

How To Naturally
Heal Yourself

Reverse Your Fatty Liver

Jonathan Mizel
Susan Peters

Reverse Your Fatty Liver

How I Naturally Reversed And Healed My Fatty Liver Disease

Jonathan Mizel
Susan Peters

www.ReverseYourFattyLiver.com

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Dedication and Acknowledgments

This book is dedicated to the teachers, healers, doctors, specialists, and many experts who helped us on our journey, especially my patient and loving wife.

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Introduction

Aloha, and welcome to Reverse Your Fatty Liver!

My name is Jonathan Mizel and I created this program to share how I reversed and healed my own fatty liver, and reclaimed my health. The purpose of this book is to help you achieve the same thing.

Up until the summer of 2014, my life was going along pretty well. I had a nice job, great family, and wonderful friends. Not to mention, I live on the beautiful island of Maui, Hawaii. Overall, I felt very blessed. But you know what they say...

It's all for nothing if you don't have your health!

One beautiful Saturday morning, completely out of the blue, I woke up with a weird pain in my shoulder. I thought maybe I slept on it funny or pulled a muscle working in the yard.

I spent a whole month trying to ignore it, but it became harder and harder to brush aside, since the inflammation was getting worse, and that's not all...

- I became unusually tired and didn't want to get out of bed. Normally I'm an early riser and a morning person.
- The whites of my eyes turned a light yellow and were often bloodshot. My skin became pale.
- I suddenly gained a bunch of extra weight I just couldn't get rid of. After meals, I felt bloated, like my food wasn't digesting. My whole body felt congested and fat.
- My eyesight deteriorated, and practically overnight, I had to buy stronger reading glasses.
- I became short-tempered and snapped at people I loved because I was in physical pain, and I didn't know what to do.

After a month, my wife looked at me and said...

"You are going to the doctor... today!"

The appointment started out fine, some chit-chat with the nurse, a nice catch-up with my MD, then a blood test to check liver function (and *confirm* his suspicions).

When the results finally came back, my life changed.

That's because, after more blood work, X-rays, 2 ultrasounds, and a very expensive CT scan (which wasn't covered by insurance), I was **officially** diagnosed with Fatty Liver.

As you may know, fatty liver isn't a condition where you take a pill and it clears up in a few weeks. In fact, even though it affects almost **100 million people** in the US *alone*, there's no "official" cure for it. Even worse...

There's Not Even A Standard Treatment Plan!

That frustrated me, and as a professional researcher, decided to do something about it...

- ✦ I resolved to learn how my body and liver functioned, and how to *naturally* support them instead of harming them with toxic food, beverages, and a lifestyle that was obviously making me sick.
- ✦ I vowed to take responsibility for my health once and for all, instead of leaving it up to someone else. I knew it would be difficult, but decided that whatever sacrifices I needed to make would be worth it.
- ✦ I promised myself I would help others who found themselves in the same boat, people with Nonalcoholic Fatty Liver Disease (NAFLD), Nonalcoholic Steatohepatitis (NASH), and Alcoholic Fatty Liver Disease (AFLD), and share what I discovered after I learned what worked.

My goal is to give you the truth about how to change your life and heal your body. To transform the way you think about your liver, to shift your diet (and consciousness), and give you the hope and the tools to become healthy and happy again.

You see, when the doctor gave me my diagnosis, I was shocked because...

- ✦ I didn't *think* I had a poor diet (I was wrong).
- ✦ I didn't *believe* I was purposely exposing myself to toxins (also wrong).
- ✦ And I certainly didn't *realize* how unhealthy or stressful my life had become (bordering on deadly).

There Were Plenty Of Times In The Beginning When I Felt Like I Might Die...

...and more than a few times when I wanted to because I was in *so much pain*. I'm not trying to be overdramatic, I just want you to know it was serious. Of course, you probably have your own version of this story, so you probably know what I'm taking about.

I then used my years of training as a researcher and started a deep-dive into the topic of fatty liver, and while I heard many horror stories, I also uncovered case after case where the patient was able to *reverse* their condition naturally, in many cases with dietary changes alone.

I also did quite a bit of self-experimentation (known as Bio-Hacking) to find out what actually worked. And thankfully, after a long and painful journey, I climbed out of my hole, healed myself, and am back on my feet as far as my health is concerned.

My extra weight is gone, my body is strong, and I no longer suffer from a debilitating and compromised liver. In fact, my most recent blood tests show completely normal levels, and they have been that way for many years now.

This program reveals what I did to reverse my liver problems, and how you **may** be able to do the same thing. I use the word “may” because I don't know you, I'm not a doctor, and I don't know your starting point.

I will say that everything in this program is backed by the latest available science, or it has a long-term history of working. Chinese medicine and Ayurvedic (East Indian) practices are thousands of years old and have millions of followers (not to mention an established track record of success).

Conventional medicine, while it has limitations, gives us access to modern testing protocols, double-blind human trials, historical research, physical data about our bodies, and the ability to see what's going on in there.

When you marry the two, magic happens!

We are all different people with different bodies. You'll want to try what you learn in this program for yourself and see which parts have an impact on your liver and your health.

The good news is that you can go as *deep* as you like, based on how damaged your liver is, how much healing you need, and how *open* you are to the possibility of transformation.

There really is no downside. The foundation of everything we recommend is rooted in basic ‘good practices’ for healthy living.

There Are 5 Pillars To Reversing Your Fatty Liver...

1 – Proper Food and Nutrition: For a majority of people reading this, a few simple dietary tweaks will start their recovery process. Food is the most **important part** of healing your liver and fixing your life, which is why we cover what to eat and drink (and what **not** to eat and drink) in great detail.

As Hippocrates said in 431 BC, “Let food be thy medicine and medicine be thy food.” Think of what you eat as your first line of defense against disease and sickness. Fill your body with healthy delicious food instead of processed junk, and it will reward you with abundant health and a long, happy life.

2 – Non-Toxic Environment: There are all sorts of dangerous liver toxins you may be exposing yourself to, some without your knowledge. From medications to cleaning supplies to bug spray. Heck, even your sunscreen may be poisoning your liver, and making you sick (I’ll give you several examples and alternatives later in this book).

In many cases, removing these chemical compounds from your environment will start the healing and allow your liver to begin naturally detoxing and rebuilding itself.

3 – Positive Mindset: There’s a great deal of evidence that breathing exercises and meditation can alter your central nervous system and help you dissolve stress, and specifically reduce stress hormones. If you are nervous or agitated, you’re probably harming your liver more than you realize.

We cover quite a few “positive attitude” secrets in this program. If you are new to that way of thinking, please give them a try (you might be surprised). The affirmations and breathing exercises are a great way to start your day. Enjoy as many of these as you are comfortable with, and make them your own.

4 – Physical Movement: Erase the word *exercise* from your vocabulary and replace it with *movement*. Take a hike in nature, a swim down at the local community center, a yoga class, or just a bike ride into town.

Learn how to properly stretch and move, something everybody needs, but almost nobody does. Perhaps even join a gym, or hiking club, or just go outside and move around. Even short walks can help you feel better and recover from a compromised liver. That’s how I started, with a 30 minute walk every morning.

5 – Supplements: Many people with fatty liver use vitamins and herbs to jumpstart the process. There are specific supplements we cover in this program, which are the most recognized ones for liver issues.

Some supplements may aid in the healing process, others help your liver naturally detox itself, others support a health gut. At the very least, take a good probiotic every day and eat digestive enzymes with big meals. Vitamin E, turmeric, dandelion greens, and milk thistle can all help with a fatty liver.

But I want to get clear, food is the **most important** part of this program, there is no magic pill that will solve all your problems. Supplements are simply a pat of the solution.

How Much Will It Cost To Implement This?

One of the things people ask is ‘How much money do I need to budget to reverse my fatty liver?’

Since this is primarily a food-based program that’s 100% natural (no pharmaceuticals or prescription drugs), it’s not expensive to start. In fact, you might even spend less than you are currently spending on your “normal” unhealthy food!

Not to mention you will be saving money on doctor visits, pain relievers, sleeping pills, and other over-the-counter medications by taking action, as opposed to just treating the symptoms. Even most of the supplements we recommend are inexpensive.

We designed this program to be as affordable as possible, with a focus on **eating healthy food** and moving your body without personal trainers or expensive workouts.

Transform Your Body And Life!

I hope you will read this book and use the information to reverse and heal your own fatty liver, restore your good health, and achieve the happiness you deserve.

And if it works for you, please send us an email and give us a testimonial so we can share this program with others, and impact their lives too.

Enjoy and have a blessed day,

Jonathan Mizel
Maui, Hawaii

PART I: YOUR AMAZING LIVER

CHAPTER 1

All About Your Liver

The liver is one of the most important organs in the human body.

As one of the 5 vital organs, it is essential to your survival. Your liver helps more than 500 different bodily functions work properly, and it supports all your other organs, including your brain, heart, lungs, skin, and kidneys.

What exactly is an organ?

An organ is an integral part of a living organism with at least two different groups of tissues, and that perform at least one specific function. The human body contains 78 minor and major organs, spread across 12 organ systems.

These organ systems are responsible for the physical and mental processes that allow you to move and think. They influence your circulation, heart health, breathing, immunity against infection and disease, digestion, and whether or not you remember where you left your car keys.

Pretty much the whole kit and caboodle.

The liver works as a sort of clearinghouse to support **all other organs** by keeping your blood pure and your body detoxified. It must be kept strong and healthy for your overall health and well-being.

What Does The Liver Do?

First, let's consider the liver in a broad sense. Its **biggest** role is to separate the good from the bad. Some of the things we consume are nourishing, some are not.

The liver takes the healthy stuff and sends that into your body, where it's processed and used to keep you alive and grow. The unhealthy stuff is extracted through your bowels, kidneys, and sweat glands, which are your primary pathways of elimination and detoxification.

Now, we're going to get a little "sciencey" for a moment but stick with me. By the end of this chapter, you'll know a lot more about why the liver is so important.

Every organ has at least 2 specific jobs. For the roughly 3-pound liver, the **main** function is filtering red blood cells from your blood, turning them into bile, passing them to your digestive tract, and then sending the filtered blood back into the body.

Your liver is holding, and processing, about 13% of your entire body's blood supply at any given time. That 1 pint of blood moves through 2 main lobes and thousands of lobules, at the rate of more than 2 quarts of blood per minute.

A full 25% of the blood pumped by your heart is processed by your liver. Additionally, all of the blood which leaves your intestines and your stomach passes through the liver too.

The bile produced by the liver mixes with partially digested food and aids in the removal of waste material. That's how you metabolize proteins, fats, and carbohydrates. The enzymes break them down and help you absorb vitamins, minerals, and glycogen. Your liver even regulates whether or not your blood clots properly, and synthesizes certain plasma proteins.

In the process of purifying your blood, the liver removes chemicals and compounds that are poisonous or harmful to your body. It handles so many important functions necessary for human life that many doctors call it the "Grand Central Station" of your body.

But it would be wrong to say that the liver is primarily related to digestion. It also regulates blood sugar levels, hormones, and metabolism, playing a major role in all of your metabolic processes, which is why a healthy liver helps you maintain proper body weight.

In simple terms, the liver processes **anything** and **everything** you drink, eat, breathe or that gets absorbed into your skin, and either puts it to use in your body or helps eliminate it.

How Does The Liver Work?

We mentioned the main job of the liver is to filter and purify your blood. Oxygen-rich blood flows into your liver through the hepatic portal vein. This nutrient-rich, deoxygenated blood has just left your small intestine.

Blood from your portal vein may also contain toxic substances which were picked up through the skin and lungs. Once they hit the liver, it goes to work separating poisonous contaminants, and it begins processing them for removal.

It does that by releasing them to your bowels to be eliminated. When it encounters healthy nutrients, fats, protein, and carbohydrates, it metabolizes them, storing them for later use, or releasing them back into your bloodstream.

For example, if you drink any type of alcohol, your liver is responsible for removing it from your blood. When you take medicine, your liver processes that medication, removing any unnecessary byproducts and tagging them for elimination, while retaining the health-boosting properties of the medication and sending it back into your blood flow or wherever it's needed.

When you eat food with carbohydrates or sugar, your liver senses this and reacts appropriately. To reduce glucose fluctuation in your body, your liver will pull that sugar from the blood, which comes in through the portal vein.

It stores this in the form of glycogen and releases it into the blood when sugar levels are too low. It also pulls vitamins and minerals like copper and iron out of incoming blood, releasing them when they are needed.

How All Your Organs Depend On The Liver

All the organs in your body rely on a healthy liver so they can function properly. For example, consider the skin.

Your skin is your *largest* organ. It is the first layer of defense in your immune system. When you experience skin conditions, your liver is often to blame. An unhealthy liver may not be able to break down and remove toxins and other poisons, so it sends them back into your bloodstream, where they contaminate the skin from the “inside out.”

This results in unsightly spots, eczema, dermatitis, rashes, psoriasis, acne, rosacea, and other skin conditions ... in large part because of an unhappy liver.

Many people go to the dermatologist for their skin problems, but they should probably try not drinking alcohol or eating foods known to damage the liver first. In many cases, the key is not a cream or salve (which just treats the symptoms), but a shift in diet or lifestyle.

Liver And Heart Health

Fatty liver disease is also often associated with Metabolic Syndrome and coronary conditions that increase your risk of heart disease, stroke, high blood pressure, and heart attacks, which often have very few symptoms.

People with nonalcoholic fatty liver disease (NAFLD) were found in one study to have higher instances of coronary artery disease than people without NAFLD. This makes sense when we go back to the liver’s main job, acting as a filter.

When blood is not filtered properly due to liver disease, unhealthy blood **pollutes** your heart, keeping it from doing its main job of pumping clean, oxygenated blood throughout your body.

Your heart relies on a healthy liver in another way as well. One of the main jobs of the liver is to produce bile, which is critical for the digestion and absorption of fats and **fat**-soluble vitamins in the small intestine.

Bile breaks down fat in your blood vessels. Without it, the fat would collect in your blood, causing your arteries to harden. This makes them smaller, restricting circulation, increasing pressure, and resulting in your heart having to work harder than normal to circulate blood throughout your body.

When your heart has to work too hard for too long, you know what happens... a heart attack, stroke, or coronary thrombosis, which can kill you.

Liver And Brain Function

A buildup of toxins in the bloodstream because of an improperly functioning liver can also cause a decline in brain function and even brain damage. Your brain communicates with your body through the nervous system. Neurotransmitters send electrical messages that tell different parts of your body what to do and how to perform.

A brain weakened by toxic blood can release unhealthy levels of certain neurotransmitters and hormones, which means increased inflammation and stress throughout your body. Inflammation is at the foundation of many problematic and chronic diseases and illnesses.

The good news is that quite a bit of inflammation can be avoided with your diet, as we will look at shortly.

Digestion And Gallbladder Health

Nearly every part of your body, from head to toe, every major and minor organ, and all the body processes essential to human life, are impacted one way or the other by the health of your liver.

But the symptoms most often experienced in the early stages of liver disease are **digestive issues** and **excess fat storage**, especially in the belly, thighs, and love handles. Though all liver symptoms should be investigated, rapid weight gain (or even weight loss) is a big red flag that something is wrong. Let's look at how your liver is connected to your gallbladder.

Your gallbladder rests under the right lobe of your liver, which it relies on to produce bile, which mixes with the food you eat, allowing it to be processed by your body. If your liver has done its job properly, there is plenty of bile in your gallbladder to help digest your food.

When you eat food containing fats, your gallbladder releases some of its stored bile, which breaks down the larger pieces of fat into smaller, more easily digestible components.

When your liver is healthy, you can effectively process dietary fat. But when it's sick, the fat you eat tends to stay in and around the liver, and in **extreme** cases, even leech into your body, contaminating your blood and altering your hormonal balance.

If you have been overweight and unable to lose excess pounds (especially in the belly, thighs, and love handles) it could be an unhealthy liver is at least partially to blame.

Beyond fat excretion, bile plays another very important role: It allows your body to absorb many vitamins and nutrients.

A healthy liver produces enough bile so that all the good components in the food you eat are absorbed into your body during digestion, while harmful and unneeded waste products are passed through and excreted when you go to the bathroom.

Can Your Liver Health Influence Your Hormones and Emotions?

Remember earlier when we talked about how an unhealthy liver negatively affects your brain? That's because toxins and hormones which are normally filtered out are still present, and they make it to your brain via blood flow, which causes inflammation.

Brain inflammation can make you feel "foggy" and "out of sorts," as well as irritable, tired, sluggish, and depressed. *And* it can also affect your hormones.

One of the many things your liver regulates is hormonal balance. The liver is even known as the "Seat of Anger" in Traditional Chinese Medicine (TCM). When it does not filter hormones properly, the result is a hormonal imbalance. This imbalance may cause you to feel aggressive, overly reactive, and even angry for no reason.

Improper filtration in the liver can also lead to the overabundance of cortisol, appropriately referred to as "The Stress Hormone." Too much cortisol in your body means you feel extra physical and mental stress. This excess stress and anxiety negatively drive your emotions.

Finally, cortisol also promotes excess weight gain, obesity, and a host of medical problems related to being overweight. If you have struggled to lose weight using multiple diet plans and exercise programs, the issue might just be a fatty liver and its effect on cortisol and hormone production, in addition to gallbladder function.

Simply put... keep your liver healthy and happy, and your hormones and emotions will be as well.

CHAPTER 2

What Is Fatty Liver?

According to the Mayo Clinic, as many as **100 million people** in the United States may have a fatty liver. That's nearly 1 in 3 adults!

Appropriately called fatty liver disease, it occurs when excess fat builds up inside your liver cells, usually considered anything over 5%. This excess fat **overwhelms** the liver, replacing healthy tissue with fatty tissue and reducing functionality.

Fatty liver is largely the result of unhealthy lifestyle choices, toxic environmental factors, and poor eating habits.

Unfortunately, fatty liver doesn't always produce symptoms until the condition has become a real health concern. You could have a fatty liver right now, which is creating a myriad of health problems, and not even know unless you get tested.

