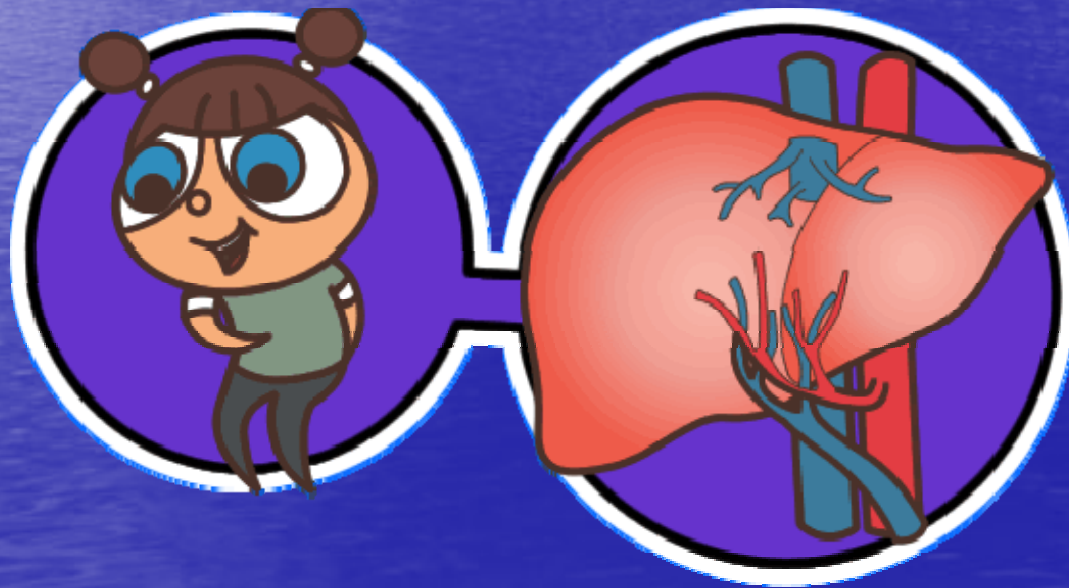


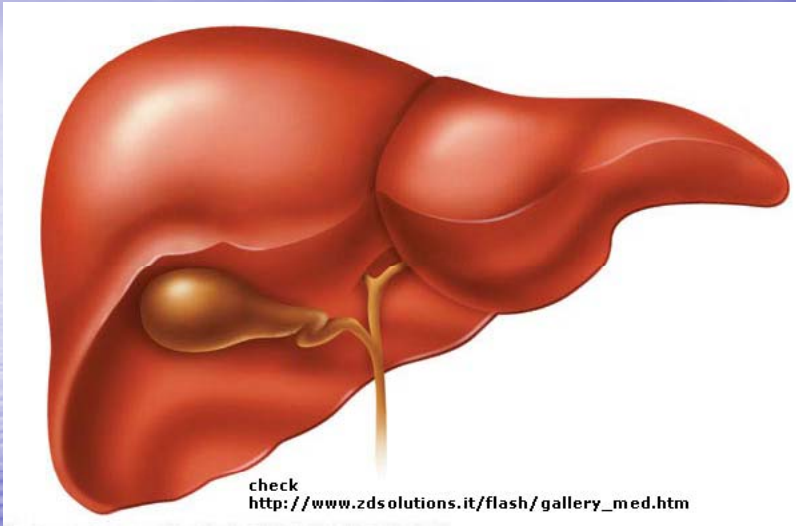
**HOW MUCH DO YOU  
LOVE YOUR LIVER?**

A blue-tinted photograph of a vast ocean under a cloudy sky. The text is centered in the middle of the image.

