Systemic enzymes have many and varied uses. Most folks are now familiar with the controlling of inflammation, fibrosis and the like but many don’t realize that the enzymes can also help the liver to get rid of the toxins it’s been holding on to.

Our livers are the filters of our body. They remove toxic material and either release it into the colon for disposal or store the toxins in the fat cells of the liver. If the livers fat cells are already overburdened with toxins then the organ will create fat cells elsewhere in the body to store the toxins in. Most people who have never had a liver detox reaction or done a purposeful liver detox have bits of toxic material from pollution, medication and "recreational" drug use socked away in their livers that has been building up their entire life. Not a good state of affairs.

A few natural therapies can cause the liver to "dump" its store of held toxins:

- Colon hydrotherapy
- Green foods and drinks which are high in sulfur
- Fasting
- Systemic enzyme use

When liver detox reactions happen they are in fact good things though at rough times the process does not feel good. Feelings of having a body flu, headache, nausea, skin rash, bad breath or body odor can occur. If narcotic or hallucinogenic drug use has been part of the patient’s history then sometimes, as the tiny bits of those substances are released into the blood stream for disposal, symptoms of being on the drugs may once again occur.

The bad feelings develop as a result of the colon not being able to get rid of the toxins as fast as the liver excretes them. All detox reactions should be expedited to assist the body in getting rid of the toxins. The following can be done:

- Use of the natural liver-cleansing agent as those available in health food stores
- Use of colon hydrotherapy
- Increasing the ingestion of green foods and drinks
- Increasing water intake
- Increase magnesium intake to over 2000 mg a day

In addition, decreasing the amount of enzymes being supplemented can slow the rate of detox.

Liver detoxing reactions are a beneficial cleansing for the body. They might not feel great while we’re going through them, but it will help us to have squeaky-clean insides.