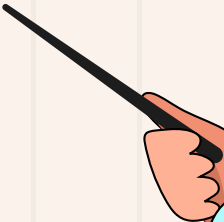
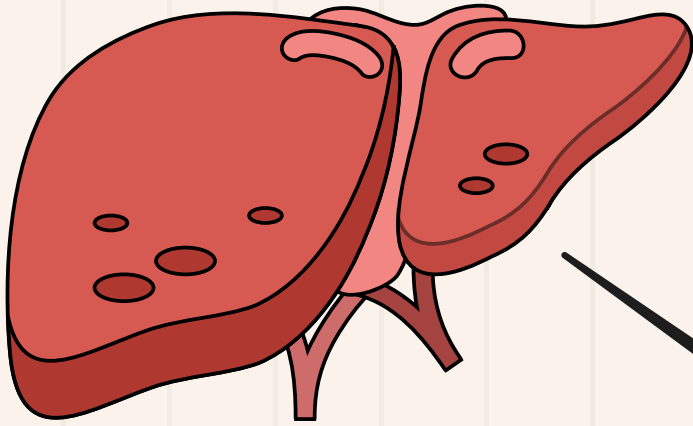
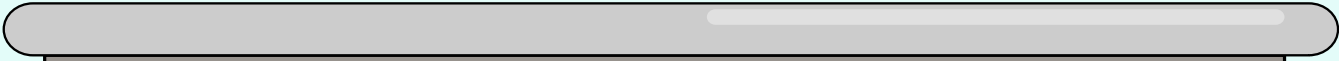


# ***YOUR EASY GUIDE TO***

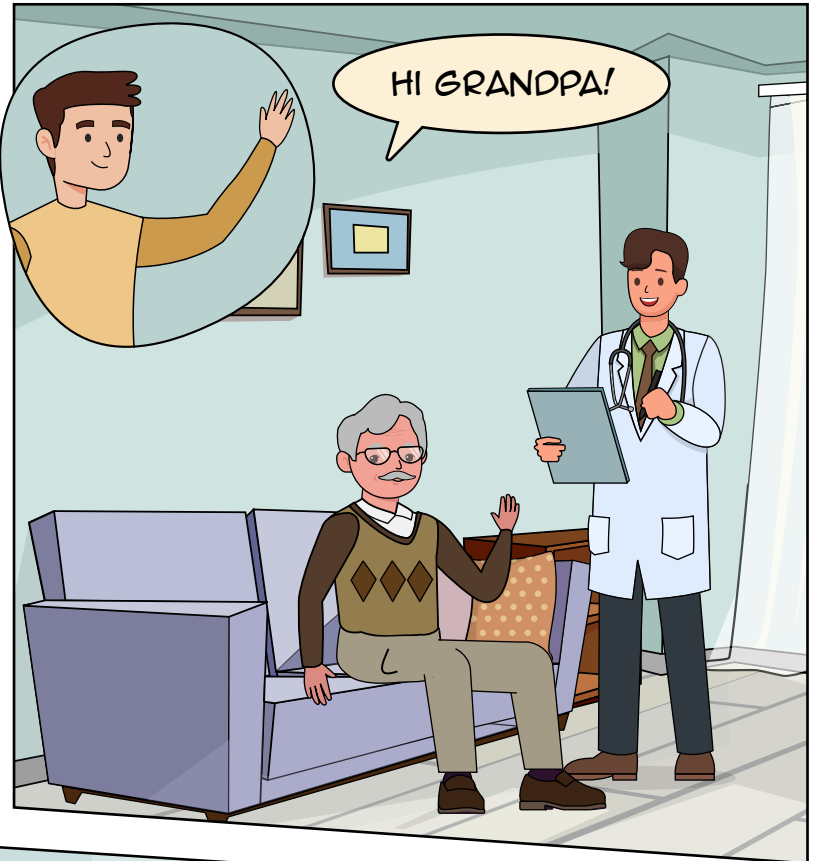
# ***A HEALTHY LIVER***



***A HEALTHY LIVER MEANS A  
HEALTHY LIFE - LET'S UNDERSTAND  
MORE ABOUT LIVER WELLNESS***

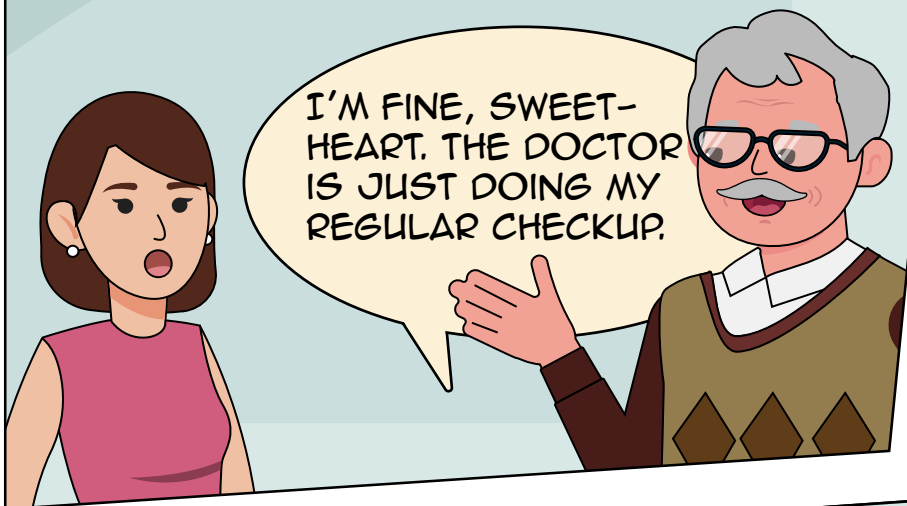


MARK & MICHELLE COMING HOME FROM SCHOOL...



HI GRANDPA!

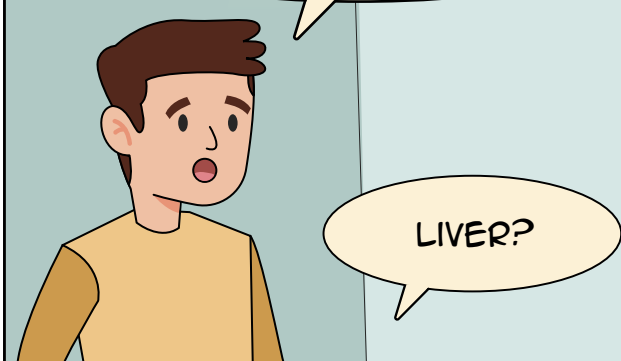
GRANDPA, ARE YOU OKAY? WHAT'S THE DOCTOR CHECKING?



I'M FINE, SWEET-HEART. THE DOCTOR IS JUST DOING MY REGULAR CHECKUP.



REGULAR CHECKUP? WHY, GRANDPA? ARE YOU SICK?



LIVER?