Even if you do, fatty liver is often misdiagnosed. Many of the existing tests are not 100% accurate. Ultrasound, CT scans, and MRIs can detect scarring, but only a biopsy can detect the liver's actual fat content and reveal the damage. Unfortunately, biopsies can be expensive and invasive, leading to localized pain, and in some cases, an infection risk

Undetected and untreated, the fat takes over healthy liver mass. This decreases the effectiveness of your metabolism and causes your body to burn fat less efficiently, which can morph into the inability to lose weight naturally.

But this is not always the case. You can develop fatty liver without becoming overweight or obese. Some people actually lose weight, because their digestive tract breaks down, along with their body from lack of nutrition.

Thankfully, the liver has an incredible ability to regenerate and renew damaged tissue, so if you create a healthy environment for yourself, eat properly, and take other steps in this program to prevent the problem from worsening, you have a good chance of getting better.

The Different Types of Fatty Liver

The term fatty liver was first coined by the Mayo Clinic in 1980 as cases grew and doctors didn't know how to describe them. The most common type of liver disease in industrialized countries is called

Nonalcoholic Fatty Liver Disease (NAFLD) and is just one form of fatty liver. NAFLD refers to a condition that develops from causes unrelated to alcohol.

On the other hand, Alcoholic Fatty Liver Disease (AFLD) develops because of excessive alcohol consumption, to the point where it severely damages and scars the liver on a cellular level.

Let's take a look at the different types...

1. Non-Alcoholic Fatty Liver Disease (NAFLD)

This is the most common, and it happens when the liver-fat content exceeds 5%. Toxins and lipids become **stuck** inside your liver and are unable to be eliminated via normal function. Symptoms can vary and are commonly expressed as elevated liver enzymes, known as alanine transaminase (ALT), and aspartate transaminase (AST).

Many people also experience high cholesterol, excess weight, fat buildup, upper right shoulder or back pain, and overall inflammation. NAFLD is the most typical liver disorder in the United States and other Western industrialized countries, affecting about 30% of the adult population.

In most cases, early-stage NAFLD can be reversed following the guidelines in this program.

2. Non-Alcoholic Steatohepatitis (NASH)

Nonalcoholic steatohepatitis (NASH) occurs with inflammation and the development of both fat and scar tissue in the liver. As opposed to NAFLD, liver enzymes are often highly elevated and can be accompanied by actual pain.

Because the liver is struggling, other symptoms often develop, including skin problems, brittle hair, brain fog, insomnia, reduced eyesight, body odor, and even depression.

Because of potential scarring, a NASH diagnosis is more serious than NAFLD. It can take longer to recover from and requires more discipline since small dietary mistakes can lead to severe symptoms. This is what I was diagnosed with. It was very frightening at the time.

3. Alcoholic fatty liver disease (AFLD)

If you are diagnosed with alcoholic fatty liver disease (AFLD), there is some good news. Eliminating alcohol intake is sometimes **all you need to do** to get your liver back on the road to normal

functionality. If you add a smart diet and regular physical movement, your liver will become even healthier, and you will probably lose weight too.

But if you continue to drink alcohol, even in moderation, you could develop alcoholic hepatitis, fibrosis, or even worse, cirrhosis. Cirrhosis is a liver disease that causes irreversible scarring and reduced function. It often leads to painful symptoms and early death.

Once cirrhosis occurs, abstinence cannot reverse the damage, and though it shouldn't get any worse, your liver will forever be compromised. However, complete abstinence can lessen the severity and prevent further damage from occurring.

AFLD is more problematic than NAFLD because if left untreated, death can occur, so please pay attention if your doctor gives you a diagnosis of AFLD, and take a **complete break** from alcohol.

Because its symptoms mirror so many other common diseases and ailments, experts say fatty liver is drastically under- reported and misdiagnosed.

If you have some other health problem like pre-diabetes, high blood pressure, or migraines, and it hasn't been cleared up with traditional treatment methods, fatty liver could be the cause.

Make sure to have your doctor order blood work and have them explain the results of any tests you get.

The Global Fatty Liver Phenomenon

Unfortunately, fatty liver disease has become quite common in the United States, and as I mentioned before, Europe, Australia, the UK, India, and even China are all seeing increased cases.

Most of those countries have followed the US as far as dietary habits, eating what we have appropriately named S.A.D.

That acronym stands for the **Standard American Diet**, which means lots of processed foods: Simple carbohydrates, soda pop, refined sugars, white flour, factory-farmed meat, and saturated fats. Combine this with eating few fresh vegetables, fruits, grains, or other healthy plant-based foods.

In cultures where a plant-based diet is normal, instances of fatty liver, heart disease, neurological disorders, diabetes, and other significant health problems like cancer have not reached an epidemic level as they have in places where S.A.D. is the norm.

Even with a fatty liver, you can set into motion a personal journey of improvement by making a few diet and lifestyle changes that have a big impact down the line. Let this program be your first step in a long line of discoveries about how to live a full and happy life.

Pregnancy and Fatty Liver Disease

Be aware that in rare cases, pregnant women may build up fat in their liver as well, more than a normal and healthy amount. If you have fatty liver symptoms, before or during your pregnancy, make sure to notify your doctor so you and your baby can be monitored for kidney failure and increased bleeding.

Doctors don't fully understand what causes a fatty liver during pregnancy, though they believe hormones are a key factor.

Remember that most fatty liver diseases and conditions, regardless of which type you have, are treatable. Behavioral, dietary, and environmental changes are usually all that is needed to prevent and even reverse liver problems, which helps with other physical and mental health issues as well.

CHAPTER 3

Why Are Fatty Liver Cases Growing?

After learning about the main causes of fatty liver, you may feel overwhelmed.

Look around your environment right now, whether you are at work, home, or play, and ask exactly what conditions might be raising the risk for developing or worsening fatty liver disease.

If you are scolding yourself for not exercising more or eating things you know you shouldn't, that's understandable.

However, be aware there are forces at work, **dark forces** say some, and you are not completely to blame for every health problem you have. This is because food manufacturers, as well as politicians and others who play a key role in telling you what you should be eating, have been giving you the **wrong information** for decades.

This isn't meant to sound like some sort of unfounded conspiracy theory...

The way modern humans have become so sick, fat and unhealthy is a matter of public record. Big agricultural companies, especially wheat and meat farmers, sugar manufacturers, and others with billions at stake in multiple agricultural industries, have paid health authorities to recommend their products, even when they know they are making you sick, and in some cases killing you.

We also saw this in the massive lawsuits brought against the tobacco industry. The Tobacco Master Settlement Agreement (MSA) was the result of lawsuits in the US started by the Attorneys General of 46 states. They sued the Big 4 tobacco companies for the recovery of tobacco-related healthcare costs and made certain practices illegal.

As a result of this massive lawsuit, more people were made aware of the deadly effects of smoking. As CNN reported in November 2015, smoking has been on an impressive decline ever since that lawsuit.

But legal action only highlights the connection between big-money and manufacturers' level of concern about your health and well-being...

When the money gets big enough, companies will do whatever it takes to misinform and downright lie to keep you buying their products, even if your health and very existence are threatened.

This is what has led to the proliferation of the S.A.D. eating habits in modern human beings. Food manufacturers **strip the nutrition** from healthy, natural foods, and replace it with refined sugars, simple carbohydrates, unhealthy fats, extremely high levels of salt, preservatives, and chemicals all meant to do just three things:

- 1 – Give the product a longer shelf life.
- 2 – Keep manufacturing costs down by using inexpensive additives and ingredients to bulk up the weight and volume of food.
- 3 – Create a pleasurable response in your brain that often leads to an addiction some say is *more powerful* than cocaine.

Society has failed when poor-quality food becomes addictive and harmful to the human body, especially when it's the only thing available. In the United States, the UK, Canada, and other modernized nations, there are vast wastelands of nutrition known as "food deserts."

That term refers to populated areas where healthy food like fresh fruits and vegetables is more than one mile away from most residents.

In those same areas, there are dozens of fast food restaurants and small, corner stores that sell predominantly processed and refined foods, alcohol, soda pop, candy, chips, and other junk that's directly harming the people who live there.

When fresh vegetables and fruits are available, they are limited, and often out of the financial reach of the residents of food deserts, who can easily walk to a fast-food joint down the street for some cheap, addictive, and unhealthy junk.

You may find yourself from time to time eating food that is unhealthy. We all do it because it's convenient, inexpensive, and literally staring us in the face everywhere we go. Just remember this type of eating is likely why you have fatty liver. Go for an apple or orange instead.

The History of the Modern-Day Food Pyramid

How many fast food and casual dining restaurants do you see every day, as opposed to fresh vegetable and fruit stands? We have arrived at a sad state in our evolution where it's easier to get unhealthy processed junk rather than health-boosting foods, and a big reason is the Modern-Day Food Pyramid.

We look to our political leaders to protect us. We vote for people we hope are going to look out for our best interests. Unfortunately, these leaders often wind up doing just the opposite.

Let's look at a little timeline:

1917 - The first US food guide appeared in the United States. Caroline Hunt, a nutritionist working for the USDA (the United States Department of Agriculture) advised limiting fat and sugar intake while recommending getting more vegetables and minerals into the body. Not a bad start.

1956 - This evolved into the Basic 4 food groups, namely meat, dairy, fruits/vegetables, and grain products. This made a square, and it's where the term "square" meal came from because it was substantial, satisfying, and balanced.

1967 - Senator George McGovern formed and headed the Select Committee on Nutrition and Human Needs, establishing dietary guidelines based on real science.

1977 - The Select Committee on Nutrition and Human Needs told Americans to cut back on saturated fat and cholesterol consumption by as much as 60%. The recommendations proposed reducing your meat and dairy intake in the name of better health.

And this is where things start to go downhill...

The egg, cattle, and dairy industries were not pleased to see consumption of their core products began to fall. It wasn't long before these manufacturers decided to actively influence what Americans were told to eat. They would not stand idly by and watch their industries suffer, even if factual information proved their products to be less than healthy.

This was the start of the USDA food pyramid, which recommends eating large daily quantities of specific foods at its base, tapering to little or none of the foods at the pyramid's top.

1980 - When the first US food pyramid appeared, it was **significantly** influenced by big money across the agriculture industry, and in many cases, it ignored proven nutrition links to good and bad health.

A woman named Luise Light worked for the USDA at the time the pyramid was originally developed. She was one of a group of top nutritionists tasked with creating the first model. Light stated in numerous interviews that the original food pyramid for the United States was “... sold to the highest bidder.”

“When our version of the Food Guide came back to us, we were shocked to find that it was vastly different from the one we had developed. As I later discovered, the wholesale changes made to the guide by the Office of the Secretary of Agriculture were calculated to win the acceptance of the food industry,” said Light.

“For instance, the Agriculture Secretary’s office altered the wording to emphasize processed foods over fresh and whole foods, to downplay lean meats and low-fat dairy choices because the meat and milk lobbies believed it would hurt sales of full-fat products; it also hugely increased the servings of processed wheat and other grains to make the growers happy.”

“The meat lobby got the final word on the color of the saturated fat/cholesterol guideline, which was changed from red to purple because meat producers worried that using red to signify “bad” fat would be linked to red meat in consumers’ minds.”

Light and her nutritionist colleagues recommended three to four daily servings of whole grains, bread, and cereals. The wheat and corn industries paid the right politicians enough money to get that changed to six to eleven servings per day, and include highly processed grains that were far less healthy, but had a long shelf life and could be adulterated with sugar, fat, and salt.

The **science** said to eat little or no baked goods, crackers, sweets, or other “low-nutrient foods laden with sugars and fats.” Yet, those ended up as the **base** of the pyramid and became its foundation, rather than food to be eaten sparingly.

The nutritionists also recommended specific wording of dietary guidelines to “eat less” processed foods, junk foods, and fast foods. As a nod to the manufacturers of these unhealthy and addictive foods, that wording was changed to “avoid too much” of those products.

The definition of “too much” was never given.

The United States is far from the only country that has government organizations recommending unhealthy food habits. It turns out politicians in other countries also have their pockets lined with money from interested food manufacturers.

The largest food processors and agricultural companies have a global presence, which is why their less-than-healthy foods cause a **worldwide** epidemic of overeating, diabetes, obesity, and in turn, high rates

of fatty liver. Often with very few repercussions and billions of dollars at stake, these companies have few limits on their influence.

The Sugar/Fat War May be Responsible For Your Fatty Liver

The unhealthy, and much too common, Standard American Diet referenced throughout this program had its beginnings in the 1960s. Documents obtained by the Journal of the American Medical Association (JAMA) show that the Sugar Industry blatantly funded research to incorrectly and intentionally downplay the health risks of sweets, instead claiming that fat is the cause of many health problems.

But the truth is both fat **and** sugar are to blame for many of the issues we have today. Internal documents taken from the sugar industry show that sugar manufacturers have largely influenced today's dietary recommendations, intentionally lying about the link between sugar and heart disease.

In 1967 a group called the Sugar Research Foundation paid today's equivalent of \$50,000 to 3 Harvard researchers to compile research on fat and sugar and their links to heart disease.

They cherry-picked studies from their paid researchers. They then released watered-down findings, minimizing the very real link between sugar and heart disease, making fat out to be the villain.

Recent documentation shows more of the same unethical behavior. Soft drink giant Coca-Cola has paid millions to show that sugary drinks such as theirs have no link to obesity.

The Associated Press in September of 2016 reported that candy manufacturers sponsor studies trying to show that kids who eat candy, which is devoid of all nutrition, actually weigh less than those who don't eat sugary sweets.

Why is this happening? It's simple...

They Want To Make You Addicted To Their Products

Drug dealers don't talk about the dangerous effects of their products. Instead, they remind you of how good their products make you feel, maybe even give you a free sample to get you hooked.

Make no mistake about it... sugar and processed food manufacturers are even **more of a threat** to your health than drug dealers because they are allowed to legally advertise on TV and the Internet.

Like a drug dealer, they regularly tell you (and your kids), how yummy their products are while ignoring the actual health risks. These companies have been shown to misinform the public about how their products are killing people. It would seem like they just don't care.

At meal and snack times, most people will choose what's convenient, available, and affordable over what's healthy.

Manufacturers know this, they want you and your children to eat their foods and drink their sodas, rather than fresh natural foods they can't profit from. That is why they spend billions on advertising and lining the pockets of politicians and others who are in charge of telling you what is and is not healthy to eat.

I believe in open markets, customer options, and freedom of choice. But the level of **deception and manipulation** in the food industry means that our choices are anything but free.

40 Sneaky Ways Food Manufacturers “Hide” Sugar

While we're on the topic of sugar, let's take a closer look at that sweet toxin. Sugar is not necessarily a bad thing. There is sugar in fruits and even some vegetables, but that's not the problem.

It's when you consume an **overabundance in a processed form** that your body suffers. Sugar consumption directly leads to fatty liver, diabetes, metabolic syndrome, and a host of other health issues. (There's a great article on **exactly** what happens in your body when you load up on sugar in the reference area at the back of this book.)

The biggest problem is that people get way too much sugar. The American Heart Association recommends no more than 100 calories (25 grams or 6 teaspoons) of *added* sugar **per day** for women. Men can probably get away with up to 150 calories (37.5 grams or 9 teaspoons) **per day**.

Be forewarned though, those are **maximums** that apply **only** to people with healthy livers. You want to dramatically reduce the amount of sugar you put into your body to speed up your recovery, and if possible, eat *no sugar* or foods containing added sugar during your healing process (plan for 30 - 60 days if you are serious about getting better).

Now you may be looking at those numbers and thinking, "I don't consume anywhere near that amount of added sugar!" The problem is that food manufacturers hide the sugar in processed food.

This practice led to the average US resident consuming 306 calories of sugar each day in 2008, the equivalent of a whopping 77 grams or 19 teaspoons. According to the US Department of Agriculture, in 2016 daily consumption is up to 358 calories, that's 94 grams or **23 teaspoons!**

The average person eats **three and a half times** too much sugar every day, with zero health benefits! As if adding unhealthy amounts of sugar to your food without asking your knowledge is not bad enough, the manufacturers have figured out how to intentionally misdirect your attention.

Of course, they list sugar as sugar. But they also hid it by calling it one of the following 40 ingredients. Read your food labels. If any of the following items are present, you are looking at sugar. You will notice that in some cases there are multiple “sugar” ingredients on a single food label.

- | | |
|------------------------------|------------------------------|
| 1 – High Fructose Corn Syrup | 21 – Fruit Juice Concentrate |
| 2 – Sucrose | 22 – Malt Syrup |
| 3 – Glucose | 23 – Panocha |
| 4 – Fructose | 24 – Turbinado Sugar |
| 5 – Lactose | 25 – Syrup |
| 6 – Maltose | 26 – Muscovado Sugar |
| 7 – Dextrose | 27 – Raisin Syrup |
| 8 – Honey | 28 – Barbados Sugar |
| 9 – Corn Syrup | 29 – Sorghum Syrup |
| 10 – Invert Sugar | 30 – Refiner’s Syrup |
| 11 – Florida crystals | 31 – Beet Sugar |
| 12 – Molasses | 32 – Carob Syrup |
| 13 – Brown Sugar | 33 – Table Sugar |
| 14 – Evaporated Cane Juice | 34 – Malt |
| 15 – Sugar Crystals | 35 – Buttered Syrup |
| 16 – Treacle | 36 – Maple Syrup |
| 17 – Demerara Sugar | 37 – Rice Syrup |
| 18 – Fruit Juice Crystals | 38 – Agave Nectar or Syrup |
| 19 – Dehydrated Fruit Juice | 39 – Powdered Sugar |
| 20 – Corn Sweetener | 40 – Confectioner’s Sugar |

Just remember that any food ingredient ending in “ose” is sugar, which means there are actually even **more** than 40.

Your body doesn't need any added sugar. In fact, it's been an evolutionary challenge for us to handle it. Processed, refined sugar has zero nutritional value.

Contrast that with the sugar contained in fruits and vegetables, which is accompanied by fiber, water, and healthy nutrients like vitamins and minerals. This volume helps make us feel full and is one of the

many reasons that, as long as you eat it in its natural form (and not in juice or treats), the sugars in fruits and vegetables are fine.

