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