

## Methods of a Détoxification Cure, Especially for the Liver

**Doepp, Manfred**

HolisticCenter, 13 Haupt St., Abtwil 9030, Switzerland

### ABSTRACT

Modern medicine is increasingly learning how to treat serious diseases. The breadth of the therapeutic spectrum is enormous since biologics, antibodies and AI-generated active substances have become more widespread. Unfortunately, this does not change the fact that there are hardly any truly healthy people left. The frequency of seemingly untreatable chronic complaints is increasing. (1) This could be due to the fact that the body's environment is deteriorating as a result of toxins of all kinds and an increasingly unnatural diet. It therefore makes sense to review and improve lifestyle, preferably by means of a detoxification cure. This primarily involves strengthening the liver.

### INTRODUCTION

We are predominantly over-acidified and more or less poisoned. Environmental pollution is constantly increasing. The largest metabolic organ, the liver, suffers most from this. A liver cure naturally consists first and foremost of avoiding everything that burdens or harms it, and secondly of regenerating it. (2) We are listing five topics for that purpose.

#### Liver Detoxification Topic 1

Our air is no longer clean. Air purification devices are valuable and indicated. (3) Therefore: Eliminate or reduce environmental toxins that you breathe in:

- Smoke (especially cigarette smoke)
- Dust, e.g. fine dust, molds
- Hydrocarbons, e.g. from agriculture
- Smog
- Petrol, paint & glue vapors
- Cleaning agents
- Nail polish/remover

#### Liver Detoxification Topic 2

Nutrition plays a key role when it comes to health. It is also very important for liver function, so that everything that is eaten is transported to the liver in digested form. There, harmful substances are filtered out, processed and - if possible - rendered harmless. What one eats is less important than how well it can be digested and processed.

To regenerate the liver, one can change the diet so that it does not harm the liver and the liver is thus relieved of harmful substances and has time to regenerate.

#### Liver Detoxification Topic 3

Attention should be paid to the following:

- No industrially processed products
- No refined flours, avoid gluten
- Avoid sugar, including fructose and aspartame
- Give preference to organic food
- Stew and steam food more often ("wok")
- Do not overcook food
- Do without the microwave
- No industrially produced or genetically modified plants
- No meat from fattened animals
- Reduce sweet and sour, prefer bitter foods
- Fry or grill as rarely as possible
- Filtering out nano- and microplastics (4)
- Drinking water should be purified and treated
- Be aware of food allergies and intolerances

Food allergies (especially gluten, cow's milk, peanuts) and intolerances should be taken seriously. In the case of intolerances, a temporary elimination diet can possibly resolve the sensitivity and the food can be reintegrated into the diet.

Carry out tests with an expert:

- Food allergies
- Mold or Candida fungi above the usual level
- Heavy metal depots: freeing the mouth from metals
- Parasite/worm infestation

#### **Liver Detoxification Topic 4**

Consume health-promoting foods and food supplements. Liver and intestines can recover and regenerate. Eat more of the following:

- Organic vegetables (raw & lightly steamed), especially dark green, leafy
- Organic fruits, berries, sprouts
- Fermented foods: unpasteurized sauerkraut, apple cider vinegar, tofu/miso, feta, kefir, etc.
- Vitamin K (from dark green leafy vegetables, alfalfa sprouts, egg yolk, raw milk butter from grass-fed cows), antioxidants (from colorful vegetables, chlorella, spirulina, dark berries)
- Selenium (from Brazil nuts, kelp, seafood, onions, garlic), methionine (from eggs, fish, onions, garlic, meat from animals raised and fed in a species-appropriate manner)
- Essential fatty acids (from fish, seafood, avocados, raw nuts, green vegetables, linseed oil, evening primrose oil, blackcurrant oil, borage oil)
- Natural sulphur-containing substances (from organic eggs, onions, leeks, broccoli, Brussels sprouts and other types of cabbage)
- Bicarbonate (= baking powder)

#### **Liver Detoxification Topic 5**

Rebuild and strengthen the liver with herbs and nutrients.

These include:

- Vitamin B (entire complex)
- Vitamin C and E
- Beta-carotene
- Milk thistle extract
- Dandelion extract
- Artichoke extract
- Turmeric/Curcuma
- Schisandra
- Warm, moist liver compresses with e.g. yarrow or castor oil

### **General Recommendations**

- Avoid, reduce or eliminate electromagnetic fields (EMF, e.g. 5G) (5,6)
- Do not carry your cell phone on your body, set it to flight mode as often as possible - (do not take it into the bedroom at night)
- Do not hold the cell phone to your ear when making mobile calls
- Turn off Wi-Fi when not in use (especially at night)
- Avoid wireless phones, fiber optic cables are better
- Avoid radiological radiation applications or only undergo such examinations if it is unavoidable
- Reduce or avoid flights

So nowadays it has become a problem to avoid or prevent all of this. No one can follow all the recommendations. However, it is appropriate and sensible to take some of the recommendations into account. Knowledge and awareness are crucial. Anyone who accepts everything that is offered by a normal lifestyle today will have to suffer. Although limit values exist for some of the substances, the rate of new production is constantly increasing. The chemical industry is inventive, as is industrial food production. Many things are concealed until considerable pressure is exerted.

### **Example:**

For decades it was claimed that smoking was harmless, until this claim could no longer be upheld. The same applies today to technical electrosmog, which can cause cancer. Instead of a reduction, the exposure is increased, e.g. in the form of the StarLink satellites. Unfortunately, humans have no organ that can register electrosmog and send warnings to the cerebrum.

### **CONCLUSION**

In earlier times, people mainly suffered from environmental toxins caused by nature, animals, epidemics, poor hygiene of drinking water and lack of sewage disposal. The pollutants were mostly visible and/or smellable (except in the poisoned wells), not a problem. Today, most of the toxins are invisible and can only rarely be smelled. The environment seems to be clean. It is therefore difficult to avoid or prevent them, which is a major problem. It is therefore all the

more important to have an overview of the stress on the liver in particular and its regeneration. Methods for this are listed.

## References

1. Lear Richard. The Root Cause in the dramatic rise of Chronic Disease, <https://www.academia.edu/31696247/>
2. Doepp, M. (2024). Detoxification: We Need Necessary Endogenous Pathways. European Journal of Applied Sciences, Vol - 12(1). 568-571. DOI:10.14738/aivp.121
3. Doepp M. The Quality of the Air we Breathe is Getting Worse, the Dust can be Dangerous: In what way? Contemporary Research Analysis Journal Volume 01 Issue 03 September 2024-ISSN: 3050-5909 p-ISSN: 3050-5895 Page no: 72-74, <https://doi.org/10.55677/CRAJ/03-2024-Vol01I3>
4. Doepp M. Micro and Nanoplastics Threaten Our Lives: What is to Be Done?. Am J Biomed Sci & Res. 2023 20(1) AJBSR.MS.ID.002664, DOI: 10.34297/AJBSR.2023.20.002664
5. Doepp, M. Technical Electrosmog May be Dangerous, Global Journal of Medical Research K. Interdisciplinary, Vol. 23,3 1.0 (2023) pp. 13-14, ISSN : 0975-5853
6. Miller A, Morgan L L, Udasin I, Davis D. Cancer epidemiology update, following the 2011 IARC evaluation of radiofrequency electromagnetic fields (Monograph 102) Environmental Research, 2018/09/01, DO - 10.1016/j.envres.2018.06.043