**How Can You Love it If You  
Don't Know it?**

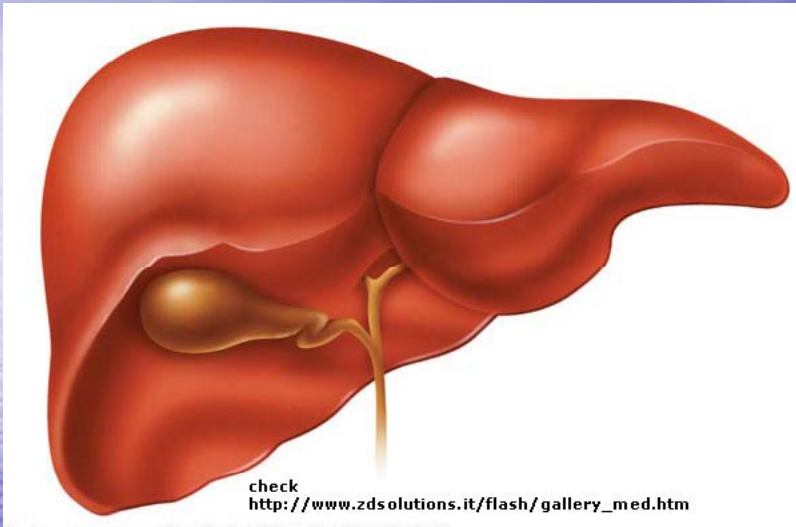
Hi... I'm Your Liver!  
Let me tell you how much I love  
you...in 9 ways





1. I **store the iron** reserves you need, as well as a lot of **vitamins and other minerals.**

*Without me, you wouldn't have the strength to carry on!*

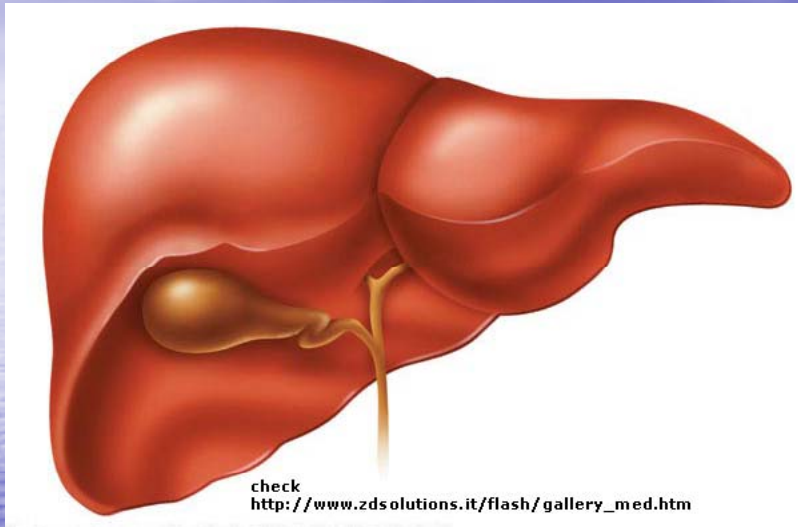


check  
[http://www.zdsolutions.it/flash/gallery\\_med.htm](http://www.zdsolutions.it/flash/gallery_med.htm)

2. I make **bile** to help digest your food.

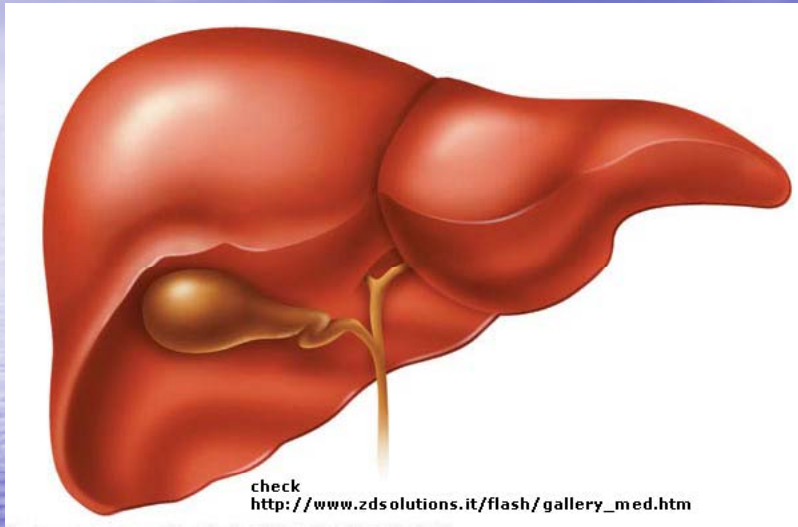
*Without me, you'd waste away to nothing.*

3. I **detoxify poisonous chemicals** you give me, and that includes alcohol, beer, wine and drugs (prescribed and over-the-counter) as well as illegal substances.

