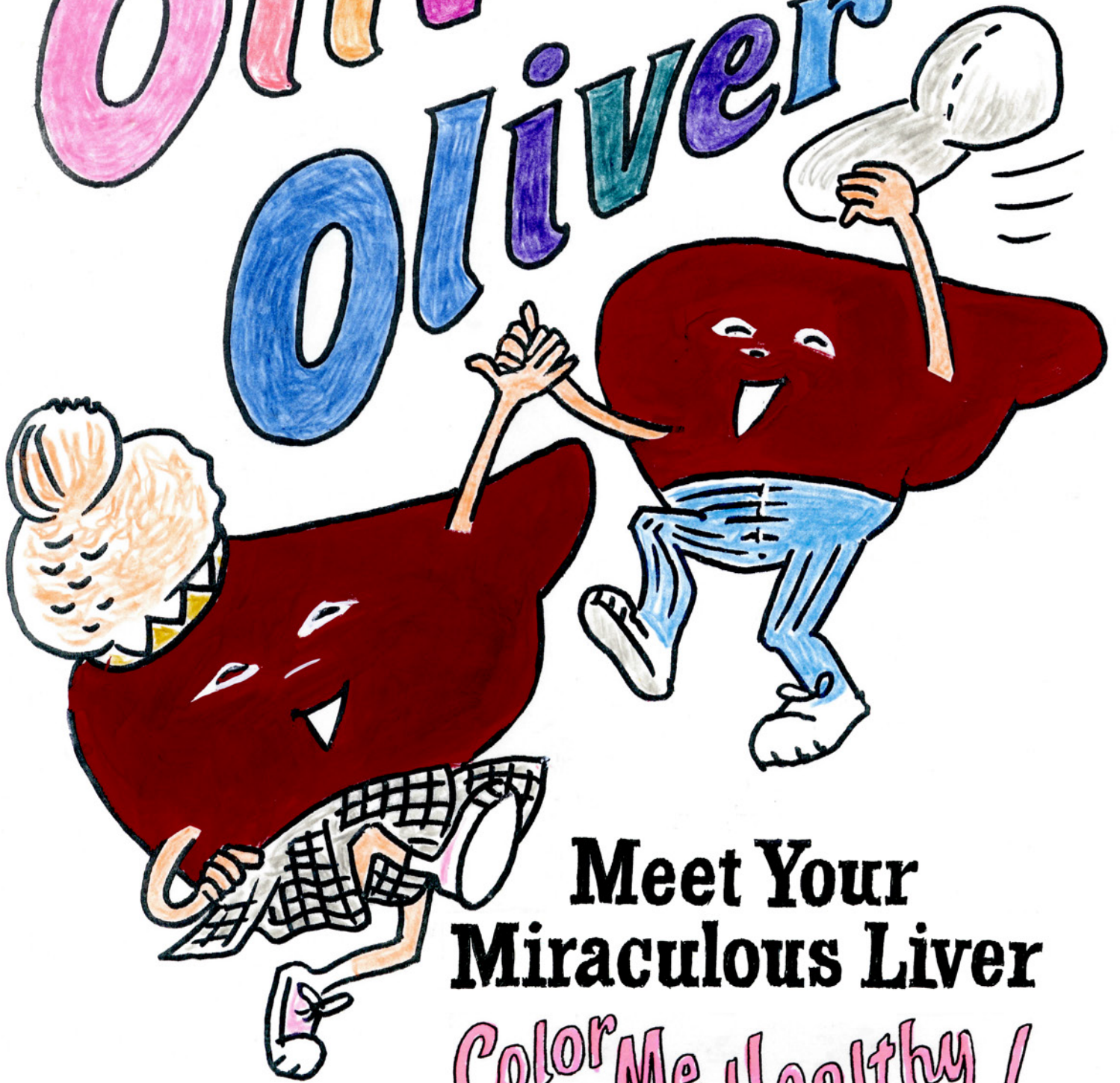


Olivivia and Oliver



**Meet Your
Miraculous Liver**

Color Me Healthy!

In Memory of
Dean Alan Thiel
1966 - 1970

Olivia and Oliver
by
Thelma King Thiel
Malki Manukulasuriya
with
Dr. Kathleen Schwarz
Medical Advisor

