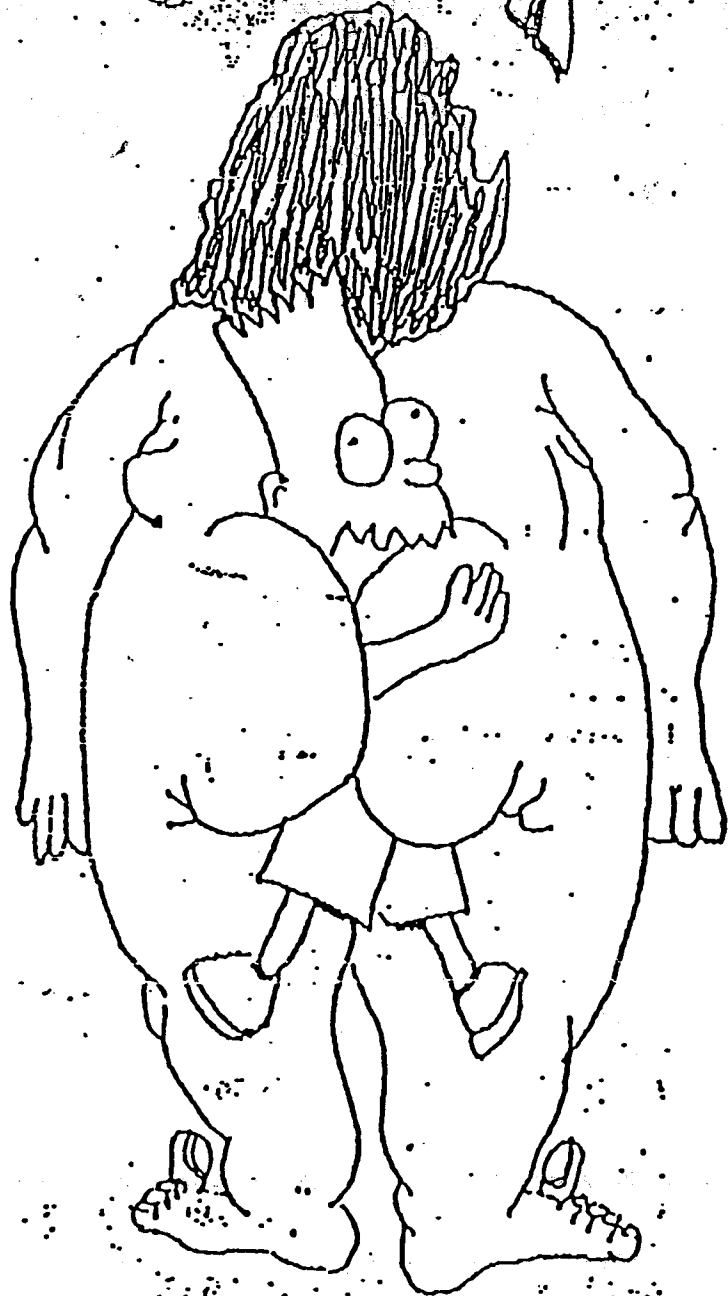


# CRACK



# KILLS

## Detox Survival 101 (The Other 12 Steps)

Tips to make your detox (& health recovery) experience more efficient and successful.