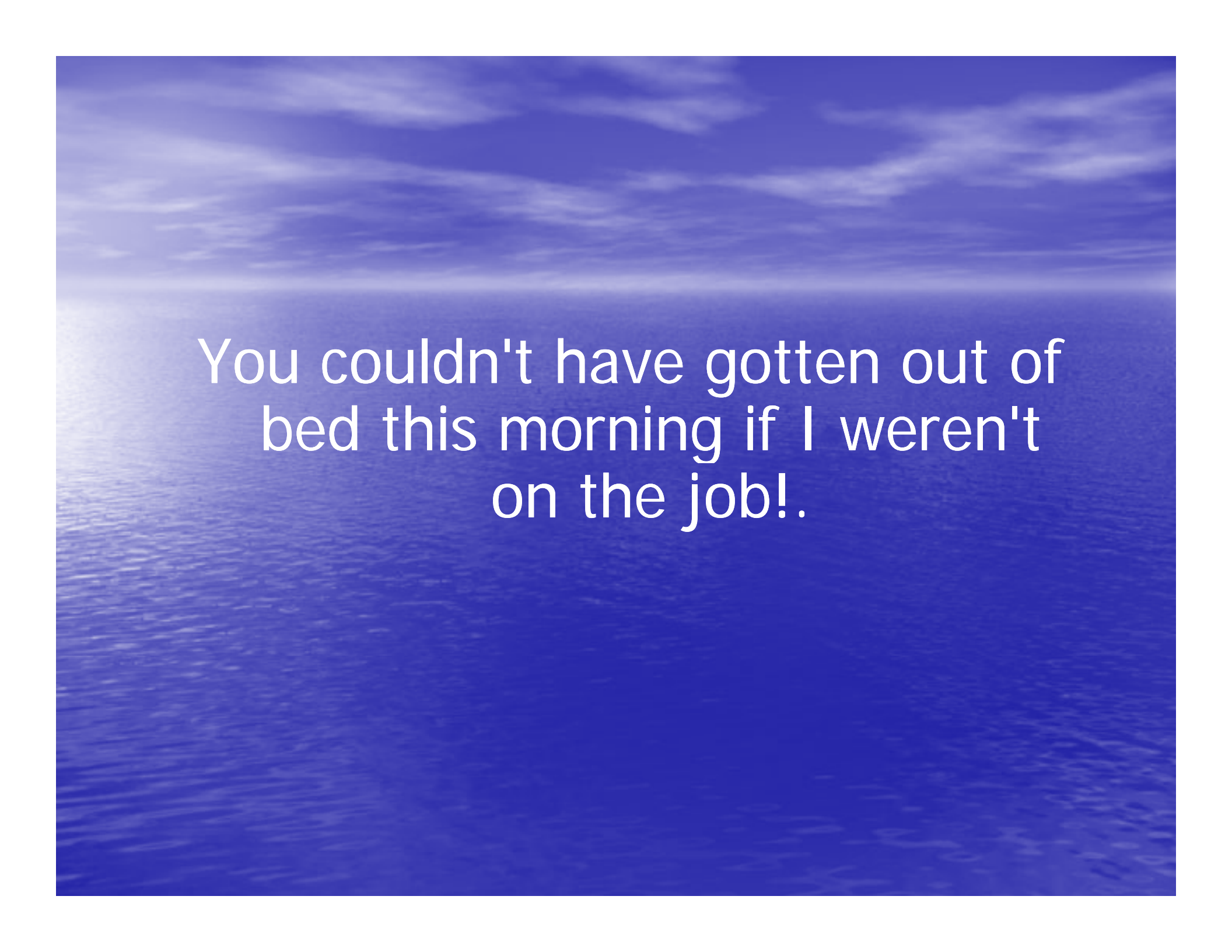


*Without me, your  
"bad" habits would kill  
you.*

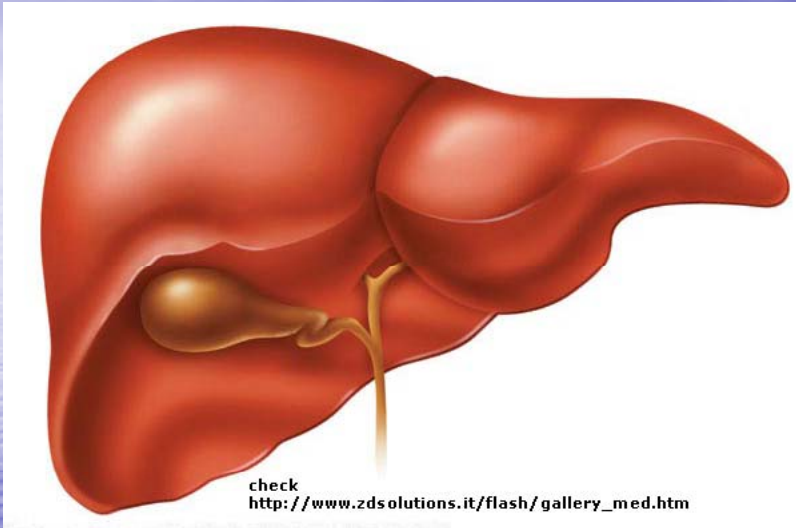
4. I store **energy**, like a battery, by stockpiling sugar (carbohydrates, glucose and fat) until you need it.



*Without me, the sugar level in your blood could fall dramatically and you'd go into a coma.*



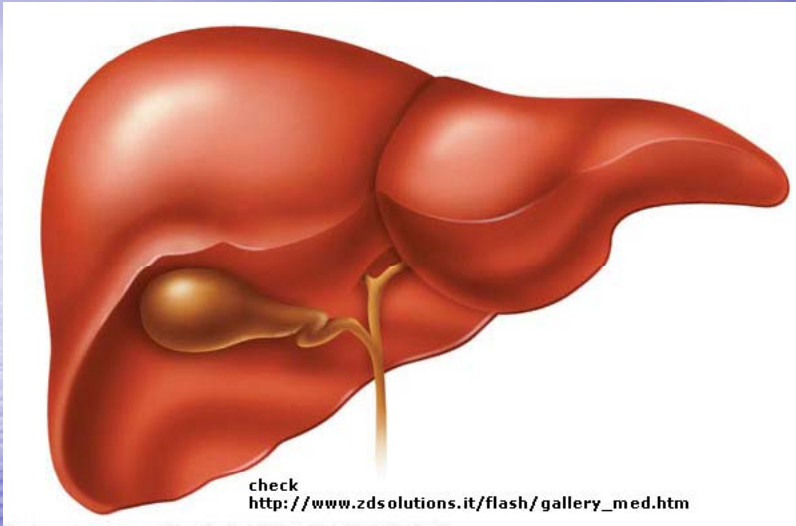
You couldn't have gotten out of  