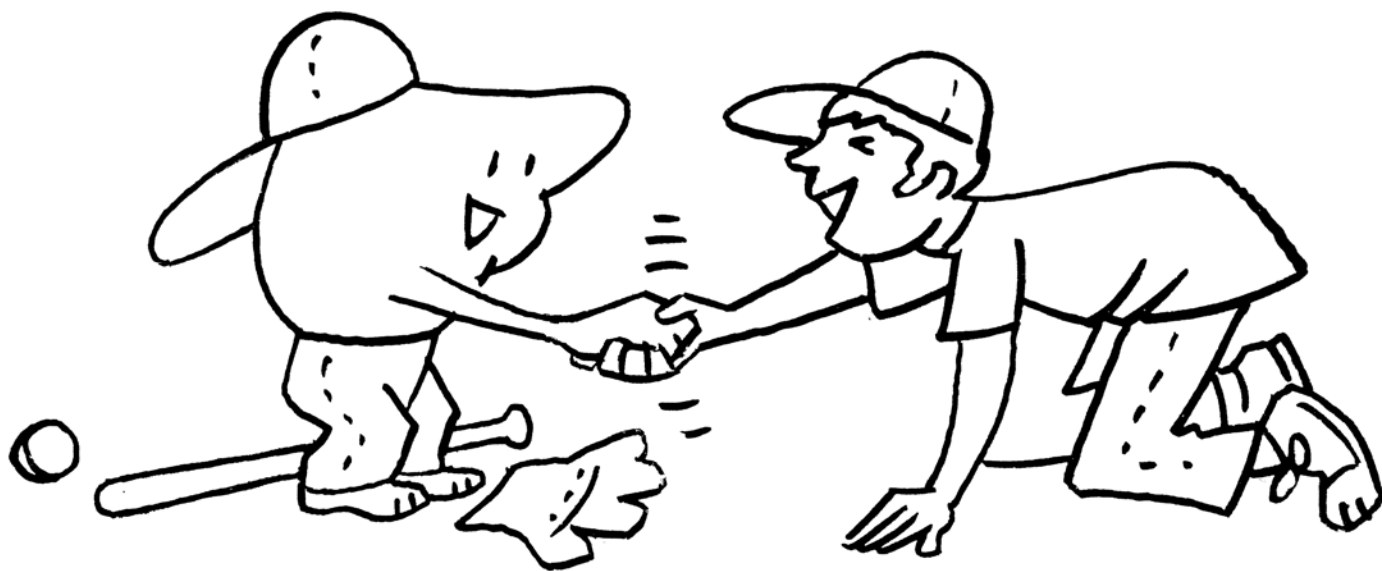


Drawings by Ib Ohlsson

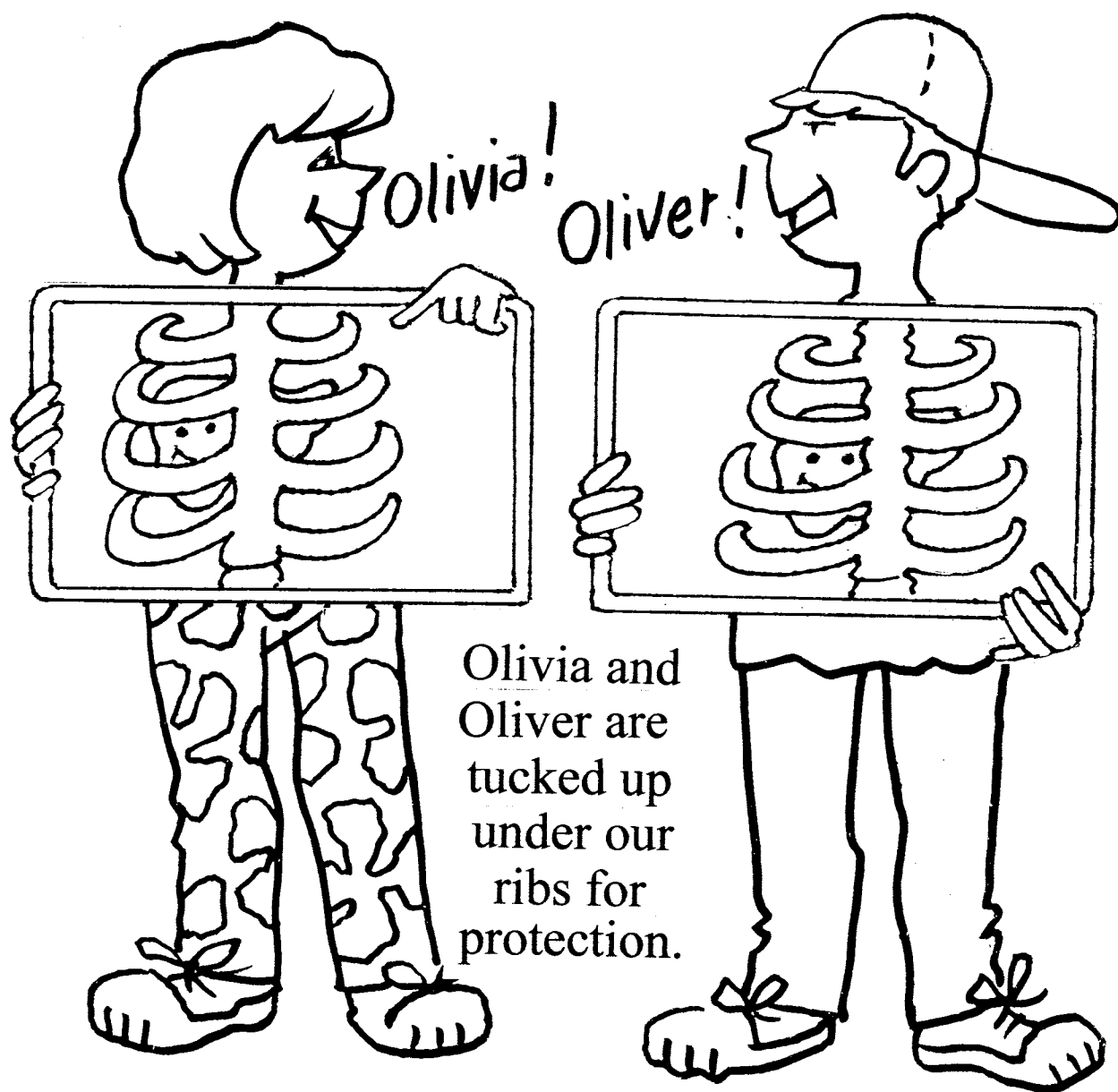


I call my liver Olivia

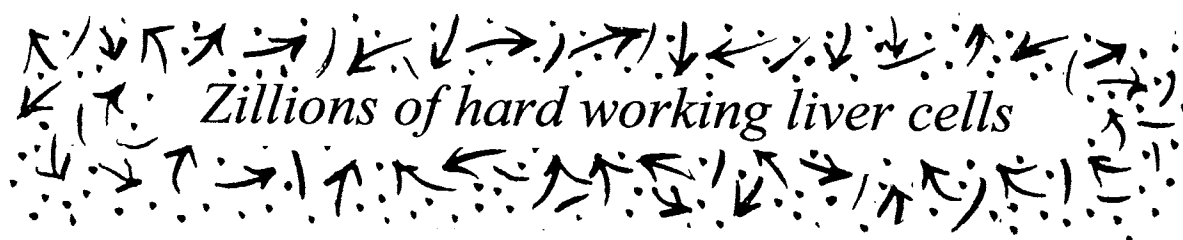
and Tommy calls his liver Oliver.