Naturally occurring sugar may have calories, but they aren't "empty" calories. And of course, they certainly are not poisonous like the refined stuff.

Food manufacturers know people are more aware of what they are putting into their bodies today than ever before. They understand that the average person is on the lookout for sugar in the foods they eat, and the beverages they drink.

So they choose **healthier** names to try and pull the wool over our eyes and to keep fueling our addiction so we continue to buy their products.

Here are a few you might be familiar with, which you may **not** know contain as much added sugar as they do...

- A single cup of supposedly healthy low-fat fruit-flavored yogurt packs up to 47 grams of sugar. That's 12 teaspoons folks, a literal sugar bomb, and nearly 50% *more* than what's in a can of Coke. Much better to have a piece of fruit in the morning, like an apple, which gives you energy and fiber, and has zero refined sugar.
- A 20-ounce bottle of an average sports drink shocks your liver with 32 grams of sugar. Try water, lemon water, or a green drink if you want some extra flavor. If you need something sweet, make a smoothie.
- Granola is often considered a "health" food, but it's usually loaded with sugar. A 100-gram serving delivers 23.5 grams. That can make you crash mid-morning. Oatmeal is a better option because it breaks down slower, and delivers energy over three to four hours, vs. 30 minutes for sweetened cereal.
- Many protein bars are no better than candy bars, at least as far as the sugar content is concerned. There are dozens of protein bars that are packed with 30+ grams of added sugar (7.3 teaspoons, 149 calories). Better to have some nuts or dried fruit, and give yourself a boost instead of a crash.
- Even salty snacks often contain sugar. For example, a small Tombstone Pepperoni pizza contains 16 grams of sugar (or 3.2 teaspoons, 80 calories). Factor in the carbs, fats, sodium, and low-quality meat, and you just identified a major cause of disease.
- And even though you already know it's not good for you, it's worth noting the whopping sugar content in soda. A 12-ounce can of Cola contains 140 calories of

sugar (33 grams). A good alternative is tea. Ice tea is just as refreshing and contains zero grams of sugar.

You may have thought some of those foods were healthy and safe, but if you have liver issues, they're not. That's why it is so important to **read food labels** and know what names manufacturers hide sugar under because honestly, it seems to seep into **everything** these days.

Since we're on the topic, let's review how to read food labels, which can go a long way toward healing your liver, and delivering overall health benefits.

How To Read Food Labels

Food manufacturers in the United States, the UK, and most other industrialized nations are required to list certain information on food labels about the number of servings, nutritional content, and daily recommended allowances.

How can you make sense of all this information? It's actually quite simple when you use the following four-step process...

1. Before you do anything else, **check the serving size**. All information on a food label pertains to a single serving, and many cans and packages contain more than one serving. The biggest deception is making a serving size smaller than you what you would normally eat.
2. Look at the ingredients listed with **measurements**, closer to the top and middle of the nutrition label. These are things like fat, cholesterol, sodium, carbohydrates, and protein. If you see 15g of sugar, that means 15 grams **per serving**, not per container. Do this with all of the ingredients listed, so you understand what impact you are having on the daily recommended allowances of healthy (and not-so-healthy) ingredients.
3. Then simply **do a little math**. Let's say a small slice of frozen apple pie lists the sugar content at 19 grams. However, because there are 8 servings in the package, and most people have *way more* than a small slice, that alone would be over your daily maximum, not counting everything else you eat that day.
4. Finally, look below, at the nutrition facts, figures, measurements, and daily value percentages. There is an area that says **INGREDIENTS** that lists multiple items. Ingredients are always listed in descending order, from the most to the least

weight and presence. In other words, foods listed first on the ingredients list are present in greater volume than those listed later.

Unfortunately, as of 2017 manufacturers were not required to list sugar as a percentage of a recommended daily allowance. There are several pieces of legislation in the United States pushing to change this.

For the time being, you need to monitor and protect your health. You should be doing this anyway. No one cares as much about your health and well-being as you do.

So if you ate the whole pie in the example above, you would have consumed **almost 700%** of the recommended daily allowance of added sugar for a woman and **over 500%** for a man. From one lousy pie. For ingredients other than sugar, like total fat, saturated fat, cholesterol, and sodium, you will receive both a measurement, usually in grams (g) or milligrams (mg), and a percent daily value figure on a food label.

Multiply your daily value percentage times the number of servings on the food label. If there are eight servings in a particular container, and a serving is 12% of the daily recommended value of total fat, eating an entire container gives you 96% of the total fat you should eat in one day. Once you get going, you'll find that the labels on your food can be quite shocking.

You Are Responsible For Your Health And Diet

You and you alone are your best health advocate. This is great news. It means that you can achieve super health and vitality when you get informed and uncover the truth.

Do your research. See what works for you. Pay attention to how certain foods make you feel after you eat them. Consult your doctor, but understand that when it comes to nutrition, many of them are ill-informed as well. The average doctor only receives 12 hours of nutrition training, and that's over eight years. If possible, consulting with a professional nutritionist may be a better option, especially if they are trained in how specific foods combat disease.

When in doubt, eat more plant-based foods, choose organic whenever possible, and cook for yourself so you know what's in your food. Move your body during the day. Take the stairs, walk to work, and park further away. Drink lots of water and liquids. Get plenty of rest, limit your environmental exposure to toxins and poisons, and realize that food manufacturers and your government are **not** who you should turn to for nutrition or health advice.

Reduce your consumption of processed grains, refined sugars, simple carbs, and high levels of salt in your diet, and your body will immediately begin healing naturally, and effortlessly. You'll live a longer, happier life, and protect yourself from fatty liver, diabetes, heart issues, and other major health problems.

In a perfect world, your doctor will forget about your fatty liver because you won't have it anymore, and your healthy living efforts will begin to pay off in overall wellness and happiness. And your liver will LOVE you!

Resources We Recommend

Over the past few years, there have been some great movies released on nutrition and the food business, and how those two things are often at odds with one another. Most of these are on Netflix or Amazon.

If you are looking to take control over your diet, get off medications, lose some weight, end blood-sugar issues, or simply live a healthier life, these films can empower you by helping you understand the forces that care more about their wallets than your health.

- Forks over Knives
- Fed Up
- What the Health
- Fat, Sick, and Nearly Dead (Parts I and II)
- Food Matters
- Supersize Me
- Food Choices
- King Corn
- Food Inc.
- Hungry for Change
- Food Fight
- Our Daily Bread
- Plant Pure Nation

CHAPTER 4

Getting Your Diagnosis

Many people with fatty liver notice that they begin feeling tired and sluggish, seemingly, for no reason. They find it increasingly difficult to lose weight, even if they exercise. They feel inflammation in their belly and specifically soreness on their upper right side. Brain fog may set in, and judgment can get sketchy.

If you have two or more of the indicators in the list below, you need to consider fat buildup in your liver as a likely culprit, especially if you also have high blood pressure, high cholesterol, or diabetes.

Unfortunately, fatty liver may not become symptomatic right away. Years or even decades may pass before your liver fat content becomes high enough that symptoms arise.

That's why it's so important to act **before** it becomes a serious threat. If your liver currently has too much fat, but you don't display classic symptoms, smart nutrition and other good health habits can **reverse** your condition before it manifests into something far more serious.

The following are common issues that could indicate a fatty liver, and should have you headed to the doctor:

- Tiredness, sluggishness, or fatigue
- Belly fat or extra weight in thighs, hips, or love handles
- Elevated liver enzymes
- Soreness in the back or right shoulder
- Inflammation in the liver area
- Patchy, dark areas on chest and back
- Insulin resistance, pre-diabetes
- Yellow eyes and jaundiced skin
- High cholesterol levels
- Metabolic syndrome
- Signs of heart disease
- Dark or brown urine
- Confusion, poor judgment, trouble concentrating
- Feeling weak and listless
- Nausea and digestive issues
- Rapid weight gain or loss

A lot of fatty liver symptoms can initially look like something else. That sore back could be caused by working in the garden. Nausea and abdominal pain could be from food poisoning or a gastrointestinal issue. Tiredness could be from lack of sleep.

In these cases, you might believe time will heal you. But if you do indeed have fatty liver, ignoring your symptoms is *always* the worst course of action, because the worse it gets, the more likely the damage becomes permanent.

So, When Should You Consult a Doctor?

You have probably already seen a doctor, which may be why you bought this program in the first place. But if you haven't, you shouldn't waste any time. If you display multiple symptoms and/or if they **get worse** and more numerous over time, see your doctor immediately.

A simple blood panel will reveal abnormally high ALT and ALS enzymes that indicate an unhealthy liver. Doctors typically take blood samples from patients complaining of just about any condition, because it's a good way to see exactly what is going on inside your body, and a blood test can catch other problems too.

In some cases, your doctor may also request an ultrasound, CT scan, or MRI to get a clearer picture of your liver. As we mentioned, in extreme situations, they may order a biopsy. This is where a small part of your liver is removed (a core sample). That is then analyzed under a microscope for signs of inflammation, damaged or dead liver cells, and excess fat.

Even if your symptoms are mild, you should schedule an appointment with your doctor and get your blood tested to make sure you know what's happening with your body. If you don't have fatty liver disease, you could have some other condition, and no matter what is going on, you'll want to know what it is so you can take care of it before it gets worse.

Complications of Fatty Liver

You should always consult a trained medical professional when you display any indicators of poor health. This is especially true when you are showing signs of fatty liver disease.

If you put off seeing your doctor, more serious health problems can arise down the line, which is what happened to me. These complications include, but are not limited to, the following:

- Obesity
- Type II diabetes
- Heart attack and stroke risk

- Sleep apnea
- Pulmonary issues
- Gastrointestinal bleeding
- NASH (serious fatty liver)
- Cirrhosis of the liver
- Liver cancer
- Total liver failure

Remember, simple fatty liver disease is almost always treatable. Your liver is incredibly good at staying healthy. This is why symptoms don't appear for years in most cases. Your liver is actively fighting the fat buildup.

Over time though, when a poor diet, low levels of physical activity, or environmental issues continue to aggravate you, a fatty liver begins to show physical symptoms.

How Long Does It Take To Reverse A Fatty Liver?

One question many people ask is how long does it take to reverse and heal a fatty liver? Days, weeks, months?

The truth is that fatty liver is often caused by many years of poor diet and living in a toxic, stressed-out, chemical-filled environment. If that's the case, you aren't going to undo your damage overnight. It could take months or even years.

There are basically four grades of fatty liver:

Grade One: Otherwise known as simple or Non-alcoholic fatty liver disease (NAFLD), this is what most people are diagnosed with. Grade One is where excess fat builds up within your liver cells, usually around 5% by weight. The good news is that NAFLD is almost always reversible.

Grade Two: About a fifth of all fatty liver cases progress to this level. It's medically referred to as Nonalcoholic Steatohepatitis (NASH). If you are in Grade Two, there is already some scarring of your liver, and liver fat almost always is above 5%. The good news is that NASH is often reversible, but because of the scarring, your liver may never return to 100% functionality. That means you need to be very aware of what you eat and drink, and what toxins you are exposing yourself to.

Grade Three: Over time, if left untreated, your fatty liver will eventually progress to Grade Three, which indicates serious issues, including low functionality, or fibrosis (excess tissue), or cirrhosis. At this point, you probably have multiple symptoms, including jaundice, abdominal pain, poor vision, weakness, and inflammation.

Grade Four: This is the point where the liver is beyond repair, and you may even need a liver transplant. Of course, there are people who come back from this point by following a disciplined diet and healthy lifestyle, but those cases are rare. Grade Four is generally considered catastrophic since transplants are dangerous and expensive, and the long-term survival rate is quite low.

What's The Recovery Time?

The recovery time is based on your level of damage, and how willing you are to abstain from alcohol, sugar, and processed foods while you are healing.

The times below should be considered minimums...

- Recovery time for Grade One: Three to Six months
- Recovery time for Grade Two: Six to Twelve months
- Recovery time for Grade Three: One to Two years
- Recovery time for Grade Four: Two to Three years, possible liver transplant

Of course, if you continue to damage your liver with poor lifestyle habits, you may never fully recover. Your liver can rebuild itself, but you need to do your part.

Making conscious changes in your life now can prevent a health crisis from happening, and reverse this condition if it has already begun to develop.

CHAPTER 5

Assembling Your Healthy Liver Team

Whenever you suffer from a potentially serious sickness, disease, or condition, you should consult with a medical doctor or healthcare specialist. They have experience, training, and many tools at their disposal to help determine the extent of the damage, and what might be causing it.

Rather than relying on just one medical professional, I recommend building a *team* of people, a support network to help you analyze, investigate, and ultimately repair what's wrong with you, no matter what that may be.

First on the list would be your General Practitioner. If you have been referred to a specialist, it would be your hepatologist (liver specialist) or gastroenterologist. I put these doctors in the conventional category. They went to school, and while that doesn't mean they are miracle workers, it does indicate they've been professionally trained and have knowledge of how the liver, and body, work.

Your conventional healthcare doctors are the often ones who order tests and help you evaluate the results, and should be seen as an essential part of your team.

Should You Also Turn to Alternative Medicine?

There are quite a few alternative practitioners these days, and I recommend you work with someone from that side of the fence too, since they tend to be more attuned to liver issues and dietary interventions. They can also help you integrate modalities like meditation, herbs, acupuncture, and massage...

- Naturopathy is a medical system that evolved from traditional and European practices. Naturopaths earn a degree. It's less rigorous than what an MD goes through, but they are still well-educated and able to diagnose and treat fatty liver.
- Traditional Chinese Medicine (also referred to as TCM) practitioners are often traditionally schooled. They practice a style of ancient medicine from China, though the best practitioners often combine that knowledge with modern medicine. They also integrate herbal medicine, movement, dietary protocols, and Ayurvedic practices, one of the oldest systems of medicine in the world.
- Osteopathy is a type of alternative medicine that emphasizes massage and other physical manipulation of muscle tissue and bones. It can help relieve the aches and pains you get when you have a fatty liver.

- Chiropractic is a form of alternative medicine mostly concerned with the diagnosis and treatment of mechanical disorders of the musculoskeletal system, especially the spine.

Conventional medicine has become more receptive to the power and validity of alternative therapies. While your medical doctor provides current treatments, tests, and medicines based on scientific research, your alternative practitioner can contribute ancient wisdom, specific dietary protocols, massage, herbal remedies, and other things that may be able to help you heal.

Both types of dedicated types health professionals can help you heal your body and reverse your condition.

Get Friends And Family Members Onboard

Don't try to fix your fatty liver alone or keep your diagnosis to yourself. Explain what is going on with you to your spouse, friends, and whoever else you are close to so they can support you and help you achieve your goals.

It's nothing to be ashamed of, and having someone you can discuss your plan and options with, is generally a good idea for any big changes you are making in your life.

The health improvements you make can have a positive effect on them too, especially if you live in the same household.

CHAPTER 6

How Did You Get Fatty Liver?

So, you have been diagnosed with fatty liver. Your enzymes are out of whack, your liver is inflamed, and you probably have other symptoms too.

Unless time travel becomes possible, you have to stop worrying about the past. You cannot change the decisions you made yesterday, last year, or 10 years ago. Beating yourself up mentally over why you ended up in this situation does no good. Stressing out can even make matters worse, and cause your liver even more harm.

There are a couple of reasons for this...

Mental stress often causes us to reach for our favorite comfort foods, simply because we find **comfort** in them. They initially make us happy because they contain sugar, salt, fat, and monosodium glutamate (MSG), which causes an addictive reaction in the brain.

This releases dopamine, serotonin, and other natural chemicals inside your body, which are known as "happy hormones." When we eat these incredibly unhealthy, nutrient-poor, and addictive foods, they make us feel good for a **short time**, so we reach for them time and again to fight stress, anxiety, and depression.

And this stimulus response makes us crave the exact foods that are killing us, even *more* than healthy foods.

Not to mention that worry and anxiety can affect you physiologically, making you slouch, and keeping you from sitting or standing up straight, which can stifle your blood flow. Stress also affects your breathing, which means your liver is probably not getting enough oxygen, another reason it may be having trouble healing itself.

Remember, as long as you're headed in a positive direction, there's no need to focus on the past.

But Why Did You Get It?

Diet is the **main reason** for the development of fat in your liver, that's the takeaway. And changing your eating habits is the easiest way to reverse liver problems. Of course, there are several other reasons people can develop fatty liver, which we will cover shortly, but a great deal of the issue is rooted in bad food and lack of nutrition.

Most people have some fat in their livers. This is a natural phenomenon. Until it reaches 5% or greater, this fat is usually not an issue. However, if you continue to eat junk food and simple carbs rather than vegetables, fruits, and other healthy high-fiber foods, you will only make the problem worse.

How Obesity, Diabetes, and Fatty Liver Are Interrelated

The National Health Service in the United Kingdom, the National Institutes of Health in the United States, the Canadian Liver Foundation, and countless health organizations around the world agree that the leading cause of fatty liver is obesity and diabetes.

The two go hand in hand: The more overweight you are, the higher your risk of fat infiltrating and "taking over" your liver. The more fat that ends up in your liver, the more difficult it is for your body to process new fats and sugars, and separate healthy food from the junk you consume.

- Health authorities in Canada estimate that more than 50% of Canadians are overweight or obese.
- In the United States, being heavy is even more of a problem, with every two out of three adults qualifying as overweight or obese.
- In the United Kingdom, a full 64% of adults earn the title of either overweight or obese.
- From 1980 to today, there has been a 55% increase in the number of people who became overweight or obese across the globe.

You probably don't need me to tell you that the reason for the obesity epidemic in modern countries is the **quality of food** that the average person puts into his or her body.

The Standard American Diet (S.A.D.) was highlighted earlier as typical for men, women, and children today. If you are old enough to remember, think back to the 1970s. Compare the number of fast food and processed food chain restaurants and casual dining destinations to the present day.

I remember when a well-known fast-food burger restaurant opened a few miles from my house in 1975. Back then it was considered a special treat, a place we would visit once a month, certainly not something to be consumed on a daily or even weekly basis.

