

Health Quiz For The Liver

Directions: Answer each question with a Yes or No, if your score is 5 or higher you may wish to consider a Liver Cleanse.

- 1. *Circles under eyes?*
- 2. *Coated tongue in the morning?*
- 3. *High Cholesterol levels of 212 mg/dl and Triglycerides of 177 mg/dl?*
- 4. *Poor digestion, abdominal bloating, and nausea, especially after fatty foods?*
- 5. *Weight gain around the abdomen?*
- 6. *Constipation?*
- 7. *Irritable bowel syndrome, where the bowel actions are irregular and vary from diarrhea to constipation?*
- 8. *Bad breath in the morning?*
- 9. *Unpleasant mood changes, depression and a "foggy brain"?*
- 10. *Allergic conditions such as hay fever, hives, skin rashes and asthma?*
- 11. *Reoccurring headaches?*
- 12. *High blood pressure and fluid retention?*
- 13. *Hypoglycemia or unstable blood sugar levels?*
- 14. *Fatigue?*
- 15. *Excessive body heat, night sweats and body odor?*
- 16. *Low tolerance to alcohol?*