

Friedman Chiropractic, Inc.



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HEALING MYSTERIES OF BILE

Chiropractic Neurovascular Dynamics (NVD) places great emphasis on digestion. The gut is the place where the vital force resides, and the great processes of life – nutrition and elimination – take place in the abdomen. NVD focuses on the 2nd Unit of Digestion in the right upper abdomen, the most metabolically active area in the body, which houses the liver, gall bladder and head of the pancreas.

The liver has over 500 known functions and is the key to health and longevity. Some of its functions include the metabolism of fats, proteins and carbohydrates, filtration of the blood, blood storage, manufacture of immune substances, hormone breakdown, storage of fat soluble vitamins, and quite importantly, the making of 1.5 quarts of bile daily.

Once produced, the bile is stored and concentrated in the small pear-shaped sack that is the gall bladder. Bile fluids, called the “Green Monster” by Shakespeare, is bitter, green and highly alkaline.

“Bile is one of the most potent anti-inflammatories in the world.”

“The free flow of bile is essential for vitality.”

When one eats a fatty meal, the intestine signals the gall bladder to release bile salts to break down the fat into small particles for assimilation. This flow also helps eliminate excess cholesterol, pathogens and parasites from the body. If the liver becomes toxic, bile can become thickened like honey and eventually produce gall bladder inflammation symptoms such as gas, bloating, fat intolerance and shoulder blade pain. If the gall bladder

is not well, the liver is not well.

Research has now shown that there is a mutual supportive relationship between the

FRIEDMAN CHIROPRACTIC, INC.

Jeffrey I. Friedman, D.C., Director

711 D St., No. 104 • San Rafael, CA 94901 • (415) 459-4646

405 D St., Ste. 2 • Petaluma, CA 94952 • (707) 773-0288

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gall bladder and the liver. *Science Magazine* on 04/16/06, pg. 233, reported that “elevated (increased) bile acids accelerate liver regeneration and decreased levels inhibit liver regrowth.” This astounding research indicates that we can repair our most important organ, the liver, via good gall bladder function. This green fluid also affects the core of our immune system, the gut or microbiome, by promoting the anti-inflammatory function of the gut lining. Bile is also involved with many other health projects such as metabolic syndrome, IBS, atherosclerosis, psoriasis, constipation, weight issues, hemorrhoids, varicose veins, bloating, migraines, cysts, depression, hot flashes, allergies, arthritis, joint and muscle pain, dry eyes, oily skin, cataracts, and dental tartar.

Healthy bile is produced by a high fiber diet rich in leafy greens, artichoke, beets, radish, dandelion, turmeric and arugula. Sulfur rich foods such as garlic, onions, and cruciferous

vegetables also assist. Vegetable proteins like sprouts and whole grains are also bile-friendly.

Good communication between the liver and the gall bladder as reported in *Science Magazine* is dependent on non-toxic and thin bile. Besides a supportive diet, good tone of the Autonomic Nervous System, our master control system, is required for good “signaling.” The entire body, including the digestive system, is an integrated and inter-dependent mechanism, and it is the nervous system that exerts ultimate control. Chiropractic NVD, as developed by Terrance Bennett DC, stresses the importance of the 2nd Unit of Digestion (liver-gall bladder) as the spark plug that ignites the entire digestive tract. NVD gently stimulates nerve reflexes on the abdominal surface with a monitoring stethoscope to insure free flow of bile down the gastro-intestinal tract.

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Pythagorean Center for Natural Healing

A Facility of Friedman Chiropractic Inc.

With the inception of our website, we decided to personalize Friedman Chiropractic, Inc. in honor of a physician-philosopher whose approach to natural healing epitomizes our methods.

His name was Pythagoras.

For more information on this remarkable man, please visit our website.

Applied Kinesiology...

...is a diagnostic tool using the muscle structure of the body to aid in the examination of a patient. Its use allows immediate feedback aiding the doctor in making decisions on what type of care the patient needs.

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