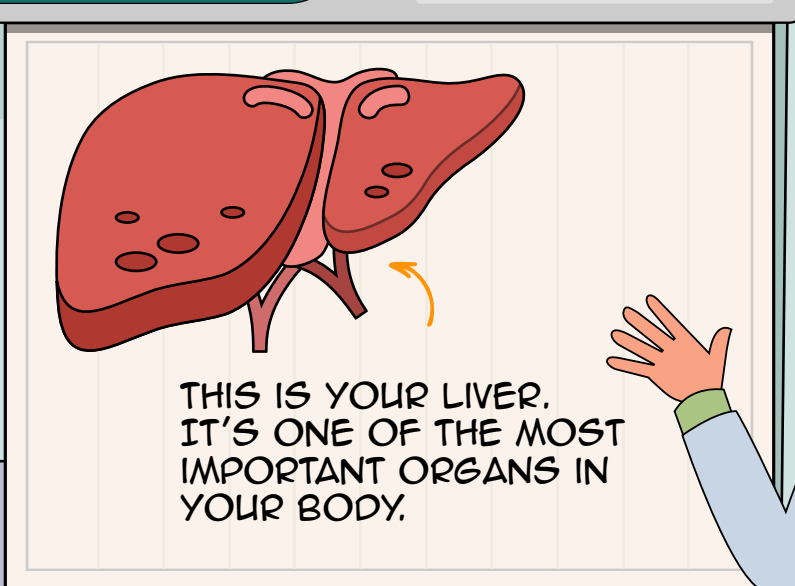
OH, DON'T WORRY, MARK. IT'S JUST TO KEEP AN EYE ON MY LIVER.

**FUN FACT!**

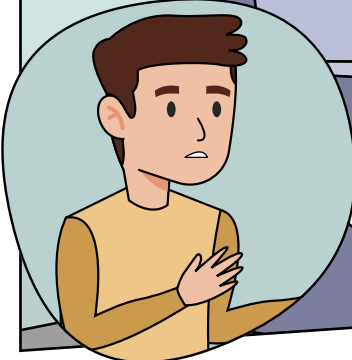
THE LIVER IS THE SIZE OF A FOOTBALL.



COME OVER HERE, YOU TWO. LET ME EXPLAIN.



THIS IS YOUR LIVER. IT'S ONE OF THE MOST IMPORTANT ORGANS IN YOUR BODY.



IMPORTANT? WHAT DOES IT DO?

OH, LOTS OF THINGS!

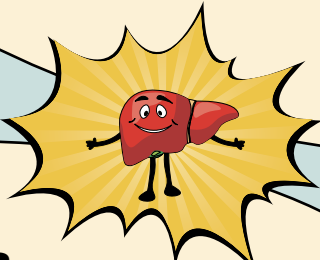


IT HELPS CLEAN YOUR BLOOD



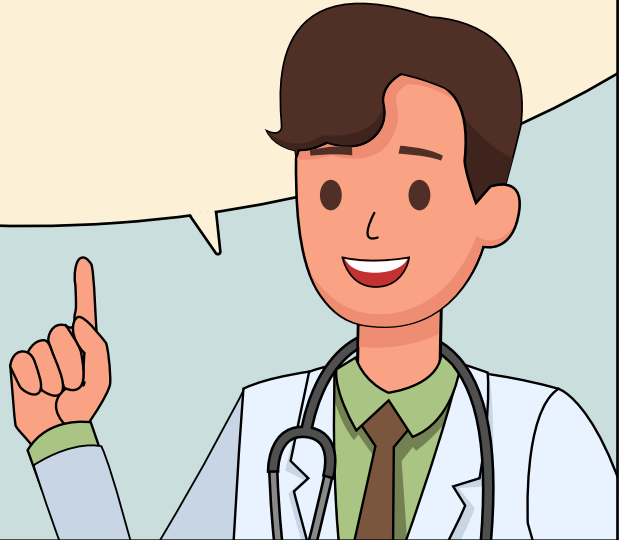
MAKES A SPECIAL JUICE CALLED BILE TO DIGEST FATS, AND REMOVES TOXINS

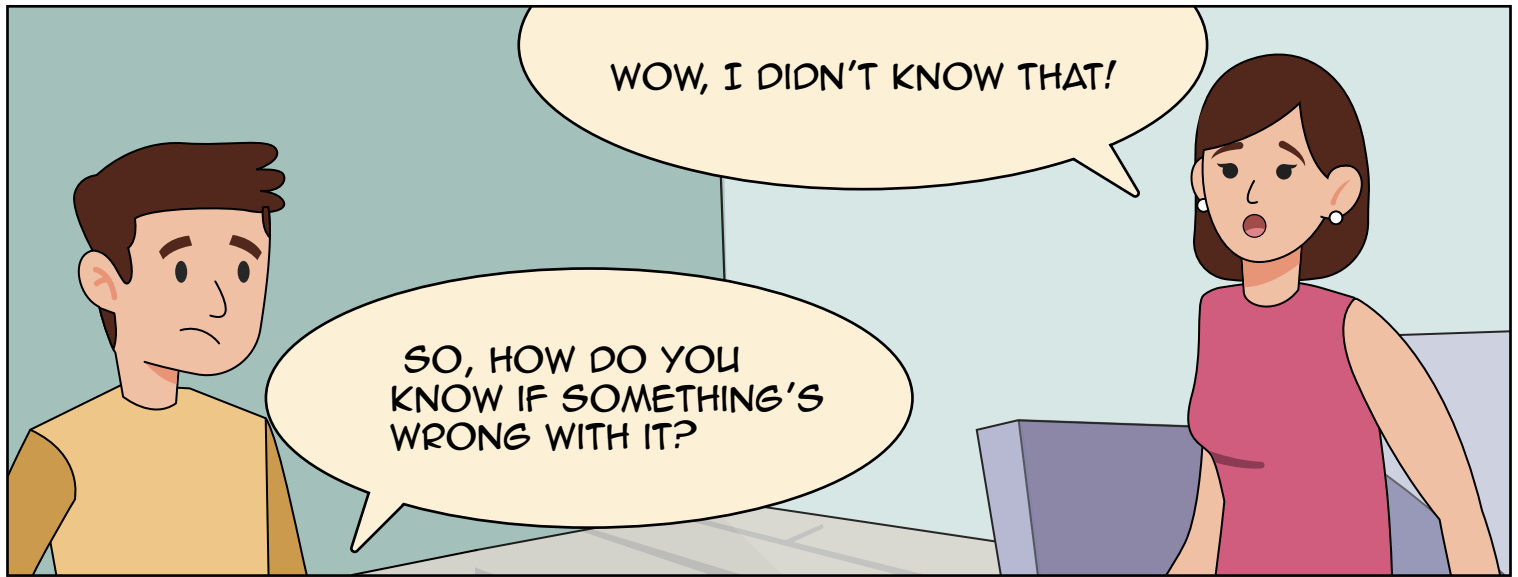
IT'S LIKE A SUPERHERO WORKING 24/7 TO KEEP YOU HEALTHY.



**DID YOU KNOW?**

YOUR LIVER CAN GROW BACK IF A PART OF IT GETS HURT? IT'S LIKE IT HAS A SUPERPOWER!





