



Liver Health Quiz

This quiz is meant to assess your liver health. After completing the symptom chart below, you'll be provided with a total score which you can learn more about under the "results" section.

Enter "1" below for any symptom you are currently experiencing

Less than 7 bowel movements / week		Bloated feeling	
Pains or aches in joints		Pains or aches in muscles	
Anger, irritability or aggression		Cravings - sugar, salt or alcohol	
Water retention, feeling puffy		Fatigue, sluggishness	
Sleep issues		Hives, rashes, skin redness or acne	
Frequent illnesses or infections		Frequent or urgent urination	
Watery or itchy eyes		Dark circles under eyes, swollen eyelids	
Sinus problems, dripping nose		Sore throat, hoarse voice	
Need to clear throat often		Itchy ears or lots of ear wax	
Headaches		Lightheadedness	
Poor memory, poor recall		Trouble concentrating	
Sensitive to strong odors		Sensitive to sugar or alcohol	
1 or more Prescription drugs daily			

Liver Health Score

RESULTS

Your total = 5 or under

CONGRATULATIONS, you've got things pretty much under control!

Your total = 6 - 10

LOVE YOUR LIVER a little bit more and you'll be feeling better soon!

Your total = 11-25

Let's LOVE YOUR LIVER a lot more! Check out the Liver Support Meal Plan for recipes loaded with foods to help keep your liver healthy. You can also book a free nutrition strategy call with Jori for more lifestyle support. [Book Your Call](#)