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### How to cure weight gain and all other side effects associated with the intake of Antipsychotic drugs

Filed under: [Nutrition and Health, Reiki, Sciences, Spirituality](#) — admin @ 2:11 pm

There is a statistically significant correlation between weight gain and liver enzyme elevation associated to the intake of Antipsychotic and/or anxiolytic drugs.

Difficulty to loose weight, to burn belly fat, Weight Gain and obesity is Rooted to Liver Enzyme Defect.

Thus if you want to return to a decent weight and stay healthy, you should eat herbs and food that lower liver enzymes (liver, gallblader and blood detox) :

Take :

- artichoke
- dandelion
- burdock root
- Black radish
- turmeric
- flaxseed
- black pepper
- sylimarin (milk thistle)
- Blueberries
- Grapefruit
- pomegranate
- Olive oil
- Fish
- fennel
- cinnamon
- rosemary
- thyme
- licorice
- mint
- clove
- mallow
- cilantro (leaves) but seeds or good too, chlorella, wakame, turmeric, cloves, garlic, wild garlic, vegetal activated charcoal, onion, brazil nuts, apple cider vinegar (heavy metals chelators)
- wasabi, horseradish
- coffee (if you tolerate)
- spirulina
- Take also these products mentioned in bold on this post :  
<https://www.qchartist.net/blog/some-of-the-best-nutrients-that-will-keep-you->

## [healthy/](#)

This article explains how a healthy liver is so important :

<https://www.gogoldentree.com/tips/liver-detox/>

Important note : for example silymarin = anti androgen = liver detox = cure cancer = less cancer in female than in male = great coincidence

You should also reduce sebum, oily skin, dht : <https://www.qchartist.net/blog/list-of-products-that-reduce-sebum-and-oily-skin/>

Also consider to increase HGH growth hormone (which tends to decline with aging) :

- cinnamon
- mucuna pruriens (velvet beans)
- L-Tyrosine
- flax
- rice
- soy
- nori
- spirulina and chlorella
- kudzu
- almonds
- pistachio
- hawthorne berry
- beets
- see more in the links below

If you experience high blood pressure (hypertension) and tinnitus : cinnamon, ginkgo, siberian ginseng, hawthorn, passion flower, escholzia, garlic, ginger, rhodiola, ashwagandha, kudzu, triphala will help.

- [Salmonella, typhus and harmful bacterias remedies](#)

All the best

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