GOOD QUESTION! IF YOUR LIVER ISN'T HEALTHY



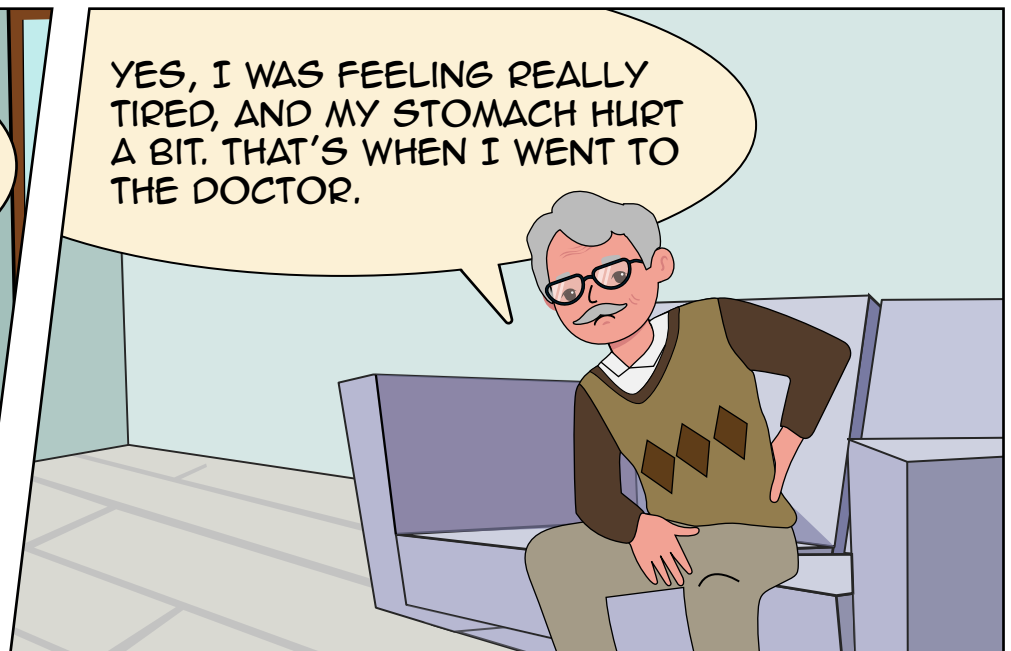
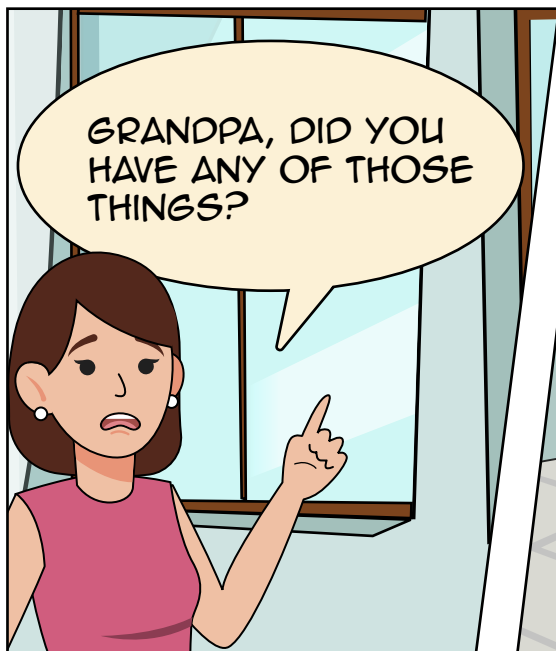
YOU MIGHT FEEL VERY TIRED



HAVE PAIN IN YOUR TUMMY

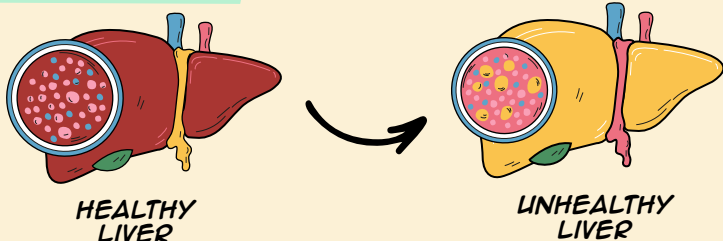


OR NOTICE A DIFFERENCE IN YOUR PEE OR POOP.



AND WE FOUND OUT YOUR GRANDPA HAD SOMETHING CALLED **NON-ALCOHOLIC FATTY LIVER DISEASE**.

IT HAPPENS WHEN **FAT BUILDS UP IN THE LIVER**, OFTEN IN PEOPLE **WHO ARE OVERWEIGHT OR HAVE DIABETES**.



IS GRANDPA OKAY NOW?



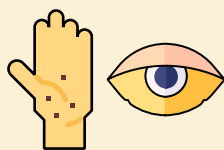
YES, MARK. HE'S DOING MUCH BETTER BECAUSE WE CAUGHT IT EARLY. BUT IF **LIVER PROBLEMS AREN'T TREATED, THEY CAN GET WORSE**.



HOW WORSE?



