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HOW HEALTHY IS YOUR LIVER?

The liver is the body's largest internal organ and performs over 500 functions. The liver is best known for detoxification. It's nature's housekeeping system working to detoxify drugs, alcohol, chemicals, heavy metals and all the toxins we ingest thanks to conventional farming. This includes produce, livestock, eggs and dairy.

Liver produces bile to help digest and absorb fats and vitamins.

The liver manufactures proteins, enzymes, cholesterol and hormones to name a few.

The liver is needed to store iron and some vitamins, minerals and glycogen. Liver also processes everything we ingest, absorb or breath-in. Lets not forget how the liver filters blood.

Having a slow or sluggish liver impairs health and can result in a multitude of negative symptoms.

Please check yes or no beside each statement:

1. Are you tired without reason? Yes____ No____
2. Skin appear jaundice? Yes____ No____
3. Are you constipated? Yes____ No____
4. Do you often have a metallic taste in your mouth? Yes____ No____
5. Do you suffer from skin issues such as psoriasis, eczema or acne? Yes____ No____
6. Age spots? Yes____ No____
7. Headaches? Yes____ No____
8. Chemical sensitivities? Yes____ No____
9. Mood swings? Yes____ No____
10. High cholesterol? Yes____ No____
11. Difficulty losing weight? Yes____ No____
12. PMS? Yes____ No____
13. Discolored whites of the eyes? Yes____ No____
14. Pain under the right shoulder blade? Yes____ No____
15. Allergies? Yes____ No____
16. Elevated liver enzymes? Yes____ No____
17. Poor tolerance to fatty foods? Yes____ No____

If you answered "yes" to even a handful of questions, it's time to support and even heal your liver! Food choices can boost your liver function. Eliminating household toxins and personal care products including make up is not always easy. I'm here to educate you on how to swap toxic for holistic. Losing weight and increased energy are just 2 of the positive ways healing your liver with herbs will help. Detox can improve your life.