Our livers are our body's superheroes.



Olivia and
Oliver are
tucked up
under our
ribs for
protection.



Zillions of hard working liver cells

inside of them take care of us nonstop
24 hours a day, 7 days a week ...
they are our friends for life.

When we hit a baseball out of
the park, Olivia and Oliver give us
the power we need to run the bases
and win
the game.



When we feel like dancing or playing
Olivia and Oliver give us the energy we need
to hop, skip, laugh and sing a happy tune.





When we fall down and cut our knee
Olivia and Oliver stop cuts from bleeding
from the inside with sticky stuff called clots.
Breaks in the skin can let germs get in our
blood stream and travel to our liver,
making us sick.



We need to keep cuts clean and cover them
with a band aid.

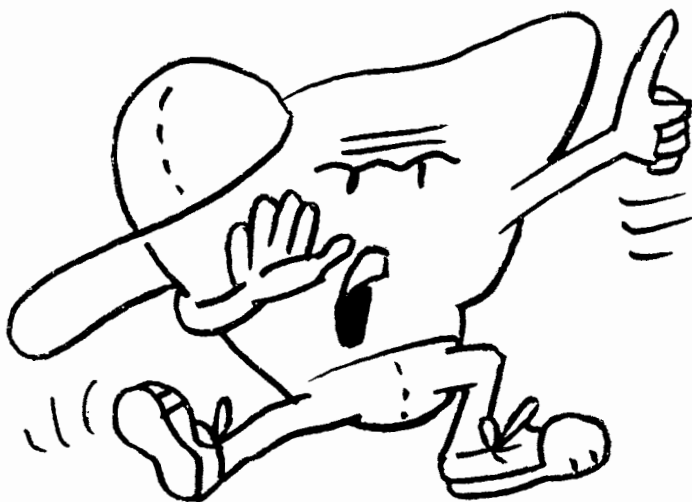


Those nasty germy villains like to hide
in other people's blood.

If you see
any blood ...

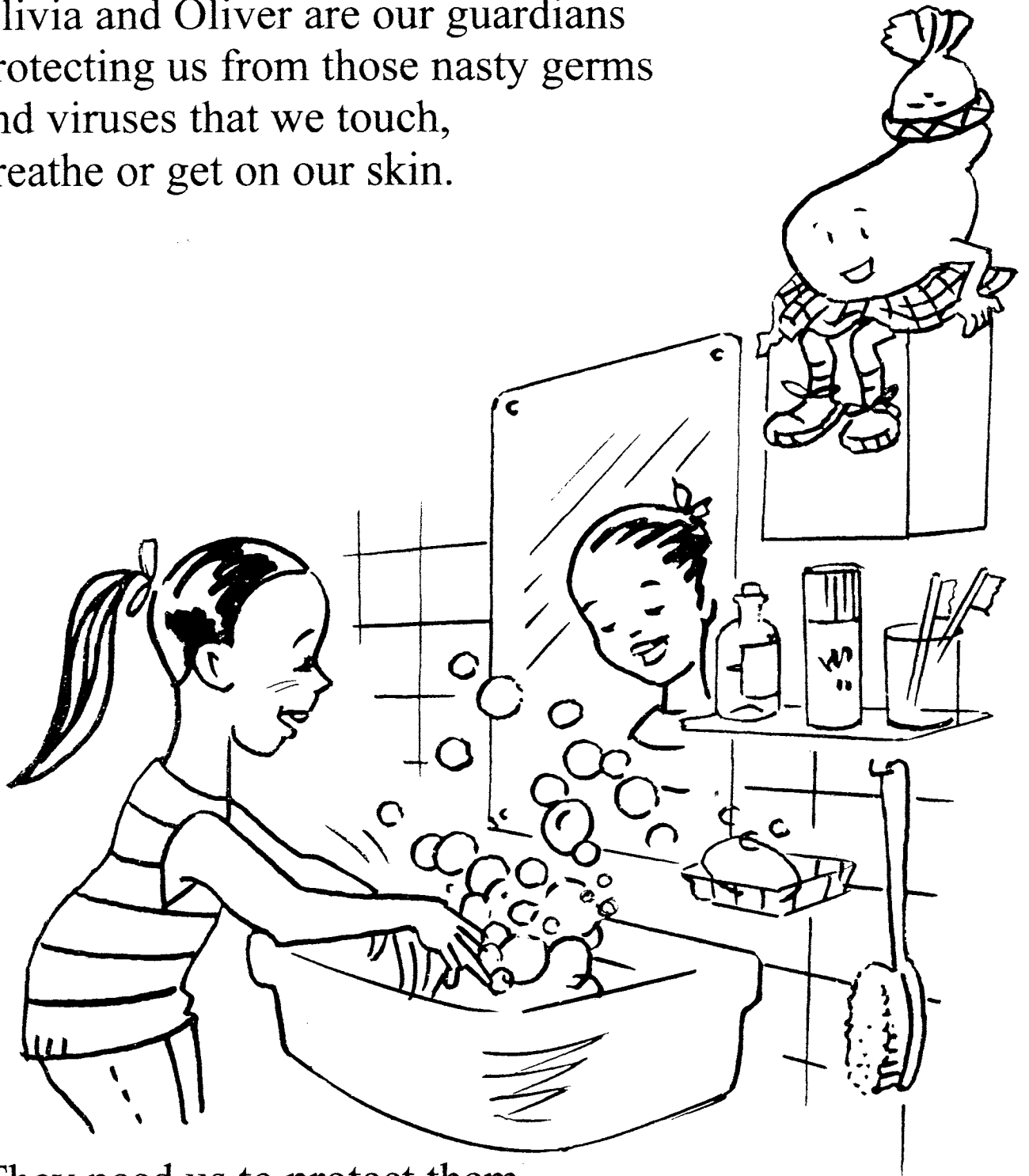


... don't touch it !!!



