Financial Literacy And Your Liver

Financial Literacy, or lack thereof, can generate significant stress on the human body and cause repercussions:

During moments of stress, natural killer cells (NKT) are expanded in the liver and, in some cases, contributed to liver cell death and worsening of liver disease.

Suffering from anxiety or depression could carry an increased risk of death from liver disease.

+ Get Fit Tip

Keep a positive attitude; rather than defaulting to negatives ("Nothing goes right for me," or "Bad things always happen to me"), give yourself positive messages ("I'm doing my best," or "I'll ask for help").