There is a very good reason why the increase in fatty liver, heart disease, obesity, diabetes, and cancer has grown in direct correlation with unhealthy food manufacturing processes and the stripping of nutrition from food...

What they serve isn't food at all, it's poison!

The term fatty liver was introduced by the Mayo Clinic in 1980 after realizing that it was becoming a trend. By then, the United States and other first-world countries had been regularly consuming more and more processed and fast foods.

Child onset diabetes basically **did not even exist** before modern food manufacturing came to be, and now as many as one in three children born after the year 2000 will contract early onset diabetes!

Heart disease, cancer, and obesity have increased alongside "modern" food manufacturing practices, which strip nutrition from food and pump it full of toxins, chemicals, and compounds known to cause addiction and other serious health problems.

Simply put, what you are eating can either make you healthy... or extremely unhealthy, with most people on this planet falling on the unhealthy side.

The stunning fact is, the main cause of fatty liver is well known: It's consuming a diet lacking in both nutrition and plant-based foods, while also high in processed foods, refined sugars, and simple carbohydrates. That in a nutshell is how you give yourself fatty liver.

Additional Factors

In addition to diet, the following conditions, lifestyle behaviors, and influences are all known to significantly raise your risk of liver damage:

- Lack of regular physical activity
- Environmental influences and toxins
- Some medications
- Recreational drugs such as alcohol and tobacco
- A family history of liver disease or diabetes
- Being diabetic

Let's take a closer look at each of these possible reasons...

1. Lack of movement: I'll try not to use the 'E' word, but suffice to say the benefits of movement have been known for centuries. The more sedentary you are, the less you move on a consistent basis, and the

slower your metabolism. This raises the risk that you will develop heart disease, as well as a weight problem, which, as we know, is a prime cause of fatty liver. You know that movement also makes your circulatory system strong and reduces blood pressure, but did you know that it improves your liver health too?

Aerobic movement (walking, swimming, cycling, etc.) adds healthy **oxygen** to your blood. Your heart rate speeds up, and repeatedly moving large muscles invigorates the flow of healthy blood throughout the body, including the liver. Aerobic physical activity also reduces your chance of becoming overweight. Strength building, especially resistance training like lifting weights or working with elastic bands will improve bone density and strength while building muscles.

Liver disease frequently attacks the bones, so when you make them stronger with resistance training, you help counter the effects, while also reducing your risk of developing structural issues down the line.

2. Environmental toxins: When you see clouds of exhaust leaving the tailpipe of a vehicle ahead of you in rush hour traffic, you probably roll up the windows, because who would want to breathe that? However, the toxins and poisons in your environment are not always as easy to spot. For instance, did you know that many sunscreens contain chemical compounds called phthalates? These are cancer-causing agents which can do severe damage to your kidneys and liver.

- Phthalates are literally everywhere and have a dramatic (and negative) health impact on many mental and physical bodily processes. They are found in cosmetics and fragrances and are sometimes used to improve the flexibility of vinyl and plastic. They are in hairspray, skin moisturizers, soap, personal care products, the toys your children play with, food packaging, and plastic wrap. They are frequently used as an ingredient in lubricants, plumbing products, vinyl flooring, insecticides, detergents, and even medical devices.
- Green tea is an extremely healthy super-food you should be drinking regularly. However, certain *green tea extracts* have been shown to damage the liver. The same is true for the Kava Kava and Comfrey.
- Hair dye quickly enters your bloodstream through your hair follicles and can cause abdominal pain that is a signal your liver has been damaged by the chemicals your vanity has you painting your hair with. There is a reason the warnings are often twice as long as the instructions!
- You may have heard that DEET, a toxic chemical found in some bug repellents, should be avoided. It can cause harm to your overall health and well-being, especially your liver. Opt instead for natural and organic solutions like citronella, peppermint, or lavender to keep stinging and biting insects and bugs away.

- Oxybenzone and Retinyl Palmitate are two other chemicals you may spot on the ingredient labels of common household products that are absorbed into your bloodstream when applied to your skin. Exposure to these and other environmental toxins raises your risk of developing fat in your liver to the point that it becomes a health problem.
- Piercings and tattoos, as well as permanent makeup, can lead to liver damage from inks, and blood-based diseases like Hepatitis B and C.

3. Medications: Sometimes your doctor can unwittingly cause a health problem by prescribing certain medicines. Liver damage sometimes occurs with drugs intended to lower cholesterol (statins) or fight inflammation. Synthetic estrogens, paracetamol, amiodarone, and some drugs used to treat diabetes could actually be increasing fat in your liver. And the popular pain reliever Acetaminophen is responsible for 56,000 emergency room visits a year and is considered the leading cause of liver failure.

Remember that you are a unique individual, mentally and physiologically. Some people have absolutely no problems taking a particular medication that causes a severe and negative effect on liver health in someone else. If you take long-term medications, monitor your symptoms carefully based on when you start and stop, and ask your doctor or healthcare provider if there are any known issues with liver damage, and if so what alternatives you have.

4. Recreational drugs: If you drink alcohol, you dramatically increase your risk of winding up with a fatty, compromised liver. Drinking large amounts of beer, wine and alcohol regularly can accelerate the growth of fatty liver to the point of cirrhosis, which if left untreated, can lead to death. If you take controlled substances like amphetamines or opioids, you are also unwittingly damaging your liver, and the same is true when you smoke or chew tobacco.

Thanks to strong public health initiatives, you probably already know that drugs, alcohol, and tobacco are doing you harm. So, if you are still consuming any of these, it's time to get real, recognize the danger to your health, and do what is necessary to stop once and for all. Even marijuana, which is often considered safe, can affect liver function, and put a strain on your body.

5. Family history: If someone in your family tree has (or had) diabetes or any form of liver disease, your risk is raised. Genetics are a contributing factor for many diseases and illnesses, and this is the case with fatty liver too, especially if you have the same dietary habits as your relatives. But please don't let this feel like a curse. Your family's medical history only means that you have a higher predisposition. There's a good chance you can get healthy again, no matter what genes you start with.

6. Diabetes: For people with diabetes, fatty liver creates a vicious circle where the symptoms of one feed the other. With diabetes, the body becomes unable to manage insulin, which clears sugar out of the bloodstream after you eat sweets or processed food. Since the liver is responsible for insulin (and other hormones), the extra fat degenerates its ability to regulate blood sugar and metabolic processes.

We will cover all of these and more in the proceeding chapters. But first, let's talk about what triggered your fatty liver.

CHAPTER 7

Discovering Your Trigger

Pulling the trigger on a gun causes it to fire. The instant the trigger has enough force exerted upon it, an explosion occurs that creates the powerful boom of a bullet going through the gun's barrel.

Your introduction to fatty liver disease may have happened the same way.

There are many times a **single event** or factor (trigger) which acts as the coming-out party for NAFLD or NASH. You may have experienced minor symptoms in the past, but they didn't happen regularly or powerfully enough to get your attention.

Then something occurred that triggered a health situation that made you sit up and take notice. You went to your doctor, blood tests were taken, you maybe had an ultrasound, MRI, or CT scan, and eventually, you were diagnosed.

Some common triggers are...

Sugar: In certain cases, consuming a large volume of sugar or simple carbs in a short period of time accelerates a condition known as insulin resistance that can lead to liver issues and diabetes. That's probably why so many people discover the problem around the holidays when their bodies are taking a nutritional beating.

Alcohol: Some people may have been consuming alcohol for years, possibly decades, without any severe symptoms or signs of a problem. Then, after just one night of particularly heavy drinking, the liver is seriously damaged, and they begin to physically feel ill.

Toxins: Quite a few people experience liver problems after they do home projects like refinishing furniture, painting, sanding a deck, etc. All these activities (and many more) can expose your liver to solvents, chemicals, dust, and fumes. If the liver is *already* compromised, this may be the straw that breaks the camel's back.

Trauma: A traumatic incident where your liver gets bruised, like a car accident, or a steep fall, can also lead to a weakened liver, which makes you symptomatic.

Binging: If you don't eat many fresh vegetables and fruits, and regularly enjoy processed and fast foods, after an especially monumental "pig out" session, the liver can become scarred or damaged.

Water: Stop drinking water, and your liver will begin to shut down. Dehydration over just 24 hours can lead to damage.

Sleep apnea: This condition results in less oxygen entering your body while you sleep. Medical News Today reported in August 2016 that obstructive sleep apnea which contributes to low nighttime oxygen levels has been linked to a higher risk of NAFLD.

Combine any of these together and add in some extra stress, and what was once just a little extra fat in your liver becomes serious enough that it's affecting your life.

What Is Your Trigger?

It is important to identify when you started noticing symptoms so you can figure out how to begin reversing them. If you can trace your earliest symptoms back to a specific event (overindulgence of food, alcohol, exposure to toxins, etc.), you are armed with powerful information.

Knowing your trigger lets you engineer an environment where it's impossible (or at least very difficult) to recreate the unhealthy scenario that initially weakened your liver.

If you notice symptoms after certain activities or foods, it's time to take stock and do something about it. Otherwise, you may find yourself experiencing cirrhosis, diabetes, and even cancer. When that happens, the eventual resolution sometimes means death.

PART II: REBUILDING YOUR LIVER

CHAPTER 8

Making the Commitment

Before we get into the nuts and bolts of what I did to heal myself, and how it can help you reverse your own condition, I need to ask you two questions...

1. Are You Ready To Feel Better?

Unless (and until) you are ready to make significant changes in your life, it will not significantly improve. You will continue to feel worse, and your liver will continue to deteriorate. You are going to need to find the inner strength to do what is necessary to feel better.

2. Are You Ready To Let Go Of Your Past?

Regretting things you did in your past, whether it's not eating right, not moving your body, or not following a specific career path (etc.), is a huge waste of energy.

In fact, focusing on the past keeps you from being the best you can be today, and it prevents you from living in the present. Regret also promotes stress and anxiety, which can cause further inflammation in your body and your liver, and make your situation worse.

"There are better things ahead than any we leave behind." - C.S. Lewis

That's a great way to look at your fatty liver diagnosis. What's behind you is in the past. You have no power to change it. You did what you did, and now you are where you are.

What good does it do to think about what could have been? Regret leads to indecision, and indecision leads to inaction. Action is exactly what you need to be taking right now, rather than dwelling on yesterday.

This very second, you are in control of the present moment. Now is the time to plot your course for the future. Look at what is ahead for you, imagine amazing health, vitality, and wellness, and then **commit** to making that happen.

Better Health Begins Today

The good thing about this program is that it's highly *flexible*.

You and I might be similar in some ways, but ultimately, we are different people with different backgrounds, genetics, and tastes. That's why I developed a fatty liver protocol that's **adaptable** to your specific life and health goals.

Everyone is unique, and you may have environmental, social, physiological, or vocational challenges that determine a different path to health and wellness.

As I mentioned in the introduction, I was diagnosed with a fatty liver in 2014, and I struggled with it for several years. Through my own journey and a great deal of research (and using myself as a test subject), I found out what does and does not work for me. The more I shared my story with friends and people I met, the more I realized this could benefit others too.

I will show you exactly how I went from being diagnosed to a place of healing and health. This not only works, I'll go out on a limb and say it's probably your *best shot* at reversing your condition if you are willing take action.

You'll see the greatest benefits when you stop having silent "*what if*" and "*I wish*" conversations in your mind. The future is not guaranteed to anyone, but smart people plan what actions they are going to take tomorrow, next week, and next year. All you have control over is yourself, and that starts with what you do, starting now.

Your liver is one of the only organs that can regenerate and repair itself. It wants to be healthy. It wants to be vibrant and alive. It wants to act as the filter to keep your blood clean and your digestive tract operating properly.

When you stop doing the things that kill liver cells and begin to promote the development of health, your liver will automatically begin to *repair itself*. Make small strides at first, do what you can. Any action in the right direction deserves a pat on the back and a little happy dance.

When you notice yourself having a win, no matter how small, that one step will begin to build on the next, and you'll start confidently taking more and more of the steps and actions that will ultimately heal your body.

Free Yourself From Judgment

Move forward without judgment, from yourself or others. If you stumble along the way, no problem, just get back on the path. While your ultimate goal may be to lose weight, look younger, and become more centered, it may take a while to get there, so be patient with yourself, whatever outcome you are shooting for.

You may never do everything in this book, but take the first few steps, and I guarantee you'll feel (and look, and sleep, and think) better than you have in years.

There's a huge gap between eating nothing but junk food three times a day and enjoying a healthy diet that makes you feel better and more vital than you have before.

Find your place in between those two vastly different lifestyles. Anytime you can start nudging yourself towards the latter, do it. This is **not** a zero-sum game. If you don't think you can do something completely, try to meet it halfway.

Use Pain As A Motivator

You bought this program because either you or someone you love has been diagnosed with fatty liver. Even if your symptoms are mild and occur irregularly, the pain, emotional stress, frustration, uncertainty, and fear you have can be crippling.

Use your physical and mental pain and suffering as a motivator. When you have moments of weakness, when you want a burger or cola or a piece of cake, remind yourself how sick you feel with a compromised liver, and how you don't want to ever feel that way again.

I don't know you, but I am certain that human beings are much stronger and more capable than they can possibly imagine. I repaired my fatty liver disease and am now living a lifestyle that is full of health and happiness. I lost weight, changed my life, and was moved to share my experiences through this program.

The fact is though, I am an average person, but I have an **above-average desire** to become healthy. I know you can do this as well.

If you are ready to move forward without judgment, without questioning your past behaviors, or wishing you would've done something differently, then look at today as the beginning of the rest (and best part) of your life.

Let's get started.

CHAPTER 9

Your Liver *Hates* These Things!

The first thing I learned on my journey is that you need to stop the poisoning before you can start healing. If all you do is avoid the food, household goods, chemicals, and toxic environments listed here, you will make a **significant** impact on your liver.

There are many additional benefits beyond a healthy liver when you remove these toxic items from your life:

- Your brain becomes sharper
- Your senses improve (taste, smell, touch, sight, and hearing)
- You find yourself feeling less stress, anxiety, and depression
- You breathe easier
- Your joint pain lessens
- Your skin and hair begin looking strong and healthy
- You lose weight
- You start having more good days than bad

It's circular, the healthier and happier you are, the better your liver does. And the better your liver works, the healthier and happier you are.

A Word About Stress

I mentioned earlier how mental stress can trigger the release of hormones (specifically norepinephrine, adrenaline, and cortisol), which are hard on the liver. Of course, when that stress is short-lived, or if it's infrequent, those hormones dissipate quickly, and your anxiety disappears.

The problem is when you frequently experience *severe* stress. Your nervous system has two basic states, *sympathetic* and *parasympathetic*. You are probably familiar with the sympathetic state. It's also known as the "fight or flight" state, where you are always on alert, ready for trouble, tense, and unable to relax.

Nowadays that's the **default** for most people, especially those with a fatty liver. And that's a problem because it's hard on your body and even harder on your other organs.

That's why you want to nudge yourself into the parasympathetic state, the state you are most naturally meant to be in. That is the state in which you can relax, clear your mind, and see life without the drama filter most of us unknowingly wear.

The parasympathetic state can be accessed by deeply relaxing, doing breathing exercises, moving your body, being in nature, and a few other things we'll talk about.

It's an easier state to enter when you are properly nourished, fully hydrated, and well rested, but regardless of where you are currently, a few minutes of deep conscious breathing will almost always clear your head and help you see things more clearly.

Changing Your State

When you are stuck in a sympathetic state, the constant perception of a threat to your body can quickly lead to nervousness and inflammation. Your liver is already weak from an unhealthy buildup of fat. Continued inflammation from stress hormones only makes your situation worse.

Here are a few simple ideas to help change your state:

- Take up a mindfulness or meditation program on YouTube, Spotify, or other online sites. Many are free and one of my favorites is listed in the index section at the back of this book.
- Learn how pilates or yoga can reduce stress and anxiety in your life, and look for classes in your area.
- Whenever you notice a stressful situation occurring at work, at home, or online, remove yourself from that environment as quickly as you can.
- Stay the heck off Facebook and news sites, and avoid charged topics like politics or religion with friends and family. You won't change anyone's mind, you'll just stress yourself out and potentially cause harm to your existing relationships.
- Don't buy into other people's drama, or let them decide your mood or outlook. Take command of your emotions, and remember, you can't control what happens in the world, but you can control your reaction to it.

You can eat all of the right foods, avoid the wrong ones, move regularly, and stay hydrated, but if you allow constant mental and emotional stress to impact your life, you can **still** do damage to your liver, and other organs too.

Foods And Drinks Your Liver Hates

Alcohol – Of all the things you ingest, the one that should be avoided **entirely** is alcohol. If your liver is compromised, or if you have hepatitis, cirrhosis, diabetes, or scarring of any kind, alcohol is literally poison. Even if your fatty liver is of the non-alcoholic variety, drinking can be dangerous because it directly reduces the functionality of the part of your liver that's still healthy (the part keeping you alive). I'm not saying you can never drink again, but most of the doctors and other liver experts I have spoken with said you should take a break from alcohol while you are in recovery. That's what I did, and I have been alcohol-free since 2018 (and it feels great).

Sugar – Sugar is the main reason fat builds in your liver. It's almost as bad as alcohol. Refined foods (especially those with high fructose corn syrup) like candy, soda, desserts, and baked goods are high in sugar. But even salty foods like soup, crackers, salad dressings, and chips contain sugar as we learned earlier. Juices, energy drinks, supposedly healthy cereals, and condiments (like ketchup) can contain extremely high levels of high fructose corn syrup, which is not only damaging to your liver but to your overall health and well-being (plus it makes you fat). Remember to read your food labels diligently.

Fast Foods – In the movie *Supersize Me*, Morgan Spurlock gives himself fatty liver and pre-diabetes by eating at a well-known fast food restaurant three times a day for a month. If you haven't seen it, you definitely should. It's a real eye-opener. My point is that the ingredients in virtually all fast foods are liver poison. Seriously. Yes, it's cheap and easy to go to the drive-thru after a long day. I get that. But this is your health we're talking about, and if you're serious about getting your life back on track, your fast-food days need to end.