YOU MIGHT NOTICE

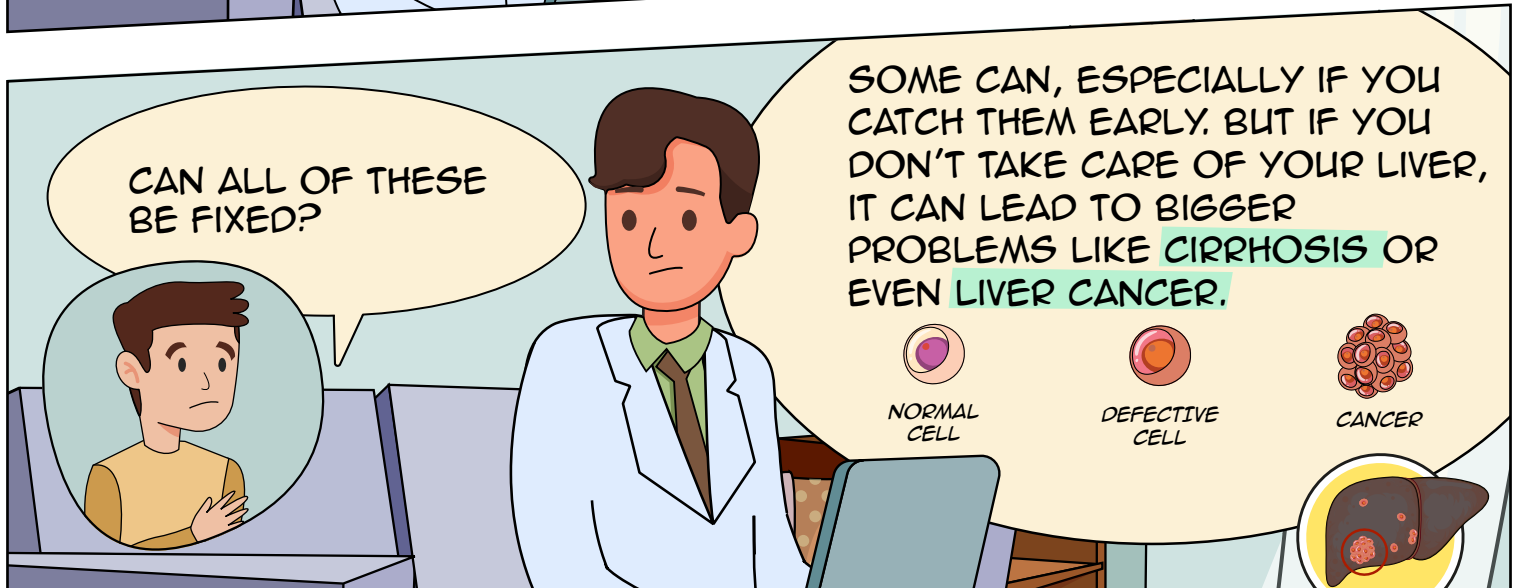
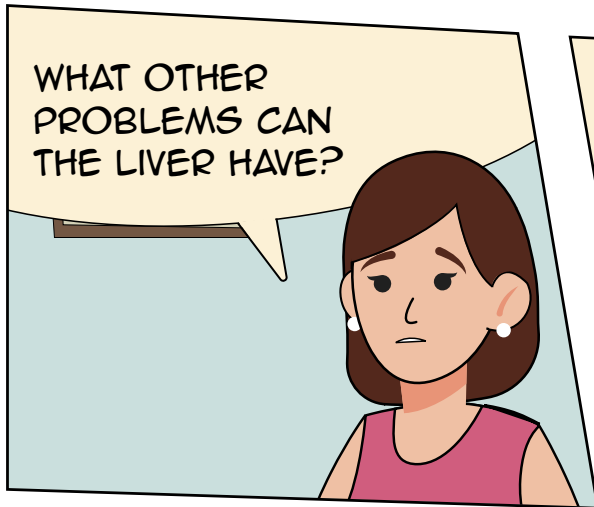
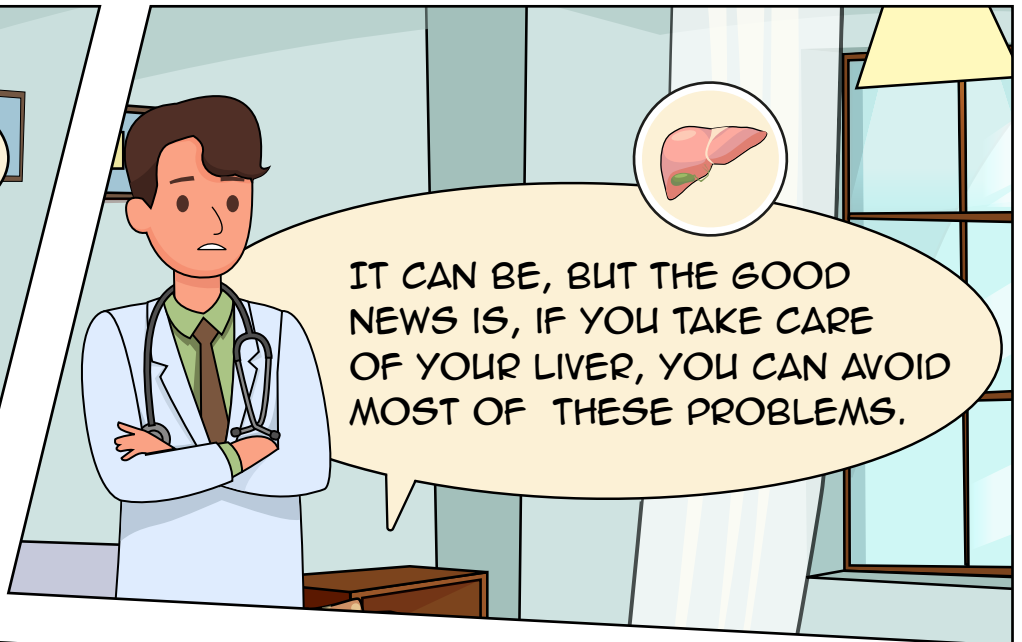
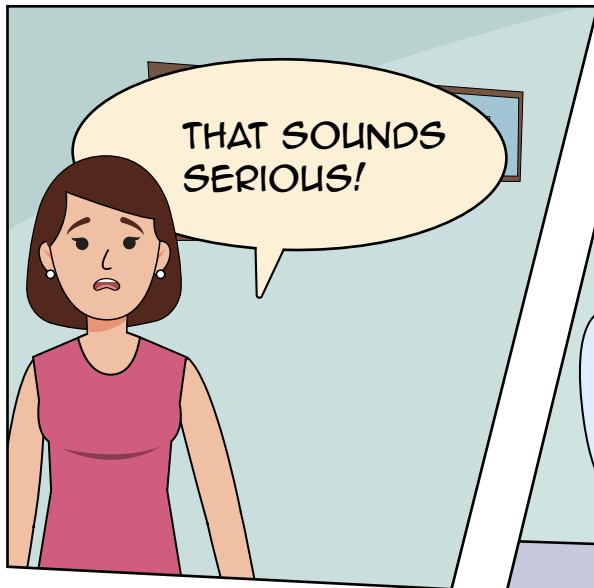


**YELLOW SKIN OR EYES, CALLED JAUNDICE**



**OR SWELLING IN THE BELLY OR LEGS.**



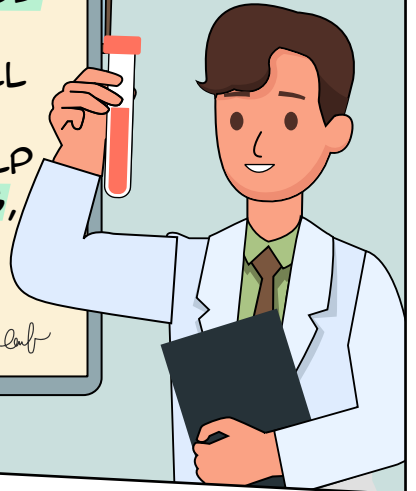


OH MY, CANCER!?  
HOW DO YOU  
RECOGNIZE ALL  
THESE LIVER  
PROBLEMS, DOCTOR?

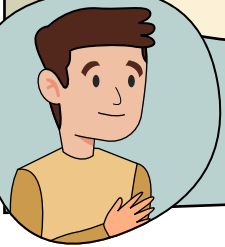


Rx

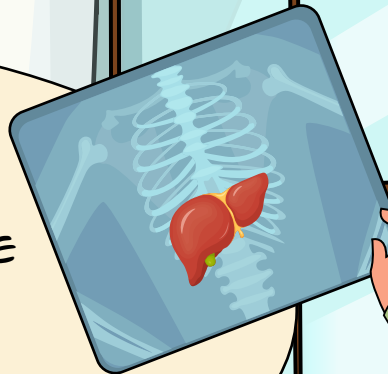
THAT'S A GREAT  
QUESTION, ONE WAY  
IS THROUGH BLOOD  
TESTS. THEY CAN  
TELL US HOW WELL  
THE LIVER IS  
WORKING AND HELP  
SPOT ANY ISSUES,  
LIKE FATTY LIVER  
OR INFECTIONS.



JUST A  
BLOOD TEST?



NOT ALWAYS. SOMETIMES, WE  
ALSO USE IMAGING TESTS LIKE  
ULTRASOUNDS, CT SCANS, OR  
MRI's. THESE LET US SEE IF  
THERE'S ANY DAMAGE OR  
CHANGES IN THE LIVER.

