

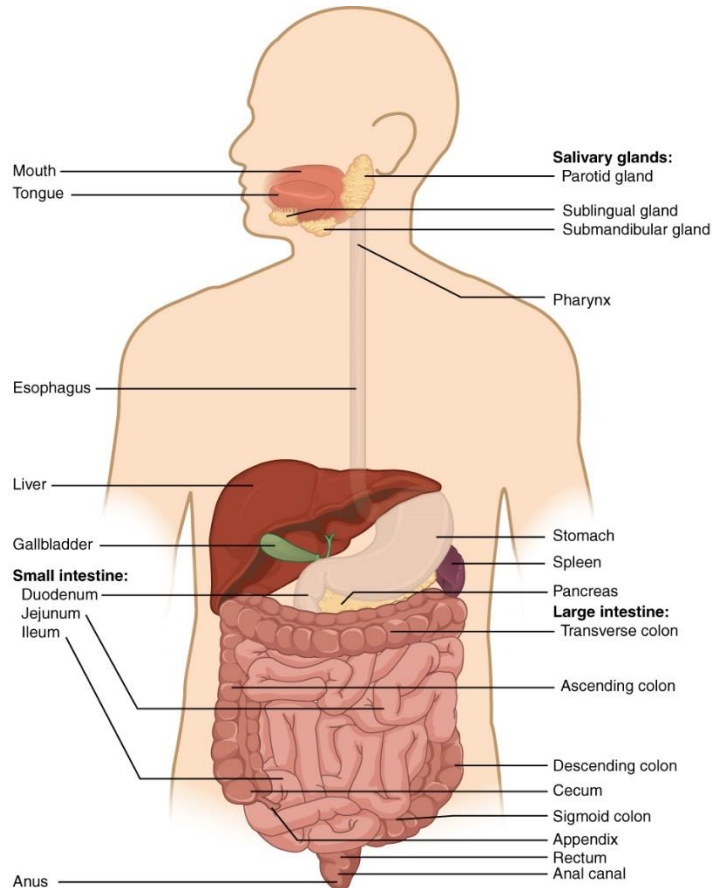
August 14, 2023

APLGO Zoom Product Call Questions – HPR
With Tina Casper D'Angelo and Mary Esther Gilbert

1. Your liver is an important organ that plays a vital role in your health. First of all, what are the main functions of your liver. And how does HPR help to keep it healthy?

Liver Main Functions:

- Stores fat and fat-soluble vitamins.
- Stores iron and copper, both needed to form the blood's hemoglobin, which carries oxygen and removes carbon dioxide.
- Manufactures cholesterol and fat-carrying proteins.
- Manufactures bile, which breaks down fats in the small intestine during digestion.
- Manufactures proteins that are components of blood plasma.
- Stores the body's complex carbohydrate glycogen, and converts it to and releases glucose into the bloodstream as needed.
- Converts toxic ammonia metabolic byproducts to urea, an end product of protein metabolism that is excreted in the urine.
- Clears the body of too much bilirubin:
 - Is made in the process of breaking down red blood cells when they have expired.
 - (makes the skin and eyes turn yellow).
- Produces immune factors that remove bacteria from the bloodstream.
- Regulates blood clotting.
- Clears the blood of toxic substances:
 - Blood by-products are excreted through the kidneys in the form of urine
 - Bile byproducts are excreted through the bowel.



Reference:

Anatomy and Function of the Liver. Stanford Medicine. (2023).

