Your Amazing Liver

WHAT YOUR LIVER DOES
- Provides Immunity Against Infection
- Regulates Blood Clotting
- Bile production & excretion
- Excretion of bilirubin, cholesterol, hormones & drugs
- Metabolizes fats, proteins & carbohydrates
- Enzyme activation
- Stores glycogen, vitamins & minerals
- Performs over 500 different chemical functions
- Blood detoxification and purification
- Filters over a liter of blood each minute

If the weight of your liver is more than 10% fat, then you have fatty liver. As many as 10 to 25% of Americans have fatty livers!

ORGANIC HERBS FOR LIVER SUPPORT & CLEANSING
- Milk Thistle seed
- Wildcrafted Chances
- Piedra, Fringetree bark
- Dandelion root & leaf
- Nettles root & leaf
- Turmeric Root
- Marshmallow root & leaf
- Yellow Dock root
- Barberry root & bark
- Blue Flag

SYMPTOMS OF SLUGGISH LIVER
- Headaches
- Dark urine
- Loss of appetite
- Chronic Constipation
- Diarrhea & light colored stools
- Easy bruising
- Anxiety & depression
- Mental confusion
- Hormone imbalance
- Exhaustion & fatigue
- Jaundice
- Impaired libido
- Food allergies & chemical sensitivities
- Sinus & Allergy

SUPPORT YOUR LIVER
- Eat healthy & organic
- Smaller protein consumption
- Count carbohydrates
- Avoid antibiotics & antacids
- No alcohol & Acetaminophen
- Perform liver cleansing
- Be aware of drug side-effects
- Avoid environmental toxins

LIVER SIZE
- Largest solid organ in your body.
- About 8 inches (20 cm) wide, 6.5 inches (17 cm) long & 4.5 inches (12 cm) thick. Weighs approximately 3.5 lbs.

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