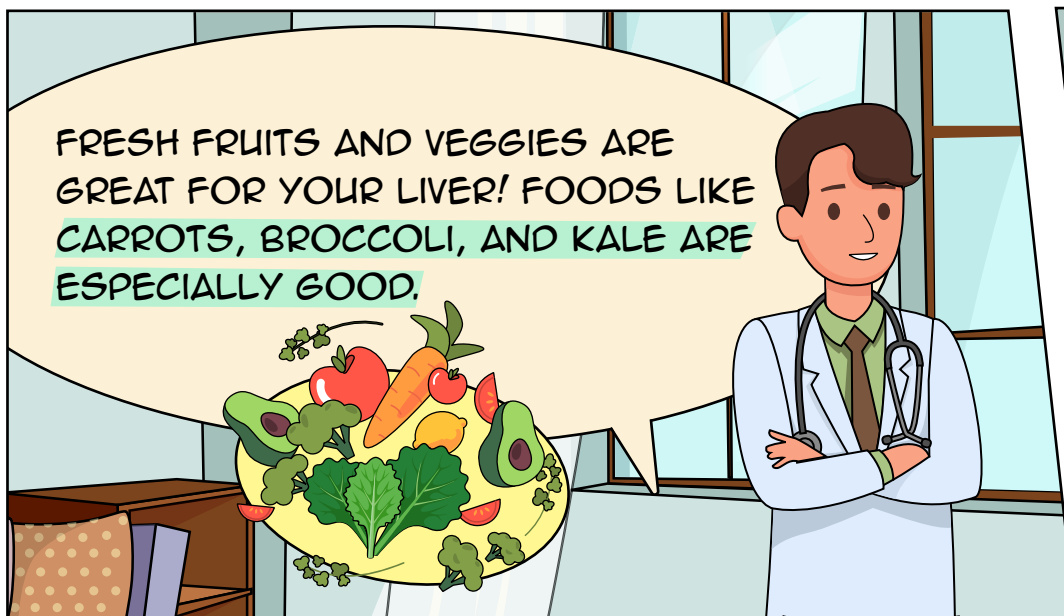
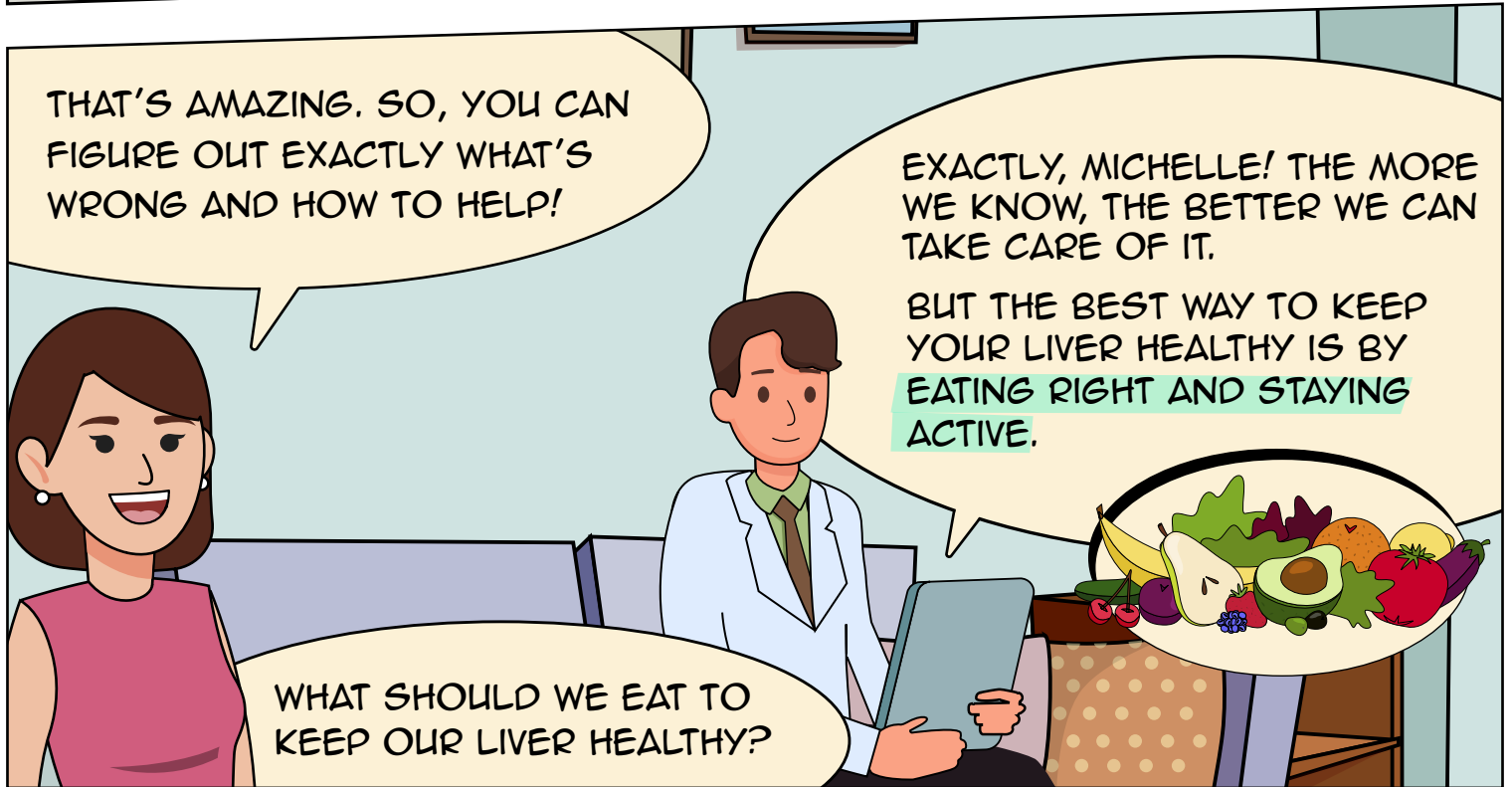
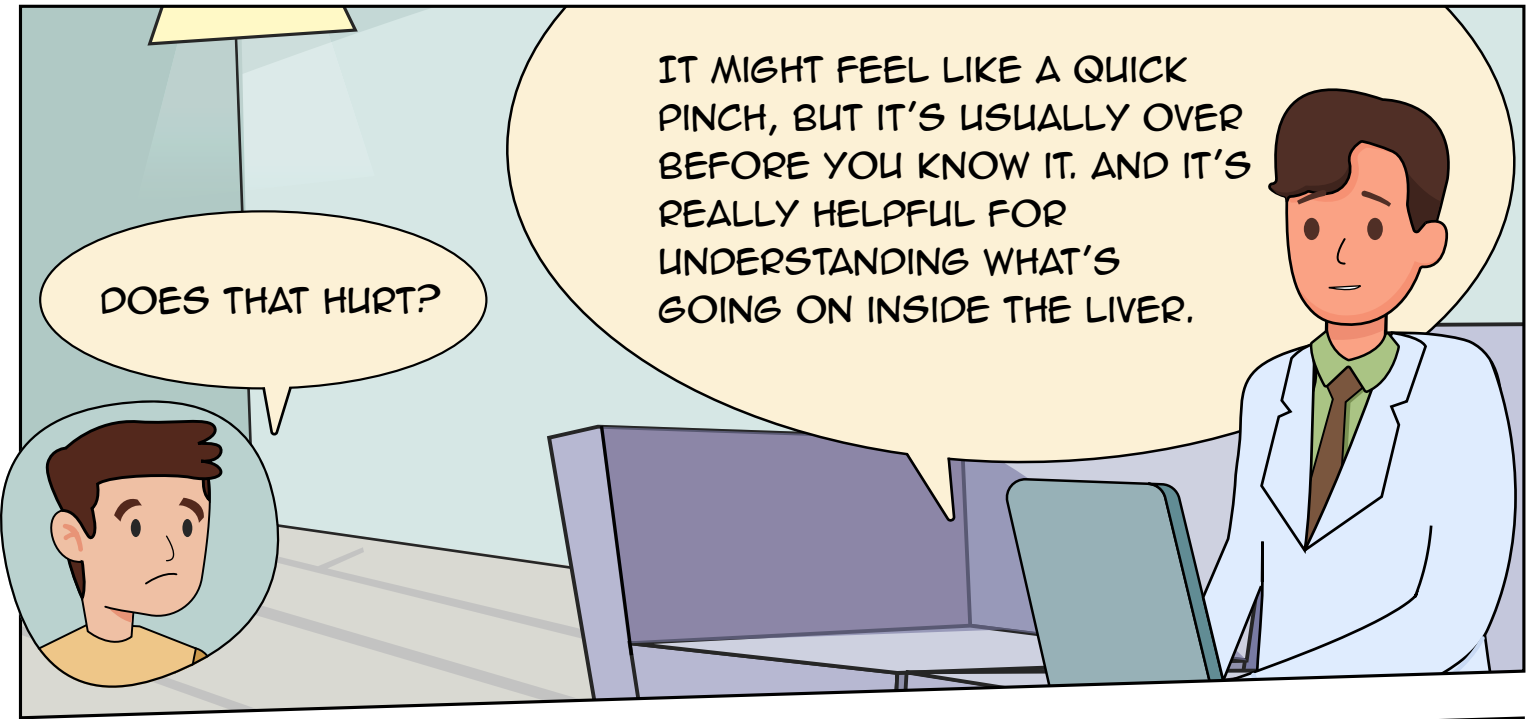


