Milk Thistle More Than Just a Potential Liver Health-Enhancer

Melissa Scott  February 06, 2017

The potential therapeutic effects of milk thistle may be obtained through supplementation. One of the most reliable sources of milk thistle seed extract supplements is Divine Bounty.

(Newswire.net -- February 6, 2017) Orlando, FL -- Today, an increasing number of consumers are turning to the use of natural alternatives such as milk thistle. While this natural alternative has been known to be helpful for the protection and health of the liver, it appears that it has many other possible benefits to offer.

Milk thistle may be more than just a potential liver health-enhancer. Due to the increasing number of people who are suffering from liver health problems, there are those who try to practice a healthy diet and lifestyle.

However, it is important to understand that there are many factors that contribute to the existence of a wide variety of threats to liver health. Chemicals contained in food and environmental pollutants are just some of these factors.

Exposure to these toxins is inevitable. The good news is that consumers can take measures to ensure that their liver and other organs in the body are protected.

For more than 2000 years, milk thistle has been utilized as an alternative for liver problems. It is native to North Africa, Europe, and the Middle East. It has long been used against liver diseases, which include cirrhosis, alcoholic hepatitis, viral hepatitis, and liver poisoning.

This natural ingredient is thought to be helpful in regulating blood sugar as well as in promoting fat metabolism. It even has the potential to aid in the excretion of certain hormones in the body.

In addition to its possible effects on the liver, milk thistle may also help individuals who suffer from constipation, acne, irritable bowel syndrome, and Crohn’s disease.

Milk thistle has further been found to be useful against gallstones, atherosclerosis, iron overload, high cholesterol, and certain forms of cancer. It is even thought to aid in the conversion of LDL cholesterol to HDL cholesterol in the liver.

Natural alternatives, such as milk thistle, may have the ability to complement the healing processes inside the body. The use of pharmaceutical drugs has been extremely popular. However, they also have a potential to cause some side effects.

Pharmaceutical drugs may contain substances that the human body finds extremely foreign. Thus as a defense, it negatively reacts with these substances. This negative reaction could result in the development of side effects.

According to some experts, milk thistle has the potential to decrease the amount of cholesterol in the bile, which may reduce the risk of gallstones.

It has also been thought that milk thistle may aid in certain forms of cancer linked with the hormone estrogen. It contains an active ingredient called silybin, which has a potential to fight for estrogen receptor sites. It may also offer the ability to block estrogen from landing on cancer cells.

It is believed to be an excellent herb for individuals who are at an increased risk for breast cancer as well as certain types of cancers that are stimulated by estrogen.

This natural alternative may further be beneficial for diabetics due to its potential to reduce insulin resistance in the liver. The liver takes care of eliminating insulin from the blood stream in cases of type 2 diabetes. This natural ingredient may aid in diabetes cases that are caused by liver damage due to excess alcohol consumption.
The potential therapeutic effects of milk thistle may be obtained through supplementation. One of the most reliable sources of milk thistle seed extract supplements is Divine Bounty.

(amazon.com/Milk-Thistle-Supplement-Standardized-Extract/dp/B01LWI4A51)

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at http://www.DivineBounty.com.