- 1) **GETTING HEALTHY BY ACTIVATING THE HEALER WITHIN!** Physical, emotional, mental and spiritual health. When you are healthier and less toxic you will have the strength and balance to deal with stress, issues and relationships.
- 2) **UNDERSTANDING DETOXIFICATION.** The process of detoxification is a process of healing. The withdrawal symptoms which are affecting the body, mind & emotions, are called a "healing crisis". The body is healing itself by eliminating toxins and moving towards a healthier, balanced state. Drugs suppress pain and prevents this process. Some medications may be necessary to slow down this process for safety such as to prevent seizures and lower blood pressure etc. as the body struggles for health and balance. (Homeostasis).
- 3) **DRINK PLENTY OF FLUIDS.** Water, herbal teas, and fruit & vegetable juices. Our "Detox Tea" includes herbs such as chamomile, hops, peppermint, catnip, skullcap, & yarrow. This tea promotes sleep, relaxation, elimination, sweating, & improves digestion. Drink 6 to 8 glasses of water or herb tea daily.  
Other important & useful herbs for a healthy recovery:
  - a) Milk Thistle & Dandelion Root enhance the metabolism of liver cells & protects them from toxic injury. Highly recommended for *HEPATITIS*.
  - b) St. John's Wort for mild to moderate *DEPRESSION*.
  - c) Dr. Bach's 'Rescue Remedy' for *ANXIETY & PANIC ATTACKS*.
- 4) **VITAMIN / NUTRITION THERAPY.** I recommend a good multi-vitamin. Extra vitamin C, B Complex & Calcium, Magnesium, Chromium and the Amino Acid L-glutamine. Understanding *HYPOGLYCEMIA*, the *SUGAR CONNECTION*. Many alcoholic/addicts are hypoglycemic. A special hypoglycemic diet is required to provide you with enough energy to heal. Basically it is 3 meals & 3 or 4 snacks daily. Avoid or reduce your intake of sugar, and refined carbohydrates such as white flour products, white rice etc. *Food is medicine*. Junk food addicts turn into junkies. Good food is balanced energy. (*Craving is an energy deficiency*)
- 5) **NATURE'S BASICS.** Fresh air, sunshine & exercise at every opportunity. Also adequate rest.
- 6) **LEARN ABOUT GETTING HEALTHY.** Consult a Naturopathic Physician, an Herbalist, or practitioner of Traditional Chinese Medicine. Visit a library.
- 7) **A HOT BATH WITH EPSOM SALTS.** Thermal detox (hot baths, sauna's, native sweat lodges) can reduce tension, cramps, sore muscles & bone pain. Thermal detox promotes deep tissue healing & sweating which is eliminating toxins/poisons. *Drink plenty of fluids when taking this therapy.* Try a hot water bottle for cramps & chills.
- 8) **INSOMNIA.** Drinking "Detox Tea" will promote sleep. A warm milk works well (but avoid milk if you have diarrhea). Hypoglycemics should have a snack before bed. Avoid caffeine and sugar.
- 9) **POSITIVE SUPPORT.** Create an environment which is safe, supportive & positive. Avoid people who will undermine *your Health Recovery Program*. Hang out with healthy friends and at healthy places. Consult detox staff for their support and recovery planning expertise.
- 10) **ACTION PLAN.** Write down your recovery plan of action. Recovery is serious business which requires a clear short and long term "business plan". Visualize it, write it down, do it!
- 11) **MODERATION.** Create a health recovery program which is enjoyable and manageable.
- 12) **NEVER GIVE UP!** This is the key principle in achieving a successful healthy recovery.

*"I have not failed. I've just found 10,000 ways that won't work."*  
Thomas Edison



### Detox First Aid Kit:

Preparation for detoxification is important. To assist you in this venture I suggest you purchase the following:

- 1) Dr. Bach "Rescue Remedy" & other Bach Flower Remedies.
- 2) Detox Teas: Celestial Seasoning "Sleepy Time Tea" & green tea.
- 3) Multivitamin containing at least the daily recommended allowance for Vitamin A, E and B complex and the minerals magnesium, zinc, selenium and manganese.
- 4) Additional: Vitamin C, 1000 mg. tablets, & Calcium/magnesium tablets (cal/mag)
- 5) Lemons for making lemon water (preferably organic)
- 6) Apple Cider Vinegar
- 7) Milk Thistle herbal capsules. (200 mg. Three times daily)
- 8) Dandelion root for liver health (8 grams daily as powder in a tea)
- 9) Turmeric spice for liver health 1 teaspoon in a cup of warm water after meals.
- 10) Probiotics (Lactobacillus acidophilus or L.Bifidus)

