhosis, fatty liver disease and diabetes, alcoholic cirrhosis, as well as aflatoxin and aristolochic acid exposure. At present, surgical resection is still the first-line treatment but the cancer comes back in about 70% of patients [2].

Nonalcoholic fatty liver disease, or the buildup of extra fat in the liver without the use of alcohol, affects between 30 and 40 percent of the population in the United States [3]. How come the development of such an epidemic?

The synthetic chemicals, pesticides, heavy metals, secondhand smoking, and industrial pollutants that have replaced our “natural environment” are the first to be blamed. Our bodies are equipped with their own cleansing mechanisms and shouldn’t require any further assistance. In fact, it naturally detoxifies itself to some extent - the liver, a three-pound organ located just below the chest, is responsible for detoxifying the body, cleaning the blood, and fighting infection. But in today’s polluted world, you cannot always cope with the number of harmful molecules you encounter on your own.

Add to this toxic burden: the adverse effects of mercury dental fillings, toxic medications, alcohol use, sedentary lifestyle and a poor diet loaded with sugar and GMO plant foods - and it’s clear the detoxifying powers of the liver are being challenged like no other time in history.

This is the bad news. Now for the good news ... a lot of them!

You can get proactive with your liver health, with a number of ingredients that are beneficial to liver health.

But first, Detox!

We need to support our body’s detox systems as much as possible. Detoxification involves the removal of harmful toxins that build up in your body over time. When incorporated into your lifestyle, healthy detoxification can be an effective strategy for overall health and disease management. N-acetyl cysteine helps your liver to create its own glutathione, to support liver regeneration, while alpha lipoic acid, a natural antioxidant produced in the body, is a powerful ally against liver disease. The mineral selenium can help to recycle glutathione, while milk thistle (packed with potent phytochemicals, which combat liver disease through multiple methods of action) has been shown to increase glutathione levels in the liver by 35 percent.

It looks like a long list of pills and you are not sure of how much you should get? Some holistic formulas like “Lovaliver” offers a “all in one” comprehensive support of liver health.

Not all green teas are created equally

Since 1999, The Beljanski Foundation has partnered with academic institutions to research natural ways to fight cancer. At Kansas University Medical Center, the anti-cancer activity of a mix of teas selected by Dr Beljanski himself (OnkoTea®) was compared with the activity of several popular brands. In vitro, OnkoTea® was best at reducing the number of breast cancer cells, including a highly metastatic cell line. OnkoTea® also proved to be effective against liver and bladder cancer cells and showed impressive activity against four melanoma skin cancer cell lines [4].

Super-probiotics are super-fighters

Probiotic supplementation is a highly promising avenue when it comes to reducing liver damage from medications. Probiotics are live microorganisms that support “friendly” bacteria in the gut microbiome. They help to process fiber, break down carbohydrates and produce vitamins. Their important role in supporting our health, and even in influencing our immune health and mood is now well documented. Now, according to an animal study conducted at Tufts University, the beneficial bacteria in the intestinal tract can decrease the activity of pro-inflammatory molecules and reduce expression of fatty acids in the liver [5]. Additional studies have shown that supplementation with *Lactobacillus rhamnosus* GG - a common strain used in many over-the-counter probiotic preparations - can help reduce liver damage resulting from the toxic effects of acetaminophen [6].

However, all over-the-counter probiotic preparations are not created equal. You want one that incorporates spores, to allow the bacteria to survive the acidic environment of the stomach, and arrive alive and well in the intestinal tract, ready to deliver their benefits. Some brands, like “Digestive Harmony” go the extra mile and will give you all in one: probiotics with spores, botanical extracts and enzymes.

Golden Gingko helps with regulation of liver enzymes and fibrosis

Prepared only from golden leaves, which are only available during the autumn season, and extracted according to a particular method developed and patented by Dr. Mirko Beljanski (1923-1998), the Golden *Ginkgo* extract is completely different from the usual *Ginkgo* preparations found on the market, which are extracted from green leaves. The green leaves do not have the same components as the golden leaves and do not have the same benefits [7,8].

Multiple experiments carried out by Dr. Mirko Beljanski showed that his original extract of *Ginkgo biloba* helps regulate liver enzymes, including ribonucleases, which are responsible for skin fibrosis [9].

Tissue fibrosis is considered to be a revealing symptom of liver cirrhosis, whether due to alcohol, or not.

Pao pereira and liver cancer

Pao pereira (*Geissospermum vellosii*) is a tree native to South America, where it has been used in traditional medicine to fight a large array of ailments. The bark of the tree yields an extract whose active molecule is identified as flavopereirine.

Dr. Mirko Beljanski discovered that a flavopereirine-rich *Pao pereira* extract exhibits a broad spectrum and non-toxic anti-cancer effect [10]. The Beljanski Foundation’s more recent research has demonstrated that Beljanski’s flavopereirine-rich *Pao pereira* extract is effective against all stages of cancer including precancerous chronic inflammatory conditions, early and mid-stage cancers, as well advanced and metastatic disease. More recently, and independently of the Beljanski Foundation, researchers in Taiwan studied the benefits of flavopereirine on liver cancer [11]. They concluded that flavopereirine inhibits liver cancer cell growth thanks to several cumulative pathways (Cell-cycle Arrest, Apoptosis, and Autophagy-related Protein Expression). Although Cell-cycle Arrest and Apoptosis were already well documented effects of flavopereirine, autophagy, -a catabolic process that contributes to liver homeostasis under normal and stressed conditions-, is expected to play a crucial role in liver cancer treatment.

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