

Andrographis Paniculata *Liver & Pancreas Support*

The liver strengthening herb *Andrographis paniculata* has been shown in hundreds of laboratory and clinical studies to protect and improve liver and pancreatic function. *Andrographis* provide protection for the whole digestive system from inflammation and assist detoxification from many of the harmful chemicals present in our food, water and environment.

The liver and pancreas perform hundreds of functions and are compared to "chemical factories". It is not surprising that if they do not function optimally our health is affected in many ways. One of the liver's primary tasks is to filter toxins, a function for which it is often overworked and put under stress by various factors of modern living.

If prolonged, these stresses can lead to a wide range of conditions as a result of toxic overload and liver disease. The pancreas provides both essential digestive enzymes and insulin for the control of blood sugar. The pancreatic cells responsible for blood sugar control are particularly sensitive to toxicity and when the liver's detoxifying function is overburdened then this may impact pancreatic function.

The major factors that impede healthy functioning of these organs are environmental pollutants, food toxins, trans fat and fried oils, excess refined sugars, pharmaceutical drugs, hepatitis, smoking and excessive alcohol consumption.

Andrographis paniculata

Indigenous people recognized the liver promoting effects of this herb by naming it Hempedu Bumi, or bile of the earth. *Andrographis* has been shown in comparative studies to be superior to Milk Thistle in its liver protective and bile promoting properties. The active constituent, andrographolide protects the liver, pancreas and digestive system. Laboratory and clinical trials have demonstrated its effectiveness in cases of toxic liver damage, poor liver function and hepatitis. *Andrographis* is also shown to prevent the build up of oxidized cholesterol in the arteries to a degree that was more substantial than omega 3 fish oils. It is particularly suited to those on a high cholesterol diet. Andrographolide also protects the insulin producing cells of the pancreas and improves glucose metabolism and diabetic retinopathy.



Traditionally the herb is also used for high blood pressure and modern research has also confirmed its gentle and safe hypotensive effects. The most recent research on this herb is focusing on its immune enhancing and anti-viral properties, even against several strains of the HIV virus. In China it is the herb of choice for sore throats, colds and flu. In India controlled double blind clinical studies found that *Andrographis* has a preventative effect against the common cold. Recent studies have also focused on the ability of *Andrographis* to protect from gastric and duodenal ulcers.

1. *Antioxidant protection for the liver, pancreas and digestive system*
2. *Natural Liver detox and blood cleanser*
3. *Protects from gastric and Duodenal ulcers*
4. *Boosts immunity*
5. *Protects the liver from dietary toxins, oxidized fats and alcohol*
6. *Assists pancreatic function and improves glucose metabolism*
7. *Promotes liver regeneration*

8. *Promotes recuperation from hepatitis (after acute phase is over)*

How to know if your liver / pancreas is in need of detox?

The best way is to have a medical check-up and blood test to determine liver and pancreatic function. In the absence of this there is a simple way to subjectively monitor our own function.



First and foremost, are you or have you even been a frequent or heavy drinker of alcohol?

- ▶ Do you suffer from nausea after eating oily or rich foods, or do you instinctively avoid these foods as a result?
- ▶ Have you ever had hepatitis?
- ▶ Do you have "hyper" or "hypo" blood sugar levels or adult onset diabetes?
- ▶ Do you regularly suffer from skin conditions, skin allergies, constipation or headaches / migraines?
- ▶ Are you exposed to dangerous chemicals in your workplace / environment?
- ▶ Are you a regular smoker?
- ▶ Do you regularly take prescription medicines or pharmaceuticals that have a know toxicity on liver function?
- ▶ Do you suffer from intestinal infections such as candida, chronic bacterial infections or parasites?