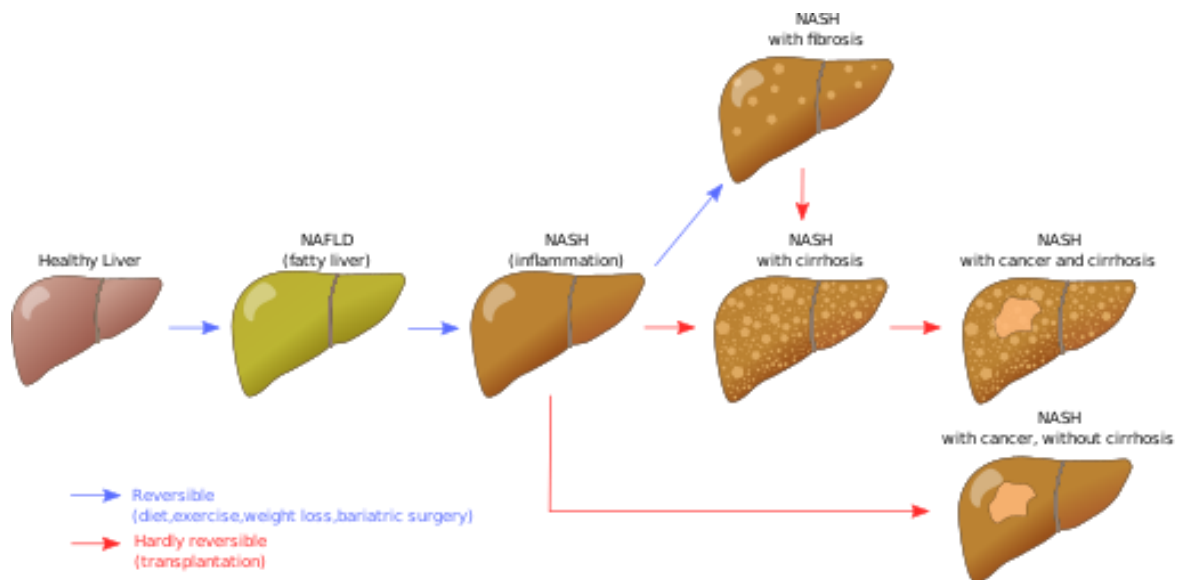
<https://www.stanfordchildrens.org/en/topic/default?id=anatomy-and-function-of-the-liver-90-P03069>

How HPR Keeps the Liver Healthy

- **Artichoke** contains Tsinarin, improves circulation in the gallbladder, increasing flow of bile.
- **Avocado** helps eliminate toxins in the liver and balance cholesterol levels in the liver.
- **Dandelion** improves bile flow, digestive gland secretions (saliva, stomach enzymes), and contains liver-cleansing phytonutrients: lutein, violaxanthin, zeaxanthin, chlorophyll, and others.
- **Milk thistle seed** protects against scarring or cirrhosis.
 - Helps build important liver enzymes.
 - Neutralizes toxins in the liver, including toxins from alcohol.
- **Peach** contains anti-inflammatory compounds lutein, zeaxanthin, and essential fatty acids for heart function and strong blood vessels.
- **Raisin** has a liver cleansing effect, protects from cell damage as an antioxidant, reduces LDL blood cholesterol.
- **Turmeric root** helps the liver process or break down fats, aiding their digestion, reduces blood cholesterol levels, contains curcuminoids that eliminate synthetic toxic chemicals, prevents gallstones.

Reference:

Gilbert, M. E. (2021). Potent Superfoods for Lifelong True Health. Tucson, AZ: Holistic Choices Publishing.



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2. When using HPR, a daily detox, why is it important to use every day, instead of what people traditionally think of a once in a while liver cleanse?

- Why wait until toxins accumulate. Every meal should contain detoxifying foods from the plant kingdom, including effective supplements.
- Health maintenance or health improvements mean the body requires daily optimal nourishment and detoxifying, cleansing foods—clean fuel.

3. How does HPR help with metabolism and detoxification?

- HPR helps maintain proper liver functions, which is central to maintaining communication between all body cells and therefore all body tissues.
- HPR's botanicals have been shown to help regulate fat and sugar metabolism, and aid the digestive process, both of which are involved in energy production for every cell in the body.
- HPR contains botanicals that help the body digest foods down to the basic units of energy and anabolic functions: glucose, fatty acids, and amino acids.
- HPR concentrates on botanicals that aid the body's detoxification channels, especially cleansing the liver by removing metabolic wastes (chemical or synthetic toxins, expired cells and their debris) and the immune system in controlling levels of and destroying illness causing microorganisms such as clearing bacteria from the blood.

Reference:

Rui L. (2014). Energy metabolism in the liver. *Comprehensive Physiology*, 4(1), 177–197.
<https://doi.org/10.1002/cphy.c130024>

4. High cholesterol, fatty liver, gallbladder stones, and symptoms of diabetes are on the rise. How does nutrition correlate with these factors and how could the botanical benefits of HPR help?

- The presence of active phytonutrient compounds and digestive enzymes in HPR's botanicals provide what the body needs to prevent abnormal fat and sugar metabolism that results in high cholesterol, fatty liver, gallstones and diabetes.
- Since the main focus on HPR's botanicals are about maintaining normal liver function, then the key is to provide the right nutrient factors the body uses to cleanse or clear out the debris and normalize fat metabolism is to take in such nutrient-rich, active complexes in HPR that are immediately recognized and utilized by the body.
- Staying properly nourished with a variety of fresh whole organic produce for their cleansing, detoxifying, immune supporting, repairing, anti-inflammatory, antioxidant properties and critical active enzymes are all known factors for preventing and restoring normal functioning in the organs involved in digestion, breaking down foods for proper fat and sugar metabolism.
- Proper nourishment includes the dietary energy nutrients of protein, carbohydrates, and fats, which complete digestion and nutrient utilization requires the enzymes both in whole raw foods, which provide the amino acids necessary to generate digestive enzymes in the liver and the pancreas.