### Food as Medicine:

11. CALAMUS ROOT, HELPS RESTORE MENTAL DAMAGE RESULTING FROM DRUG & ALCOHOL ABUSE.

### LIVER TROUBLE

Hardening, congestion and impairment of liver results from excess use of alcohol and drugs as well as excess consumption of refined starches and sugars, hydrogenated fats and overcooked meats. All varieties of fresh fruits and vegetables are good but particularly beneficial medicinal foods for detox are:

- Beets
- Broccoli and other cruciferous vegetables - cabbage, cauliflower, brussel sprouts
- Carrot juice (diluted with ½ pure water)
- Tomatoes
- Celery
- Green Barley Powder
- Jerusalem Artichokes
- Rice, and rice powder for protein shakes.

### Guidelines for safe and effective detoxification:

- **Lemon Water:** Avoid dehydration! Drink a minimum of eight 8-ounce glasses of lemon water and/or herbal teas daily. To make lemon water take 1 quart of pure water and squeeze ½ of an organically grown lemon into it. (try it hot)
- **Apple Cider Vinegar:** Sip 1/3 cup of water mixed with 1 tea spoon of apple cider vinegar 2 or 3 times daily. For increased effectiveness in case of nausea, bad moods, etc. stir 1 tea spoon of honey into the vinegar water. (Do not use this formula if your are very frail, have diarrhea, or have rheumatism).
- **Meals:** Breakfast, lunch, diner and snacks should consist of fresh fruit and vegetables, rice cakes, rice protein shakes, brown rice, and soy products such as miso soup. (steamed sweet potatoes, sauteed vegetables and raw salads etc.)

## The Magnesium Connection

It is common knowledge that vitamin D is essential for efficient calcium utilization. In response to this information, the dairy industry has fortified nearly all available milk with synthetic vitamin D<sub>3</sub>.

For many years, magnesium also has been recognized as valuable in calcium absorption, but its absolute necessity has been underscored in several recent human experiments. In one, calcium and vitamin D were abundantly supplied while magnesium was withheld; all subjects in the experiment except one became calcium-deficient. When magnesium was reintroduced in the diet, calcium levels rose dramatically.<sup>2</sup>

## The Relaxing Effect

While calcium contracts the muscles, magnesium relaxes them. Thus calcium-blocking drugs are given to help stop vasospasm in heart disorders and headaches. However, some practitioners simply recommend additional dietary magnesium for the same purpose; since giving magnesium can be as effective as the calcium-blockers,<sup>3</sup> it is clearly a more desirable remedy because it has no side-effects.

Of all drugs ingested, the majority are taken to overcome stress and neuromuscular tension. Alcohol, the most widely used of them, acts temporarily to depress anxiety and relax muscles. Certainly a much healthier alternative to the possibility of addiction to tranquilizers, alcohol, or even chocolate is plenty of magnesium-rich foods in the diet—whole grains, beans and legumes, vegetables, seaweeds, nuts, and seeds.

Many of the benefits man gets from the sunshine he can get from greens. Anyone in the city should especially think of greens as a means of getting sunshine to the body.

—Dr. Bernard Jensen,  
from *Health Magic  
Through Chlorophyll*

# Alcoholism

Ruth Bar-Shalom ND and John Soileau ND

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### ALCOHOLISM

Alcoholism is the habit of consuming alcohol to the point that it interferes with social or work obligations. A person is addicted when abstaining from alcohol consumption is extremely difficult. Long-term alcohol consumption can cause liver and heart disease, high cholesterol, high blood pressure, and blood sugar disorders such as diabetes. Alcoholism is a leading cause of death and disease.

Some signs of alcoholism are depression, loss of friends, arrest for drunk driving, and frequent accidents. Other signs include drinking before breakfast, drinking while alone, periods of blackouts, and missing work days because of drinking.

The following suggestions can be helpful for alcoholism. A desire to be cured is an essential part of the program. Establish a good relationship with a counselor, who specializes in alcoholism, and with your local Alcoholic Anonymous; this number is available in the white pages.

