

Love Your Liver!

Liver Rejuvenation Program for Mamas

Symptoms of Liver Congestion

Check all that apply (past and present):

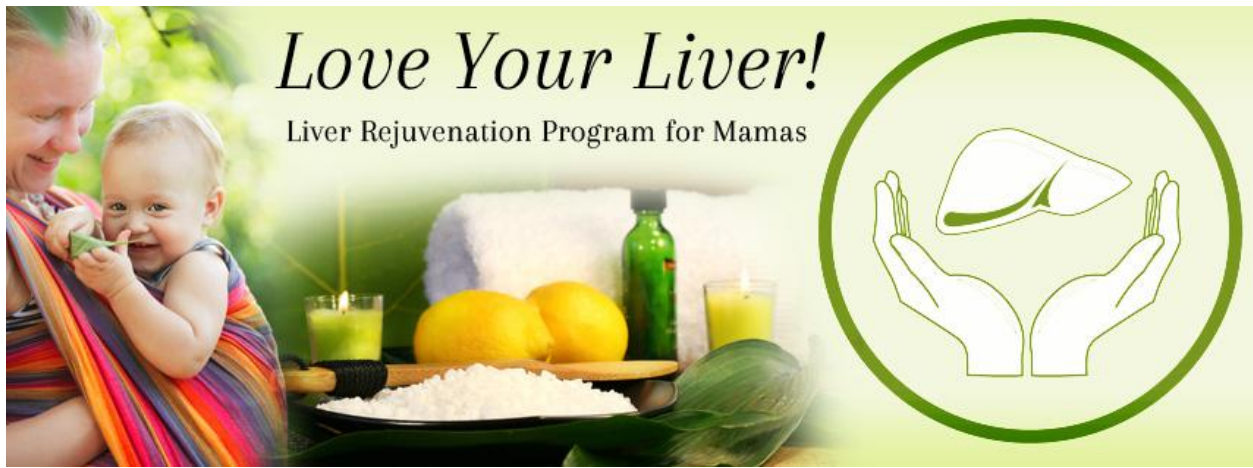
- Insomnia and waking between 1 and 3 a.m.
- Sleeping all night and waking up feeling that you haven't slept at all along with weakness, sluggishness and tiredness.
- Visual problems (loss of lens elasticity, light sensitivity, conjunctivitis, farsightedness, myopia, cataracts, astigmatism, moving spots, double vision).
- Emotional upsets such as sudden anger, frustration, impatience and depression.
- Neck and shoulder pain.
- Low back pain or pain in the joints especially the knees.
- Weakness and pain in upper front leg muscles and calves.
- Pain in the arms and top of the right hand.
- Dry or oily skin.
- Itchy ears
- Muscle pain after working.
- Heartburn
- Diarrhoea
- Constipation
- Frequent Urination
- Pain between the shoulder blades
- Colitis, spastic colon
- Ulcers
- Hiatus hernia
- Digestive problems
- Too much sleep
- Nausea
- Vomiting
- Pain in the right side radiating to the back
- Colic
- Mental Problems
- Pain in the liver or gallbladder area
- Headaches
- Bitter taste in the mouth.
- Hemorrhoids
- Mineral deficiency
- Hormonal Imbalances (due to liver's influence over estrogen)
- Malfunctioning of ovaries and trouble with conception)



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- Anemia
- Infection
- Worms
- Chills
- Anal Itching
- Diabetes
- Obesity
- Underweight
- Appendicitis
- Heart Palpitations
- Ear Problems
- Swollen Legs (edema)
- Rheumatism
- Arthritis
- Glandular Imbalances
- Menstrual Problems
- Nervous Disorders (depression, spaciness, inability to concentrate and remember things, mental aberrations).
- Muscle Weakness
- Bronchitis
- Sclerosis
- T.B.
- Cancer
- Sterility
- Impotence
- Thyroid
- Can barely tolerate the cold in winter and may suffer from chills usually after a meal (weak congested liver).
- Feel feverish and find the summer months uncomfortable (overactive liver).
- Acne
- Yellow or Pale Fingernails
- Oily skin on nose and forehead
- Fats or greasy foods cause nausea, headaches
- vertical white streaks on fingernails
- onions, cabbage, radishes and cucumbers cause bloating and gas
- bad breath, bad taste in mouth
- excess body odour
- high cholesterol
- stiff aching muscles
- migraine headaches
- discomfort under right ribcage
- food allergies
- irritable, easily angered
- weight around the abdomen (spare tire)
- yellow palms
- jaundice
- poor concentration
- difficulty losing weight
- boils



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External Signs:

- Reddish blue colouring under the eyes and over the forehead and other areas of the body.
- Two vertical lines between the eyebrows
- Whites of eyes become yellowish
- Red nose
- A yellow tinge to skin (jaundice)
- Dark insufficient urine
- Small red flecks the size of a pinhead that come and go at different places in the body
- Skin looks or seems dirty
- Dark pigmentation or spots on the face, back of hands, forehead or around the nose
- Eczema, psoriasis, hives, itching and rashes or other skin disease



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