Processed grains – Whole grains are good, but once they are refined (processed, ground up, infused with chemicals), they wreak havoc on your body. Processed grain products include white pasta, white bread, and white rice, all of which have had a lot of the nutrition removed to make them last longer and taste better. White flour foods should also be avoided, which means cookies, crackers, snack foods, cakes, and breakfast cereals. White flour is sometimes sneakily listed as wheat flour to make it sound healthier. But unless it's specifically called "whole wheat" flour, it's refined to the point where it acts *exactly* as sugar does in your body, spiking your insulin, and creating a diabetic response.

Trans fats – Food manufacturers sometimes hide these fats under other names. If you see the term "partially hydrogenated," you are looking at trans fats, which are found in many baked goods, and almost all fast foods. These force your liver to work extra hard to eliminate them and can lead to weight gain and other serious health conditions. Trans fats are so dangerous that adding them to food is **illegal** all over Europe and in parts of the US.

Soft drinks – A number of studies show that people who regularly drink soda pop raise their risk of getting NAFLD. Just one can of soda a day raises your odds by 45%! Most soft drinks are loaded with sugar, but diet soft drinks can be just as bad on your liver. Because they are sweet, diet sodas **trick** your

body into thinking they contain sugar, which means it produces the hormone insulin to clear out sugar that's not really there. That confuses your body and can lead to insulin resistance, blood-sugar spikes, and eventually diabetes. Plus there's a link between the artificial sweetener aspartame and inflammation. These compounds are also a factor in aging and the development of many degenerative diseases like atherosclerosis, chronic kidney disease, and Alzheimer's.

Saturated fats – You should avoid saturated fats like margarine, lard, shortening, butter, mayonnaise, cream-based salad dressings, pork, beef, lamb, fried foods, cheese, and cream. If it gets hard as it cools (and especially when refrigerated), it's one of the fats to avoid. The link between diabetes and fatty liver is very real, and recent studies show that saturated fats disrupt your hormones and insulin levels, and are now an established cause of diabetes.

Foods with a high glycemic index – The glycemic index rates how quickly foods break down and turn into sugar in your body. Certain foods like potatoes, corn products, chocolate bars, white rice, baked goods (and many more) are high in simple carbohydrates, and they break down quickly, which spikes your insulin and is quite hard on your liver. We will cover this in-depth later on in the program.

Ice cream – The liver is not fond of fatty dairy or sugar, and those should be avoided. But in this case, the cold temperature is also a problem. Cold foods and drinks reduce the upper intestine's temperature, and consequently, its ability to digest food. This makes the liver work extra hard since the food isn't completely broken down when it gets into the intestines. It's like a triple whammy to your liver: Sugar, fat, and low temperature.

Some cooking oils – Soybean oil, canola oil, safflower oil, corn oil, sunflower oil (and other seed oils) contain high levels of omega-6 polyunsaturated fatty acids, which can be harmful to your liver. Try cooking with olive, walnut, or avocado oil instead.

Cholesterol – Cholesterol is a type of fat that is only in animal-based products. It is found in high levels in egg yolks, organ meats, shrimp and shellfish, chicken liver, animal fats and oils, and red meats. Processed and salted meats such as bacon, salami, pepperoni, ham, pork sausage, corned beef, bacon, and deli meats are often extremely high in cholesterol. Be aware that if you have a liver condition, there is no "good" cholesterol, and you should minimize your consumption.

Too much salt – Most Westerners, and those in other countries who eat SAD diets, over-salt their food, putting high levels of sodium into their bodies. This leads to higher rates of heart disease, brain disorders, dehydration, and increased blood pressure, which can make your fatty liver worse.

Non-Food Items Your Liver Hates

Getting healthy goes way beyond food, here are a few liver killers you may not have considered...

Acetaminophen Pain Reliever – If you take any type of medication for headaches or pain relief that contains acetaminophen, you could unknowingly be causing liver damage. There are 100,000 calls to poison control centers, 56,000 emergency room visits, 26,000 hospitalizations, and more than 450 deaths a year from liver failure due to acetaminophen poisoning. If you have fatty liver, ask your doctor if it's safe for you, and for alternatives like willow bark and turmeric if it's not.

Pesticides on/in food – Some of the food you eat may have dangerously high levels of pesticides and the herbicide glyphosate, which is poison for your liver and entire body. Avoid genetically modified (GMO) foods, and choose organic when possible. Depending on where you live, try to shop at farmers' markets and farm stands. There's nothing like meeting the farmer who grew your food.

Nonstick cookware – Nonstick pots and pans are easy to clean, but they contain polytetrafluoroethylene (PTFE) and other toxins that can contribute to liver failure, cancer, and reproductive damage. Try one of the new "green" non-stick varieties, they aren't quite as slippery, but they are a lot safer.

Plastic bottles – Bisphenol A (BPA) is an industrial chemical found in plastic products, as well as reusable and single-use containers for beverages. If you buy bottled water, you could be exposing yourself to BPAs and other toxins which are hard on your liver. Brand new research even shows that early exposure to BPAs can lead to fatty liver symptoms later in life, even if you live like a saint. Recent studies show that even BPA-free bottles have been found to be quite toxic! Best to opt for stainless steel or glass when possible.

Some herbal remedies - Herbs like Kava Kava can lead to liver damage, hepatitis, and even liver failure. It is banned or restricted in some countries but still available in the US, and often used to treat menopause symptoms. Here are a few other herbs and herbal remedies that can cause damage to your liver:

- Green tea extract
- Barberry
- Black cohosh
- Chinese ginseng
- Comfrey
- Germander
- Gordoloba yerba tea
- Greater celandine
- False pennyroyal
- Jamaican bush tea
- Jin Bu Huan
- Mistletoe
- Squawmint oil
- Sassafras
- Senna
- Skullcap

Tobacco and nicotine – Smoking does a double whammy on your liver: It acidifies your body, encouraging disease, increasing your risk of contracting lung (and liver) cancer, *and* decreasing your body's ability to purge toxins. Vaping is not much better, so take a break while your liver is healing, and if you can, consider quitting altogether.

Illicit drugs – Heroin, cocaine, and other illegal drugs are damaging to your mind and body. The same is true for amphetamines, ecstasy, and hallucinogenic mushrooms. Cocaine and peyote have specifically been linked to liver damage. Even though smoking marijuana may be legal where you live, its frequent use can be hard on the liver, so please abstain while you are healing your body.

Some prescription medications – Benzodiazepines, Codeine, Tetracycline, Corticosteroids, Diazepam, and Temazepam are generally considered safe if you do **not** have advanced liver disease. But if you do, check with your doctor for advice and/or liver-safe options.

Chemotherapy – If you are undergoing chemo for cancer treatment, the risk of damaging your liver rises because of the negative side effects of some common chemo drugs. Make sure you are following the correct protocol, and getting the proper nutrition (high in antioxidants) so your liver stays as strong as possible through the chemo and recovery process.

Diabetes – The presence of diabetes increases your chances of developing a fatty liver. Diabetes, due to insulin resistance, triggers weight gain in the belly and causes your liver to store more fat. The good news is that as you start to reverse your fatty liver, your diabetes symptoms may lessen a bit.

Excessive vitamin A – The danger is not vitamin A from fresh, organic fruits and vegetables, it's from supplements. Only supplement with vitamin A if you are actually deficient, follow the recommended doses on the labels, and check with your healthcare professional for suggested doses.

Excessive iron – Your body has no way of eliminating excess iron except through actual bleeding. Like vitamin A, check with your doctor and only supplement with iron if you are indeed deficient. Make sure to follow the recommended doses on the labels.

Excessive Omega-6 - Too much of Omega-6 essential fatty acid can also harm your liver. Only use supplements if blood tests reveal the need.

Polluted environment – Smog, air pollution (indoor and outdoor), and chemical exposure have a lasting effect on your liver, and not a good one. I had a friend who ended up in the emergency room because his roommate set off a bug bomb without telling anyone. He was OK, but you **know** it did a number on his liver.

Some infections or illnesses – Viral hepatitis A, B, and C, autoimmune hepatitis, tuberculosis, and intestinal infections caused by candida yeast can attack your liver cells and reduce their functionality, sometimes leading to liver failure. If you have an infection and the doctor gives you antibiotics or other medications, make sure to tell them about your compromised liver.

Miscellaneous Liver-Killers Found Around The Home

Ammonia, air fresheners, fabric softeners, antibacterial products, bleach, and other household solvents, kitchen and window cleaners, chemical herbicides, fertilizers and insecticides, sprays for killing ants, roaches, and other bugs, paint, paint thinner, carpet cleaning products, and many chemicals found in and around your home can pose a risk to your overall health and can irritate your fatty liver.

Whenever you use any harsh chemical household product, cleaner or solvent, wear gloves, long sleeves, and eye protection. If you are working inside, consider using a respirator that covers your mouth and nose, and make sure to open the windows for proper ventilation.

Healthy Alternatives To The Chemicals Your Liver Hates

You have options when it comes to chemicals and toxins, and as someone who cares about their liver, you should regularly seek out alternatives:

For Sun Protection

- The best plan is to simply wear more clothing. Pants, glasses, hats, and long-sleeved shirts go a long way to protecting your skin.
- If you can, avoid direct sunlight from 10 AM to 2 PM, which is when the sun is at its strongest and most dangerous. If you have a smartphone, check the UV index where you are, and don't expose yourself to direct sunlight if it's over a 3.
- For those times when you must be outside, use sunscreen with natural mineral barriers and no chemicals or hormone disruptors. My favorite line is *Blue Lizard*, available on Amazon. Another good one is *Vanicream*. Both of these brands cost more than other sunscreens. If you have liver issues though, the extra cost is worth it because anything you put on your skin is absorbed into your bloodstream, and eventually, winds up in your liver.
- Some oils have surprisingly high *natural* sun protection. Red raspberry seed oil has an SPF of 28 and protects against UVA (and UVB) rays. Carrot seed oil has an SPF of 38, wheat germ oil is 20, and even high-quality coconut oil has a natural SPF of about 5. Best of all, none of those will harm your liver or overall health.
- Antioxidants are compounds that stop or delay cell damage. They are found in healthy, fresh foods, and can help heal and repair damaged skin. Be aware they

aren't sunblocks, but they can help you recover from sunburn faster and even lessen the effects of too much exposure. Foods with carotenoids (bright colors), like green drinks, citrus, peppers, or anything that contains vitamins C and E are also great for your joints, heart, eyes, brain, and liver.

For Mosquito and Bug Repellent

- Make sure that standing water is removed from around your house (buckets, pots, gutters) since that's where bugs like mosquitos breed.
- Mix 32 ounces of apple cider vinegar with two tablespoons each of dried rosemary, lavender, thyme, sage, and mint. Shake before using in a spray bottle and apply to your skin.
- Mix water with peppermint oil (about 30 to 1) and citronella oil (about 40 to 1) and spray around the outside of your house (doorways, windows, eaves) to repel bugs like mosquitos, ants, roaches, and silverfish.
- Use citronella candles and oils outside to repel bugs and mosquitos without sprays or poisons.
- Consider an electric bug zapper, which kills bugs with electricity instead of chemicals.

Makeup, Skin, and Hair Care Alternatives

- Many cosmetics are made with preservatives or chemicals, which can leach into your body and damage your liver. Look for natural and organic lines that are non-toxic. Sites like *Sephora* have entire lines devoted to Natural Cosmetics.
- Coconut oil is an excellent body lotion and dandruff fighter. It keeps your skin healthy and strong, prevents it from drying out, and reduces the chance you'll develop wrinkles.
- The fleshy leaves of the aloe vera plant make an excellent skin moisturizer and softener, and their antioxidant qualities can heal skin damaged by the sun. I like to mix some in with my morning smoothie as well. Studies have shown it to be good for your gut.

Natural Alternatives to Chemical Cleaning Supplies

- Add a couple of teaspoons of tea tree oil to filtered water for a natural disinfectant that destroys fungus on all your household surfaces.
- Mix one teaspoon of cornstarch, several drops of your favorite essential oil, and 1/4 cup of white vinegar with one quart of warm water. This makes an excellent glass and window cleaner, especially when you use crumpled newspaper to wipe dry. (Paper towels may cause streaking.)
- Baking soda is a natural deodorizer. It's excellent for scrubbing and light cleaning. Add 1/4 cup of baking soda to a 16 to 24-ounce spray bottle for an excellent general cleaner.
- Add 1/4 cup of lemon juice and one cup of hydrogen peroxide to 12 cups of water. This makes a natural all-purpose cleaner. Add a couple of drops of lavender oil for a wonderful smell and calming aromatherapy benefits.

CHAPTER 10

Your Liver *Loves* These Things

There is an old saying...

"You catch more flies with honey than you do with vinegar."

I assure you this is true. You'll get more of what you want when you are sweet than when you are sour, and positive reinforcement usually works better than negative reinforcement. Think about it. Would you rather be told what you *can't* do, or what you *can* do?

Most people prefer to be rewarded, rather than slapped on their hand and told "No!"

We just talked about many things your liver does not like. Looking through that list, you might have encountered some of your favorite foods, or a household product you regularly use.

Knowing those items can damage your body, or even make your fatty liver worse, might have depressed you a bit. Hey, I get it, it was no fun giving up foods I loved my whole life, but I figured out how to re-engineer my diet, and in some cases, replace things I *had* liked with things I now love.

Helping Your Body Become Alkaline

pH refers to the amount of potential hydrogen in your body. It's one indicator of how healthy you are. The higher your body's pH reading, the more alkaline your blood is. When your pH reading is low, it means your body has become acidic.

Be aware that human body normally does an **excellent** job of regulating its pH, which means that under normal circumstances, you don't need to think about it much. However, when you consume low-nutrition foods, specifically sugar and alcohol, you put yourself at a disadvantage.

When your body becomes too acidic, it's more difficult for you to absorb minerals and other nutrients. You often feel low-energy, your cells do not naturally repair themselves, and your ability to eliminate heavy metals, toxins, and poisons is reduced. You may become more susceptible to illness, infection and disease.

The pH scale starts at zero and moves up to 14. The normal human range for human blood is very narrow, around 7.35 to 7.45. The *optimal* alkaline level of a robust and healthy liver is 7.4, or just slightly alkaline.

You can test your pH, to monitor yourself, with specifically formulated test strips available at Amazon.

The following foods, beverages, and lifestyle practices all make your liver smile. Many have a high nutritional value, and they also support optimal pH levels.

Foods Your Liver Loves

Consider this the “short” list of foods that support and heal your liver. In the diet section (Chapter 15), we will review these and many more. We’ll also talk about how to integrate them into your daily meal plans.

Broccoli – The active ingredient is sulforaphane, which is beneficial for liver health, losing weight, and even fighting cancer. Broccoli, cabbage, brussels sprouts, collard greens, and bok choy are all good options.

Leafy greens – Spinach, lettuce, and kale are probably the leafy greens you are most familiar with. They contain fiber and help your liver neutralize chemicals, pesticides, and heavy metals. Serve them steamed, sautéed, in stirfrys, smoothies, and soups and stews.

Carrots and beets – The flavonoids in beets and carrots specifically boost the overall effectiveness and functions of your liver.

Turmeric – The incredible healing properties of this tropical member of the ginger family are well established. The curcumin contained in turmeric can help with joint, organ, and muscle pain. This is one spice you can add to many savory recipes, including stirfrys, vegetable juices, soup, and even tea.

Whole grains – Processed grains like white flour are bad for you because of the way they break down in your body, but **whole grains** are generally good for you. My favorites are oatmeal, quinoa, brown rice, farro, barley, and buckwheat. You can eat them for breakfast, lunch, or dinner, as a main or a side dish.

Beans - Most Americans are severely deprived of beans, even though they are some of the most powerful and protein-rich foods in existence. Beans, chickpeas, lentils, and split peas fill you up and give you energy.

Apples – That old saying “*An apple a day keeps the doctor away*” might just be referring to liver doctors. Apples are super high in pectin, a chemical that promotes your liver's detoxing and filtering process.

Berries – Berries are like little food gems rich in antioxidants, vitamins, polyphenols, and minerals. If you have a sweet tooth, they are a nice treat because they can satisfy you without spiking your blood sugar or harming your liver.

Green tea – Excellent for your liver health because of antioxidants and compounds known as catechins. Work this into your daily routine, and sip on a cup of Green tea while you think positive thoughts.

Walnuts, pumpkin seeds, and other nuts – Walnuts and chia or pumpkin seeds contain high levels of omega-3 fatty acids, fiber, as well as glutathione, a powerful antioxidant, which boosts liver health. Add them to salads or stews, or roast them up for a little snack

Artichokes – Artichokes are part of the thistle family, and are an ancient natural liver and blood cleanser. They stimulate bile production, accelerate gut movement, and improve the digestion of fats, which are then naturally eliminated. Artichokes may also help with blood-sugar spikes.

Tomatoes – Raw tomatoes do an outstanding job of detoxing your liver. When cooked they still provide liver-boosting properties, but raw, organic tomatoes are preferred. There's a great gazpacho recipe in the recipe section of this program.

Asparagus – Loaded with healthy dietary fiber that helps pass waste through your system, it also promotes liver health, and it tastes great too.

Garlic – Garlic has selenium and allicin that cleanse the liver, and other components that flush out toxins.

Citrus (Lemons, Limes, Oranges, and Grapefruit) – Not only are these foods high in vitamin C and antioxidants, but they also make your liver's job easier and can reduce inflammation.

Avocado – Avocado is a superfood. Eating ¼ of an avocado every day delivers over a dozen minerals, nutrients, and vitamins your body craves.

Sprouts – Sprouts are an excellent source of protein and chlorophyll, which helps the liver's filtration process.

Mushrooms and adaptogenic foods - Reishi and cordyceps mushrooms, as well as other adaptogenic foods, like ginseng, ashwagandha, and tulsi increase your body's ability to deal with stress and "adapt" to external stresses (like fatty liver) that can impact your health.

Herbs that heal – There are specific herbs with liver-healing benefits like milk thistle, dandelion, and burdock root. Many are found in our supplement formula, but you can also purchase them separately online or at many natural food stores.

