



Drink AOX – The most effective natural antioxidant alkaline water

How to take care of your liver?

Your liver is one of the hardest working organs in your body. It is your body's engine, pantry, refinery, food processor, garbage disposal, and "guardian angel".

- It filters everything you eat, breathe, and absorb through your skin.
- It converts the food you eat into energy, and produces chemicals that your brain and central nervous system need.
- It controls blood clotting, stores vitamins, minerals and sugars, regulates fat stores, and controls the production and excretion of cholesterol.
- It produces bile that helps you digest your food, and absorb important nutrients.
- It neutralises and destroys poisonous substances, including alcohol.
- It helps you resist infection, and removes bacteria from your blood.

A silent decline

Most of the time you won't get any warning that all is not well with your liver. That's because liver failure usually occurs gradually over many years with no symptoms at all. Although your liver normally contains some fat, an unhealthy lifestyle over the years can increase the deposits of fat and, cause fatty liver disease — inflammation and scarring in the liver. In severe cases, fatty liver disease can lead to liver failure.

If you have high cholesterol, high blood sugar and are overweight, you are at risk of Metabolic Syndrome. Fatty liver disease is most commonly associated with Metabolic Syndrome.

Excess alcohol consumption can also kill liver cells and cause cirrhosis (hardening of the liver), which again leads to liver failure.

How can you ensure that your liver stays healthy? Prevention.

Start by drinking AOX Antioxidant Alkaline water and taking care of your liver.

How to love your liver?

The best way to a healthy liver is through a healthy lifestyle.

- **Get enough sleep.** Like the rest of your body, your liver needs time to repair itself.
- **Stay active.** Exercise helps to increase muscle mass and reduce body fat.
- **Watch the calories.** Always eat a well-balanced diet with lots of fruits and green vegetables.
- **Do not abuse drugs.** Take medicine only as instructed by your doctor.
- **Watch the vices.** Stop smoking. Drink moderately.
- **Be careful with chemicals.** When using insecticides, mildew sprays or spray paints, make sure the room is well-ventilated or wear a suitable mask.
- **Destress regularly.** Make time for hobbies and activities to help you to relax and unwind.
- **Drink AOX Antioxidant Alkaline Water.** Keep your liver healthy by drinking 8 cups of AOX water a day. AOX helps to get rid of the acid waste in the liver.

Start your family with AOX antioxidant alkaline water for better health.

Please call 6456 4321 to talk to our sales consultant.