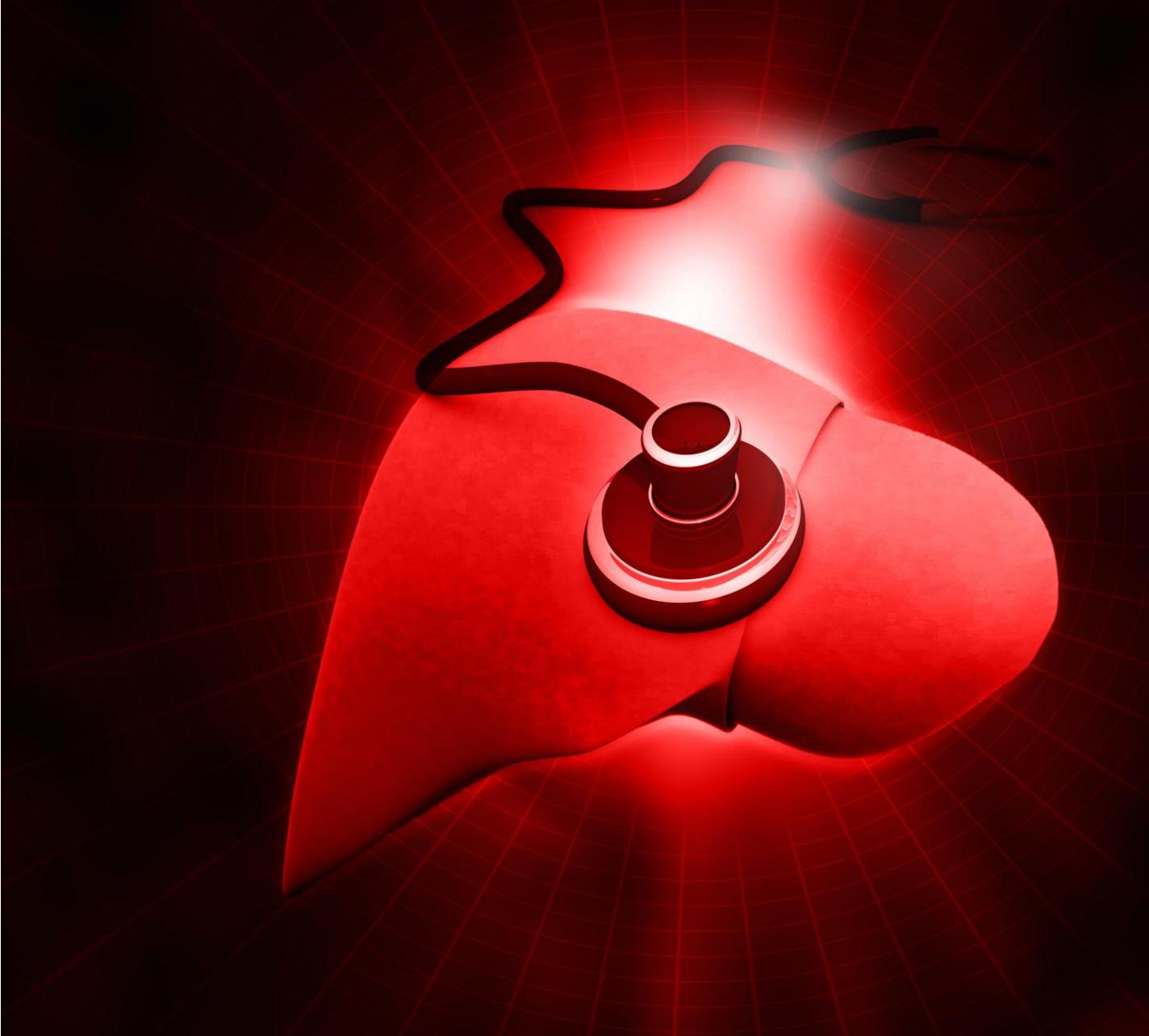




# Liver Assessment

Signs & Symptoms





# About Jane

**My lifelong mission is about staying healthy without medical and surgical intervention and empowering others to do the same.**

