

4. 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.

So cover your skin with gloves, long sleeves, a hat and mask everytime insecticides are in the air — or if you're handling them.

5. A hug is better than a kiss or other intimate contact . . . because certain kinds of hepatitis are contagious.

Hepatitis viruses live in body fluids, blood, saliva, seminal fluid etc.

Most often I kill off the virus . . . but sometimes hepatitis viruses get the best of me.



So if you catch hepatitis, we'll both be in trouble.

6. Don't eat too many fatty foods!

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.

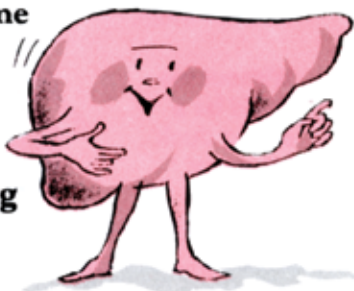
Take My Advice, Please!

- Check me out with your doctor.
- Blood screening tests can identify some trouble. So ask to be tested.
- 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 CAT scans can look into it.
- Sometimes a needle biopsy is needed to find out how many scars you've given me. Nobody likes needles, so don't let me get into such bad shape.
- 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 LIVER



Your liver and its millions of microscopic liver cells perform mini miracles processing and detoxifying everything you choose to eat and drink plus air, fumes and sprays you breathe and get on your skin.

Your selection of unhealthy foods, drugs and alcohol, and exposure to germs and viruses through broken skin, and sensitive mucous membranes that line your body (eyes, nose, mouth, and genitals) can lead to liver cell damage, cirrhosis, and the development of many chronic diseases.

You can prevent many of these diseases including: obesity, fatty liver, diabetes, plaque build-up in blood vessels leading to heart attacks and strokes, cirrhosis due to alcohol and drug misuse and abuse and especially 13 types of cancer . . . all liver related and preventable.

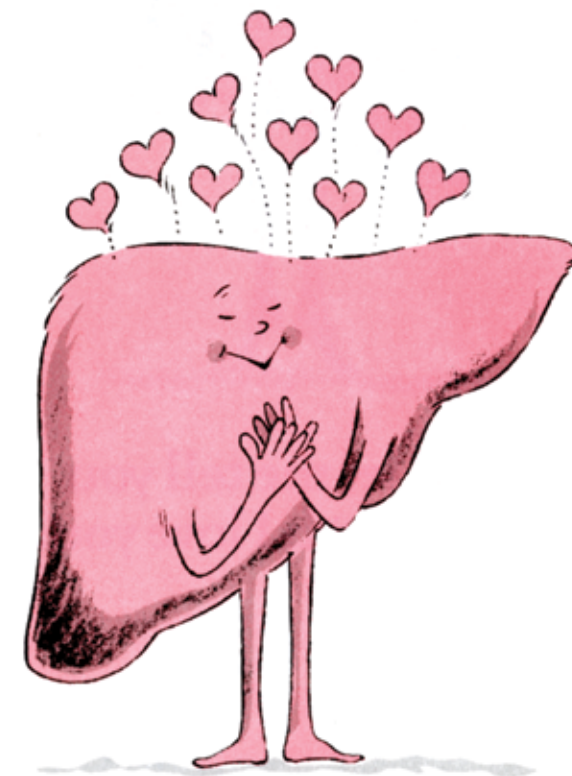
Love your liver. Start today!



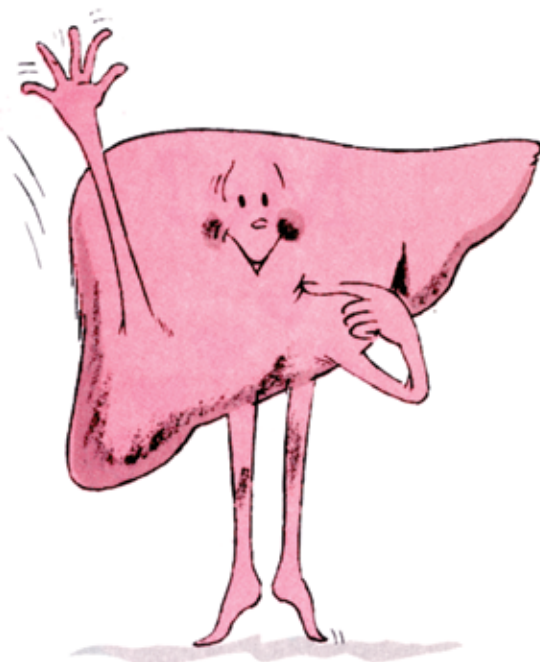
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How Can You Love Me... If You Don't Know Me?



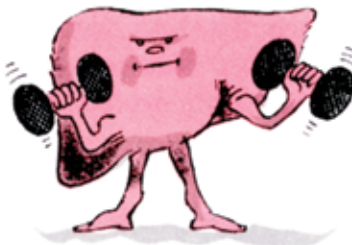
Hi... I'm Your Liver



and let me tell you
how much I love you.

♥ 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!



♥ I make bile to help digest your food.

Without me you'd waste away to nothing!

♥ 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!



♥ 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 would fall dramatically and you'd go into a coma!

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

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

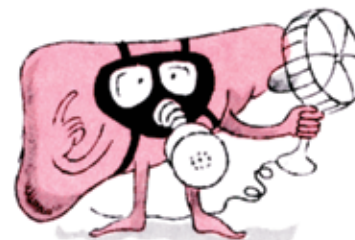
Without me you wouldn't be here!

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

Without me you wouldn't grow properly!

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

Without me you'd be poisoned by pollutants!



♥ I make clotting factors that stop the bleeding when you nick yourself shaving or paring an apple.

Without me you'd bleed to death!

♥ I help defend you against the "germ warfare" going on in your body all the time. I take those cold germs, flu bugs and other germs you encounter, and knock 'em 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 your liver:

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

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



2. 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.



3. Be careful with aerosol sprays!

Remember, I have to detoxify what you breathe in, too. So when you go on a cleaning binge 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!