### THE FOLLOWING SUPPLEMENTS ARE USED, AND CAN BE TAKEN FOR SEVERAL MONTHS:

1. B-vitamins ó These are robbed from the body by alcohol and can be replaced with 50 milligrams of a B-complex 3 times a day and additional vitamin B1 ó 250 milligrams per day.
2. Vitamin C ó 1,000 milligrams, 3 times a day.
3. A multivitamin tablet ó taken according to label instructions.
4. Glutamine, which is an amino acid ó 2 to 4 grams per day may reduce alcohol cravings.

### REGARDING THE DIET USED FOR ALCOHOLISM:

Stabilizing the blood sugar levels is necessary for successful treatment. In order to do that you should:

1. Abstain from alcohol.
2. Eliminate sugar-containing foods such as candy, pastries, and things that contain sucrose or corn syrup.
3. Eat a serving of whole wheat, oatmeal, brown rice, millet, or other whole grains at least once a day.
4. Eat at least 1 serving per day of vegetables such as cooked greens, salads, and beans.
5. Take brewer's or nutritional yeast ó 1 to 2 tablespoons a day.

## HERBS USED FOR ALCOHOLISM:

1. Milk Thistle (in tablet or capsule form) ó 250 milligrams 3 times per day. You could also use 1 tablespoon of the Milk Thistle seeds per day. Chew on these raw or powder in a blender and sprinkle over food. An extract from the seeds of Milk Thistle has been known to aid in repair of the liver damage done by alcohol.
2. Celandine (tablets or capsules) ó 250 milligrams 3 times a day.
3. A tea, with calming properties, is made from a mixture of the following herbs: Passionflower, Chamomile, Skullcap, and Oatstraw. Pour 1 cup of boiling water over 1 tablespoon of the herbal mixture. Steep for 20 minutes. Drink a minimum of 4 cups a day.

## HOMEOPATHY

**Nux. Vomica 30c:** This is one of the most common homeopathic remedies used to help in the treatment of this disease. Dissolve 3 pellets under the tongue once daily, 1 hour before or after eating or taking other medicines.

## AS ADDITIONAL MEASURES:

† A gradual exercise program should be started, 30 minutes per day, every day if possible.

† Remember that the counseling and AA meetings are extremely important and must be maintained over a long period of time.

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Dr. Ruth Bar-Shalom and Dr. John Soileau practice in Fairbanks, Alaska

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# A Little Help for the "Live-er"