Digestive enzymes – We will cover enzymes in detail in the supplement section. Personally, I take papaya extract before every meal, and on cheat days (or whenever I eat animal protein), I also take a proteolytic enzyme that helps break down my food.

More Things Your Liver Loves

Movement - You should be getting 90 minutes a day of movement, which most people can find the time for when they take a break from social media.

Aerobic movement strengthens your heart muscles. This means that you pump blood throughout your body without much effort. Your pulse slows down because it's not blocked, and your blood flow improves. That makes the delivery of blood to your liver much easier.

Strength training is the most efficient physical activity for building muscle. You burn fat, calories, and carbohydrates for up to 24 hours after a strength training session. You probably recall from our earlier discussion that being overweight and obese is a leading cause of fatty liver. Strength training is an excellent fat burner and your liver loves it.

Gentle, non-pounding aerobic activities like walking, cycling, and swimming are less intensive forms of physical movement you should focus on while you are healing your fatty liver. Gentle is the key because as you remove toxins and poisons from your body, you could feel a little weak or *"out of sorts."*

Deep restful sleep - After improving your diet and eliminating environmental toxins, getting a good night's sleep is one of the most important things you can do for your liver. When you aren't getting the sleep you need, you become physically and emotionally stressed, and your body begins producing more of the hormone cortisol.

Cortisol is good in the right amounts, It helps control blood sugar levels, metabolism, and assists with memory function. But when your cortisol levels get too high, you start feeling old and slow, leading to both weight-gain and inflammation, neither of which your liver likes.

But there's another reason lack of sleep is bad for your liver, and that's because "sleep-time" is when your liver rebuilds itself. See, while your mind is resting, your body gets busy regenerating damaged tissue, balancing hormones, and preparing for the next day.

Most doctors recommend you get 8 hours of sleep a night, but everybody's different. Some people need more, up to 10 hours. And some need a little less. If you have trouble going to bed, or you wake up early, there are a few tricks to getting more sleep that have worked for me, maybe they'll help you too:

1. Don't eat late - Try to stop eating at least 2 hours before you go to bed. That way, your food will be mostly digested and your body will be able to focus on important things like cellular regeneration.
2. Avoid caffeine after 2PM - Caffeinated beverages tend to disrupt your sleep patterns, so try to not consume them later in the day.
3. Avoid alcohol - Some people think alcohol helps them sleep, but in fact the opposite is true. Consuming alcohol close to bedtime may initially cause drowsiness, but it disrupts natural sleep architecture, preventing you from entering vital REM and deep sleep stages essential for restoration and cognitive function.

It also exacerbates existing sleep disorders like sleep apnea and snoring by relaxing the throat muscles, leading to interrupted breathing and fragmented sleep. Finally, alcohol acts as a diuretic, increasing the need for late-night trips to the bathroom, which disrupts sleep.

4. Turn off flickering screens 45 minutes before trying to get to sleep - That means you should avoid TVs, computers, phones, and tablets before bed because they irritate your eyes and make it hard to get to sleep.

5. Use technology to your advantage - There are a lot of free apps (like SleepCycle) for smart phones and tablets that encourage you to go to bed and wake up at a consistent time each day, tracking sleep, measuring snoring, and making sure you get enough rest.

More than anything, take your sleep seriously, and commit to getting more of it, especially if you have an otherwise stressful life (and a fatty liver too).

Hydration - Your body can go without food for around 2 - 3 weeks as long as you are getting water into your system. But if you are not hydrated, after about four or five days, you will be knocking on death's door. Your body needs water for many important physiological processes to take place. This includes keeping your liver happy.

Think about it this way, the largest and heaviest internal organ is your liver. The human body is 60% water. It doesn't take a genius to realize that water is extremely important to the hardest working organ in your body.

A properly hydrated body helps your liver remove waste, assists your liver in removing toxins and poisons from your body, and promotes healthy blood flow to and from your liver.

Castor oil packs - Oil from the castor seed is the primary ingredient in many natural liver health treatments. It can help with inflammation, soreness, and toxin release, in part because it's often applied in combination with heat. Castor oil has been used in ancient Japan and can be found in both Ayurvedic and Chinese practices.

The way to use it is to rub organic castor oil on inflamed areas like the liver, abdomen, shoulder, and back, and apply a heating pad or hot water bottle over the area for a soothing way to reduce pain in the liver and joints.

Epsom salt baths - This inexpensive, soothing, and relaxing treatment has been used for centuries as a powerful detoxing tool.

Adding epsom salts to bathwater prevent magnesium deficiency, allowing you to more effectively fight inflammation and support healthy oxygenation throughout your body. This process also stimulates your digestive process and promotes healthy sleep while detoxing your body.

Laughter – I thought I'd throw this one in there because the physical and mental healing properties of laughter are utterly amazing. When you laugh, you produce an antibody that helps in the first stage of defense against bacterial infection.

This means laughing cuts down on the number of toxins your liver has to deal with, and when you laugh you generally feel good about the world. Positive emotions like happiness and contentedness reduce your stress levels, meaning less inflammation in all your organs.

Love Your Liver

The rule of thumb is that vegetables, fruits, legumes, nuts, fruits, and whole grains lead to a healthier state, which helps your body heal itself. On the other hand, meat, dairy, processed foods, sugars, and alcohol, create inflammation.

You want the former, rather than the latter. Let your healing start now, and watch the pain dissipate until it's finally gone.

CHAPTER 11

Mindset And Avoiding the Negative

Becoming a healthier, stronger "you" might also require eliminating toxic *people* and *situations* from your life. This includes the physical and virtual, as well as mental and emotional places you spend your time.

Getting off Facebook, ignoring gossip, and minimizing the depressing 24-hour news cycle leads to far less stress and anxiety. Staying away from negative people, places, and things, as well as situations that are filled with anger and worry, is crucial to overcoming fatty liver disease and enjoying total wellness. Remember that stress creates inflammation, and releases hormones that can damage your liver.

Reducing Exposure To Social Media

The average person spends an astonishing two and a half hours a day on social media. Do you think there might be a benefit to reducing that amount? You could instead **invest** your new-found time walking, meditating, cooking, or otherwise being productive.

Maybe even visit a Farmer's Market or cook some delicious veggie soup, or better yet, spend time with real people you know and love: Parents, close friends, children, grandchildren, and other people that matter to you.

Other good options are cleaning the junk food out of your kitchen or planning and preparing your meals for the week ahead.

Avoiding junk-food junkies

While we are at it, let's mention another problem, which is spending time with people who have poor dietary habits. If your favorite co-worker loves fast food or has a candy fixation, or simply can't eat a salad every now and then, that's someone you probably want to take a "break" from.

If you are particularly close to people with a sweet tooth, try to spend time with them that doesn't involve eating. I have a friend like that, and whenever she says we should do *happy hour* together, I suggest taking a hike or going to the beach, or something healthy instead.

People with bad diets tend to influence us and make it seem like it's OK to poison ourselves (and harm our liver). It's not!

When people in your life are constantly saying things like “It’s only one ice-cream cone” or “everyone has fries with their burger,” it means they don’t take their health seriously. And if they don’t care about *their* health, they certainly aren’t concerned with *yours*.

Remember, *you* are the one who will pay with inflammation, a foggy brain, extra weight, and other fatty liver symptoms. You are the one who will suffer the increased risk of liver scarring, cirrhosis, diabetes, and worse, not them.

Finding Your Inner Strength

As human beings, we make excuses for our actions. The next time you find yourself having to create a reason to justify some negative behavior... just... stop...

And remember how you felt when you were truly suffering.

It makes no sense to tell yourself lies if the end result is a lower quality of life. Your main reason for getting healthy and keeping your liver (and other organs) highly functional is so you can live a long life without pain or other symptoms.

Dig down deep into your mind - and emotions - for the true reason you are about to do something that will harm your recovery, and stop it dead in its tracks.

Choose some action or activity that either promotes health and nutrition, gets you physically active, positively boosts your brain and emotions, and otherwise produces a positive result that will not cause further damage to your liver.

The Only Thing You Truly Control Is What You Think And What You Do

Try to catch yourself when you are making food decisions, and take the time to consider any negative outcomes. When you do that, you have a good chance of making a positive choice instead.

It feels good to take control of your life and develop the confidence that promotes making more smart choices in the future.

CHAPTER 12

Movement

Getting your body active and moving doesn't have to take place in an intimidating and sweaty gym. You can stay physically active throughout the day, just about anywhere, whether at work or at play.

When you are healing your liver, the key is to focus on low-impact activities, and if you can, do them for longer periods. A simple 60-minute walk, preferably in nature, can help calm your mind and gets your body moving. Walking is a perfectly healthy liver activity. It's low-stress and slightly aerobic, but it increases your heart rate enough so that your body benefits.

Studies show that walking **regularly** can have as much of a positive effect or in some cases, even more benefit than running, which can be hard on your joints. The same is true for yoga, tai chi, swimming, and resistance routines.

What Are Some Simple Ways You Can Keep Fit?

Body weight training uses the weight of your own body and resistance to strengthen your muscles and promote mobility, heart health, positive mental function, and many other benefits.

Sit-ups and push-ups are examples of body-weight movements. If you have ever squatted down to pick up something off of the ground, bent your knees, and lowered your upper body, you have promoted proper health with a form of body weight training.

As you can imagine, you can do this kind of workout at home, or anywhere you like. Just pick a small number of repetitions to start with, and little by little see how much further you can go.

Create Opportunities For Movement Throughout Your Day

- Instead of hiring a neighbor kid to mow your lawn, do it yourself. Not only will you get your blood flowing, but you'll also save some money.
- Get out in the garden and do some weeding, which helps you stretch, get some fresh air, and literally "ground" yourself.
- Call a neighborhood friend and tell them you can walk over for a cup of tea, rather than have a conversation on the phone while you lounge on your sofa and eat some junk food.

- Make it a habit to walk around when you are on the phone. You won't even notice you're on the move because you'll be nice and distracted by talking and listening.
- Walk to a Mall or shopping area near you, or if it's far, park a few blocks away. In fact, you can add this little trick, and always park away from the entrance a bit. You'll squeeze in a little movement, and often find it's much easier to find parking too!
- If it's just a few floors up, make a habit of always taking the stairs instead of the elevator or escalator.

Those are just a couple of examples of opportunities for physical activity all around you. The following list will give you some more ideas about how to add movement to your daily routine.

- Join a hiking or walking club. If there is not one in your area, start one with some friends.
- Go bowling once a week.
- Walk around your neighborhood first thing in the morning, after hydrating, but before you reach for your coffee. Then the coffee feels like a reward.
- Write it down. You write your doctor's appointments and your child's soccer games on your calendar. Why not do the same for your movement schedule? This simple trick changed everything for me.
- Buy or rent bikes for the entire family and go on family cycling trips and picnics.
- Make a plan to hike or walk all of your city's parks and trails, and get to at least one every weekend.
- Do you live in a cold winter climate? Just 30 minutes of shoveling snow from the driveway burn 182 calories. Sledding burns 205 calories and ice-skating 191 calories in the same time frame.
- Get out of your office chair and do a few squats when you are standing throughout the day.
- Start taking a short 10 or 15-minute walk after dinner. This aids your digestive process, improves circulation, and makes it easier for your liver to do its job properly.

- Whenever you find yourself walking anywhere, alternate your pace from brisk to casual. You can tell the difference as your breathing changes, and you'll be amazed at how much energy this gives you.
- Buy a stationary bike or treadmill and use it while you are enjoying your favorite TV program, which can make watching television healthy.
- Clean out your house or garage. Not only will you move your body, but you'll create a clean environment for yourself. Move clutter out of your life, just like you are doing with your body.
- Schedule a fun and physically active day at the beach or a park.
- I bought a set of light dumbbells at a garage sale, and keep them near the front door, where I see them before my daily walk. You'd be surprised at how much more often they get used when they are constantly visible.
- Put a yoga mat next to your bed. This will promote a healthy yoga practice every morning, and right before you go to bed.
- Replace your coffee break at work with a 10-minute walk to a fresh juice bar or have a cup of herbal tea.
- Purchase a pedometer or set up your smartphone and aim for 10,000 steps a day. Even 5,000 steps a day is excellent if you are just starting.
- Attach a resistance band to your bathroom door knob. After mother nature calls, spend a few minutes on some quick strength training.
- Instead of asking someone else to fetch something, get up and do it yourself, every time, even if someone else is closer to what you need.

How long should you engage in physical activity?

Ideally, you should be getting 90 minutes a day of physical activity. You don't need to work out hard for 90 minutes straight. You can mix it up over the day.

I take a 45-minute walk every morning, and try to go to the gym for 30 minutes in the afternoon. I also spend at least 30 - 45 minutes a day working in the garden, walking around town, visiting a neighbor, or taking an evening stroll.

If all this is new to you, relax and take your time. Try and get as close to 90 minutes a day of movement as you can, and just do your best. I recommend committing to 10-minute chunks. Most people can do just about anything for 10 minutes.

Can 10 Minutes of Movement Really Provide Noticeable Benefits?

If you don't think that short bursts of physical activity do much for your overall health and well-being, consider this: One study had a group of women split their fitness sessions into 10-minute increments. A second group of women kept moving for 20 to 40 minutes at a time.

Incredibly, the first group of women lost more weight, got healthier and stayed that way after five months, and were more likely than the second group to enjoy physical movement consistently!

Another study that will blow you away and change your ideas about how powerful physical movement is was conducted at the University of Virginia. Men and women of different fitness levels were asked to complete 15 exercise routines each week that only lasted 10 minutes.

After 3 weeks, those volunteers showed aerobic fitness levels equal to that of people that were 10 to 15 years younger! Also, flexibility, strength, and muscular endurance were equal to that of men and women 20 years younger.

The big takeaway here is that you don't have to run marathons and train to become an Olympic bodybuilder to get yourself in awesome shape.

Avoid “all-or-nothing” mindsets. You might rationalize that if you don't have an hour, you may as well not get active at all. If you only have 10 - 15 minutes to take a jog, go for a swim, enjoy a brisk walk, or hit the bicycle, it's still worth it.

CHAPTER 13

Supplementation

The truth is that people with healthy livers and excellent diets usually don't need much in the way of supplementation. They get what their body requires naturally, from the foods and liquids they consume, and from the sun.

That's why we focus so much on diet and lifestyle as opposed to supplements.

But for some of us, our bodies are so deficient, inflamed, or damaged, we need an extra boost, especially if our livers are fatty, toxic, or severely compromised...

1. We may not be getting enough nutrition. It could be that we are still eating junk food, or maybe our liver isn't able to process the nutrients that are present because of its weakened state.
2. Our lifestyle is damaging our liver cells (from alcohol, smoking, drugs, stress, environmental toxins, etc.) faster than they can be replaced.
3. We need extra help to deal with specific issues and symptoms (like liver regeneration, inflammation, insomnia, or digestion).

In 2018, I created a supplement specifically to deal with my fatty liver symptoms. You qualify for special pricing by going to **www.HealthyLiverSupport.com/discount**.

This is a product I take myself, and 100% believe in. However, before you purchase ANY supplement (including mine), there are a few things I recommend you do first...

- Ask your doctor to order a **full blood panel** to see if you are deficient in anything *specific*. Blood tests can catch quite a few nutritional problems, not to mention elevated liver enzymes, cholesterol levels, and other abnormalities. I was deficient in both Vitamin D and magnesium, which I never would have known if I didn't get tested. At the very least this will give you a baseline.
- Discuss the supplements you are considering with a doctor, naturopath, or health care professional. Make sure there aren't any potential problems (allergies, interactions, etc.) with *existing* medications you already take.

- Begin slowly. If you are new to supplementation, start with a liver-specific formula like *Healthy Liver Support*, or a combo of Milk Thistle, Zinc, Vitamin E, and a probiotic.
- I recommend you buy your supplements from someone you trust, either a direct source or a local health-food store. That way, you can ask questions and support the retailer.
- Purchase the best supplements you can afford. It amazes me how many people will spend \$200 on a pair of jeans, but they'll buy the cheapest supplements, which are going inside their bodies.
- Always follow the dosage information from your doctor or healthcare professional, otherwise, follow the instructions on the label of the supplement itself. Double the dosage does *not* mean double the benefits.

In the case of a damaged liver, whether you have inflammation and scarring or not, the following supplements may help speed up your recovery, and some even help prevent liver disease from the get-go.

Here's the supplement list, and you can also go to ReverseYourFattyLiver.com/supplements for links to each of these, including our line of products...

1. Probiotics - The best way to start your day is to drink a cup of warm lemon water so you are hydrated, eat something that's probiotic (or take a probiotic supplement), and go for a walk. Foods like kimchee, tempeh, and sauerkraut contain live bacteria and yeasts that support your digestive system. If you are feeling ambitious try something like Beet Kvass (recipe in the back of this book).

For people who want to take a supplement instead, there are quite a few shelf-stable probiotics available online and at your local health food store. In several studies, supplements that included *bifidobacterium bifidum* and *lactobacillus plantarum* helped improve liver function. Probiotics help your digestive tract **break down** food so it can be utilized more effectively by the liver. I like *P3-OM* from Biooptimizers, and also *Probiotic 100* from Prolog.

2. Enzymes - Another thing that really helped my liver is taking digestive enzymes, especially before a big meal, or when I consume meat and dairy. Enzymes such as *amylase* and *lipase* are supportive of the liver. Betaine hydrochloride (HCL) often taken with enzymes, and is believed to fight inflammation. Papaya enzyme supplements are inexpensive and support healthy digestion.

Some of my favorite brands are...

- *Now Papaya Enzymes*, which is a good broad-based enzyme that breaks down just about everything.
- When I'm eating meat or a protein-heavy meal, I also take a product called *Masszymes* from Bioptimizers, as well as *HCL Supplement* from Premier. These powerful enzymes help my body fully digest the food.

3. B Complex - It is believed that once the liver has been scarred, it won't regenerate itself. That's why it's so important to pay attention to your body so you can take care of any problems as they come up. However, if scarring has already occurred, B-complex vitamins can help with the effects of cirrhosis, like memory loss, nerve damage, and inflammation. I prefer *B Max* from Premier, which helps with energy management, stress, organ detoxification, heart health, and mood balance.