bed this morning if I weren't  
on the job!.



check  
[http://www.zdsolutions.it/flash/gallery\\_med.htm](http://www.zdsolutions.it/flash/gallery_med.htm)

5. I **make the blood** that got your system going even before you were born.

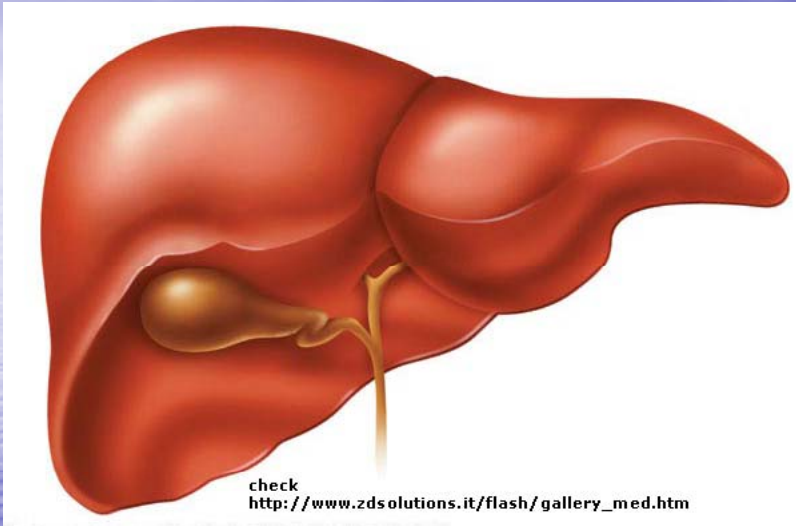
*Without me, you wouldn't be here!*



check  
[http://www.zdsolutions.it/flash/gallery\\_med.htm](http://www.zdsolutions.it/flash/gallery_med.htm)