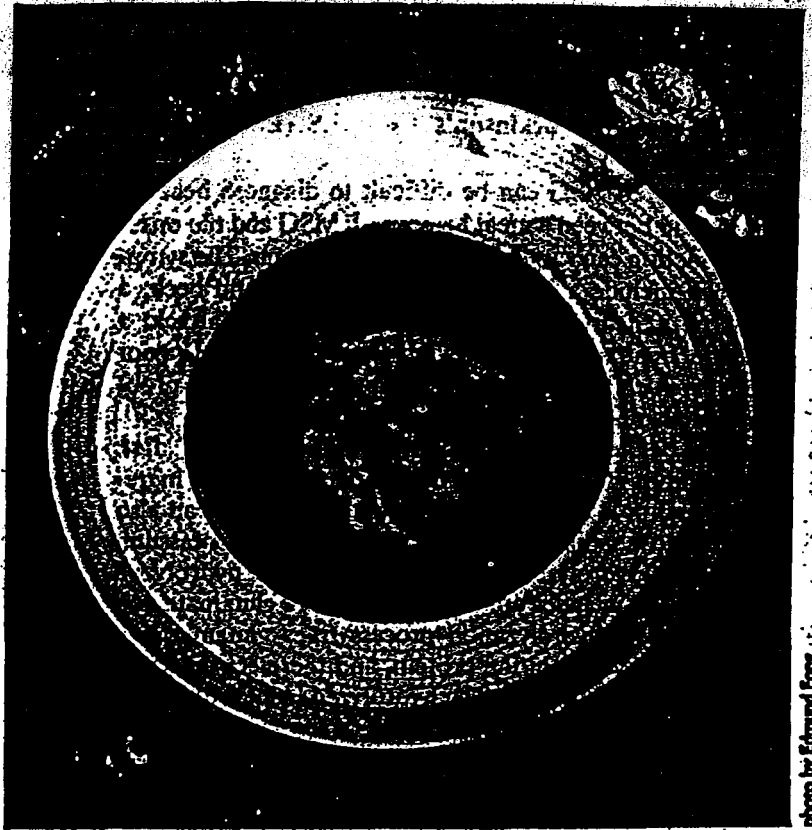


photo by Edmund Fong

*Beets are an excellent liver cleanser.*

The liver is a remarkable organ and is the central chemical laboratory in the body. In a world in which new toxins are introduced daily, it's more important than ever to make sure our livers are happy and healthy.

The liver plays an important role in metabolism. Perhaps the most important metabolic function of the liver is the detoxification, or inactivation and excretion, of toxic chemicals, drugs and hormones, both those made by the body and those that come from outside sources. The liver inactivates these substances and sends them onto physiological, biochemical pathways that eventually result in their excretion by the bowels, lungs, kidneys or skin. The liver is also involved in fat, carbohydrate and protein metabolism and vitamin and mineral storage.

The liver is a major blood reservoir, filtering more than 1.4 litres of blood per minute. It removes bacteria, toxins, and various other unwanted substances from the blood.

Every day the liver manufactures and secretes approximately 1 L of bile. Bile is necessary for the absorption of fat-soluble material from the intestines, including many vitamins, and its secretion helps eliminate many toxic substances.

Traditional Chinese Medicine (TCM) considers the liver the organ most strongly affected by our emotions. Conversely, TCM practitioners and many others have long recognized

that when the liver is stressed, anger, depression and irritability are more likely to arise. When a person's liver is functioning harmoniously, the person stays calm and relaxed.

Many factors determine whether the liver performs its critical functions well. Too much pressure on the liver from overeating, too much rich or poor-quality food, environmental stresses, overwork or emotional stress can cause liver overload, leading to a decreased ability to clear toxins and hormones and manufacture bile. An overloaded liver allows toxic waste material to pass into the blood and the body.

The steps you need to take to detoxify a congested liver depend on how severe the problem is. Start with the simple dietary and lifestyle measures outlined below and see how they make you feel. If you feel your liver needs further support, begin using herbs that support liver function.

## Choices That Support the Liver

1. Start your morning with fresh lemon juice in water; this helps flush and decongest the liver.
2. Eat beets or drink beet and vegetable juice regularly. Beets are an excellent liver cleanser.
3. Chlorophyll drinks and other green drinks can be used regularly to aid in liver cleansing.
4. High quality protein foods are necessary to restore and sustain the liver. Free-range eggs, fish, raw nuts and seeds and whole grains are beneficial.
5. Nutritional antioxidants such as vitamin E, zinc and selenium are essential for protecting the liver from free radical damage.
6. Liver restoration also requires lots of fresh air, exercise, adequate rest, natural foods and a minimum of 2L (approx. 2 quarts) of pure water daily. Other liquids do not count toward the required water intake.

## Liver Support

Civilizations throughout history have been aware of the healing action that specific herbs have on the liver. Known as cholagogues (the Greek word *khole* means bile), these plants trigger the liver's production of bile. Increased bile production gently cleanses the liver. As toxins are cleared, the liver cells can more easily access nutrients and becomes toned.

During a cleansing or detoxification program, I suggest that a liver support herb such as dandelion or burdock be

taken two to three times daily for the length of the program. To keep the liver healthy in our toxic and stressful world, a liver-supportive herb such as milk thistle should be taken periodically, for example two to three times daily for one week every month.

Burdock root has traditionally been used as a blood cleanser to support the liver and hormonal health. Studies show that it is also effective as an immune system enhancer, in the stabilization of blood sugar and as an antibiotic, anti-fungal and anti-tumor agent.

