

Liver Care Assessment

The liver is sometimes referred to as the body's 'housekeeper,' 'maid' or 'cleanup crew.' With good reason; it's the first line of defense against any poison or toxic threat to the body.

In today's toxic world you're assaulted on a regular basis by the use of meds, steroids, smoke, overuse of alcohol, Franken-foods, pesticides, polluted air, water and soil. Toxins are either eaten, inhaled, or absorbed through the skin. Supporting your liver makes sense for living your most vital life.

Below are some of the most prominent signs and symptoms of an overloaded, overworked liver. How do you rate? Put a check-mark beside each symptom that applies to you.

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| <input type="checkbox"/> Alcohol use, excessive | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Chemicals & chemical intolerance | <input type="checkbox"/> Frequent |
| <input type="checkbox"/> Environmental sensitivities | <input type="checkbox"/> Migraines |
| <input type="checkbox"/> Foods | <input type="checkbox"/> Hormonal imbalance; |
| <input type="checkbox"/> Bad breath | <input type="checkbox"/> Impotence |
| <input type="checkbox"/> Body heat, excessive | <input type="checkbox"/> Low sex drive |
| <input type="checkbox"/> Coated tongue when going without food for
4-8 hours | <input type="checkbox"/> PMS |
| <input type="checkbox"/> Colds, frequent | <input type="checkbox"/> Immune |
| <input type="checkbox"/> Fevers | <input type="checkbox"/> Low immune response |
| <input type="checkbox"/> Mucus | <input type="checkbox"/> Overburdened immune system |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Itching |
| <input type="checkbox"/> Anger | <input type="checkbox"/> Jaundice |
| <input type="checkbox"/> Behavior swings | <input type="checkbox"/> Liver issues |
| <input type="checkbox"/> Bi-polar disorder | <input type="checkbox"/> Liver cancer |
| <input type="checkbox"/> Mood swings, | <input type="checkbox"/> Fatty liver |
| <input type="checkbox"/> Unpleasant moods | <input type="checkbox"/> Metabolism, sluggish |
| <input type="checkbox"/> Digestion Issues | <input type="checkbox"/> Memory, poor |
| <input type="checkbox"/> Acid reflux | <input type="checkbox"/> Mental fatigue |
| <input type="checkbox"/> Bloating after eating | <input type="checkbox"/> Nausea |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Obesity |
| <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Overweight |
| <input type="checkbox"/> Inadequate digestion | <input type="checkbox"/> inability to lose weight |
| <input type="checkbox"/> Indigestion | <input type="checkbox"/> Pre-mature aging |
| <input type="checkbox"/> IBS; irritable bowel syndrome | <input type="checkbox"/> Pre-mature graying |
| <input type="checkbox"/> Poor digestion | <input type="checkbox"/> Skin Issues |
| <input type="checkbox"/> Poor protein assimilation | <input type="checkbox"/> Acne |
| <input type="checkbox"/> Diminished eyesight | <input type="checkbox"/> Blemishes |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Discolorations |
| <input type="checkbox"/> Continual | <input type="checkbox"/> Eczema and/or psoriasis |
| <input type="checkbox"/> Frequent | <input type="checkbox"/> Moles |
| <input type="checkbox"/> Gall stones | <input type="checkbox"/> Oily skin |
| <input type="checkbox"/> Gallbladder problems | <input type="checkbox"/> Rashes |
| <input type="checkbox"/> Gas | <input type="checkbox"/> Warts |
| <input type="checkbox"/> Upper and lower | <input type="checkbox"/> Sleep disorders |
| <input type="checkbox"/> Excessive gas | <input type="checkbox"/> insomnia |
| <input type="checkbox"/> High cholesterol | <input type="checkbox"/> Sugar cravings |
| | <input type="checkbox"/> Tendons, ligaments & cartilage is weak |