

World Liver Day-19th April

The liver is the second largest and the most complex organ in the body, with the exception of the brain. It is a key player in your body's digestive system. We cannot survive without liver. It is an organ which can be easily damaged if we don't take good care of it.

Liver disease doesn't usually cause any obvious signs or symptoms until it is fairly advanced and the liver is damaged.

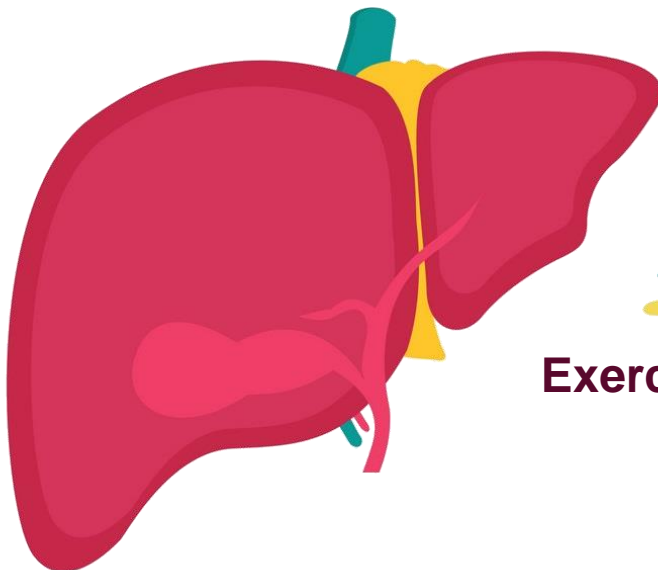
At this stage, possible symptoms are loss of appetite, weight loss and jaundice.

Healthy Lifestyle To Keep Liver Healthy And Active

Say NO to Alcohol & Drugs



Healthy And Balanced Diet



Exercise Regularly



Maintain healthy weight



Get vaccinated



Stop Smoking

Tips for Liver Cleansing

- ✓ Eat garlic, grapefruit, carrot, green leafy vegetables, apple and walnuts
- ✓ Use olive oil
- ✓ Take lemon and lime juice and green tea
- ✓ Prefer grains as food
- ✓ Add cruciferous vegetables (Cabbage, Broccoli and Cauliflower)
- ✓ Use turmeric in food