
SAHAJA YOGA

INSIGHT COURSE

LIVER DIET

Sahaja Yoga: Liver Diet

The body depends on the liver to perform a number of vital functions which can be divided into the following basic categories -

i) Cleansing blood:

- * metabolising alcohol, drugs and chemicals
- * neutralizing and destroying poisonous substances

ii) Regulating the supply of body fuel:

- * producing, storing and supplying quick energy (glucose) to keep the mind alert and the body active
- * producing, storing and exporting fat

iii) Manufacturing many essential body proteins involved in:

- * transporting substances in the blood
- * clotting of blood
- * providing resistance to infection

iv) Producing bile which eliminates toxic substances from the body and aids digestion

v) Regulating the balance of many hormones:

- * sex hormones
- * thyroid hormones
- * cortisone and other adrenal hormones

vi) Regulating body cholesterol by producing it, excreting it, and converting it to other essential substances.

vii) Regulating the supply of essential vitamins and minerals such as iron and copper

viii) Performing literally hundreds of other specific functions!

In fact just about everything that we swallow that is absorbed into the bloodstream ends up passing through this essential organ. As well as being the largest organ in the body it is also the only one which is capable of self regeneration.

Whilst there is still much that is unknown about the full functionality of the liver it is probably fair to say that it is central to the body's metabolism, or the process by which living matter is produced, destroyed or maintained.

Traditional Medicine.

With the obvious importance of this organ to our overall physical well-being it is no accident that the ancient practices of Ayurvedic and Chinese medicine have endowed the liver with such importance in both our Spiritual and material makeup. Because so much of the liver's activity is concerned with keeping the body and brain free of harmful toxins and the hormonal flow in balance, most ancient medicinal practice sees the liver as an important part of the functioning of the whole being.

Oscillating mood swings caused by fluctuations in blood sugar levels or hormonal imbalance, the relationship of bile to proper digestion and therefore overall energy levels and the detoxifying function of the liver offer obvious mind-body correlations.

There is one area, however, where modern Western medicine deviates from ancient lore and that is in relation to the significance of heat in the liver. Both Indian and Chinese medical practice acknowledge the effect of a 'hot' liver on the individual, and in fact offer specific remedies with which to 'cool' down this important organ. One such herb, *gardeniae jasminoidis* (zhi zi) - otherwise known as the 'happiness herb' - is renowned, for instance, for its effectiveness in removing the internal 'heat' which can cause irritability, restlessness and insomnia.

Sahaja Yoga also acknowledges the importance of the liver in the overall subtle system, both in terms of affecting our meditations and in helping us to achieve a continuing sense of balance in our lives. For this reason Shri Mataji long ago formulated a diet specifically designed to cool the liver.
