

Heather  
Nunn

## 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! Practice your DAILY LIVER SUPPORT HABITS to continue supporting liver health and hormone balance.

### **Your total = 6 - 10**

LOVE YOUR LIVER a little bit more and you'll be feeling better soon! In addition to your DAILY LIVER SUPPORT HABITS, consider adding a liver health tea and a weekly castor oil pack to your routine.

### **Your total = 11-25**

Let's LOVE YOUR LIVER a lot more! Talk to your practitioner about a cleanse to kickstart your liver into top shape and then after the cleanse, support your liver with DAILY LIVER SUPPORT HABITS, a liver health tea and a weekly castor oil pack.

***This quiz was created by Dr. Amanda Tracy, ND.***

Would you like to book a short free call and discuss your symptoms and how I may help you? **[Click here to book](#)**