

HEPATIC SYSTEM

LIVER

METABOLISM

MOISTURE

TONE

OVERACTIVE "HOT"

UNDERACTIVE "COLD"

EXCESS "DAMP"

DEFICIENT "DRY"

SPASTIC "TENSE"

ATONIC "RELAXED"

Indications

- Reddish, ruddy complexion
- Flushing of face
- Irritation around the eyes
- Good digestion and appetite
- Tendency to high blood pressure and high cholesterol
- Tongue red, especially on the sides
- Full, rapid, force pulse
- Yellowish cast to the skin in severe cases
- Chronic or severe flu-like symptoms
- Medical diagnosis of hepatitis

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Seek medical attention in severe cases such as hepatitis

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Hepatic Irritation

Milk Thistle

Indications

- Poor fat metabolism
- General malaise and fatigue
- Lack of appetite
- Hypoglycemia and diabetes
- Frequent headaches
- Difficulty expressing anger
- Discouragement, depression, despair
- PMS with anxiety
- Severe body or foot odor
- Chronic skin conditions
- Swollen liver and lymph glands
- Dry, hard cough
- Dirty yellow coating on tongue, becoming brown in severe cases

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Hepatic Depression

**Chinese Blood Build (BP-C)
Chinese Mood Elevator (AD-C)**

Indications

- Bloating, stuffy feeling under right rib cage
- Difficulty digesting fats
- Greasy or clay colored stools
- Nervous energy in the evening
- Insomnia with difficulty getting to sleep
- Grogginess in the morning
- Frequent dull headaches, malaise
- Migraines, especially behind the eyes
- Bilioussness
- Tendency to constipations
- Boils, rashes, pimples and other skin conditions
- Gallstones
- Urine dark in morning and increasingly clear and copious during the day

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Hepatic Stagnation

LIV-C

Indications

- Dry skin, person thin and pale with poor digestion
- Lack of appetite for fats and proteins, but cravings for sugar after or between meals
- Cirrhosis of the liver
- Hardening of the liver tissue
- Dry tongue, withered on the sides
- Lack of will power
- Fatigue and weakness
- Chronic liver damage
- Weak or slightly tense pulse
- Tendency to kidney stones, urinary sediment

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Hepatic Atrophy

Chinese Blood Build (BP-C)

Indications

- Mental tension, tension headaches
- Outburst of anger
- High blood pressure
- Alternating diarrhea and constipation
- Wiry, tense, obstructed pulse
- Acute gallbladder attack
- Gall bladder obstruction
- Clay colored stools
- Spasm in chest area that feels like heart pain
- Sharp spastic of stabbing pains under right rib cage

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Hepatic Constriction

**Wild Yam Magnesium Complex
Gall Bladder Formula**

Indications

- Mental depression
- Puff, sallow face with grey, yellow complexion
- Hemorrhoids
- Varicose veins
- Heavy menstrual bleeding and menstrual pain
- Weeping eczema
- Difficulty breathing with sensation of weight and fullness under right rib cage
- Diarrhea or constipation with light or clay colored stools
- Prostate problems in men
- Uterine fibroids in women

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Hepatic Relaxation

Vari-Gone

* For proper care of this potentially dangerous condition, please consult a competent health care professional.

This flow chart is based on the work of Steven Horne
Adapted by Behrooz Tahririha 2005

