

SOME INTERESTING FACTS ABOUT YOUR LIVER

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.*
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, including 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 would go into a coma.*
5. I make the blood that got your system going even before you were born. *Without me, you wouldn't be here.*
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.*

SOME WAYS TO LOVE YOUR LIVER

- A. Don't drown me in beer, alcohol or wine. Even one drink is too much for some people and could scar me for life.
- B. All drugs are chemicals, and when you mix them up without a doctor's advice you could create something poisonous that could damage the liver badly.
- C. Be careful with aerosol, bug, mildew and paint sprays and other chemical sprays. Be careful what you breathe, make sure the room is ventilated, or wear a mask.
- D. Watch what gets on your skin. Those insecticides you put on trees and shrubs not only kill bugs, they can get to your liver through your skin and destroy cells. Cover your skin with gloves, long sleeves, a hat and mask.

YOUR LIVER SAYS "TAKE MY ADVICE, PLEASE!"

Check me out with your doctor.

Blood screening tests can identify some trouble

If I am soft and smooth, that is good. If I am 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, depend on how you treat me.