

## **Liver Failure in Young Adults: Is Our Modern Lifestyle to Blame?**

Do you feel extreme fatigue for no apparent reason? Is your skin and eyes turning yellow? And what about that bloating and abdominal discomfort that never goes away? These could be signs that your liver is in danger, and most people only realise it when it's too late. Many young adults are being diagnosed with liver failures now a days on a regular basis. Around a decade ago most liver failure cases were diagnosed only in people above the age of 40 in comparison to how young adults are also facing this issue today we will discuss about how our modern lifestyle is responsible for this uptick in liver failures amongst young adults.

- Sedentary lifestyle  
Lack of physical exercise makes you insulin resistant also leads to fat deposition on your liver which can lead to NAFLD. Physical inactivity leads to obesity and metabolic disorders which contribute to liver diseases.
- Excessive supplements  
There is an availability of unregulated easily available supplements to anyone now a days herbal supplements, steroids, over the counter painkillers etc. These supplements can sometimes contain toxic compounds and can damage your liver severely and even cause long time damage.
- Unhealthy Diet and Obesity  
High-fat, High- sugar and Highly processed food are now a days very easily available. These foods are now extremely popular amongst the masses as well, consumed by people without them worrying about the side effects of eating these foods. Unhealthy consumption of such junk food can lead to Non- alcoholic fatty liver due excessive fat deposition in the liver.
- Drug abuse  
Consuming recreational drugs has become a trend, synthetic drugs or anabolic drugs their constant consumption can lead to liver injury.
- Casual alcoholism  
The casual alcoholism and binge drinking culture is weighing down the liver. While alcohol-related liver disease (ARLD) has been long known even binge drinking can lead to inflammation, fatty liver, and, in severe cases, cirrhosis or liver failure.

You can start taking care of your liver right now by adopting healthy habits. Avoid excessive alcohol consumption. Reduce sugar and unhealthy fats in your diet and drink plenty of water. Foods like turmeric and garlic Green tea and leafy greens can help naturally detoxify the liver. If your liver is overloaded, the most important thing is to act quickly. Small changes in your daily routine can prevent serious illnesses and even save your life .Stay alert to your body; don't ignore the signals it gives you because the liver is a silent organ, and by the time symptoms appear, it might be too late