

HERBS FOR THE LIVER & GALL BLADDER

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GENUS	COMMON NAME	ENERGY	CHINESE ACTION	WESTERN ACTION
LIVER AND GALLBLADDER				
Achillea	Yarrow	neutral	purges fire	antiinflammatory, decongestant
Allium	Garlic	warm	dredge liver	warms, opens liver, stimulates bile
Anemone	Hepatica	cold	pacify liver	soothes liver, tonic
Antennaria	Pussy Paws	warm	--	deobstruent
Arctium	Burdock	cold	purges fire	soothes, opens liver, stimulates bile
Artemesia	Mugwort	warm	dispel wind	benefits jaundice, opens liver, stim. bile
Artemesia	Capillaris	cool	cools fire	liver imbalances, stimulates bile
Avena	Wild Oat	neutral	----	stimulates nerve tone, nutritive
Berberis	Barberry	cold	purges fire	antiinflammatory, opens liver, bile
Centaureum	Centaury	cold	cl damp heat	stimulant, cleansing, tonic
Chelidonium	Celandine	cool	dredge liver	removes bile stones, stim. phagocytosis
Cichorium	Chicory	cool	dredge, cool	deobstruent, opens, tonifies.
Cnicus	Blessed Thistle	cool	dredge, cool	stimulates bile, opens, cools
Cynara	Artichoke	cool	dredge, cool	stimulates bile, opens, regenerates
Gentiana	Gentian	cool	cl damp heat	opens, cools, stimulates bile
Inula	Elecampane	warm	subdue yang	slows, eliminates fluid
Lavandula	Lavender	cool	----	calms emotions
Rhaphanus	Wild Radish	neutral	----	digestive tonic
Rosmarinus	Rosemary	cool	--	warms surface, dispels wind
Silybum	Milk Thistle	neutral	yin tonic	regenerates, detoxifies
Taraxacum	Dandelion	cool	dredge, cool	deobstruent, opens, tonifies

LIVER

Angelica	Angelica	warm	moisten yin	dries, dispels gas, build blood
Berberis	oregon Grape	cold	purges fire	antiinflammatory, opens liver
Bryonia	Bryony	warm	--	acid irritant, stimulates
Ceanothus	Redroot	cool	cl damp heat	antiinflammatory, cleanse lymph
Chionanthus	Fringe Tree	cool	subdue yang	jaundice, bile obstructions
Coptis	Gold Thread	cold	purges fire	antiinflammatory, detoxifies, dries
Coriolus	Polypore	neutral	moisten yin	dries mucus, increases phagocytosis, benefits deep immunity
Dioscorea	Wild Yam	neutral	support st/sp	balances hormones, nourishes
Galium	Cleavers	cool	cl damp heat	diuretic, removes wastes
Hydrastis	Golden Seal	cold	purges fire	antiinflammatory, opens, stimulates bile
Iris	Blue Flag	cool	--	warms surface, removes congestion
Larrea	Chapparal	cool	--	warms surface, detoxifies, deobstruent
Leptandra	Black Root	warm	dredges liver	stimulates liver, bile, glands
Linaria	Toadflax	warm	dredges liver	jaundice , liver, skin disease
Picraena	Ouassia	warm	--	small dose regenerates, tones
Rhamnus	Cascara	cool	dispels heat	bowel stimulant, clears liver congestion
Sanguinaria	Bloodroot	cool	--	acid, stimulates bile (poisonous!)
Xanthoxylum	Prickly Ash	warm	--	warming, deobstruent, regenerative

