

SYMPTOMS THAT CALL FOR A LIVER DETOX

To see if your liver needs detoxing. Check off the following. If you check off 3 or more symptoms, my guess is that it's time! However, everyone can benefit from a liver cleanse.

- Fatigue
- Brain fog
- Headaches
- Chronic joint or muscle pain
- Digestion issues *including gas, heartburn, bloating, diarrhea or constipation, and abdominal pain*
- Insomnia
- Autoimmune diseases
- Hormonal imbalances *like PMS or menopausal symptoms*
- Acne or skin rashes
- Anxiety or depression
- Allergies
- Inflammation
- Chemical sensitivities
- Chronic bad breath
- Weight gain

NOTES
