

Quick Liver Check

Over 25% of Americans are affected by Non-alcoholic Fatty Liver Disease (NAFLD) - could you

Abdominal bloating	Yes No
Discomfort over the liver (the liver is in the right upper abdominal area)	Yes No
Excess abdominal fat (pot belly or a roll of fat around the upper abdomen)	Yes No
Indigestion and intolerance to fatty foods	Yes No
Hemorrhoids	Yes No
Fatty yellow or white lumps in the skin or around the eyes - these are called xanthelasma	Yes No
Overheating of your body	Yes No
Bad breath	Yes No
Coated tongue	Yes No
Yellow color of the eyes and skin	Yes No
Red itchy eyes	Yes No
Skin rashes such as dermatitis, eczema and psoriasis	Yes No
Brown liver spots on the skin	Yes No
Redness of the palms of the hands	Yes No
Hot and/or burning soles of the feet	Yes No
Headaches, especially associated with nausea	Yes No
Gall bladder removal	Yes No
Unexplained weight gain	Yes No
Inability to lose weight, even whilst dieting	Yes No
High blood pressure	Yes No
High blood levels of cholesterol and triglycerides	Yes No
Depression and irritable moods	Yes No
Excess alcohol intake	Yes No
Do you take more than 3 prescribed medications daily	Yes No
Excess fatigue	Yes No