Dandelion root is considered the ideal liver remedy because it is completely non-toxic and gently restores liver function. It enhances the flow of bile and supports the kidneys during cleansing and detoxification of the liver and bowels.

Milk thistle contains some of the most potent liver-protective substances known, including silymarin, which inhibits the action of free radicals that damage liver cells. It also stimulates protein synthesis, which results in the production of new liver cells to replace the damaged ones.

Turmeric has long been considered a powerful healing plant. Curcumin, the principal active ingredient, has demonstrated potent liver protective, detoxifying, anti-carcinogenic, anti-inflammatory and antioxidant activity. Other effects of turmeric include lowering of cholesterol, improvement of fat metabolism and improvement of digestion.

Globe artichoke head, leaves and root have traditionally been used to improve digestion as well as liver, gall bladder and kidney function. The cynarin found in artichoke has been found to stimulate bile secretion as well as lower triglyceride and cholesterol levels. Artichoke also has some antioxidant activity.

You can find these herbs both on their own or in combination at your local health food store.

The liver energy system governs the peripheral and central nervous system, the eyes and tendons and provides energy and vitality to the sexual organs. When the liver is stressed, emotions such as anger, depression, moodiness, aggression, resentment and irritability are more likely to arise. Physical symptoms such as allergies, fatigue, indigestion and distended abdomen, eye problems (spots, red, watery), headaches, hot flushes, insomnia, hormonal imbalances such as PMS, muscular pain and neck tension can occur.

Everyone could benefit from a cleanse involving the bowel, liver and blood at least once yearly. ■

*Karen Jensen is president of the Alberta Naturopathic Association and co-author of The Complete Athlete, available from alive Books (800-663-6513).*

# Do You Have SUGAR BLUES?

*Do you know why you're tired all the time?*

Every day Jacqueline Avery would crawl out of bed with barely enough time for a piece of toast and her morning coffee. At work she began noticing that although she was productive for the first couple of hours, if she didn't have her mid-morning coffee and cigarette she knew she couldn't make it until lunch-time.

Jacqueline usually ate her lunch at her favourite pasta restaurant and always left time to enjoy another coffee and cigarette. On her way back to the office she usually stopped at the local bakery for dessert. But something always happened to Jacqueline in the afternoon. No matter how much coffee she drank, she was unable to stay alert and concentrate on her work. More often than not, she became irritable and angry with her co-workers. By the time she left for home, she was tired and depressed.

What happened to Jacqueline is not unusual for many people who suffer from hypoglycemia. While her daily routine may seem exaggerated to the health conscious individual, it is very similar to how hundreds of thousands of people treat their bodies. If we followed Jacqueline home, we'd probably see that she'd have more pasta for dinner. And because of the numerous cups of coffee she drank during the day, she may have a cocktail before bed to help her sleep.

## HOW DOES HYPOGLYCEMIA WORK?

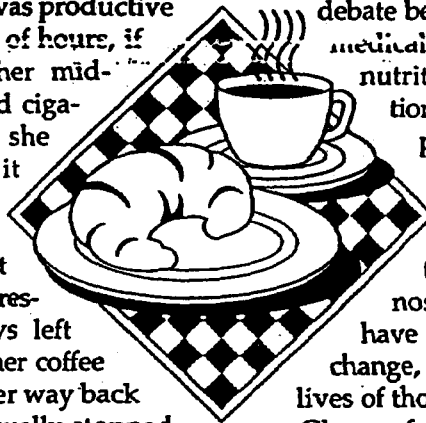
Hypoglycemia is clinically understood to mean low blood sugar.

There has been a long-standing debate between the orthodox medical community and nutrition-minded practitioners concerning the prevalence of hypoglycemia. Orthodox doctors feel that this condition is over-diagnosed, while others have seen this diagnosis change, for the better, the lives of thousands.

