

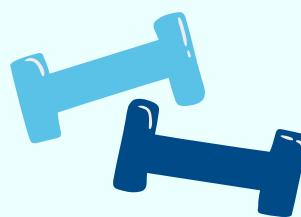


Because your liver loves you

Your liver is one of the most important organs in your body
and it is always working to keep you healthy



The liver keeps you healthy by
performing over 500 functions
for the body, including storing
energy, cleaning the blood, and
resisting infections



It's never too late to care for
your liver. It can regenerate
with as little as 25% of healthy
tissue, making it one of the
most amazing parts of the
body.

**Your liver is so good at staying strong and keeping your body working...
that when it starts getting sick, it doesn't show you any symptoms**

Chronic liver disease develops silently. By the time most
people start feeling sick and get diagnosed, it is too late
to treat and cure. The liver is resilient and often gets
overlooked. But... liver disease is on the rise, affecting
more than 844 million people and killing 2 million people
per year.

The good news is....

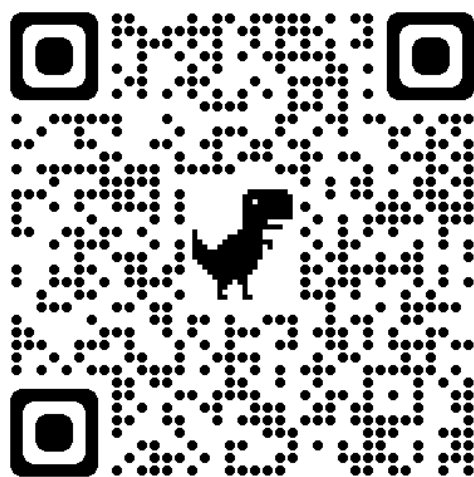
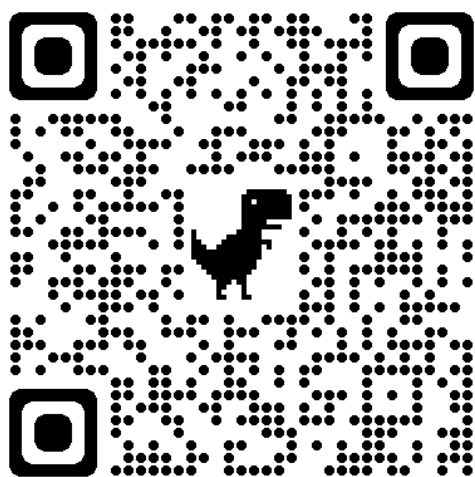


**of liver disease
cases are
preventable**

Find out how to take care of your liver so your liver can keep taking care of
you!

EASL

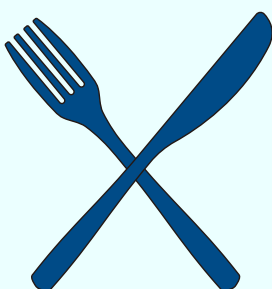
WORLD LIVER DAY



4 Ways to Keep Your Liver Healthy

01

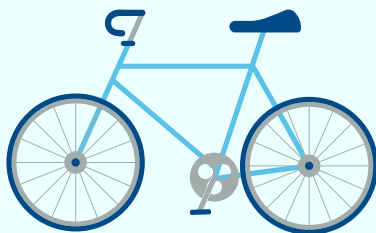
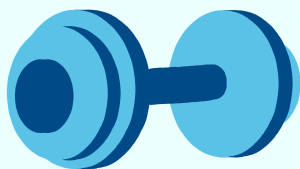
Eat a healthy diet



Eating healthy can sometimes be challenging! The key is to focus on adding more healthy foods - fruits, vegetables, legumes, nuts & seeds, and protein - rather than taking foods away. Some ways to do this are: add vegetables into meals, bake foods instead of frying, and replace butter/ghee with olive or canola oil.

02

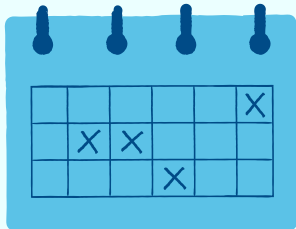
Get a few workouts in



Working out doesn't have to look the same for everyone - lifting weights in the gym or running for an hour are not the only ways to get your body moving. Find an activity that you enjoy and gets your heart pumping. Whether it's cycling, kayaking, or doing yoga on your lunch break - the important thing is to find small, consistent ways to move and sweat.

03

Only drink alcohol in moderation



Having a couple of drinks can be fun and enjoyable but too much alcohol can be risky. Reducing intake by having smaller amounts, setting a spend limit, and staying away from hard liquor can help to save lives.

04

Check your liver health



Livers are resilient and strong but this means that when it starts getting sick, there are no symptoms to warn you that something is wrong. One of the most important preventative measures for liver disease is to ask your doctor to screen your liver regularly. That way, if something is wrong, you can catch it early, treat it, and heal your liver!