4. Milk Thistle - Milk thistle is a well-known herb for overall liver health that has been used for thousands of years. It's generally safe and effective, and can also keep many liver problems from worsening once they are diagnosed.

As functionality starts to deteriorate, a dose of 200 mg of a milk thistle supplement taken daily may be effective for rejuvenating and repairing liver damage. Look for standardized 80% silymarin content. *Healthy Liver Support* contains Milk Thistle, and as a standalone, a brand I like is *Jarrow*.

5. Curcumin and Turmeric - You can take a daily curcumin supplement (my favorite is *Daily Turmeric*) or you can simply add turmeric spice to your meals, smoothies, and fresh juices. This wonder herb has been linked to strong heart health and slowing down the aging process, as well as protecting liver cells from fat infestation. Incidentally, no other herb has been clinically tested or written about as frequently for its inflammation-fighting properties. Since a fatty liver and other liver problems usually have inflammation as a symptom, it's a great addition to your supplement regimen.

Studies have shown when you add black pepper to turmeric, you increase the bioavailability of the curcumin by as much as 2,100%, which means it's more easily absorbed by your body. You can sprinkle a pinch of freshly ground black pepper on your turmeric right before eating to get the most out of this super spice.

6. Dandelion Root - Often combined with milk thistle in supplement form, dandelion root provides iron, potassium, and zinc which support liver functionality. This natural healer also helps bile production and the easy transference of bile between the liver and gallbladder. Dandelion root chunks can be used to make a healing tincture or tea or to include in a smoothie. *Healthy Liver Support* contains dandelion root, and as a standalone, I like Dandelion Root 1040mg from Solaray.

7. Magnesium - There are many great benefits from magnesium, but for liver sufferers, it helps to normalize blood sugar and blood pressure, keeps your immune system functioning properly, helps with the creation of protein, and is involved in heart, nerve, muscle, and liver function. An added benefit is that it also helps with constipation and sleep issues. Natural sources are almonds, tofu, and spinach. As far as supplements, I like *Magnesium Breakthrough* from Bioptimizers since it contains all seven forms of magnesium, and it doesn't upset my stomach.

8. Zinc - Zinc plays a pivotal role in various zinc enzymes, which are crucial to liver function. Patients with chronic liver diseases often have lower zinc levels. Numerous studies confirm that patients who received zinc for 6 months significantly decreased liver enzymes. Even more interesting, over a three year period, those study participants maintained stable liver function, suggesting that zinc can prevent the worsening of liver disease. *Healthy Liver Support* contains zinc, and as a standalone, I prefer *UltraZin Zinc* from Pure Encapsulations.

9. Burdock Root - Burdock root can be purchased as a supplement, and also in rough-cut root form at some natural health and grocery stores. The roots can be used in juices and smoothies, and to make tea, which is a common blood purifier in Ayurvedic and Chinese medicine. Just like the dandelion root, burdock root stimulates bile flow while helping a weak liver purify and filter blood, and restore damaged cells to health. *Healthy Liver Support* contains burdock root.

10. Artichoke extract - Artichokes can be eaten with a low-fat plant-based dip, or you can take an artichoke extract supplement that contains *cynara*, which is from the Sunflower family. That's the active ingredient that does what so many liver-friendly supplements do, it stimulates healthy bile production and encourages natural detoxification. It also prevents gallstones and can reduce the symptoms of jaundice. Tinctures can be made from dried artichoke leaves or flower buds. I get my artichoke extract in *Healthy Liver Support*.

11. Vitamin E - A powerful antioxidant, Vitamin E can help relieve oxidative stress, which leads to scarring and the development of diseases like NAFLD and NASH. In some studies, vitamin E delivered significant improvements in liver tissue versus a placebo group. Natural sources are tomatoes, avocados, and healthy nut butter. As far as supplements, I prefer *Bio Vitamin E with Selenium* from Solaray

12. Vitamin C - You should be eating berries, brussels sprouts, and citrus fruits as a natural source of easily absorbable Vitamin C. If you need more, or if your doctor recommends it, doses as low as 500 mg of a Vitamin C supplement helps prevent fatty buildup and reduces your risk of developing cirrhosis. Vitamin C also helps flush fat from your liver and has been shown to strengthen the immune system and help ward off disease. My favorite brand is *Ester-C Plus* from Solaray.

13. NAC - N-acetyl cysteine is a powerful compound that directly supports the removal of toxins from your liver. In fact, if you overdose on acetaminophen, you'll get NAC via an IV in the emergency room.

It works that well, providing protection against harmful free radicals throughout your body. Personally, I like *N-Acetyl-L-Cysteine Formula* from Life Extension

For many people, supplements are the extra boost that helps them finally start healing their fatty liver. On a **day-to-day** basis, I take probiotics, digestive enzymes, and my own supplement, Healthy Liver Support.

You can see all the supplements we sell and recommend here:

ReverseYourFattyLiver.com/supplements

CHAPTER 14

Putting It All Together

The liver can regenerate and repair itself even after it has been damaged. When you think about it, that's pretty amazing. It means that in some cases, abuse that happened over many years (or even decades) is at least somewhat reversible.

That's not the case with most organs: When your heart or kidneys or brain start to go, that's pretty much it. But the liver is truly unique in that you can stop poisoning it and start supporting it, and **it will begin to rebuild itself**.

80% of the people reading this program can reverse fatty liver disease with a few simple dietary and lifestyle changes. Tens of thousands have already done it. You just need the right information about diet, the right knowledge about toxins, a positive mental attitude, and a sincere desire to feel better.

You can take control of your life, I promise that. I did, and I'm certainly not the most disciplined person (ask my wife).

For me, the shift happened when I finally had enough. I simply couldn't take the pain and depression anymore. I was tired of looking and feeling bad, and always being too exhausted to leave the house. One day, after dragging myself out of bed, I looked in the mirror and said "No More!"

Don't beat yourself up about whatever it was that got you to this point, that's in the past. Instead, resolve to start *paying attention* to what you eat, how often you move, and the environments (and people) you voluntarily expose yourself to.

That's the first step, and the hardest one... **deciding** to finally wake up and take responsibility for your health.

Let's Recap Where We Are

When you add all five pillars of the **Reverse Your Fatty Liver** program to your life, you stand the best chance of reversing your condition.

That means none of the physical pain and mental frustration and anxiety you are going through right now have to be a part of your future when you get totally on board with the five-pillar approach...

1. **Proper Diet and Nutrition**
2. **Creating A Healthy Environment**
3. **Positive Mindset**

4. Physical Movement

5. Supplementation

The body wants to be healthy. We are able to turn food into fuel, and many people live for 80 or 90 years. We have built-in systems for cellular repair and regeneration, and immune systems that actively fight disease.

But you must be a willing participant and *choose* a long and healthy life over the short-term “high” from a dirty lifestyle.

Ancient Chinese and Indian healers believed the liver is the key to total health and that a healthy liver can even overcome other shortcomings in your system to help you live a full and vibrant life. I completely agree.

What you learn in this program is based on modern-day research, science, and medically approved methods but also employs Ayurvedic and Traditional Chinese Medicine practices that lead to the healthiest life possible.

PART III: FATTY LIVER DIET

CHAPTER 15

The Fatty Liver Diet

Unless you are poisoning your liver with alcohol or exposing yourself to dangerous chemicals, or are **genetically** predisposed to having a fatty liver based on your family history, you probably got your condition from your food.

In an overwhelming majority of cases, food is the **primary** cause of fatty liver, specifically if you eat what we refer to as the Standard American Diet (SAD). And while that sounds like bad news, it's actually good news because food can also be the **solution** to your problem.

This section of the program is the longest, and as far as I'm concerned, it's the most important. If you only read one part of the book, this is the one to focus on. Follow the right diet, eat the healthiest food, and chances are, it will make the biggest difference to your health.

The Fatty Liver Diet outlined here is the **same plan** I used to reverse my condition and heal my body. It's 100% natural, affordable, easy, and in many cases, scientifically proven to help you overcome most simple fatty liver, provided it hasn't progressed to something more serious.

And even if you have serious liver issues, this is probably the best opportunity to get yourself healthy again **without** starving yourself, constant exercising, or expensive drugs (and the side effects that often come with them).

Benefits Of The Fatty Liver Diet

Here are the biggest benefits people experience when they implement this kind of food plan...

1. Faster, easier weight loss.
2. More natural energy, without spikes and crashes.
3. Increased productivity.
4. Healthy, regular bowel movements.
5. Falling to sleep quickly, sleeping soundly, and waking up easily.
6. Better digestion and less gas.
7. A sharper, quicker, faster brain, and more mental clarity.
8. Fewer aches and pains in your joints and muscles.
9. Smoother skin, and in some cases, a reversal of long-term conditions.
10. An overall feeling of wellness you must experience to appreciate.
11. Control of your emotions and feelings.

Your Relationship With Food

Before anything else, let's talk about the complex relationship many of us have with food, which may be a problem in and of itself. For quite a few people, food is about **much more** than nutrition or fuel.

Our earliest memories are often about food and eating...

- Baking cookies with mom (and licking the bowl afterward).
- Family dinners on Sunday evenings.
- Getting sweet treats because we were well-behaved.
- Eating in the cafeteria at school.
- Going out to restaurants.
- Being denied food because we were bad.
- Being forced to eat everything in front of us.
- And many more.

A lot of those memories are connected to emotions we may find either very satisfying or very unpleasant, which explains why so many of us have trouble staying at a healthy weight.

Because of the **emotional** connection we've had with food our entire lives, food ends up controlling us, instead of the other way around. It's as if we're *hypnotized* by our stomachs.

Have you ever found yourself...

- Eating because you feel **depressed** or empty inside?
- Feeling **angry** with yourself because you ate too much in one sitting?
- Feeling **guilty** because you didn't finish everything on your plate?
- Eating certain foods because they remind you of a time in your past when you were **happier**?
- Cooking or preparing something because it makes you **feel** a certain way?

- Overeating (or over-drinking) because of **social pressure** you experience from friends and family?
- Permitting yourself to eat unhealthy food because that's what **other people** around you are eating?
- Finding **mysterious** candy or junk-food wrappers in the trash, and not remembering *when* you ate the product that came in them?
- **Bingeing** and then **starving** yourself, perhaps over and over again. Then feeling guilty every time you do?

Food has the power to trigger specific emotions like guilt, happiness, anger, sadness, exhaustion, excitement, and even shame. There's been quite a bit written about the term "emotional eating" in the past few years, and one of the best books is by our friend Dr. Glenn Livingston called *Never Binge Again*.

(Glenn is offering a free copy for customers of **Reverse Your Fatty Liver**, see index in the back.)

If you are an emotional eater, especially if you have trouble following a healthy meal plan or staying on track, I encourage you to do some work in the area of emotional eating.

Until you do, the best diet in the world won't do you a bit of good because you probably won't stick to it. You need to take the time to figure out your unique relationship with food and identify (and break) old patterns that may be keeping you overweight and making your liver sick.

6 Tenets Of The Fatty Liver Diet

OK, let's talk about the Fatty Liver Diet and how it's different from others you may have tried in the past...

There are **many** kinds of diets out there, hundreds in fact. Each one is designed with a very specific outcome in mind. Some are meant to help you gain weight and build muscle, some are meant to help you burn fat and get slim, and a few are meant to treat a specific condition like acne, eczema, or joint pain.

The Fatty Liver Diet was specifically created to help **support your liver**, dissolve fat, and heal your body from the inside out. The philosophy behind this diet is that your liver is the most important organ since it controls just about everything else:

- Regulates hormones
- Burns calories
- Filters toxins
- Digests food
- Controls your mood
- Regulates cholesterol
- Cleans your blood

You will almost certainly lose weight on this diet. I lost over 31 lbs, and have kept it off for six years now. Thousands of our customers have used this to slim down. But I want to stress this is **not** a specific weight-loss diet. That means you will lose weight gradually as opposed to immediately.

Rapid weight loss diets have their place, but **not** if you have a compromised liver.

Many of the popular low-carb, high-fat diets like Atkins or Keto can even be dangerous since they do not promote detoxification. They are also very strict. Even a stick of gum or a teaspoon of sugar can throw you out of ketosis and cause you to start storing fat.

Not a viable long-term solution.

On the other hand, the Fatty Liver Diet helps you develop **good eating habits** that not only clean up your liver but help you regulate and control your weight and vitality for the rest of your life, all while giving you the nutrition you need to stay healthy and happy.

This Is A “Diet For Life” As Opposed To A Quick Fix That Won’t Last

There are six principles of the Fatty Liver Diet:

1. Whole Food Plant Based (WFPB)
2. Organically Produced
3. Encourage Alkalinity
4. Low Glycemic Index
5. Supports Healthy Gut Bacteria
6. Satisfies Hunger

Let’s look at each of these:

1. Whole Food Plant Based (WFPB)

The first tenant is that we want to eat whole, minimally processed foods that are derived primarily from plants. That means we avoid things like junk food, crackers, cookies, and large amounts of meat, poultry, and fish.

Listen, I'm not trying to go all vegetarian on you. I have always **loved** steak and eggs, salmon, chicken, lamb, and other animal proteins. I do occasionally indulge since I'm healthy at this point. But if you have a fatty liver, and you want to genuinely **get better**, you are going to want to take a WFPB approach to your diet.

When I did, I significantly reversed the damage in about 90 days. I lost weight and reduced my overall inflammation. I'm convinced that animal proteins, saturated fats, and all the toxins in meat were causing much bigger problems than I realized. If you are willing to stick with it for a few months, I'm betting you will see similar results.

I'm not saying you can **never** eat meat, but remember that every time you do (especially when you are starting the healing process), you may be going *backward*, and potentially harming yourself all over again.

At the very least, limit consumption to 2 - 3 times a week, and stick to non-farmed fish, grass-fed beef, and organic chicken. Most of all, pay attention to how your liver and body feel afterward.

The Problem With Animal Proteins

The evidence that meat is a problem for fatty liver sufferers is pretty compelling...

1. Meat contains saturated fats that are hard to digest and can interfere with your blood sugar levels, creating a diabetic response in your body. This harms your liver, kidneys, and heart. It's difficult to digest, and putrefies inside your colon, creating chemical reactions and gas that can cause indigestion and increase the likelihood of fatty liver and even cancer.
2. Most meat is factory farmed and pumped full of dangerous hormones and antibiotics, which can also damage your liver and alter your internal hormonal balance.
3. Worst of all are the heavy metals, chemicals, pesticides, and herbicides that are in the **feed** the animals eat, and that are **passed up the food chain to you**. Even organic grass-fed beef may have these chemicals in them, so don't think you are safe because you are eating "clean" meat.

A WFPB diet is almost always healthier than eating meat and processed foods. Health insurer Kaiser Permanente released a great free handout (link in the index) that talks about how to transition from eating meat to eating mostly plants.

A Word About Fake Meat

You may think that because we encourage a plant-based approach, we would approve of “fake” meat from the many companies offering such products. Unfortunately, many of the meat substitutes available are not grown or produced safely.

Testing has shown the presence of pesticides, chemicals, and most alarmingly, herbicides like glyphosate, which has been shown to damage liver cells and create fatty liver symptoms. Not to mention that many fake meat products are highly processed, and do not meet WFPB standards.

If you must eat meat, it's probably best to just have the real thing, and focus on portion size and how it was treated (grass fed, pasture-raised), rather than look for substitutes.

2. Your Food Should Be Organically Produced, And Always Non-GMO Certified

Genuine organic foods are usually healthier than non-organics because they are grown without pesticides or chemical fertilizers. All of those things can stay on the food, even if it's washed. They enter your body through the digestive tract and ultimately harm your liver and contaminate your blood, which is already compromised.

While there's no real science that proves GMO foods are dangerous in and of themselves, there is **plenty** of evidence that **the way they are grown** is dangerous. Many GMO foods are engineered to be resistant to herbicides, specifically glyphosate, which is used in the growing process.

The problem is that glyphosate gets into the food on a cellular level and then actually enters your bloodstream. It's toxic for all humans, but it's **especially** damaging for people who have fatty liver and has been linked to NAFLD and NASH. That wouldn't be an issue, except a whopping **93% of all urine tests** performed by the University of California came back positive for glyphosate.

So while we highly encourage you to stick to organic food when possible, we absolutely **do not recommend** eating anything that may be genetically modified, especially GMO corn, wheat, or soy, or anything grown with herbicides like glyphosate.

3. Foods Should Encourage Alkalinity

When your body becomes too acidic, you begin to lose the ability to absorb minerals and other nutrients. You lose energy, your cells do not repair themselves, and the ability of your liver and the rest of your body to detoxify heavy metals, toxins, and poisons begins to weaken dramatically.

One of the best ways to keep your body healthy is to eat foods that are fresh, nutritious, and in their natural, unaltered state. You want to avoid anything containing alcohol or sugar, or processed foods like cookies, cakes, or crackers.

4. Foods Should Have A Low Glycemic Index

The glycemic index refers to how quickly a particular food breaks down in your body and **turns into** sugar. In this case, lower is better.

For example, a bowl of steel-cut oats has a glycemic index of 42 but a bowl of puffed rice cereal has a glycemic index of 82. Both the oats and the rice puffs have about the same number of calories, but the oats break down **much slower** in your body and give you energy for **many** hours.

You won't become hungry or get low blood sugar from the oats. They are a nearly perfect food for fatty liver sufferers because they are filling and help lower inflammation.

Contrast that with the puffs, which may taste good going down, but the rice flour they are made with **immediately** turns to sugar (plus any added sugar), and that spikes your insulin. That means you'll have a serious sugar crash in about an hour. The crash will make you hungry, so you'll eat and start the domino effect all over again.

Typically the more ground up and processed your food is, the faster it breaks down in your stomach, and the higher the glycemic index. On the Fatty Liver Diet, you want to eat things that will help you stabilize and normalize your blood sugar. There's a great site to check the glycemic index of your foods in the back of this book.

5. Foods Should Support Healthy Gut Bacteria

The bacteria in your gut is known as your biome. This biome helps break down food in the upper intestine so your liver can separate the good from the bad, and eliminate the waste.

