

Longevity and Your Liver!

Marlenea La Shomb, N.D., LMT, P.Tr.

Dear Dr. Ma,
How do I help myself to
have a healthy liver?

— Debbie

Dear Debbie,

Like all our organs, we need our livers to be healthy, to function properly, and to work well for our whole lifetime. The best way to do this is to give them a time of rest! Then they can repair, rebuild, and repeat this process on a regular basis.

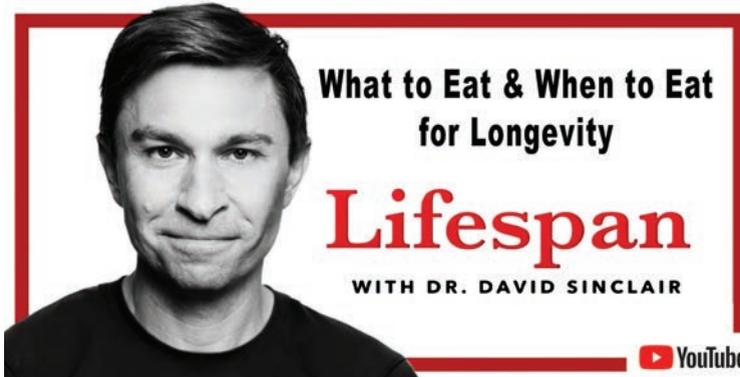
Your liver has many functions. One primary function has to do with digestion. This tells you that if you're always eating and digesting food (without a rest), you are working your liver to death!

Many people give their liver a rest during spring-time by fasting or cleansing it. I say, better yet, do this daily instead of once or twice a year. Professor of Genetics at Harvard Medical School, Dr. David Sinclair, agrees. His lifelong work is in the science of aging at all stages of life. He is co-director of the Center for the Biology of Aging, which maximizes wellness and longevity. Dr. Sinclair developed what he now calls "Time-Restricted Feeding." This gives your liver a daily resting phase, which gives it a chance to go into "autophagy" by putting your body into a "state of want." This kicks in a system whereby the liver recycles the old proteins in the body that cause toxicity, disease, old age, and death.

All organisms respond to this—

from yeast cells, to fish, to dogs and cats, to humans. The research and science agrees (there is no dissent) that this approach is beneficial to our health and longevity.

The key is to know yourself. Find your best "open window of eating." This is when you are truly hungry and your body digests its food most efficiently. Mine is between 9 am and 2 pm. Before I eat solid food, I get well hydrated with water and herbal teas, and plant-based, mineral broth. I then go to fresh, dried, and frozen-fruit smoothies, followed by fresh, raw, fruit salads, green-veggie salads, vegetable juices, and, on colder days, soups. I am a soup-and-salad girl that loves her fruit, and I include nuts and seeds.



Mono-eating (meaning one food at a time) is easiest for the body. Yet, most of us grew up throwing everything into a meal at the same time. Keep it simple for better digestion. The trick to NOT being hungry is liquids. Hydration is necessary by keeping the stomach half- to-three-quarters full and to alkalize the blood, so you do not feel hungry.

Dr. Sinclair has taken his research to the next level by applying it in his own life—something very few scientists do. The results show he is healthier today in his forties than he was 5–10 years ago. He is a "F.A.N." of



Just Ask Dr. Ma

Fasting with Adequate Nutrition

(giving your cells what they really need), so you are not starving yourself. Number one is to leave out the processed sugar—it's a killer, he says! Number two is to eat less dense and hard-to-digest dairy and animal proteins. Number three is to increase your consumption of fresh, organic vegetables and raw, whole fruits. Number four is to activate your liver's natural ability to recycle the old, toxic proteins in the body to reverse the aging and disease process.

To learn more, go to LifespanPodcast.com, and on YouTube, watch: "What to Eat & When to Eat for Longevity: Lifespan with Dr. David Sinclair." He has also

written many books on these subjects. Time-Restricted Feeding works by putting the body into want and moving your liver into recycle mode. Game on! I'm in. How about you? ■

— Dr. Ma

Send your questions to Dr. Ma La Shomb, N.D., LMT, P. Tr., by text, along with your name & phone number, to (406) 224-5425. Send email to: jumpstartyourhealth@gmail.com. Marlenea passionately works as a health coach and writer for all who are ready to find harmony and balance in body, mind and soul through natural therapies and education.