

YOUR LIVER IS UNDER CONSTANT ATTACK WHEN YOU ARE IN STRESS



Understanding Stress makes you equipped to deal with it better. How Stress Impacts Liver

1. During stress, Natural Killer Cells are expanded in the liver, which can contribute to liver cell death and worsening of liver disease because of inflammation
2. In the part of the brain that controls the liver, stress appears to impair blood flow and may lead to or trigger liver damage.
3. Stress can directly impact the inflammatory process that takes place in the liver. In those with chronic liver disease, inflammation is the beginning in a series of events that cause liver damage.



What role does Liver play in your body ?

Cleanses blood: Metabolizing alcohol and other drugs and chemicals, Neutralizing and destroying poisonous substances.

Regulates the supply of body fuel: Producing, storing & supplying quick energy (glucose) to keep the mind alert and the body active, Producing, storing and exporting fat.

Manufactures many essential body proteins involved in: Transporting substances in the blood, Clotting of blood, Providing resistance to infection.

Regulates the balance of many hormones: Sex hormones, Thyroid hormones, Adrenal hormones. Regulates body cholesterol, Produces cholesterol, excrete and converts it to other essential substances.

Regulates the supply of essential vitamins and minerals such as iron and copper, Produces bile which eliminates toxic substances from the body and aids digestion



What are the indications of toxic Liver ?

There are well over 100,000 different toxins found in our food, water, and air.

Sometimes your body gives clues prior to a total emotional meltdown. Address the stress before it gets out of control.

1. **A Sore Jaw** - During the day and even while sleeping, people under stress may clench their teeth or grind them back and forth against one another.
2. **Bad Skin** - Stress is well-known to affect our external appearance. Stress can render the skin more sensitive to irritants and it also dehydrates the skin.
3. **Libido Loss** - Although loss of sexual desire can stem from many different types of physical and emotional issues, stress is certainly one of the most common.
4. **Hair Shedding** - About 100 hair strands falling out per day and being replaced by new ones is a normal process. However, this hair loss can escalate to losing half to three-quarters of your hair when under extreme physical or emotional stress. Stress-induced hair loss can occur weeks or months after the stressful event.
5. **Perpetually Stuffy with the Sniffles** - The link between stress and immunity has been documented in just about every culture. If your immune system is rundown as evidenced by a seemingly endless run of colds, stress is one of the most likely culprits.



What Should you do to make your Liver Healthy ?

- Moderate your alcohol intake
- Don't Smoke
- Cut down on fatty foods
- Get regular exercise
- Take liver-support supplements
- Avoid fried foods
- Eat lots of fresh vegetables and fruits
- Drink 8-12 glass of water daily
- Reduce sugar



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