

Does Your Liver Need Support?

Our liver is involved with digestion and detoxification. When the liver is overloaded with having to detoxify too many things at once, we begin to get symptoms. The best way to help your liver is to avoid chemicals as much as possible by eating food that is free of pesticides, hormones and antibiotics. You can also use natural based cosmetics and cleaning products around your house. For air fresheners, use essential oils, flowers or candles.

The liver and gallbladder are also associated with the emotions of anger and bitterness. If you want to help your liver function better, then emotional healing is also essential.

Please click [here](#) to read about the nutrients needed to support the different liver detoxification pathways.

Here are symptoms that indicate a congested liver:

The skin

- Small black spots or large brown patches which are the colour of moles or freckles that appear on the forehead, between the eyebrows or under the eyes. These are so called liver spots that may also appear between the shoulder blades.
- Vertical wrinkles between the eyebrows that are not part of natural aging and indicate many gallstones in the liver. They show that the liver is hardened or has become enlarged.
- Horizontal wrinkles across the bridge of the nose which are linked to pancreatic problems due to gallstones in the liver.
- Dark colouring on the side of the temples which point under activity of the spleen, pancreas and gallbladder which are caused by gallstones deposited in the liver and gallbladder.
- Oily skin on the forehead, excessive sweating and yellow colour of facial skin indicate poor performance of major organs due to gallstones in the liver and gallbladder.

The nose

- Hardening and thickening at the tip of the nose.
- The nose is constantly red. This condition is due to imbalanced liver, kidney and digestive function.
- Indentation at the tip of the nose or cleft nose. Indicates heart murmur or irregular heart beat and can be accompanied by panic attacks and arrhythmia.

The eyes

- Altered skin coloured under the eyes which can be yellowish, dark or black, or a greyish pale colour. Indicates the kidneys, endocrine system and bladder are being affected.
- Bags under the lower eyelids containing water which are caused by congestion in the digestive and excretory systems.
- The eyes have lost their natural shininess and natural lustre which signals the liver and kidneys are congested and are unable to filter blood properly.
- White or yellow coated tongue especially at the back which is an indicator of trouble within the digestive system.
- Teeth impressions on the side of the tongue often with white mucous discharge, indicating poor digestion and absorption of nutrients in the small intestine.
- Pimples on the tongue indicating poor digestion and an imbalance in the bacteria in the small and large intestine.
- Cracks on the tongue are the result of long term intestinal problems.
- Mucous discharge, bad breath and frequent burping point toward undigested, putrefying and fermenting food in the gastro intestinal tract.
- Dark patches or spots on the lip occur when obstructions to the gallbladder, liver and kidneys result in the slowing and stagnation of blood circulation throughout the body.
- Expanded or swollen lips which is an indicator of intestinal problems.
- Tonsillitis, bleeding, sensitive or swollen gums which occurs when lymph drainage of the mouth is inefficient as a result of intestinal lymph drainage.
- Tooth problems generally caused by poor nutritional habits like the overconsumption of processed food, refined carbohydrates and non foods. Hands, nails and feet
- White fatty skin on fingertips is a sign of dysfunctional digestive system.
- Dark red fingernails point toward a high content of fatty acids, cholesterol and minerals in the blood.
- Vertical ridges in the fingernails which indicate a poor absorption of food and disruption of liver, digestive and kidney function.
- A yellowing of the feet which is a sign of the accumulation of gallstones in the liver and gallbladder.

Constitution of fecal matter

- The stool emits a sharp, sour or foul odour which indicates that food is not being digested properly and ends up fermenting and putrefying in the colon usually in the presence of 'unfriendly' bacteria which feeds on it.
- Dry or hard stools which result in constipation caused by weak digestive and liver performance.
- Pale or clay coloured stool. Points to poor liver performance as bile gives stool its natural brown colour.

Other Symptoms and Signs of a Congested Liver

- Low appetite

- Pain in upper back between shoulder
- Pain in shoulder joint
- High blood pressure
- Chronic fatigue syndrome
- Food cravings
- Digestive disorders
- Diarrhoea
- Constipation
- Clay coloured stool
- Hernia
- Flatulence
- Hemorrhoids
- Dull pain on the right side of the body
- Breathing difficulty
- 'Pot belly'
- Depression
- Liver cirrhosis
- Eczema, acne, pimples
- Hepatitis
- Infections
- High cholesterol
- Pancreatitis
- Heart disease
- Weight gain
- Cellulite
- Brain disorders
- Irritable Bowel Syndrome
- Duodenal ulcers
- Nausea
- Angry personality
- Impotence
- Sexual problems
- Prostate diseases
- Brownish spots on skin
- Hot flushes
- Hormone problems
- Menstrual disorders
- Vision problems
- Puffy eyes
- Abdominal bloating
- Liver spots on backs of hands and face
- Dizziness
- Carrying excessive weight or wasting
- Back pain

- Dark circles around eyes
- White or yellow tongue
- Gout
- Stiffness
- Asthma
- Headaches and migraine
- Irritability
- Gum and tooth problems
- Yellow eyes and skin
- Sciatica (pinched or compressed nerve in spine, leading to back, butt or leg pain)
- Numbness in the legs
- Joint diseases
- Osteoporosis
- Kidney disease
- Chronic fatigue syndrome
- Obesity
- Cancer
- MS
- Fibromyalgia
- Greasy hair and hair loss
- Poor healing ability
- Insomnia

Source: <http://www.radicalstrengthcoach.com/liver-detox.html>