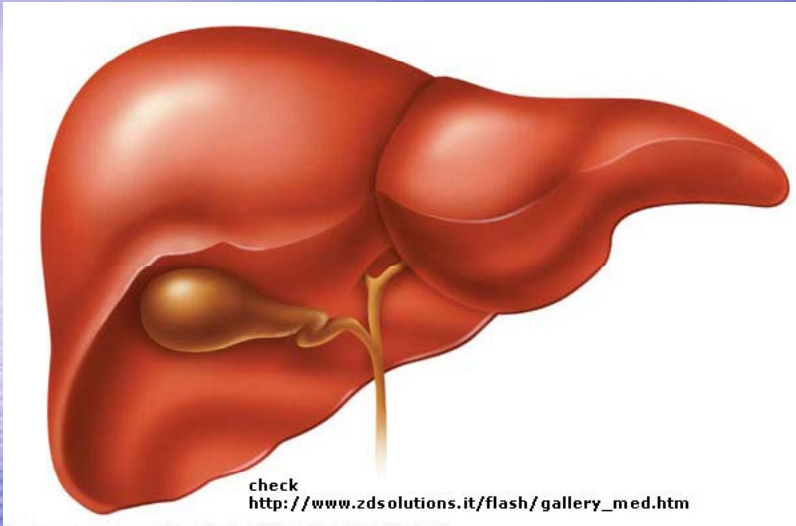
6. I **manufacture new proteins** that your body needs to stay healthy and grow.

*Without me, you wouldn't grow properly!*



7. I **remove poisons**  
from the air, exhaust  
smoke and chemicals  
you breathe.

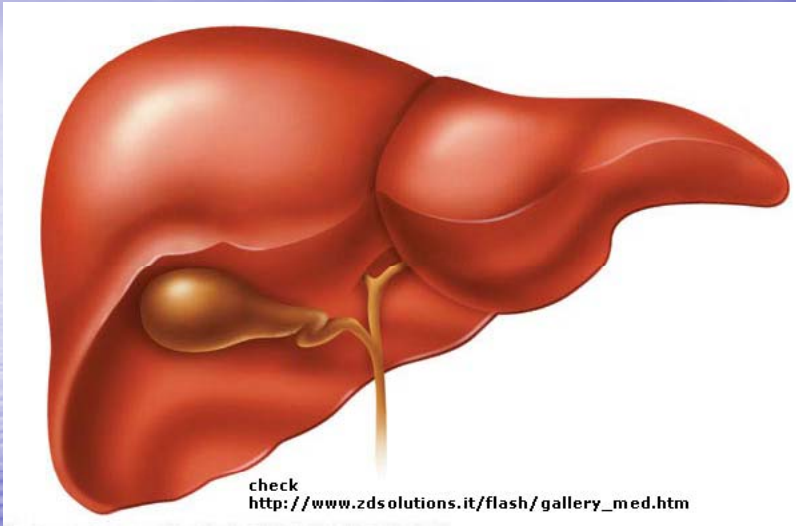
*Without me, you'd be  
poisoned by pollutants!*