You don't want to cause your superhero trouble.

Olivia and Oliver are our guardians protecting us from those nasty germs and viruses that we touch, breathe or get on our skin.



They need us to protect them by washing our hands with soap and water to wash away those bad germs... especially after using the bathroom.



Even using other peoples' toothbrushes
can expose Olivia and Oliver to invisible germs.



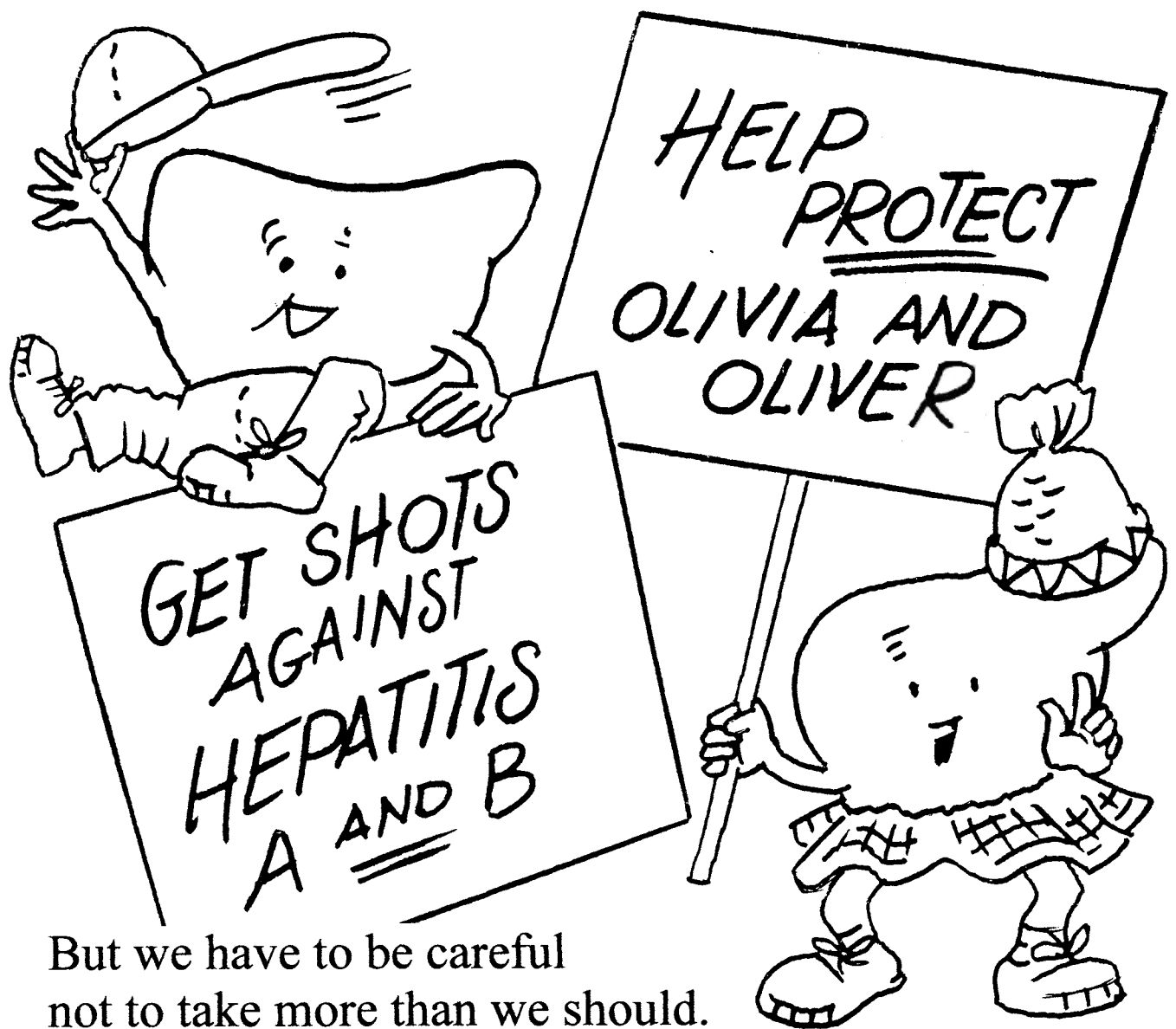


When we get sick, Olivia and
Oliver use their
superpowers
to fight off those

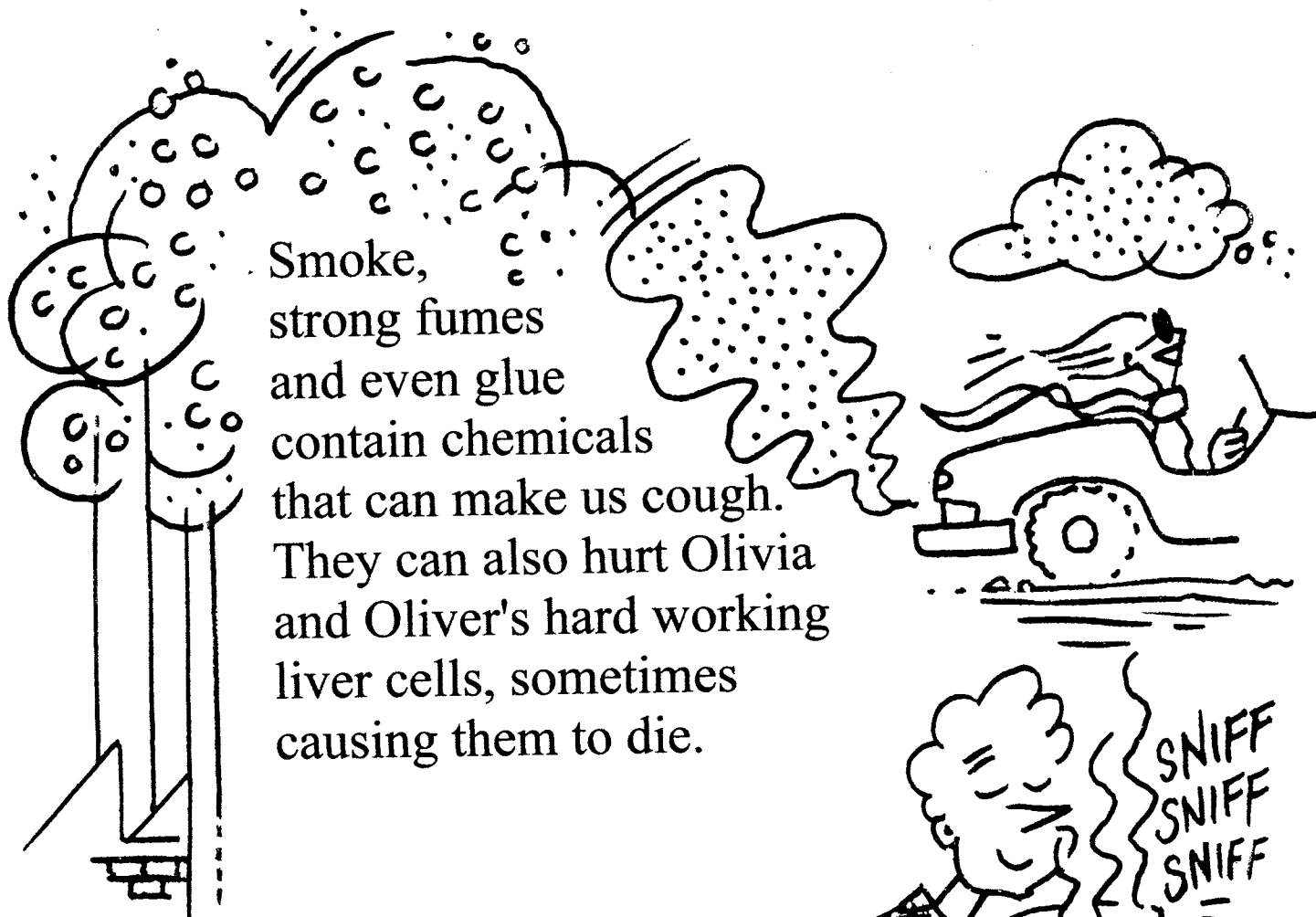
nasty germs
to help us
get well.

Sometimes, we
have to take medicine
to help our liver cells





But we have to be careful
not to take more than we should.
Some drugs can hurt our livers.
Only take medicine ordered by your doctor,
your parents, or someone you trust.
You can help protect Olivia and Oliver
by getting shots against Hepatitis A and B,
two wicked viruses that attack our livers.



Smoke,
strong fumes
and even glue
contain chemicals
that can make us cough.
They can also hurt Olivia
and Oliver's hard working
liver cells, sometimes
causing them to die.



COUGH!
COUGH!

Dead cells are called cirrhosis.

SNIFF
SNIFF
SNIFF

No, No, No

YUK!

