

Free Wellness Education



Series



The Nutrient Effect

Present:

Love Your Liver!

Did you know the liver is the largest organ in your body after the skin? It is responsible for over 500 bodily functions and cleans 1.5 liters of blood every minute. It is the only organ that can regenerate itself, and it's never too early or too late to start strengthening your liver. The liver plays a unique role within the body and can be called an unsung hero – rarely does it get the credit it deserves and unfortunately, the liver is not a “complainer” until you're down the path that leads to disease. Your liver affects your metabolism, digestion, weight, healing, detoxification and so much more. Get a broad overview how the liver functions and the top 10 things you can do to clean and strengthen your liver.

Thursday, November 3rd, 2016

7 pm @ 2 The Max Training

W62 N228 Washington Ave in Cedarburg