



LIFESOURCE INSTITUTE NEWS

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STAY ON TRACK

- **Diagnosis**, your Functional Nutritionist may be the one to catch higher levels of liver enzymes (elevated liver enzymes) which turn up in your blood test this should be a red flag.
- **Tests**, your doctor or Functional Nutritionist should order up an Ultrasound or computer tomography (CT scan) mainly for a big picture of what's going on with the liver. A liver biopsy (tissue sample) to see or determine how advanced this liver disease has progressed.
- **Nutrients** tocotrienols are a very powerful member of the vitamin E family can help cleanse your liver of toxic fat cells from building up. Milk Thistle helps to reverse the damage caused by toxins and improve liver function. Zinc will protect your liver from damage by reducing the fatty buildup in your liver. Selenium also heals damaged liver tissue cells and promote elasticity. Magnesium stearate adds no nutritional value and can become toxic to your immune system. Also titanium dioxide can compromise the health of your immune system beware.
- **Last** the COVID-19 pandemic has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worst.
- **Remember** during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you to bridge the gap between **mind body and spirit**. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

Fatty Liver What Is It?

The Truth is Fatty liver is one of the fastest-growing medical conditions in the world today, ranked higher than diabetes, which is pretty earth staggering numbers. This is very scary because the liver is considered one of the essential organs in our entire body. Fatty liver is a disease caused by extra fat being stored in the liver. Most of us have little to no symptoms, some people have little to no damage, but in some cases, it can lead to extreme liver damage.

Two primary forms of fatty liver disease are alcoholic liver disease and non-alcoholic liver disease, First Alcoholic fatty liver is a significant accumulation of fat from heavy drinking, but Nonalcoholic fatty liver disease happens

in people who are not heavy drinkers. This condition primarily affects one in every three adults and one out of 10 children in the United States. Traditional Doctors and Researchers have not found the cause of nonalcoholic fatty liver disease. Instead, functional Nutritionist believes diabetes and obesity are the cause of putting you or others at risk.

Causes of fatty liver disease most people get fatty liver disease without entertaining pre-existing conditions. Still, the above two risk factors do make you a likely candidate to develop this disease. Here are some more risk factors that may cause this disease first, if they are taking

certain medications and prescription drugs like steroids, tamoxifen, diltiazem, amiodarone. Other conditions like being overweight or obese. Insulin resistance, having Type 2 diabetes and having high blood pressure, being insulin-resistant, dealing with metabolic syndrome, high triglyceride levels, and high cholesterol.

The best diet for liver health is many green vegetables like brussels sprouts, spinach, and broccoli. In addition, get plenty of Omega-3s, primarily found in seafood. Substitute frying with baking, and be sure to avoid deep-fried foods or highly battered. Hydration is critical with water, but keep soft drinks out of your regular fluid intake. Lastly, don't forget a liver supplement for added support. Life Extensions is a great place to get your supplements.

MUST READ: REVERSE YOUR FATTY LIVER BY JONATHAN MIZEL & SUSAN PETERS

ASK THE COACH?

Q: COACH BERNARD: I AM IN THE UNITED KINGDOM BUT MY SON 9 YEARS OLD IS INTERESTED IN BASKETBALL, BECAUSE OF COVID I DON'T TRUST USING A RANDOM

A; GREAT QUESTION: JOE, FIRST LETS START BY GETTING YOUR SON A 7 OR 8 FEET HOOP, A REGULATION 10 FOOT HOOP MAY BE A LITTLE INTIMIDATING AT HIS AGE. START WORKING CLOSE TO THE HOOP AND SLOWLY MOVE FURTHER BACK GRADUALLY AS HE PROPECTS THE CLOSER SHOTS. EXPLAIN THAT THERE IS MORE TO BASKETBALL THAN JUST MAKING HOOPS, THEN GET A BOOK OF SKILLS & DRILLS WITH BASIC FUNDAMENTALS, I PERSONALLY RECOMMEND "BASKETBALL SKILLS & DRILLS BY KRAUSE. LAST ONCE HIS SKILLS GET A LITTLE BETTER GET HIM IN A BITTY BALL CAMP FOR KIDS SO HE CAN GET USED TO OTHER COACHING SYSTEMS, THIS WILL START HIM ON THE TRACK TO SUCCESS, KEEP ME POSTED ON HIS PROGRESS. COACHES AT LIFESOURCE INSTITUTE CAN LEAD YOU DOWN THE ROAD YOU ARE LOOKING TO TRAVEL DEALING WITH BRIDGING THE GAP BETWEEN SPIRITUAL AND PHYSICAL WORLDS WITH THE INTENT OF HEALING BOTH MIND, BODY AND SPIRIT. PLEASE CONTACT BERNARD@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER. THANKS AND KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.