Herniated Disks

Allergies

Asthma

Gallstones

Depression

Anxiety

Fatigue

Pilates Instructor

Massage Therapist

Colon Hydrotherapist

Reiki Master

Bio-Energetic Practitioner

Certified Raw Food Educator

NEPT



[Bhumihealth.com](http://Bhumihealth.com)

# Medical Disclaimer

*This presentation is strictly for informational and educational purposes only. It is not intended to serve as medical advice, diagnosis or treatment, but to share knowledge from the research and experience of Jane Guyette at BhumiHealth, Inc. and its contributing experts. We encourage you to do your own research and always consult with your licensed healthcare provider before altering or changing any aspect of your medical treatment or prescription medications.*

# The Liver

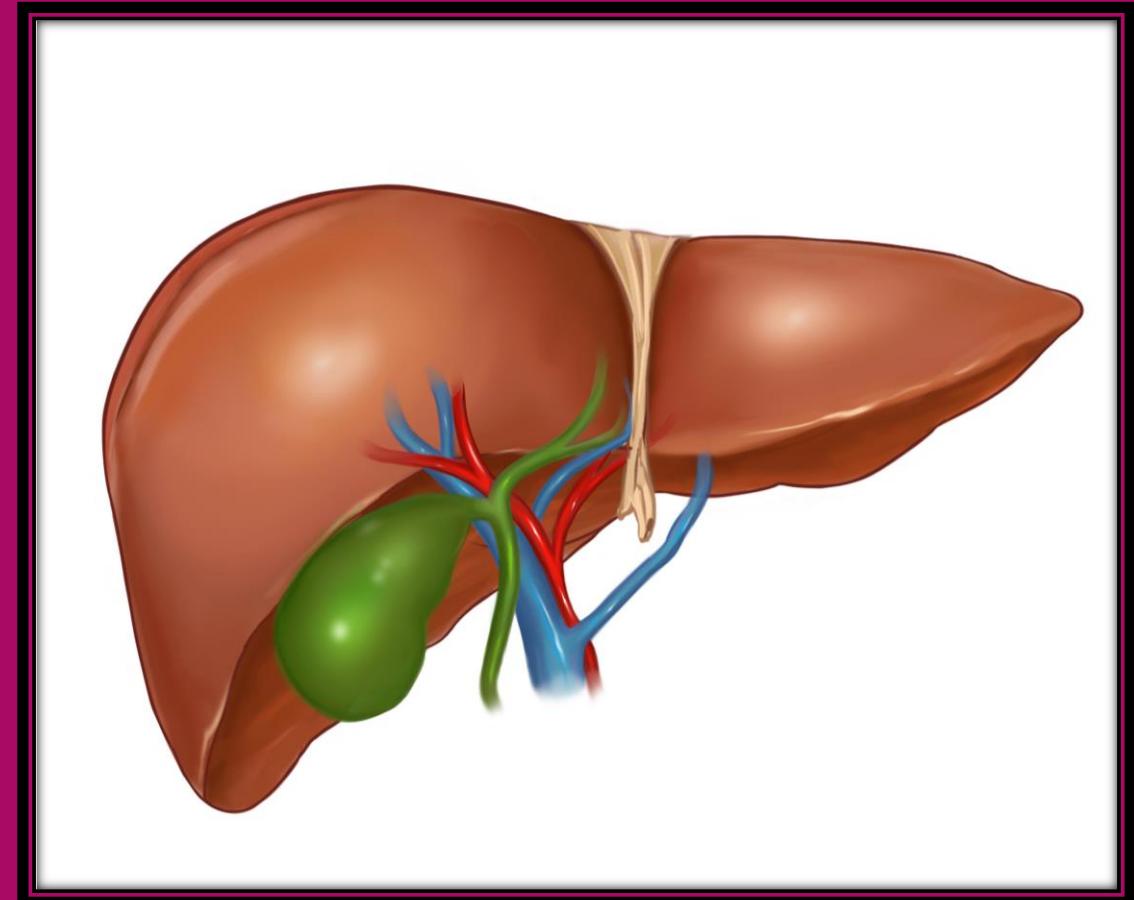
Our largest internal organ

*Producer*

*Protector*

*Detoxifier*

*Nourisher*



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Listen  
Observe  
Assess



# Listen

- Headache
- Fatigue
- Poor Diet
- Blurred vision
- Medication Use
- Joint or muscle pain
- Gall bladder attacks, stones or removal
- Depression or mood swings
- Drama, anger, not managing stress
- Nauseous after eating fatty foods
- Low Motivation or feeling out of sync w/ life
- Sensitive to caffeine or environmental chemicals
- Heavy metal exposure
- Gut infection, bacterial imbalance, cirrhosis, arthritis, viruses or autoimmune disease