Glucose from carbohydrates is an important fuel that our muscles and organs rely on for energy. Our brains are fuelled exclusively by glucose and can last for only a few minutes in its absence. Insulin regulates the amount of glucose in our bloodstream and assists in its entry into tissues. Normally, this system functions smoothly and blood sugar levels never get too high or too low.

When we ingest simple carbohydrates, such as white bread or sugar, they are broken down very quickly and the resulting glucose floods our bloodstream. When the body senses this, it secretes enough insulin to clear the glucose away and may ultimately leave too little.

The body will not allow glucose levels to drop too far without offering another chance for recovery. A hormone called glucagon is released, stimulating the release of glyco-



will be converted into a usable form of glucose. If the drop is especially sharp, the adrenal glands will release epinephrine (adrenaline) and corticosteroids to break down stored glucose for energy.

The problem lies within the over-stimulation of these systems. The body should not need to do this as often as it sometimes does. When we provide the body with only simple carbohydrates and stimulants we, in effect, exhaust the mechanisms that would normally keep our blood sugar levels stable.

## SYMPTOMS

Most symptoms of hypoglycemia occur two to five hours after eating. Exercise may also trigger symptoms because the body has utilized (burned-up) its fuel. The primary symptoms are:

- Irritability
- Anxiety
- Panic attacks
- Cold sweats
- Hunger
- Vertigo
- Behavioural problems
- Headaches
- Mood swings
- Allergic reactions
- Mental disturbances

Because the brain relies heavily on glucose, it is usually the first to suffer from low levels. It is easy to see why many hypoglycemics are misdiagnosed with psychological problems. Premenstrual syndrome is often linked to hypoglycemia. Behavioural problems in children can frequently be traced to a diet of refined carbohydrates and junk food.

## WHAT CAUSES IT?

### Refined Carbohydrates

As stated earlier, refined (simple) carbohydrates are the worst enemy to stable blood sugar levels. Foods such as white flour products, refined grains, and sugar cause a rapid rise in blood sugar followed

drates such as whole grains and vegetables provide a steady supply of glucose and lasting energy.

### Caffeine

Caffeine causes an increase in the release of insulin which clears the blood stream of glucose. The "high" one experiences with caffeine is often followed by a sharp drop in energy and the symptoms of hypoglycemia. Unfortunately the answer for many is to reach for more coffee.



### Stress

Chronic stress can be detrimental to the body's ability to regulate blood sugar. In addition, the adrenals are constantly being challenged and may eventually stop functioning well.

### Nicotine

Smoking increases the release of both insulin and glucagon. Initially there is a release of too much sugar, followed by an insulin clean-up. As with coffee, a smoker may address symptoms of hypoglycemia with another cigarette.

### Alcohol

Alcohol not only increases insulin production, it also interferes with normal glucose utilization. As expected, a rapid drop in blood sugar occurs after drinking. Cravings are one of the symptoms of hypoglycemia, and for the drinker this means an increase in the desire for more alcohol. Chronic alcohol abuse can lead to more serious insulin problems like diabetes.

It is impossible to stress enough the importance of a good breakfast. If the body has a steady supply of energy, the "afternoon slump" so many people are familiar with will not occur. By eating frequent high-quality meals, the bloodstream never has too much or too little glucose. When we miss a meal, our blood sugar plummets to the point where symptoms occur.

## TREATMENT PLAN

- 1 Avoid refined carbohydrates. This is the most important part of the treatment.
- 2 Eat more protein and complex carbohydrates.
- 3 Eat small frequent meals. This helps maintain blood sugar levels.
- 4 Avoid caffeine and other stimulants.
- 5 Avoid alcohol.
- 6 Stop smoking.
- 7 Get adequate sleep. Sleep deprivation may lead to an increase in symptoms and/or the use of stimulants.
- 8 Get plenty of exercise. Regular exercise improves the body's ability to regulate blood sugar.
- 9 Manage stress levels.
- 10 Take daily supplements such as:
  - Chromium* - enhances the body's ability to utilize insulin.
  - Niacin* - facilitates the uptake of glucose and may help prevent or slow the progression of diabetes.
  - B-Complex* - for proper digestion and utilization of foods, and for the conversion of glucose to energy.
  - Zinc* - needed for proper release of insulin.
  - Magnesium* - Aids in carbohydrate (sugar) metabolism.
  - Dandelion root* - assists pancreatic function which controls insulin production.
  - Licorice* - aids the adrenals and regulates blood sugar.
  - Devil's club* - helps regulate blood sugar. ☘\*

