



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

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](#)**