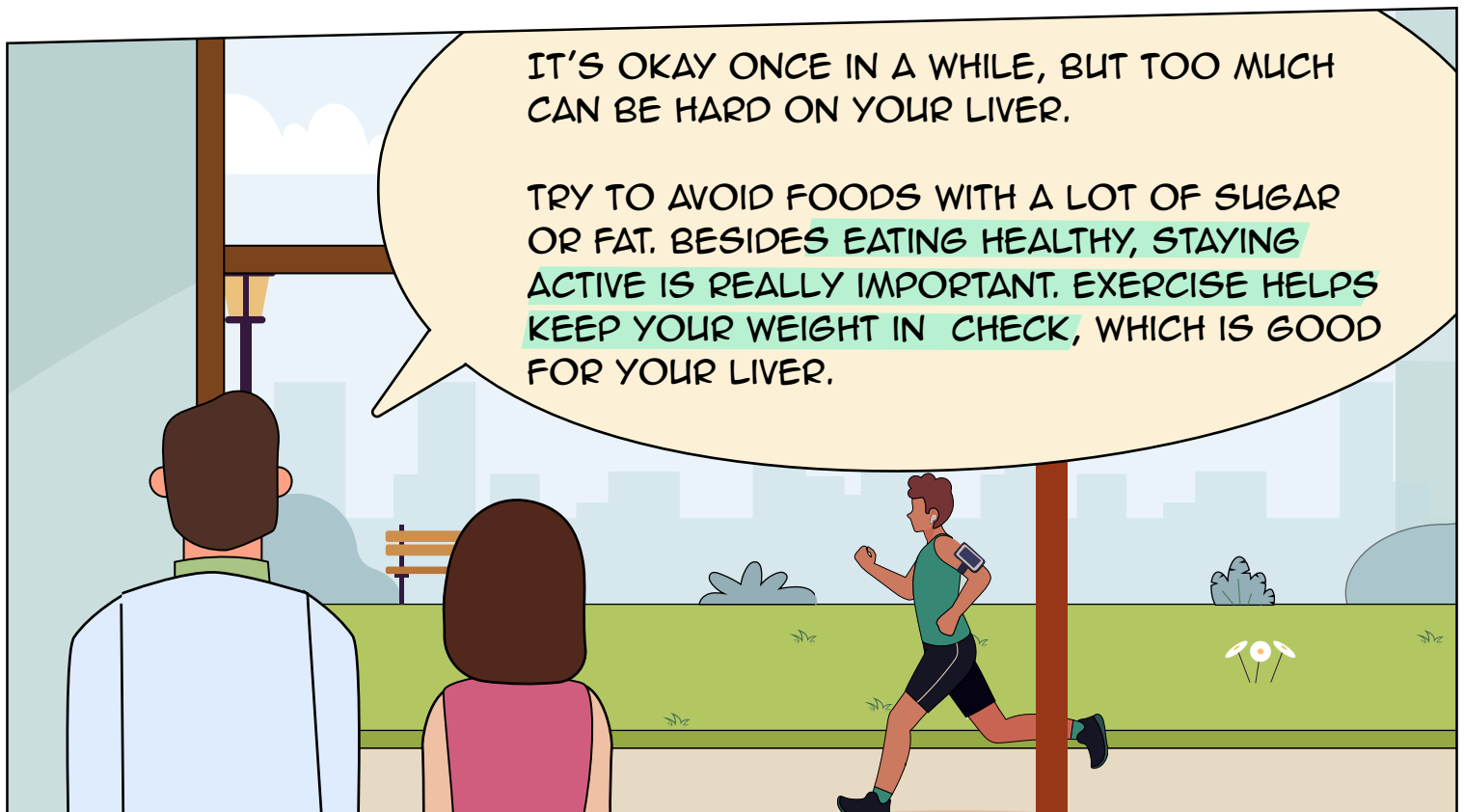
AND WHAT IF THOSE  
DON'T GIVE ENOUGH  
ANSWERS?



