

Should I cleanse my liver?

Should you change the oil in your car?

We neglect our bodies in ways that we would never neglect our vehicles. When the oil light comes on in our car we run down to the mechanic and get the oil changed or find out that we have a more serious problem because we didn't change the oil earlier. In our bodies, we have symptoms instead of oil lights. But instead of dealing with the problem, we cover the symptoms...almost like spray painting over the oil light in our car and continuing to drive the vehicle. What would happen to your car if you did that? You would burn the engine up. Don't blame your body when it starts responding the same way! Remember, we can't go down to the nearest car lot and trade our bodies in for a new and improved model. We're stuck with the one we live in. My suggestion is that we should take care of it and stop treating it like an entertainment system!

Here are symptoms that may be caused by a congested liver:

- High blood pressure
- Blood sugar problems
- Constipation
- Difficulty losing weight
- Hormone symptoms
- Bad breath
- High cholesterol
- Greasy foods upset your stomach
- Dry, itching skin; skin peeling on foot soles
- Bitter metallic taste in mouth in mornings
- History of gall bladder attacks or gall stones

Remember that your liver is the filter of your body. In today's world there are a great many toxins to filter. It needs to be able to do its job. Imagine how a car would run if you never changed the oil. Is that how you feel?

Stop by, call, or e-mail and find out the best way to change the oil in your permanent vehicle!

Start *LIVING WELL ON PURPOSE* today! Your body will thank you for it!