

## Meet your Liver

Today's high-speed lifestyle is very taxing on the liver. Your liver's job is to analyze and attempt to excrete, or turn to fuel, all substances you come in contact with. It's supposed to routinely perform 1000's of life vital functions around the clock.

But everyday, we ingest countless sticky, foreign, practically useless chemicals, making this job nearly impossible. As a result, the load on the liver keeps increasing.

Our overworked friend, houses the gallbladder, and weighs about a pound. It regulates blood sugar, cleanses the blood, stores iron, metabolizes fat, carbohydrates and protein, synthesizes vitamin A, and is the lynch pin of your body's immune system.

For many, their liver was overwhelmed by age 10. To fully comprehend the tasks your liver is dealing with right now, imagine you are a gardener, a chemist, a sanitation worker, a housekeeper, a soldier on duty, a warehouse / forklift operator and a grocery store clerk, all at the same time.

Now imagine you are 5 months behind in your work!!!!!! Copyright Pure Body Institute of Ventura