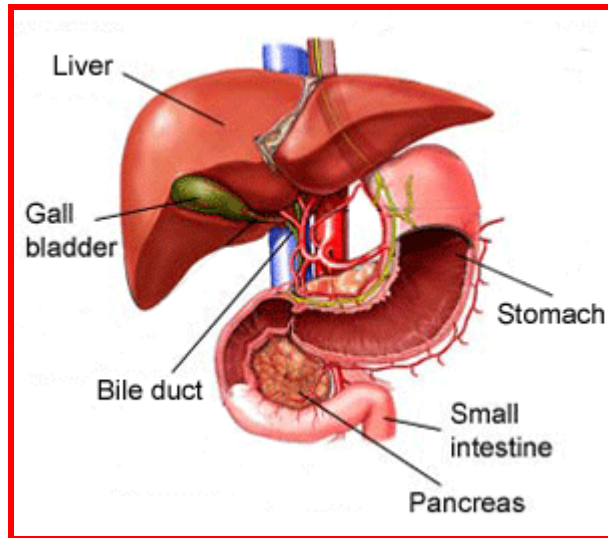


~ A Healthier You ~

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When I surrender, the Universe moves.
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THE LIVER - NATURE'S GREAT 'CLEANSER'

The liver is responsible for filtering out toxins that it encounters daily. These include drugs, alcohol, artificial colors/flavors, preservatives, airborne pollutants, pesticides (in the air and our food), chlorine/fluoride from the water and many more. It also maintains our immune response, is the seat of energy production, manufactures bile to digest fats, metabolizes proteins/carbohydrates and balances and secretes hormones and enzymes.

Liver disorders are responsible for over 50,000 deaths in the U.S. per year. This is largely a result of lifestyles that include too many 'toxins', such as drugs (including prescription medications), alcohol, food preservatives and dyes, hydrogenised fats/oils, occupational chemicals and chemicals that are in everyday cleaning and so-called 'beauty products'.

Signs and symptoms of an exhausted liver:

1. Liver disease such as cirrhosis or chronic hepatitis
2. Unusually high cholesterol levels
3. Unexplained fatigue and headaches

- 4. Thick, coated tongue (yellowish/white) coupled with chronic constipation**
- 5. Jaundice or yellowish tint to skin, eczema, psoriasis, acne rosacea or age spots**
- 6. Gas or discomfort after a fatty meal**
- 6. A protruding stomach**
- 7. Frequent cold/flu infections and allergic reactions.**

If you're eating rich foods like heavy meats and cheeses, and/or drinking excessively and/or using prescription drugs (especially non steroidal anti-inflammatory drugs (NASIDs) and/or taking acetaminophen for pain, then you are at risk for having a compromised liver. But, it's not too late -

Nature has provided us with many healing herbs, geared specifically to the liver. Why not start your healing journey TODAY? Do some research.....educate yourself!