

## Is your Liver in Trouble?

Fifty percent of the population is suffering from fatty livers. Where does that leave you? I'd say you have about a 50/50 chance of being one of the healthy ones. That's not very good odds in my book. That's one out of every two. You have a better chance of surviving a game of Russian roulette; at least your odds go up to one out of six.

What does this mean in the scope of the bigger picture? We are literally walking time bombs; it's just a matter of time. If our liver fails we better make darn sure *we've made good with our maker* because there isn't enough time to travel the planet and make restitution with everyone we've offended.

Take this test and see how you fare, answer yes, if it applies, no if it does not, then total up your "yes" answers.

- You work in any type of situation whatsoever where you may be exposed to blood or bodily fluids
- You're a camper and you use bug spray
- You use aerosol hair spray or room freshener, any type of aerosol for that matter
- You smoke
- You *DONT* smoke but you have to *walk through the smoke* outside a restaurant just to get inside
- You're a Vietnam vet
- You drink alcoholic beverages
- You have taken acetaminophen
- You have certain conditions such as obesity or diabetes
- You have injected drugs where you used a needle or even worse shared one
- You've had a tattoo or a piercing and you can not guarantee the needle was sterile
- You received a blood transfusion before 1992
- You've had unprotected sex or multiple partners
- You use certain herbal remedies, yes mega doses of certain vitamins can cause liver damage
- You drink coffee
- You consume sugar
- You drink tap water
- You're on meds
- You drink tap water
- You're on meds
- You eat processed foods click here for a list:
  - <http://ezinearticles.com/?List-of-Processed-Foods-That-Can-Make-You-Fatter-and-Sicker&id=1114931>

- Oxidative stress

If you answered **YES**, to at least one of the above call Dr. Ross **(858) 481-1131** for a consultation and a testing. If you answered YES to at least four **run**, don't walk to Dr. Ross's office right away. If you answered YES to more than six, go over your will. Click here to find out more about Dr. Ross, your liver and functional medicine <http://www.curingthecause.com/>.