PAINT

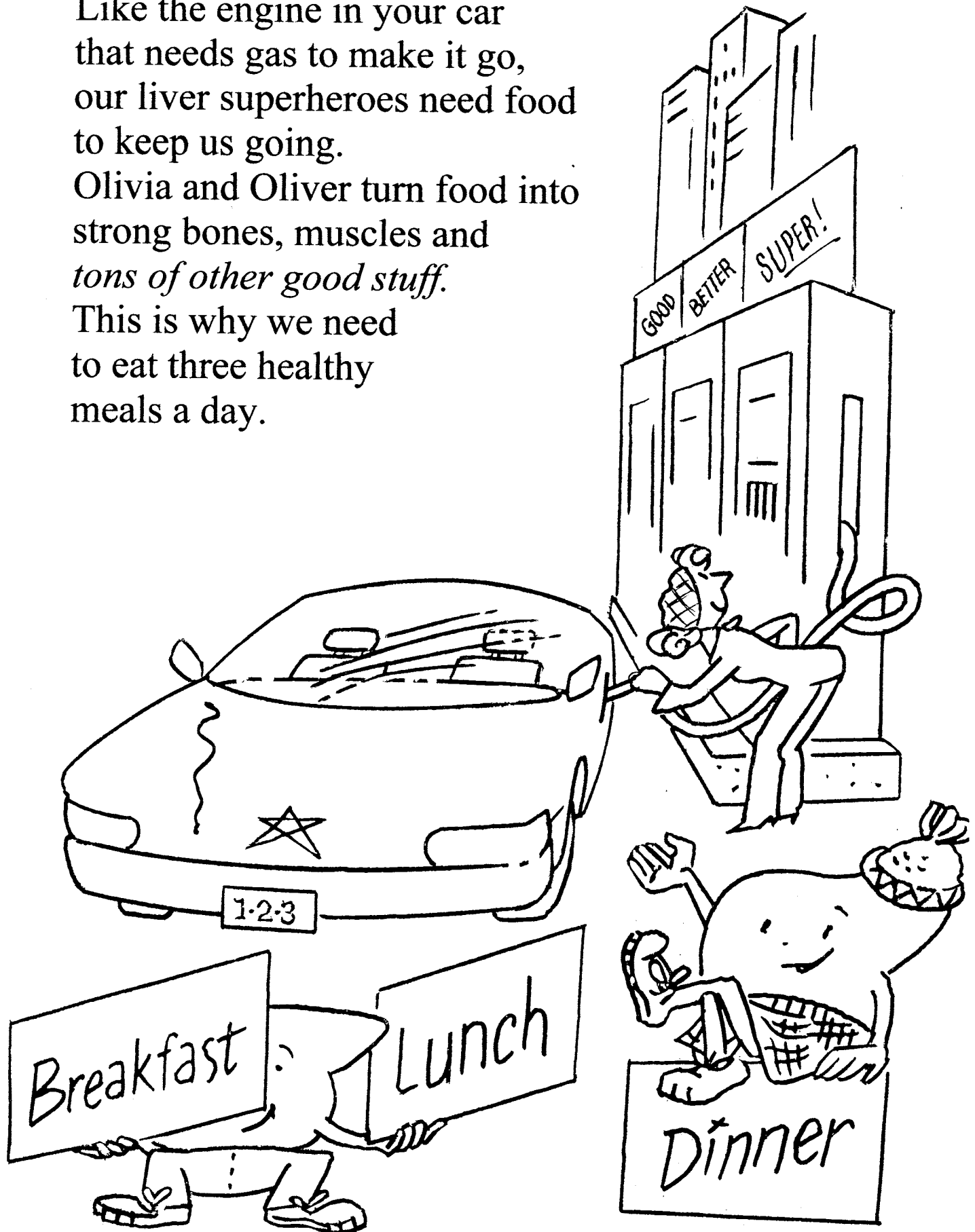
POISON

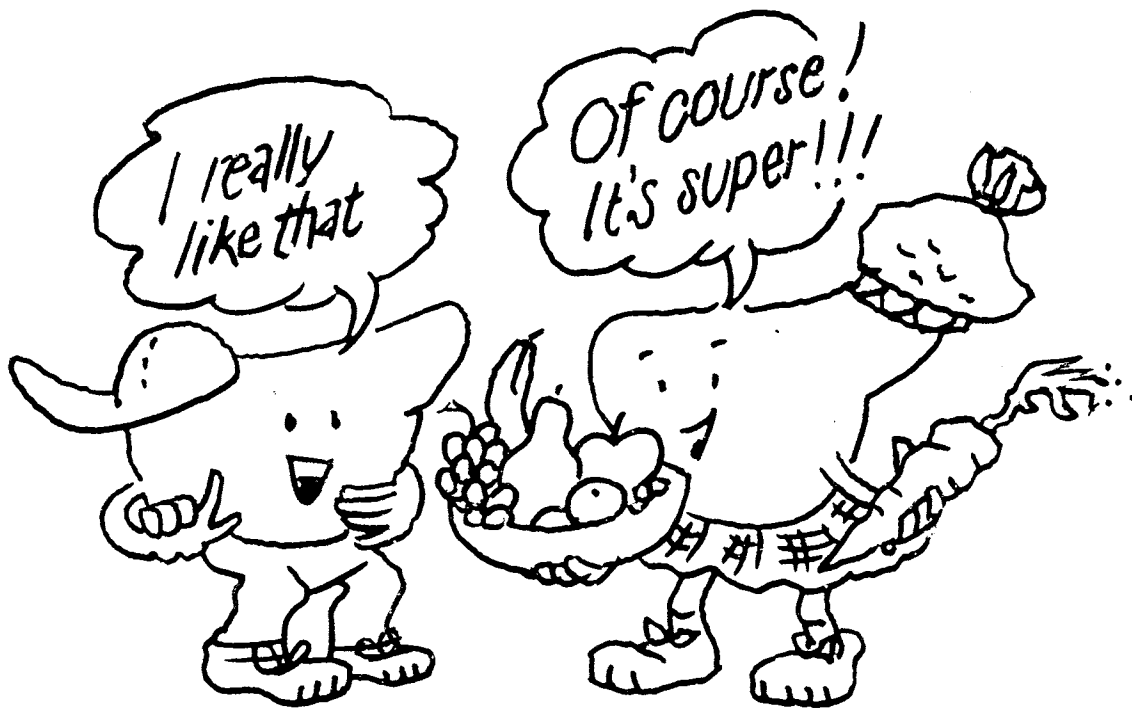
Paint
THINNER

Like the engine in your car that needs gas to make it go, our liver superheroes need food to keep us going.