## Observe

- Holding, slouching or protecting the liver area
- Hives, rashes or scratching
- Jaundice
- 3 or more vertical creases between eyebrows
- Yellow/Brown/Red/Green sclera
- Yellow discoloration below eyelids
- Gray ring around cornea
- Overweight/Belly Fat
- Greasy, shiny, light/clay colored stool
- Bulbous nose
- Excessive vertical ridges on nails or splitting cuticles
- Outsidess of tongue irritation or redness

# Assess

## Lab Values for Liver and Gallbladder

	Units	Lab Range		Ideal Range	
		Min	Max	Min	Max
Glucose (hi) – inability to process sugar to glycogen Symptom of cirrhosis	mg/dl	65.0	110.0	75.0	89.0
BUN (lo) low protein consumption or problems with protein digestion, possibility of low HCl	mg/dl	8.0	28.0	13.0	18.0
Protein (lo) – with albumin a general state of nutrition in the body	G/dl	6.2	8.3	6.9	7.4
Albumin (lo) – major protein in body and general state of nutrition	G/dl	3.8	5.0	4.0	5.0
Globulin (hi) – major group of proteins in blood comprising infection-fighting antibodies	G/100 ml	2.0	3.8	2.4	2.8
Bilirubin (hi) – this is a byproduct of hemoglobin when liver recycles RBC, jaundice	mg/dl	0.1	1.5	0.2	1.2

## Lab Values for Liver and Gall Bladder

	Units	Lab Range		Ideal Range	
		Min	Max	Min	Max
Alkaline Phosphatase (hi) – assess bone and liver function (lo) zinc deficiency, possibly Vit B6, estrogen dominance, malabsorption, hypothyroid, low adrenal function	U/L	27.0	142.0	70.0	90.0
LDH (hi) – organ damage (heart, muscles, liver, kidney, brain, RBC)	U/L	89.0	215.0	140.0	180.0
AST or SGOT (hi) – liver disease	U/L	1.0	45.0	10.0	26.0
ALT or SGPT (hi) - liver disease (lo) - early fatty liver, precursor to cirrhosis	U/L	1.0	55.0	10.0	26.0
GGT (hi) - liver disease, detects liver and bile duct injury, alcoholism	U/L	5.0	52.0	10.0	26.0

## Lab Values for Liver and Gall Bladder

	Units	Lab Range		Ideal Range	
		Min	Max	Min	Max
Iron (hi) – hemochromatosis, precursor to cirrhosis	ug/dl	40.0	180.0	85.0	130.0
Cholesterol (lo) – bile insufficiency, liver congestion (hi) - fatty liver, fat malabsorption, gall bladder stress	mg/dl	0.1	200.0	150.0	200.0
LDL (hi) - fatty liver, fat malabsorption, bile insufficiency, gall bladder stress, imbalance in Omega 3:6 ratio (lo) bile insufficiency	mg/dl	1.0	130.0	10.0	99.0
Triglycerides (lo or hi) - fat malabsorption	mg/dl	35.0	160.0	50.0	100.0
HDL (lo) – bile insufficiency	mg/dl	40.0	110.0	55.0	110.0

# Second Heart Cleanse

## Symptoms that you need a Liver/Gallbladder Flush

- Do you have food cravings?
- Do you have frequent or hormone related headaches?
- Do you get nauseous after eating fatty foods?
- Do you have times of being fatigued?
- Do you feel emotions or anger or resentment often?
- Do you experience indigestion or acid reflux?
- Do you have rashes, hives or itching of skin?
- Do you have psoriasis?
- Have you had increased blurred vision recently?
- Do you have hormone imbalances?
- Do you have puffy eyes?
- Do you experience a loss of appetite?
- Do you have greasy or shiny stools?

Rank Symptom Severity
0=None
1=Once or Twice a Month
2=Once or Twice a Week
3=Daily