8. I **make clotting factors** that stop the bleeding when you accidentally prick yourself.

*Without me, you'd bleed to death!*

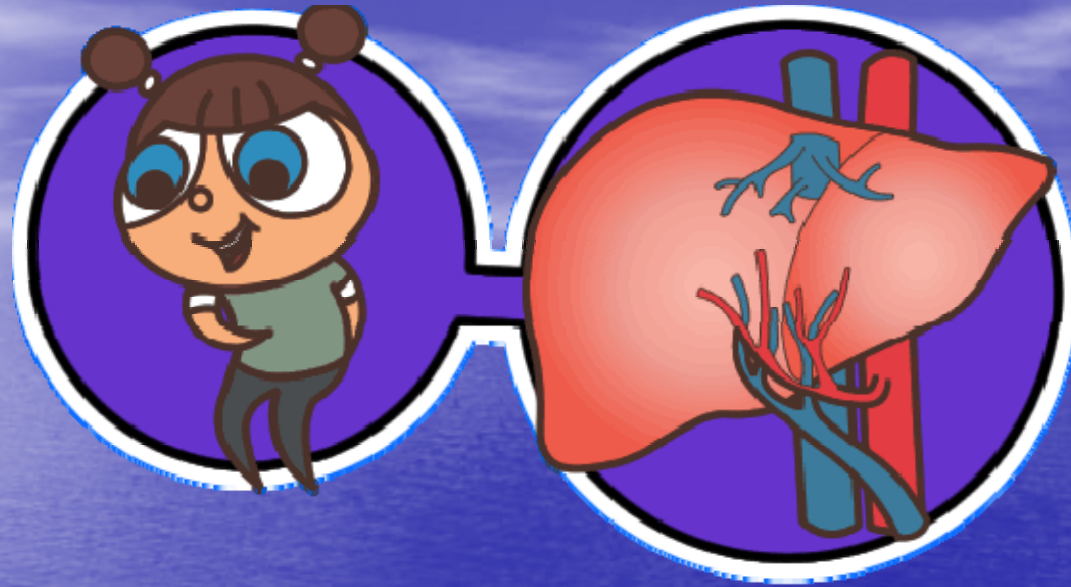
9. I help **defend you** against the germs going into your body all the time. I take those cold germs, flu bugs and other germs you encounter, and knock them dead - or at least weaken them.



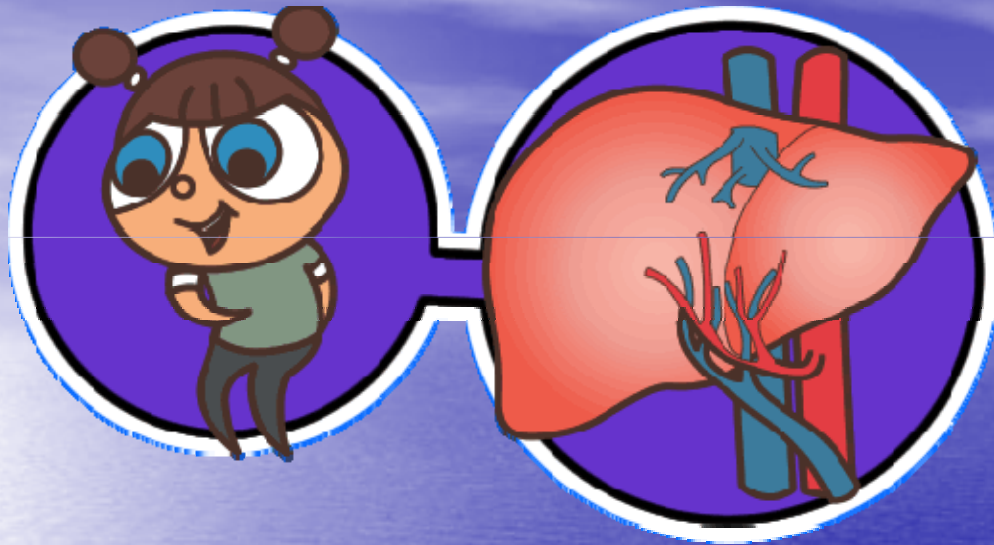
*Without me, you'd be a sitting duck for every infection known to man.*