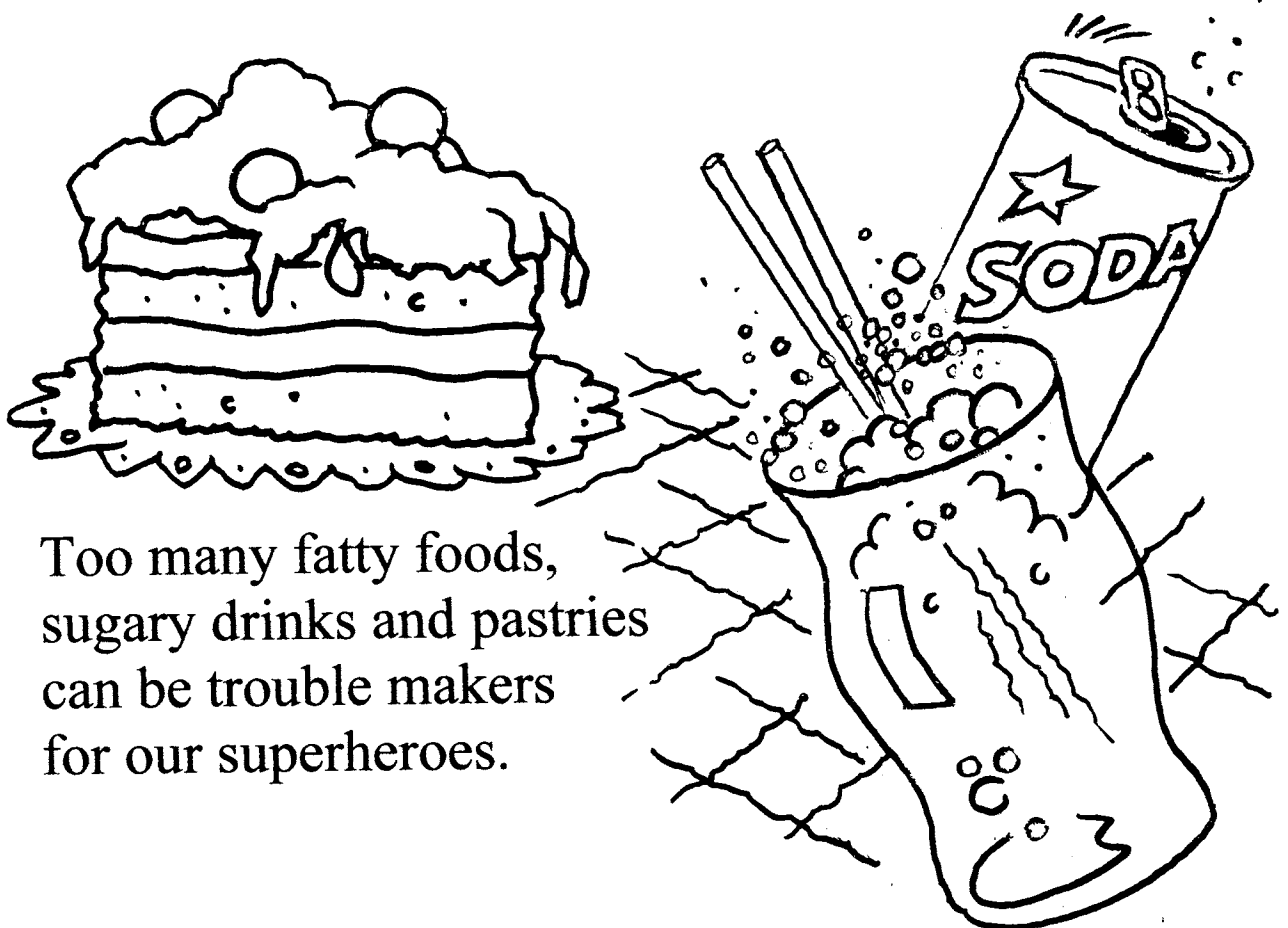
Olivia and Oliver turn food into strong bones, muscles and *tons of other good stuff*.

This is why we need to eat three healthy meals a day.