5. Besides the liver, what other benefits and/or organs does HPR support?

- **Artichoke** vitamins, minerals, fatty acids synergistically are used by the body to normalize the central nervous system. Helps clear skin conditions related to toxic liver such as eczema and psoriasis.
- **Avocado** contains plant sterols, precursors to the production of thousands of regulating hormones and reproductive hormones, and other immune-protective phytochemicals that have been shown to reduce risk of obesity-related diseases. Studies also show improvement in memory, attention span, and problem solving.
- **Dandelion root** is antiviral, anti-tuberculosis, anthelmintic (destroys parasitic worms), aids the pancreas in producing insulin.
- **Milk thistle seed** protects against ultraviolet radiation skin damage, protects cell membranes, preventing toxic chemicals from entering the cells, and helps build new cells due to many flavonoid compounds that enhance capillary permeability and strength. Prevents inflammatory responses of the immune system that would otherwise lead to allergic responses.
- **Peach** organic acids quinic, citric, malic acids help regulate the body's acid-alkaline balance, which prevents many inflammatory conditions. Contains phytonutrients lutein, zeaxanthin, beta-cryptoxanthin in protecting eye health. Peach complexes help strengthen muscles, heart, blood vessels, and regulate nervous system actions.
- **Raisin** phytochemical compounds and B Complexes prevent damaging free radical molecules from harming cells and their functions. Found to help regulate blood pressure, which is regulated by the kidneys.
- **Turmeric** decreases production of inflammatory proteins present in bone and joint pain. Has cardioprotective properties, preventing cardiac injury by improving the heart's circulatory pathways. Helps the brain produce more Brain-Derived Neurotrophic Factor (BDNF), which delays age-related problems with learning and memory.

Reference:

Gilbert, M. E. (2021). Potent Superfoods for Lifelong True Health. Tucson, AZ: Holistic Choices Publishing.

6. How is the liver and the digestive process connected? And does HPR also aid with digestion and the gut?

- The properly maintained liver generates digestive enzymes for digesting dietary fats.
- Dietary fats from whole, enzyme-active foods such as nuts and seeds or in fruits such as peaches and raisins in the HPR also create a healthy gut environment of beneficial aerobic bacteria or microflora while destroying illness-causing anaerobic bacteria.
- Dietary raw foods contain various types of fiber, and phytochemicals that also contained in HPR that keep the colon and its environment free of clogging, hardened toxic materials that feed the illness-causing microbial populations.

7. HPR has been referred to as the 'hangover' drop. Can you speak to this?

- The nutrient factors in HPR's botanicals are known to help the liver neutralize and eliminate toxins from alcohol.

8. If time permits, can you go over a couple of the key botanicals in HPR that make it such a unique product?

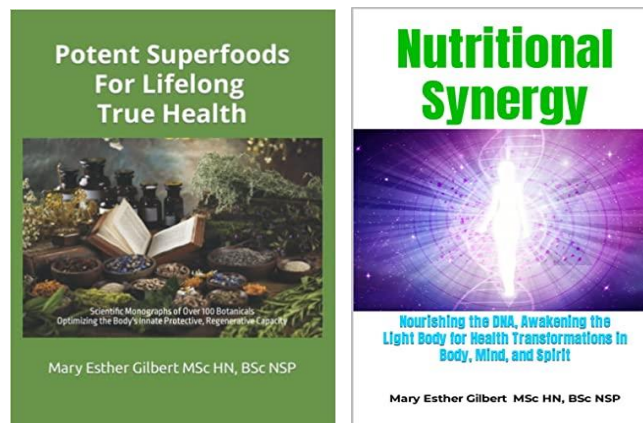
- With the synergy of the dandelion, milk thistle and turmeric, and since the plant cell components in the HPR are readily available for the body's own DNA to "read", the body receives an array of nutrient complexes for effectively stimulating the actions of purifying the blood of toxins, cellular debris, and illness-causing microbials.
- The other botanical plant cell components in HPR contain the genetic sequences the body's DNA can use for maintaining and repairing its own gene sequences of instructions for properly maintaining the various body systems: the digestive, immune, hormonal, brain and nervous system.

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