## RESCUE REMEDY

The process of making flower essences was discovered in the early 1920's by an English physician, Dr Edward Bach. Flower essences are holistic, energetic healing remedies similar to homeopathic remedies with some differences. Their primary effects are on the emotions. For the last fifty years, they have been used extensively by health care professionals including doctors in Europe, and are now gaining worldwide acceptance.

There is virtually no physical, chemical plant material in the essences, so there is almost no risk of allergies or adverse effects. Brandy is used in the essences as a preservative; but as a dose is only two drops, and these can be administered in warm water, the alcohol can be evaporated before the remedy is taken. (Allergy to brandy would be a contraindication) Unlike homeopathic remedies, flower essences are not effected by aromatics such as coffee or mint; they can be taken with food or any other substance and be effective. Their benefits for the emotions are not based on any sort of physical effect on the nervous system so they are completely non-addictive.

Dr. Bach studied and characterised the effects of 38 flowers, but since then hundreds of other flowers have been made into essences which have specific, varied effects on the emotions. They can be very effective for states of fear, anger, depression, shock, etc., both in short term, emergency situations and taken for longer terms to help shift basic personality characteristics. This is a complex study, and I'm not proposing that the Detox get into it.

However, there is a single remedy, actually a combination of five essences, called Rescue Remedy, which has been used for decades to help people in states of extreme shock, anxiety, or agitation. It combines the essences of Star of Bethlehem, which helps deal with the shock of trauma: Rock Rose, which helps reduce terror: Cherry Plum, which helps deal with the fear of losing one's mind in extreme states of fright: Clematis, which helps one center in the present: and Impatiens, which helps one deal with things one at a time rather than staying trapped in the hope that everything will be cleared up at once. I have both seen and experienced how this remedy can help people in severe mental distress calm down enough to start dealing with their situations.

I think this remedy could be invaluable in dealing with clients having panic attacks, anxiety, agitated depression, cravings, and the desire to bolt. Indeed, any situation of extreme mental distress is a reasonable indication for Rescue Remedy...there are even many times when it could help staff recover from a traumatic experience.

So I am proposing that we have a bottle available in the Med Room and another in the Police area. For legal reasons, its use should be supervised by a nurse. The usual dose is two drops in a cup of warm water, sipped slowly. It may be repeated as often as necessary, even every fifteen minutes, but it is a crisis intervention response rather than a regular medication. When it is used, it should be recorded on the med sheet.

*Dr Bach's  
47 Flower Essence*

*Crab Apple*

## MILK THISTLE

A most interesting tonic herb from the tradition of European folk medicine is milk thistle, *Silybum marianum*. The seeds of this plant yield an extract, silymarin, that enhances metabolism of liver cells and protects them from toxic injury. Although the pharmaceutical industry has produced many drugs that damage the liver, it offers nothing to match the protective effect of milk thistle, which is itself nontoxic.

Anyone who is a heavy user of alcohol should take milk thistle regularly, as should patients using pharmaceutical drugs that are hard on the liver, including cancer patients undergoing chemotherapy. I recommend this herb to all patients with chronic hepatitis and abnormal liver function, and have seen cases of normalization of liver function in persons who took it every day for several months and also worked to improve their diets and lifestyles. If you work with toxic chemicals or feel you have suffered toxic exposures from any source, take milk thistle. It will help your body recover from any harm.

You will find milk thistle products in all health food stores. My preference is to use standardized extracts in tablet or capsule form. Follow the suggested dosage on the product you buy, or take two tablets or capsules twice a day. You can stay on milk thistle indefinitely.