**That's how much I love  
you... but do you love me?**

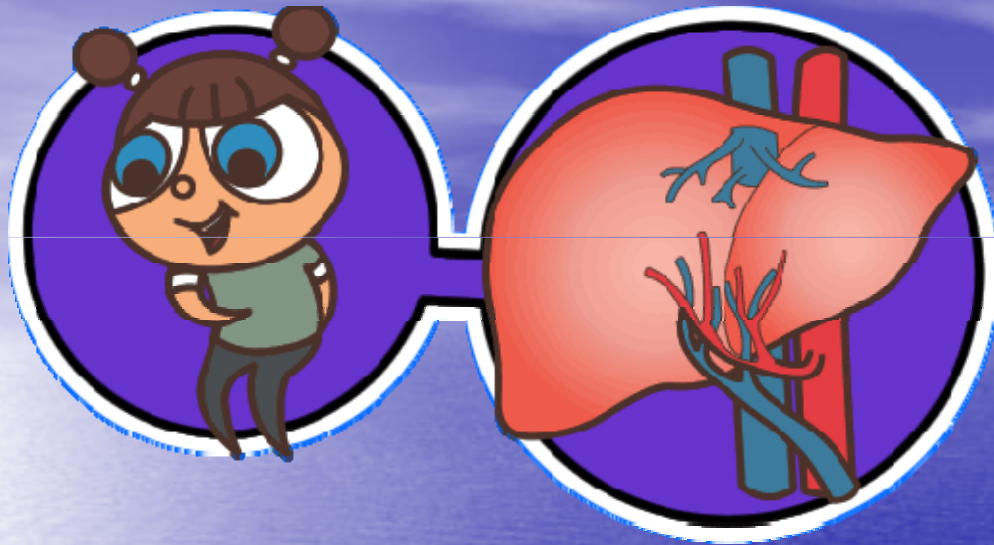


Let me tell you some easy  
ways to love me, your liver



- Don't drown me in beer, alcohol or wine!

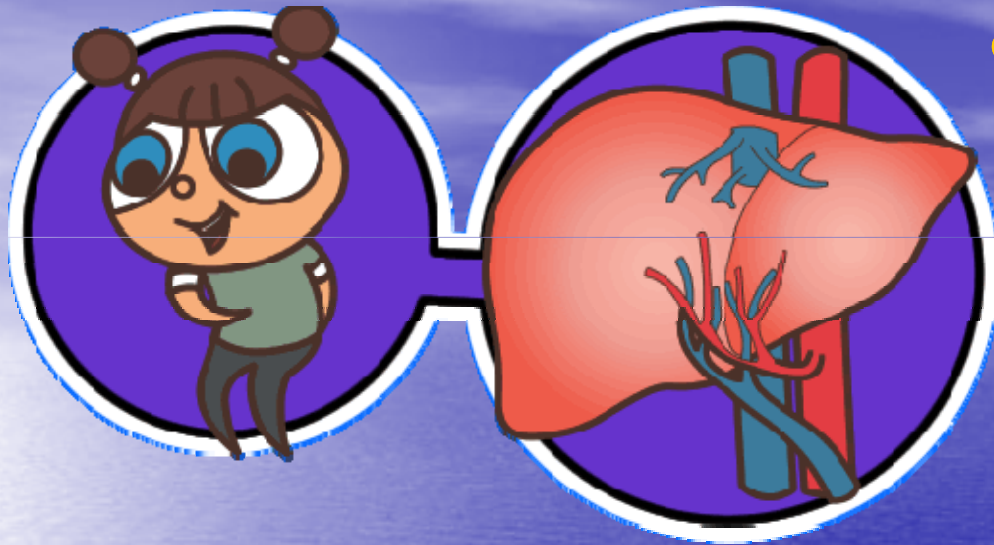
*Even one drink is too much for some people and could scar me for life.*



- **Watch those drugs!**  
*All drugs are chemicals, and when you mix them up without a doctor's advice you could create something poisonous that could damage me badly.*

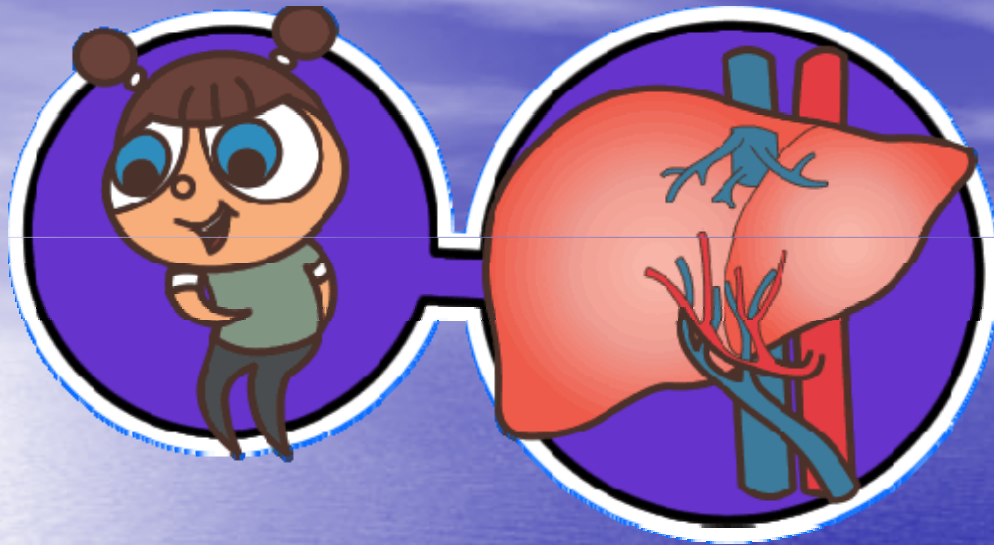
- I scar easily.. and those scars, called "cirrhosis" are permanent.