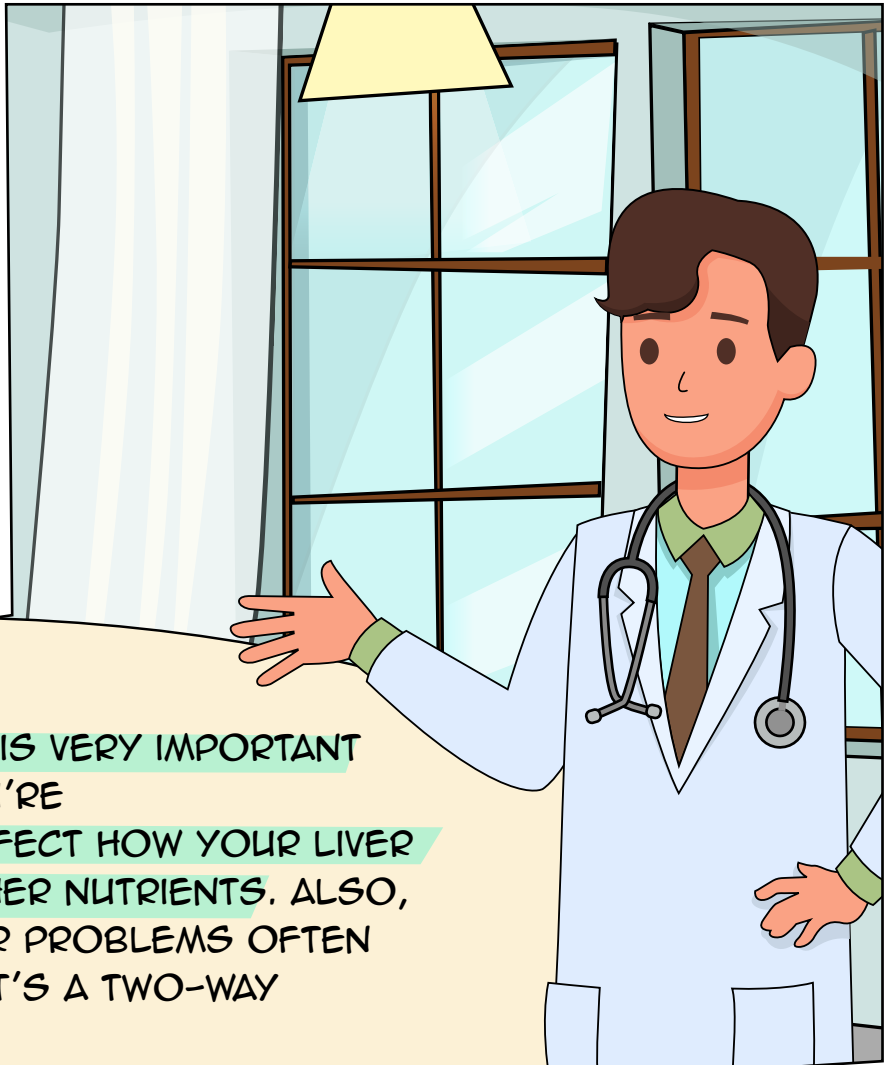
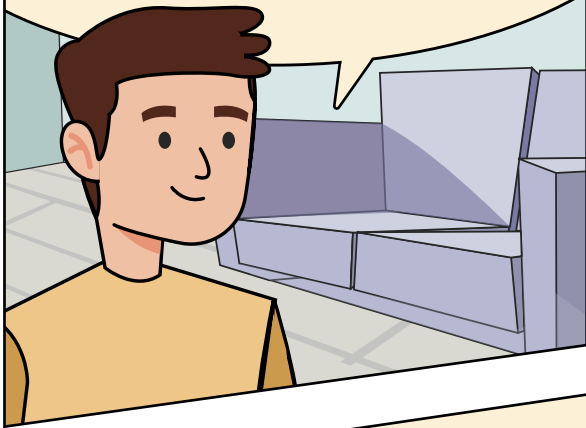
IN THAT CASE, WE MIGHT TAKE A TINY  
SAMPLE OF LIVER TISSUE, CALLED A  
BIOPSY. WE USE A THIN NEEDLE TO  
GENTLY REMOVE A SMALL PIECE,  
WHICH GETS SENT TO A LAB FOR  
TESTING.







I'VE HEARD THAT SLEEP IS IMPORTANT FOR STAYING HEALTHY. DOES IT ALSO HELP THE LIVER, DOCTOR?



ABSOLUTELY, MARK. SLEEP IS VERY IMPORTANT FOR YOUR LIVER. WHEN YOU'RE SLEEP-DEPRIVED, IT CAN AFFECT HOW YOUR LIVER PROCESSES, FATS AND OTHER NUTRIENTS. ALSO, PEOPLE WITH CHRONIC LIVER PROBLEMS OFTEN HAVE TROUBLE SLEEPING. IT'S A TWO-WAY STREET!

SO, HOW MUCH SLEEP SHOULD WE GET?



TRY TO GET SIX TO EIGHT HOURS OF SLEEP EVERY NIGHT, PREFERABLY AT THE SAME TIME. IT'LL HELP KEEP YOUR LIVER AND YOUR WHOLE BODY HEALTHY!



WHAT IF SOMEONE ALREADY HAS LIVER PROBLEMS? CAN THEY GET BETTER?



MANY TIMES, YES! FOR SOME DISEASES LIKE HEPATITIS, WE CAN GIVE MEDICINES AND VACCINATIONS. THESE ARE THE HEPATITIS A AND HEPATITIS B VACCINES. FOR FATTY LIVER, EATING HEALTHY AND EXERCISING CAN HELP A LOT.



WHAT IF THE LIVER IS REALLY BAD?

IN VERY SERIOUS CASES, SOMEONE MIGHT NEED A LIVER TRANSPLANT. BUT IF YOU TAKE CARE OF YOUR LIVER, IT USUALLY DOESN'T GET TO THAT POINT.

HERE ARE MY TOP TIPS FOR KEEPING YOUR LIVER HAPPY:

EAT LOTS OF FRUITS, VEGGIES, AND WHOLE GRAINS.



DRINK PLENTY OF WATER.



STAY ACTIVE AND EXERCISE.



AVOID TOO MUCH ALCOHOL AND SUGAR.