MAJOR FUNCTIONS OF THE LIVER

- * METABOLIZES PROTEINS, FATS, AND CARBOHYDRATES, THUS PROVIDING ENERGY AND NUTRIENTS.
- * STORES FAT-SOLUBLE VITAMINS, MINERALS, AND SUGARS.
- * FILTERS THE BLOOD AND HELPS REMOVE HARMFUL CHEMICALS AND BACTERIA BY METABOLIZING THEM AND RENDERING MORE WATER-SOLUBLE FOR ELIMINATION THROUGH THE GUT AND KIDNEYS
- * CREATES BILE, WHICH BREAKS DOWN FATS.
- * HELPS ASSIMILATE AND STORE FAT-SOLUBLE VITAMINS (A, E, D,K).
- * PROVIDES A STOREHOUSE FOR EXTRA BLOOD, QUICKLY RELEASED WHEN NEEDED.
- * CREATES SERUM PROTEINS, WHICH MAINTAIN FLUID BALANCE AND ACT AS CARRIERS.
- * HELPS MAINTAIN ELECTROLYTE AND WATER BALANCE.
- * CREATES IMMUNE SUBSTANCES, SUCH AS GAMMA GLOBULIN.
- * BREAKS DOWN AND ELIMINATE EXCESS HORMONES.

SUMMARY OF INDICATIONS FOR BITTERS

Along with hydrotherapy, bitter tonics (bitters) are one of the best-kept health secrets! It's hard to believe that anything that costs so little in time, energy and money can return so many benefits. Bitters act on the entire digestive system to increase readiness for food, regulate appetite (if it's too high or low), and increase digestive efficiency by stimulating digestive fire—in biological terms, bitters stimulate the secretion of hydrochloric acid, pepsin, bile, and other important digestive enzymes. Bitters also beneficially influence your immune function.

- *Poor fat digestion
- *Poor protein digestion
- *Weakness due to chronic illness, especially viral, bacterial infections
- *Loss of zest for life, loss of well-being, lowered vital energy
- *Painful digestion, intestinal cramps, excessive gas
- *Poor appetite
- *Anemia, low hematocrit
- *Excessive sweet craving (my own observation)
- *Immune-based disorders, where nutritional deficiency is present
- *Especially effective for people who overuse their minds and who do not get enough exercise, weakening digestion

THE MOST IMPORTANT BITTER HERBS

Angelica root	Warming, slightly bitter--member of the parsley family often used in bitter formulations
Artichoke leaf	The leaf of the familiar artichoke--tastes bitter and salty, slightly cooling
Bitter orange peel	Commonly mixed with gentian to moderate its bitterness
Blessed thistle herb	Native to southern Europe--ancient liver and gall bladder herb
Cascara sagrada	Famous native American bowel tonic
Centaury herb	Close relative of gentian--not as bitter, but commonly used in bitters
Gentian root	The most bitter of all--small amounts are used in many preparations
Goldenseal rhizome	A favorite native American bitter tonic, use moderately
Lemon Peel	Aromatic, protective and slightly bitter
Mugwort herb	A common wild plant in many parts of the world--relative of wormwood
Wormwood herb	One of the most popular digestive herbs in Europe

HOW TO TAKE:

One-half to one teaspoonful of a mild bitter preparation (glycerin- or alcohol-based); 1 to 2 droppersful of a concentrated bitters formula, one or two teaspoonsful of a bitter tea (drink it at room temperature, not hot). Be consistent, take continuously. If worsening of symptoms occurs, reduce dose by one-half for a week.

Best Time: Take about 15 minutes before meals, or just after.

****RECIPE** HOW TO MAKE A BITTER TONIC:**

Powder the following herbs in a blender and add to either vodka or wine:

Artichoke (1 part), gentian (1/4 part), orange or tangerine peel (1 part), cardamon (1/4 part) and ginger rhizome (1/4 part). Macerate (let soak) for 2 weeks, shaking the jar every day. Press or squeeze the liquid out and filter (optional). Store in suitable glass container or amber dropper bottles (available in drug stores).

To make a bitters tea, take the above herbs and simmer for 30 minutes at 1 part of the herb mixture to 20 parts of water. Remember that this tea cannot be kept outside the refrigerator without fermentation occurring.

Bon appetite!