Medicine is sometimes necessary. But **taking pills when they aren't necessary is a bad habit.**  
All those chemicals can really hurt a liver.

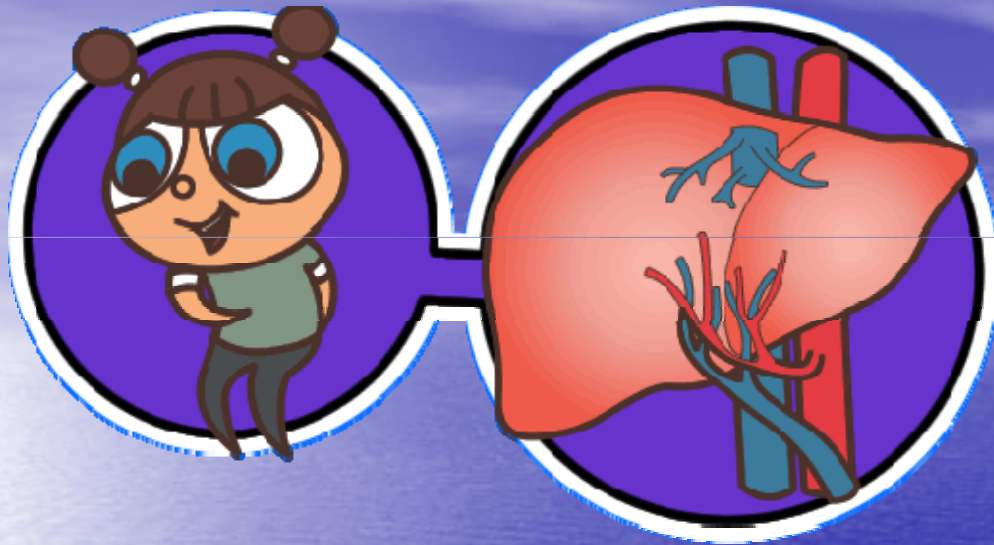


- Be careful with **aerosol sprays!** *Remember, I have to detoxify what you breathe in, too. So when you are cleaning with aerosol cleaners, make sure the room is ventilated, or wear a mask.*

- *That goes double for bug sprays, mildew sprays, paint sprays and all those other chemical sprays you use. Be careful what you breathe!*



- **Watch what gets on your skin!** Those insecticides you put on trees and shrubs not only kill bugs they can get to me right through your skin and destroy my cells, too. Remember they're all chemicals. *Cover your skin with gloves, long sleeves, a hat and mask every time insecticides are in the air or if you're handling them.*



- Don't eat too much **fatty food!**  
*I make the cholesterol your body needs,  
and I try to make the right amount.*

*Give me a break. Eat a good, well  
balanced nourishing diet. If you eat the  
right stuff for me, I'll really do my stuff  
for you!*



## **WARNING:**

I can't and won't tell you I'm in trouble until I'm almost at the end of my rope... and yours.

Remember: I am a non-complainer.

Overloading me with drugs, alcohol and other junk can destroy me! This may be the only warning you will ever get.

## Take My Advice, Please!

- Check me out with your doctor.
- Blood screening tests can identify some trouble.
- If I'm soft and smooth, that's good. If I'm hard and bumpy, that could mean trouble.
- If your doctor suspects trouble, ULTRA SOUND and CT scans can look into it.
- My life, and yours, depends on how you treat me.



Now you know how much I care  
for *you*.

Please treat *me* with tender  
loving care.



Your silent partner and ever-  
loving lover....LIVER



**THANK YOU**