



liverTM
AWARENESS FOUNDATION

MIND YOUR LIVER. IT NEEDS YOU. TM

www.liverawareness.org



QUARTERLY

MIND YOUR LIVER MAGTM

FOUNDING ISSUE 2025

Have you ever wondered if your liver's trying
to tell you something?

This is where the silence ends.

JUNE 2025

YOUR BEST LIFESTARTS NOW

HI, YOUR LIVER MATTERS.

AND NO ONE EVER
TOLD YOU

**YOU'RE HERE.
AND WE'RE SO GLAD YOU ARE.**

You're here. And we're so glad you are. This space was made for a growing generation that's just starting to ask the right questions.

Some are learning about liver health for the first time. Others are starting to connect the dots — between energy, mood, alcohol, hormones, brain fog, and recovery.

We're here to meet you wherever you are.

Whether you're mildly in the know or just getting curious, we've got you.

Your liver plays a bigger role than most people realize.

And for too long, this kind of information hasn't been built for you — the young, the overlooked, the ones figuring it out in real life.

We're here to change that.

With facts. With clarity. Without shame.

Because you deserve to understand your body without shame.

And you deserve to protect it with confidence.

Liver Awareness Foundation is leading a new kind of liver health movement. We empower young adults to understand their bodies, recognize early signs, and speak up.

"1 in 4 people under 40 already have early signs of liver damage. Most don't know it."

Vanessa Wojtala -Founder





A LETTER FROM THE FOUNDER

SHAME.
IT'S THE WORST FEELING
IN THE WORLD.

BLAME. "IT'S YOUR FAULT."
"YOU SHOULD'VE KNOWN BETTER."

"YOU DID THIS TO YOURSELF."



That's what I heard when I was diagnosed. And if you've ever faced a health issue that touches how you live, what you drink, eat, feel, or carry, you probably know that feeling too. We're here to make sure that stops.

I built this foundation after being diagnosed with liver failure in my early thirties. I thought I was "fine." Well, the kind of fine we all think we are. Untouchable. My habits? Hidden. My stress? I was a disaster. My body? Still showing up. Until it didn't.



Then everything changed. It came out of nowhere. No one warned me. No one ever told me what to watch for. And the first thought I had was: Stage 4 liver cirrhosis is now my fault. Right? Decompensated cirrhosis — that's what they called it. Decompensated what...? I had no clue what it even meant. All I knew is I felt like I was deteriorating. My body was shutting down and no one had prepared me for what that looked like. My prognosis was 90 days. Navigating my mortality is on me. I know this now. And I'm bringing it to you.

The Liver Awareness Foundation was born from that moment and from the deep belief that no one should have to carry shame for what they were never taught.

Because mental health struggles? Lifestyle habits? They add up. Quietly. Unspoken of. Shhh. "She's got anxiety." "Go take a pill." "You're too skinny." "Do you eat?" "Stop drinking. Just stop." It's not easy. No. It's not.



Liver disease is rising fast in young adults. It doesn't always show symptoms. It doesn't wait until you're older. And it's connected to everything we're already dealing with — stress, alcohol, hormones, mental health, trauma, recovery, culture, and care systems that overlook us again and again.



OUR MISSION IS CLEAR:

Empowering young adults with liver health knowledge to break stigmas and combat the silent threats of liver disease.



This is not just about prevention. It's about truth. About giving people the tools to understand what's going on in their bodies and what they can do to protect them. Over the next year, we're building peer-led support groups, bold and relatable resources, mental health and prevention tools, and programs that center the realities of real people navigating real life.

We are not here to judge you. We are here to give you clarity. Facts. Support. No shame.

F*** stigma. I stand with you, wherever you are in your journey. It doesn't matter how you got here. Let's bring each other up, not down. We're here to empower you with real, vital knowledge about your liver so you can protect your health, take care of your well-being, and fully own your life. Without shame. Because f*** shame too.

We see you. We're glad you're here. Let's change everything.



With love and respect,
Vanessa Wojtala
Founder, Liver Awareness Foundation

HAVE YOU EVER?



1

WOKEN UP WITH MYSTERIOUS BRUISES

and no clue how you got them?



2

FELT FOGGY, SPACED OUT, OR WEIRDLY TIRED

even after sleeping all night?



3

GOT TIPSY FROM ONE DRINK

when you normally handle more?



4

NOTICED YOUR PEE IS DARK

or your eyes look yellowish?



5

LOST YOUR APPETITE FOR DAYS

or just forget to eat completely?



6

FELT BLOATED, ITCHY, OR LIKE YOUR BODY'S OFF

but your doctor says it's "nothing"?



7

GAINED OR LOST WEIGHT FAST

without even trying?



8

FELT LIKE YOUR BODY

reacts differently to meds or alcohol lately?



9

CAUGHT YOURSELF SAYING, "I JUST DON'T FEEL RIGHT"

but you can't explain why?

WHAT ARE LIFESTYLE-RELATES

LIVER CONDITIONS?

THE MESSAGE

- Liver conditions that come from lifestyle aren't about shame — they're about awareness.
- What you eat, drink, feel, and go through can impact your liver in ways no one ever explained.
- These three conditions — ALD, MASLD, and Hepatitis — are some of the most common, silent, and misunderstood threats to your health.
- You won't always feel liver damage. That's why knowing what it looks like matters.
- This is about prevention. Power. Protection.



The Power of Solitude No mocktails. No fluff. Just you.

Being alone doesn't mean you're missing out — it means you're tuning in. We encourage mindful choices, self-awareness, reflection.

More to come.

No one should go through liver disease alone.

Whether you're looking for information, community, or guidance, we're here to help.

Liver disease doesn't wait until you're older — and it doesn't always come with clear warning signs.

More young adults are being diagnosed with conditions linked to how we live, eat, drink, and manage stress. It's not about blame. It's about knowing what to look for, what's real, and how to take care of your body with confidence.

This isn't a trend or a scare tactic. It's real, it's rising, and it's been overlooked for too long.

We're here to change that by making space for truth, support, and strong decisions. You deserve the full picture.



MIND YOUR LIVER MAG™

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