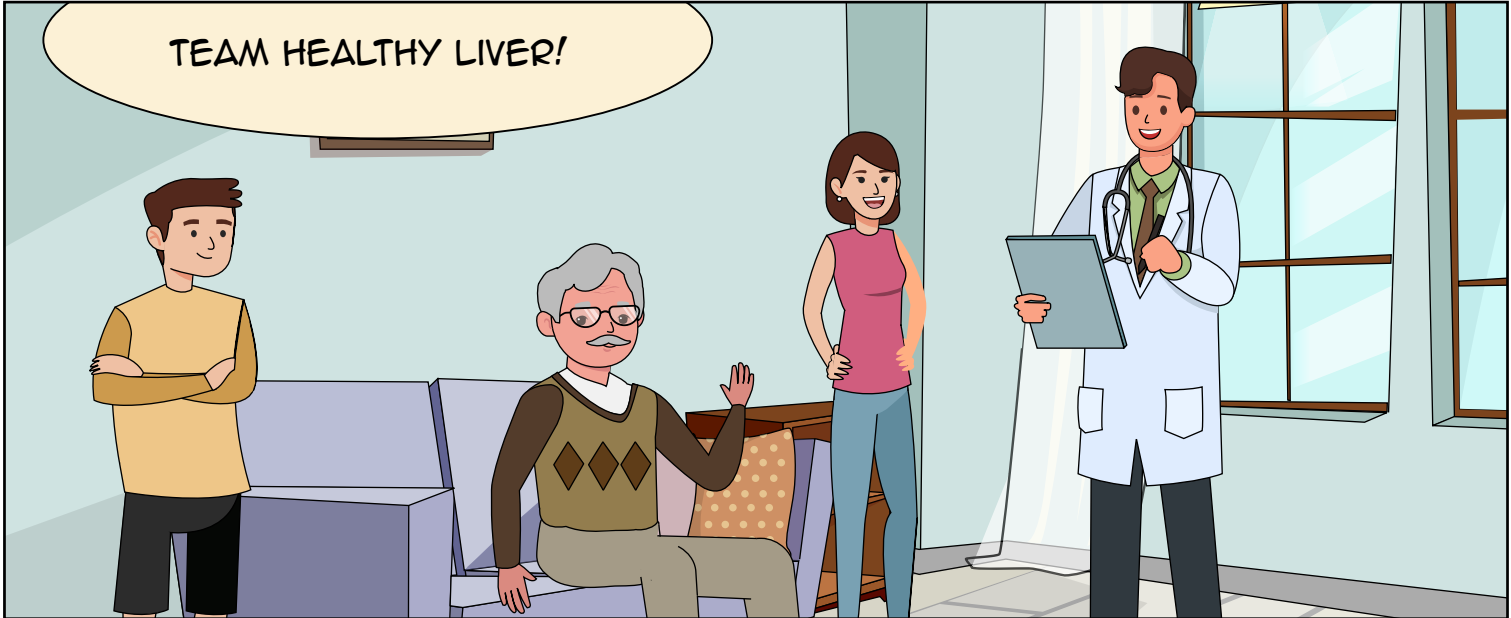
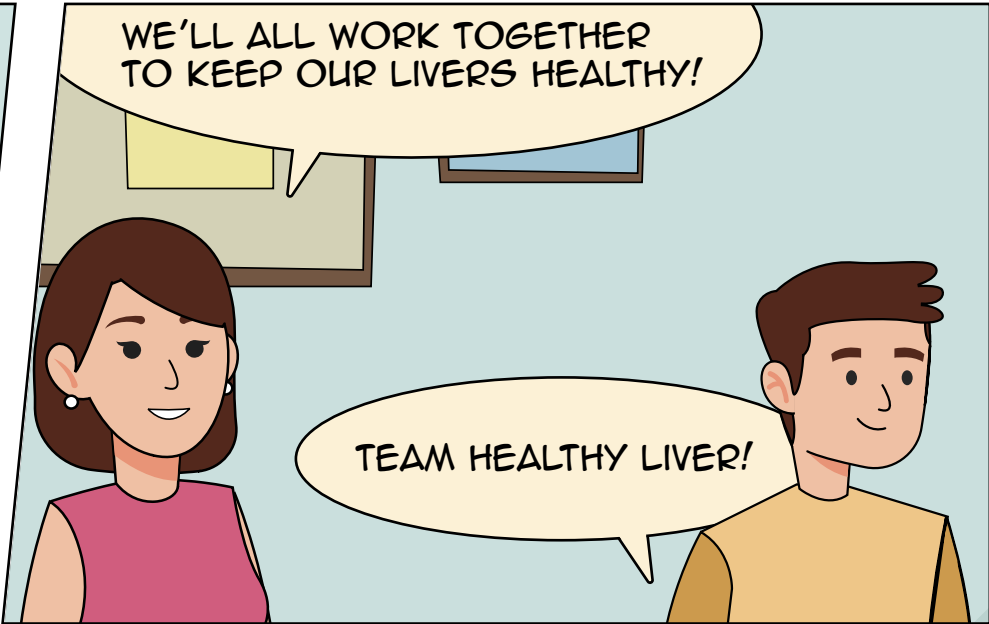
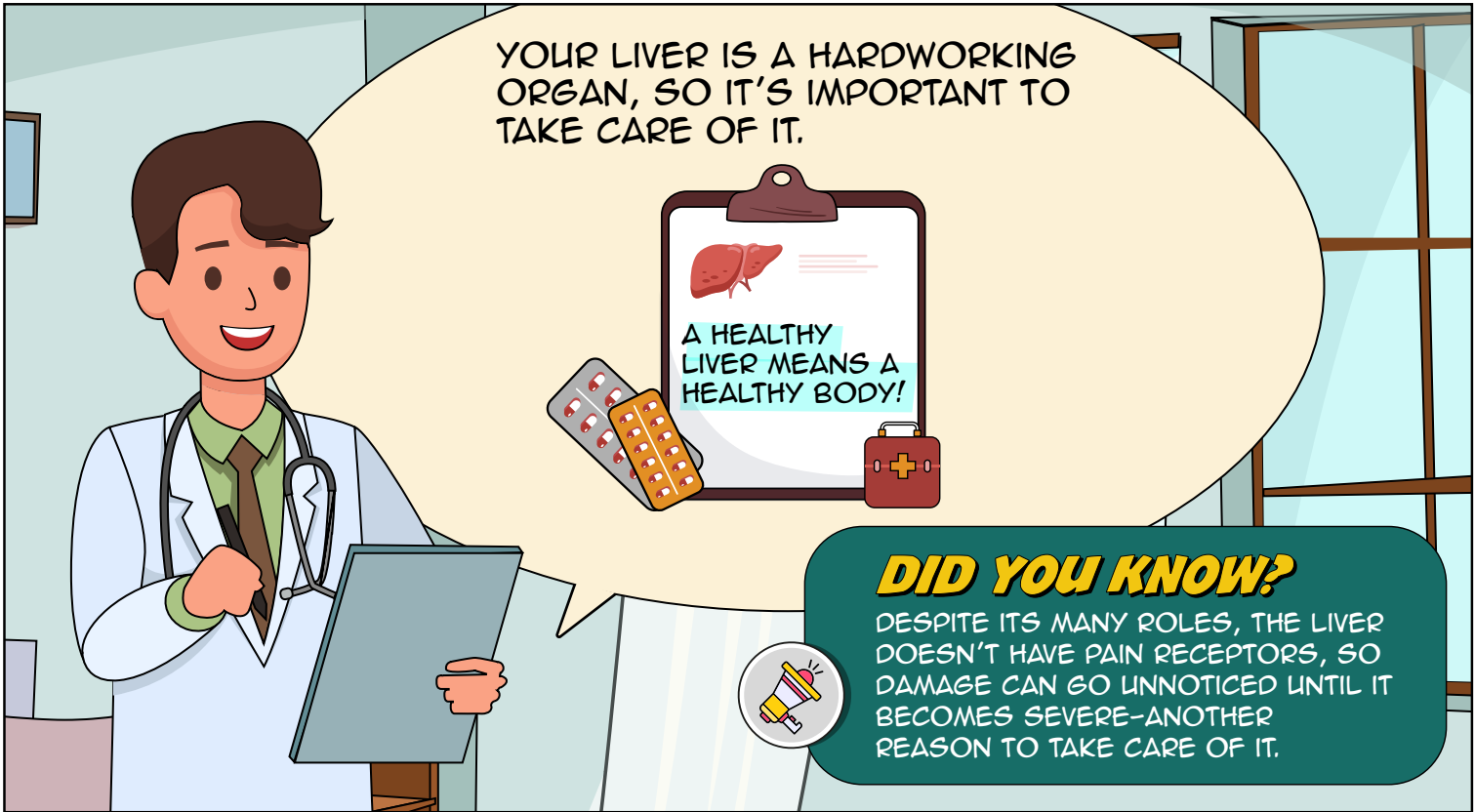
WASH YOUR HANDS AND STAY VACCINATED AGAINST HEPATITIS.



THAT SOUNDS EASY ENOUGH!

I'LL MAKE SURE GRANDPA FOLLOWS THESE TIPS TOO!

I ALREADY AM, MARK!



***THIS BOOK IS  
BROUGHT TO YOU BY  
LIVOLIN FORTE***



***IT SUPPORTS AND PROTECTS THE  
LIVER FROM VARIOUS SOURCES OF  
DAMAGE AND IMPROVES  
ITS FUNCTIONING***

***TAKE CHARGE OF YOUR  
LIVER HEALTH AND ACT NOW!***