Symptoms of Liver Congestion

Check all that apply (past and present):

□ Insomnia and waking between 1 and 3

a.m.   
□ Sleeping all night and waking up feeling that you

haven't slept at all along with weakness, sluggishness and

tiredness.   
□ Visual problems (loss of lens elasticity, light sensitivity, conjunctivitis, farsightedness, myopia, cataracts, astigmatism, moving spots, double vision).  
□ Emotional upsets such as sudden anger, frustration, impatience and depression.

□ Neck and shoulder pain.  
□ Low back pain or pain in the joints especially the knees.   
□ Weakness and pain in upper front leg muscles and calves.  
□ Pain in the arms and top of the right hand.

□ Dry or oily skin.  
□ Itchy ears  
□ Muscle pain after working.  
□ Heartburn  
□ Diarrhoea  
□ Constipation  
□ Frequent Urination  
□ Pain between the shoulder blades  
□ Colitis, spastic colon  
□ Ulcers

□ Hiatus hernia   
□ Digestive problems

□ Too much sleep  
□ Nausea  
□ Vomiting  
□ Pain in the right side radiating to the back   
□ Colic  
□ Mental Problems  
□ Pain in the liver or gallbladder area  
□ Headaches   
□ Bitter taste in the

mouth.   
□ Heamorrhoids  
□ Mineral deficiency  
□ Hormonal Imbalances (due to liver’s influence over estrogen)  
□ Malfunctioning of ovaries and trouble with conception)  
□ Anemia  
□ Infection

□ Worms  
□ Chills  
□ Anal Itching

□ Diabetes  
□ Obesity  
□ Underweight  
□ Appendicitis  
□ Heart Palpitations  
□ Ear Problems  
□ Swollen Legs (edema)  
□ Rheumatism  
□ Arthritis  
□ Glandular Imbalances  
□ Menstrual Problems  
□ Nervous Disorders (depression, spaciness, inability to concentrate and remember things, mental aberrations).  
□ Muscle Weakness  
□ Bronchitis  
□ Sclerosis  
□ T.B.  
□ Cancer  
□ Sterility  
□ Impotence  
□ Thyroid  
□ Can barely tolerate the cold in winter and may suffer from chills usually after a meal (weak congested liver).  
□ Feel feverish and find the summer months uncomfortable (overactive liver).  
□ Acne  
□ Yellow or Pale Fingernails  
□ Oily skin on nose and forehead  
□ Fats or greasy foods cause nausea, headaches  
□ vertical white steaks on fingernails  
□ onions, cabbage, radishes and cucumbers cause bloating and gas  
□ bad breath, bad taste in mouth  
□ excess body odour  
□ high cholesterol  
□ stiff aching muscles  
□ migraine headaches  
□ discomfort under right ribcage  
□ food allergies  
□ irritable, easily angered  
□ weight around the abdomen (spare tire)  
□ yellow palms  
□ jaundice  
□ poor concentration  
□ difficulty losing weight  
□ boils

External Signs:  
□ Reddish blue colouring under the eyes and over the forehead and

other areas of the body.   
□ Two vertical lines between the eyebrows  
□ Whites of eyes become yellowish  
□ Red nose   
□ A yellow tinge to skin (jaundice)  
□ Dark insufficient urine  
□ Small red flecks the size of a pinhead that come and go at different places in the body  
□ Skin looks or seems dirty  
□ Dark pigmentation or spots on the face, back of hands, forehead or around the nose  
□ Eczema, psoriasis, hives, itching and rashes or other skin disease