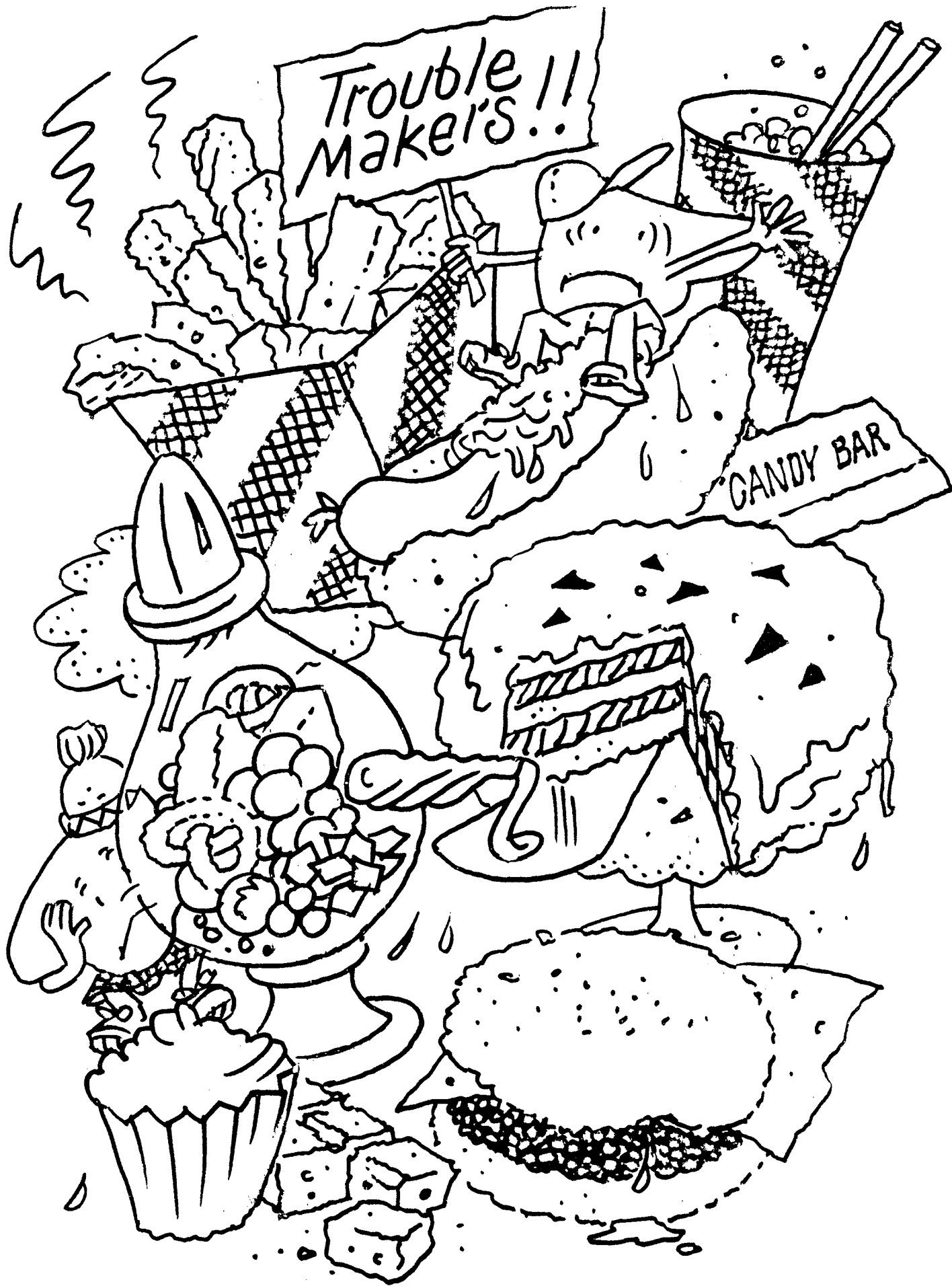




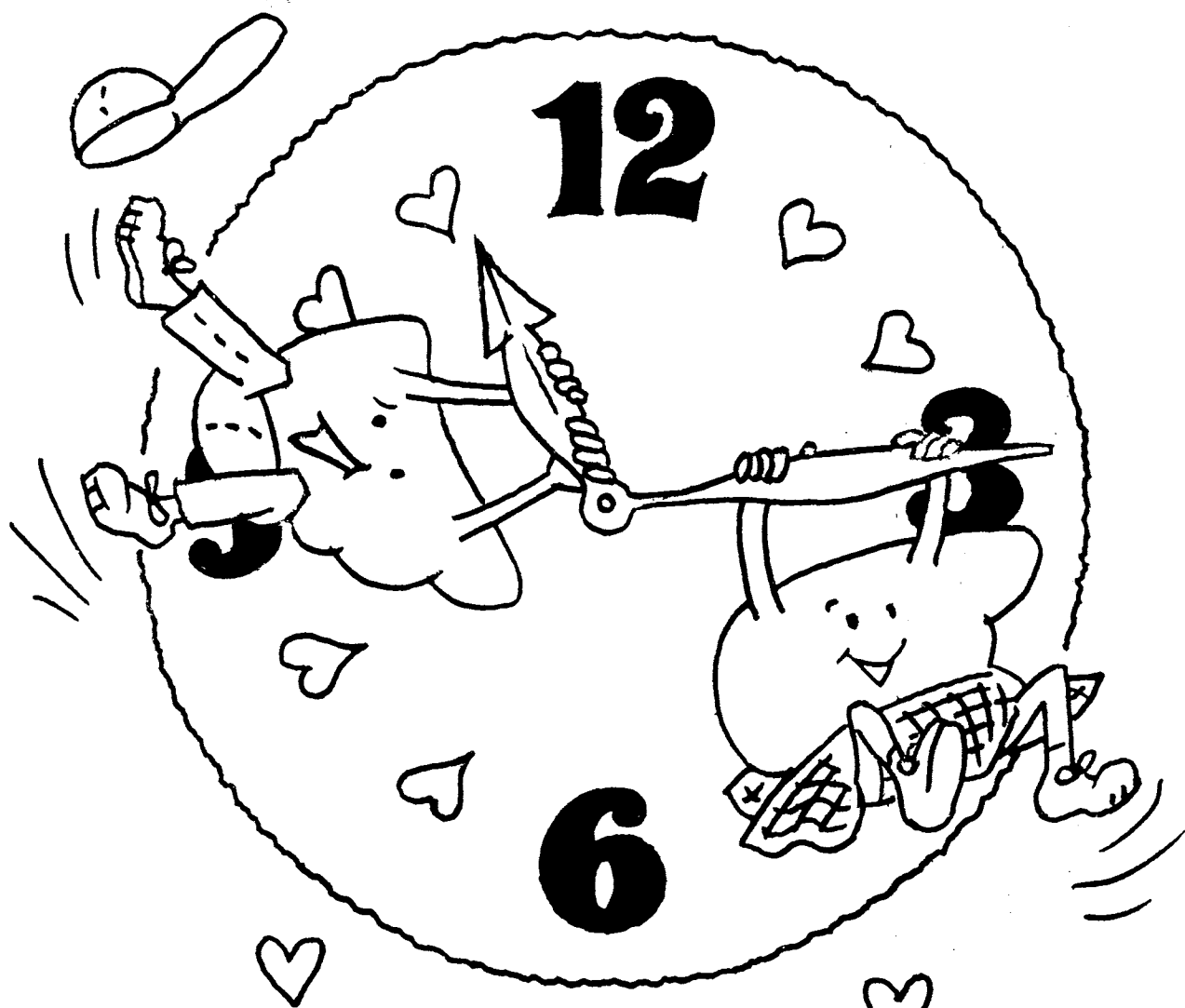
Olivia and Oliver depend on us to feed them fruits and veggies, milk and juices so they can keep our bodies in tip top shape.



Too many fatty foods, sugary drinks and pastries can be trouble makers for our superheroes.



Remember, Olivia and Oliver don't have
a voice to let us know when they are in trouble.
They need us to take care of them,
so they can take care of us.



Olivia and Oliver love us
every minute of every day
and we should do the same.



I _____

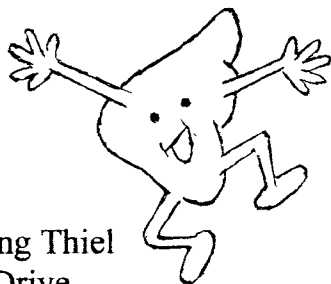
promise to take better care of my liver starting today.

Signature

Together, we will protect our livers and make healthier
food and lifestyle choices.

Witness

The best of luck for a happy and healthy future.



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