



HHG PURE HEALTH: 2016 Vol. 8

BEING OVERWEIGHT/OBESE & THE HEALTH OF YOUR LIVER.

We only have two (2) cleansing organs in our body, the liver & the kidneys. **If they do not function properly, degeneration of our health & death come quickly.** People have to protect them & keep them functioning at optimum efficiency throughout life to maintain quality of life.

If you are **overweight** or **obese**, your liver is significantly older than the rest of your body.

Your "**epigenetic age**" is a measure of how quickly you are aging... Steve Horvath, a professor of Human Genetics and Biostatistics @ UCLA School of Public Health, developed a way to measure the age of the liver using what he calls an "**epigenetic clock**." This clock shows how your liver tends to age faster than other parts of your body. This **is particularly true if you are overweight or obese**. In fact, if you are overweight/obese, **your liver is significantly older than the rest of your body**. For every ten (10) units you go up on the BMI scale, your liver's epigenetic age goes up by 3.3 years.

The epigenetic clock is based on **DNA methylation**. DNA methylation is a crucial part of normal cell function. It is also important for regulating how your genes express themselves. It suppresses disease related genes and encourages health related genes. However, when DNA methylation becomes abnormal, it plays a critical role in the development of nearly every type of cancer. **Stopping, or inhibiting this process is a great way to stop potential health problems before they happen & correct health problems after they happen.**

In fact, measuring the impact that being overweight/obese has on the liver helps predict & stop disease before it happens. We already knew that being overweight/obese takes a toll on our health, but it doesn't seem to affect the rest of our body the same way it does our liver.

Being overweight/obese doesn't target the liver in particular, it's that the same mechanism causes both overweight/obesity & liver degeneration. If you are overweight/obese, there is something in your diet that is causing you to be that way -- and it's also killing your liver!!!

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This shared enemy is **FRUCTOSE**, a common form of sugar. Fructose is in a wide variety of foods & is consumed every day and everybody knows that sugar causes weight gain. But, what you need to know is that unlike glucose, which practically every cell in your body can use, only your liver can break down fructose. If you regularly consume fructose, you put a tremendous strain on your liver. **IN FACT, FRUCTOSE IS JUST AS TOXIC TO YOUR LIVER AS ALCOHOL!**

Contributing to the overweight/obesity liver aging link is the fact that **the liver converts fructose directly to fat rather than into cellular energy**. This fat then **contributes** to insulin resistance, increases fat levels in the bloodstream, and raises your risk of diabetes, being overweight & fatty liver disease. Plus, it reacts with certain proteins to create superoxide free radicals that cause **inflammation** in the liver.

Fructose consumption creates a vicious cycle because it causes Leptin resistance & blocks the burning of fat. Leptin resistance, which is typically the prerequisite for obesity, involves the absence of the hormonal signals that tell you you're full. Without these caution signals, you just keep eating. The more fructose you consume, the more fat you create, but the less you burn & the more weight you gain.

- **Your liver does a lifesaving function for you, and we have all been making it work overtime by consuming excess fructose & it has aged our livers faster than the rest of our body...**

Promote healthy healing of the liver & kidneys by taking PURE COMPLETE every day. It's full of whole food, genetically compatible nutrients that support the liver's natural functions, such as detoxifying the body. **PURE COMPLETE PROMOTES MITOCHONDRIAL PROLIFERATION, ENERGY PRODUCTION, CELL MEMBRANE STABILIZATION, CELLULAR ENERGY & MITOCHONDRIAL EFFICIENCY to promote health & healthy weight loss!**

Take PURELIFE with PURE COMPLETE daily to promote weight loss, enhance cellular health, boost your innate immune system & combat the damaging effects of daily consumption of fructose, sugar & processed foods on your liver & improve your health!

Taking PURE COMPLETE & PURELIFE daily BOOSTS THE IMMUNE SYSTEM, ENHANCES CONTROL OF BLOOD SUGARS, INSULIN RESISTANCE, INHIBITS GLYCATION, PROMOTES STRESS TOLERANCE, REDUCES INFLAMMATION, IMPROVES CANCER PROTECTION & HELPS THE BODY BREAK DOWN FAT.

- **IN 2001 THE WORLD HEALTH ORGANIZATION (WHO) PUBLISHED TECHNICAL SERIES REPORT 916. ON PAG 42 THEY STATED "WE SHOULD EAT A DIET CONSISTENT WITH THE DIET OUR GENES BECAME PROGRAMMED TO RESPOND TO."**