Probiotic supplements have their place, but even better are probiotic (and prebiotic) foods that encourage a healthy gut biome in a natural and low-impact way. These can aid your digestion, and make bowel movements easier, and more regular.

I eat things like sauerkraut, kimchee, pickled cucumber, and lots of greens in my diet to keep my biome healthy and keep things moving through my body.

6. Foods Should Satisfy Your Hunger

The most important thing about a diet is that it must **satisfy your hunger**, or you will not be able to stick to it, and you'll go back to your old way of eating.

You should **never** feel hungry on the Fatty Liver Diet, or any diet for that matter. If you are hungry, it means you aren't eating enough of the good stuff, or you are consuming things like sugar, processed food, or alcohol, which are throwing your body out of whack and messing up your blood sugar.

The Problem With Portion Control

One of the big issues with many diets is they have *complicated* rules about how much you can eat, breaking things down into weights and measurements, or giving points to certain kinds of food.

When something is complicated, people don't do it. That's why I want to differentiate this diet from others you may have tried, and say if you are eating based on the Fatty Liver Diet guidelines, you **don't need strict portion control** or points or a food scale.

Eat healthy, and you can eat until you are full, and enjoy yourself. Don't worry if you ate an extra ounce of oatmeal, or an apple, or drank a large smoothie when you meant to drink a medium one.

It's more about **filling yourself up with healthy stuff** than it is about watching your overall quantities. For example, you shouldn't just eat endless amounts of brown rice, because that means you're not getting your fruit and vegetables. But if you're getting enough of each, go wild.

None of the foods on our *good-to-eat* list will hurt you, they are all healthy and infinitely better than what you were probably eating before (especially if you were eating processed foods).

And for the record, I think you should occasionally cheat with a small portion of something you used to eat if only to see how the "old" food makes you feel. But if you are like many people, you won't want to go back to your old foods, because they will probably taste way too sweet or salty.

The great thing about the Fatty Liver Diet is that every step leads to the next. When you eat a mostly whole-foods-plant-based diet, especially if it's organic and fiber-rich, you are already consuming low-glycemic, high-alkaline, gut-healthy foods.

Eating this way has a huge number of benefits, and it creates a positive cycle that makes the change easier. And best of all, because we focus on food **quality** as opposed to **quantity**, we are no longer worried about how many ounces or bites of food we are eating.

What Are The Core Foods Of The Fatty Liver Diet?

In this section, we'll review the most healing, healthy, and important foods for people who have fatty liver. Many of these have been **scientifically** shown to have a positive impact on liver health, and all are an important part of my diet.

1. Cruciferous Vegetables

Of all the foods you can eat for a fatty liver, probably the most powerful, bioavailable, and affordable is broccoli and its vegetable cousins, broccolini and broccoli rabe. I eat it 3 - 5 times a week, raw, steamed, and sautéed, in large part because it's so good for my liver.

One well-known study showed that eating broccoli powers up the functionality of your internal enzyme system to help your liver get foreign molecules, toxins, and poisons out of your body. And another revealed that **sulforaphane** (the active compound in broccoli) is beneficial for losing weight, rebuilding liver cells, and may even fight cancer.

Broccoli, cabbage, cauliflower, arugula, kale, brussels sprouts, collard greens, mustard greens, radish, turnip, and bok choy are all cruciferous vegetables that contain sulforaphane. They are extremely versatile and can be used in many healthy dishes. Be aware if you have hypothyroidism (an underactive thyroid), you want to limit cruciferous vegetables. Check with your doctor to determine safe levels and specific foods you can consume.

2. Whole Grains

My favorites are oatmeal, quinoa, brown rice, black rice, barley, bulgur, farro, rye, and spelt. Whole grains are **low glycemic**, which means they break down slowly and fill you up without spiking insulin levels. There's also compelling evidence that oatmeal helps control fatty liver, and can even reduce cholesterol.

You can eat whole grains for breakfast, lunch, or dinner, and they make a great side dish or base for a stirfry, even a healthy addition to a salad. Organic non-GMO whole wheat products are generally OK, but if you must have bread, stick with one made from sprouted grains and limit consumption.

I try to avoid corn because much of it is contaminated with pesticides and herbicides that can damage your liver. But if you know for a fact it's genuinely organic, you can treat yourself occasionally.

3. Legumes

My third favorite fatty liver foods are beans and legumes: Kidney beans, black beans, mung beans, navy beans, chickpeas, lentils, and split peas are fiber-rich, filling, and promote overall liver health.

Legumes are satisfying and full of vegetable protein. They are also low in fat and contain nutrients and minerals your body needs. More importantly, they are a low glycemic-index food because they break down slowly, helping to regulate blood sugar, and achieve optimal body weight. All things your liver appreciates.

Finally, beans and legumes stop the recycling of toxic bile that your liver has already processed, which can improve digestion and further encourage weight loss.

4. Leafy And Bitter Greens

Spinach and lettuce are probably the two you are most familiar with, along with kale, chard, mustard greens, and turnip greens. Leafy greens have some cross-over with cruciferous veggies (like collard greens and arugula). Herbs like cilantro and parsley are also great blood tonics that help your body eliminate heavy metals.

Greens contain quite a bit of fiber and help your liver neutralize chemicals, pesticides, and contaminants. Bitter greens like chard, mustard, turnip, and arugula are prized in Chinese Medicine and are thought to encourage detox. There are many ways to eat these greens besides salads. Serve them steamed, sautéed, in stirfrys, smoothies, soups, and stews. If you have kidney stones or need to follow a low oxalate diet, ask your doctor which specific greens you can eat.

5. Turmeric

The incredible healing properties of the curcumin contained in turmeric were discussed in an earlier section. This is an item your liver loves because it stimulates the production of bile and helps your body digest and process fats properly.

Turmeric is considered an anti-inflammatory agent and a detoxifier. It's great for joint pain, a sore abdomen, and general aches and pains. I like to cook with fresh turmeric two to three times a week. I make juice, add it to smoothies, and make what's known as "Golden Milk," which helps reduce joint pain. There's a recipe for that later in this program.

6. Apples

Apples are filling, and quite high in pectin, which naturally promotes your liver's detoxing and filtering process. My two favorites are Fuji and Granny Smith. Both are delicious, make a great snack, and help fill you up between meals so you don't feel like eating junk.

I love having dessert after dinner, but I know that many sweets are not good because they contain refined sugar. Now I have an apple, which is satisfying, and a LOT healthier than a brownie or ice cream.

7. Berries

Berries are rich in antioxidants, vitamins, and minerals. If you have a sweet tooth, they are a nice treat because they can satisfy you without spiking your blood sugar or harming your liver.

Treat yourself to strawberries, blackberries, blueberries, and raspberries. If they are available, try some of the more exotic varieties like acai berries, acerola cherries, cranberries, goji berries, salmonberries, boysenberries, or ollalieberries.

8. Other Fruit

Stone fruits (with pits) like plums, peaches, and nectarines are great as standalone snacks or in a fruit-salad. Melons and bananas are full of vitamins and minerals. Many have a slightly higher sugar content (and glycemic index) than apples or berries, but still have a lot of fiber, which means they are OK in moderation.

If you have a sweet tooth, try to satisfy yourself with fruit before reaching for a candy car. Fruit contains fructose, but unlike High Fructose Corn Syrup (HFCS), it doesn't spike your blood sugar because it also contains fiber.

9. Green Tea

Freshly made green tea is excellent for your liver health because it contains antioxidants and compounds known as catechins. Steer clear of green tea extract in pill form though, and stick with the real stuff you brew yourself.

10. Probiotic and Prebiotic Foods

Eating things like kimchee, sauerkraut, and pickled vegetables help your digestive system function better, and consequently, supports your liver. They encourage the good bacteria in your gut to grow, which helps your body digest and absorb the nutrients in your food, turning them into something you can use.

11. Walnuts, pumpkin seeds, and other nuts

Walnuts have been specifically linked to better heart health, increased bone density, and lower instances of metabolic syndrome. They can even help with diabetes.

But other nuts and seeds (pumpkin seeds, chia seeds, almonds, and brazil nuts) are also healthy since they have omega 3s and other essential fatty acids. Chia and pumpkin seeds contain fiber, as well as glutathione, an antioxidant that boosts liver health.

12. Ground Flax Seeds

Flax delivers healthy dietary fiber that helps your system eliminate waste. It also prevents hormones from **contaminating** your blood supply, even unhealthy hormones which have been added to some food.

When you add flax or flaxseeds to your diet, you ensure the liver can filter your blood properly, and produce enough bile to help you move dangerous toxins out of your body. I like to add a tablespoon of ground flax to my morning smoothie.

13. Artichokes

Artichokes are part of the thistle family and are an **ancient natural liver and blood cleanser**. I like to eat one every week or two when they are in season. They are fun, and if you have fatty liver, can be beneficial. Mix some curry powder with mustard, some lemon juice, and a spoonful of greek yogurt for a healthy and delicious dip.

14. Tomatoes

Tomatoes do an outstanding job of detoxing your liver. When cooked they still provide liver-boosting properties, but raw, organic tomatoes are preferred. There's a great recipe for gazpacho later in this

program, it's one of my favorite healthy soups, easy to make, and delicious. But most of the time, I just eat them raw with a little olive oil and balsamic over them.

15. Cucumbers

Loaded with healthy fiber and antioxidants, cucumbers are cooling to your system. They can help relieve inflammation and rheumatic conditions caused by excessive uric acid, and support overall liver health. I use them in juices and smoothies, and also cut them up with a little rice vinegar and sesame seed oil for flavor. Tastes great too.

16. Sweet potatoes

Sweet potatoes are rich in Vitamin A and also contain fiber and Vitamin C, as well as other cleansing and immunity-boosting nutrients. They have a higher sugar content than white potatoes but are a lot healthier.

17. Coffee

I have gone back and forth as far as recommending coffee because it can acidify your body, which may lead to increased symptoms and susceptibility to disease. However, at this point, the evidence seems pretty compelling that a couple of cups of coffee every day is, in fact, good for your liver.

If you are a coffee lover, and you were worried that you might have to give it up, it's fine provided you don't add sugar and keep dairy to a minimum. If you usually use cream and sugar, try a little coconut milk and stevia instead.

18. Asparagus

Loaded with healthy dietary fiber that helps pass waste through your system, there's also some new science that shows asparagus not only supports good liver health, it may even relieve the effects of a hangover. Of course, you shouldn't be drinking any alcohol, but the fact that it can help liver function is reason enough to add asparagus to your diet.

19. Carrots and beets

The flavonoids in beets and carrots are excellent for your liver and blood, and beets have specifically been shown to increase stamina and athletic performance, and even improve the endurance of triathletes.

I like to make juice with both of them together, along with some garlic and turmeric. It's delicious, and it's great for you too (see the recipe in the juicing section of this program).

20. Garlic

Garlic will not only keep Dracula and the cast of Twilight away, but it is also great for your health. It has selenium and allicin that cleanse the liver, and other components that activate liver enzymes and flush out toxins.

Cooking garlic makes it milder but can degrade its therapeutic benefits. I like to juice it and also pickle it raw in vinegar (and keep it in my fridge). That makes it easier to eat and keeps the beneficial enzymes intact.

21. Citrus Fruits

Not only are citrus fruits high in vitamin C and healthy antioxidants, but they also make your liver's job easier. In the case of grapefruits, oranges, tangerines, and other sweet citrus, make sure you're eating the actual fruit and not just the juice. That way you get the fiber, which helps reduce the blood sugar spike from the fructose.

Lemons and limes are also full of antioxidants and can be juiced to add to smoothies, teas, and warm water. I drink a warm water lemon juice drink before I start my day, and it makes a big difference.

22. Avocado

Avocado is a superfood. Eating $\frac{1}{4}$ to $\frac{1}{2}$ of an avocado every day delivers up to 25% of the top seven minerals, nutrients, and vitamins your body craves. Not to mention, avocados are very filling, and many people find them delicious.

One of the many wonderful components of the avocado is an antioxidant called glutathione, which specifically helps your liver filter out harmful materials and waste products.

23. Sprouts

Sprouts are excellent. I like broccoli, sunflower, mung, barley, alfalfa, wheatgrass, and other micro-greens. They provide excellent protein and chlorophyll, which helps the liver's filtration process. Juice them (especially wheatgrass) and you can almost feel the life force entering your body.

24. Herbs That Heal

There are specific herbs with liver-healing benefits. Milk thistle is the king of the liver-lovers and has been used for thousands of years to cure everything from jaundice to depression. Dandelion and burdock root are two other herbs you can add when juicing or cooking, or take as a supplement to promote a strong and healthy liver.

25. Digestive Enzyme Helpers

I take papaya extract before every meal, and on days when I don't follow the diet 100%, (like whenever I eat animal protein), I also take a proteolytic enzyme that helps break the food down. But you can also just eat enzyme-laden foods like papaya, ginger, and miso soup as a between-meal snack.

In today's world, we eat so many prepared meals, that some of these fruits, veggies, legumes, and grains listed might not be things you normally consume. Give yourself **permission** to try something new, and discover food you otherwise wouldn't experience.

Cooking (and gardening) aren't a big part of our daily lives anymore, so many of the ingredients are foreign to us.

Challenge yourself to find a vegetable or bean that looks interesting, and read up on it, maybe start with a small portion. I did that with Garbanzo beans, and now they are a regular part of my diet!

The Daily Dozen

Incorporating these foods into your daily diet is pretty easy. I like to follow the Daily Dozen philosophy of the NutritionFacts.org Web site. That way, I know I'm getting everything I need to stay healthy.

The Daily Dozen is comprised of the following:

1. Three servings of beans and legumes
2. One serving of berries
3. Three servings of other fruits
4. One serving of cruciferous vegetables
5. Two servings of greens
6. Two servings of other veggies
7. One serving of flaxseeds
8. One serving of nuts and seed

9. One serving of herbs and spices
10. Three servings of whole grains
11. Five servings of beverages,
12. One serving of 40 - 60 minutes of exercise

As The Daily Dozen's Dr. Michael Greger explains...

"This may sound like a lot of boxes to check, but it's easy to knock off several at once. With one peanut butter and banana sandwich, you've just checked off four boxes. Sit down to a big salad of two cups of Spinach, a handful of arugula, a handful of walnuts, a half cup of chickpeas, a half cup of red bell pepper, and a small tomato, and seven boxes can be ticked in one dish. Sprinkle on your flax, add a handful of goji berries, and enjoy it with a glass of water and fruit for dessert, and you could wipe out nearly half your daily check boxes in one meal. And then if you ate it on a treadmill...(kidding!)."

As we talked about earlier, portion control is not nearly as critical if you're eating fresh vegetables, fruits, legumes, and whole, unprocessed grains. The key is to get the right ratio. Your plate should be half veggies (up to a quarter fruits), a quarter legumes, and a quarter whole grains. If you are consuming animal protein, remove some of the grains and legumes.

The Daily Dozen philosophy is a bit more specific, and I highly recommend checking it out. Dr. Greger also wrote the seminal book *How Not To Die*, which is excellent.

Great Meal Ideas

There are several different meal types I like to create, which are listed below based on the time I usually eat them. Think of these as a fun menu you get to build every day.

Breakfast:

- Oats
- Fruit and Fruit Bowls
- Smoothies
- Veggie Juices

Lunch:

- Salads
- Wraps
- Soups, Stews, and Chili
- Veggie Bowl

Dinner:

- Salads
- Stir Frys
- Roasted Veggies
- Veggie Burgers

There are many ways to expand this list, especially because most of these foods are tasty in the morning, day, and evening. When you add some good snacks and mix up the variety of ingredients, you'll find it will take you quite a long time to exhaust this list!

Breakfast

1. **Oats** - Organic oatmeal or steel-cut oats are an excellent way to start your day. Avoid the instant stuff, stick with real oats. Throw in some fruit, nuts, flax, nut milk, cinnamon, and a small spoonful of honey or maple syrup for a complete, healthy, and filling breakfast that will carry you all the way to lunch without having a sugar crash.
2. **Fruit Bowls** - I love a plain fruit bowl with apples, bananas, papaya, grapes, and some walnuts or flax. Or you can just eat a piece of fruit. I don't consume much dairy, but if you want to use yogurt, stick with an organic unsweetened type and just use a small amount.
3. **Smoothies and green drinks** - These are one the easiest morning foods you can make. Just throw a bunch of fruit and water (or nut milk) into a blender, and voilà! You have a quick healthy meal that fortifies your body, supports your liver, and is easy to digest. There are some great smoothie recipes later on in this program, including my favorites.
4. **Veggie Juices** - These are freshly made juices that are *mostly* green vegetables (70% or more), that you either buy fresh from a juice bar or make yourself. Because most of the fiber is removed in the juicing process, these should not be consumed every day. I juice when I'm cleansing, or when I eat them with other whole fruits and vegetables.

Lunch

1. **Salads** - I like to buy a few heads of kale and lettuce on my weekly shopping trip, and then every few days, chop them up and put them in the refrigerator so they're ready for a salad, which can be eaten whenever you like. I'll throw in some pumpkin seeds, avocado, nuts, veggies, and even a piece of fruit like a chopped apple or peach for a delicious high-fiber meal.
2. **Wraps and Sandwiches** - Another substantial lunch idea is to have a wrap. Pick up some sprouted tortillas from the health food store and fill them with hummus, raw and roasted veggies (peppers, spinach, zucchini, cucumber, etc.), and enjoy. You can also make a sweet version of a wrap with almond butter and banana. If you want to use bread, stick with sprouted grains, which are less processed, and lower glycemic than normal bread.

3. **Soups, Stews, and Chili** - At least once a week, usually on the weekend, I like to make a big batch of veggie chili, a stew, or vegetable soup. That way I have something available to eat throughout the week, or whenever I want a healthy snack. You can add beans, rice, and nearly unlimited vegetables to soups and stews to create fulfilling, balanced meals that will support your liver and help you maintain a healthy weight.

Dinner

1. **Dinner Salads** - I make my dinner salads a little heavier (and more savory) than I do for lunch, including roasted veggies, tofu, nuts, or grains. I love barley, farro, or quinoa, which adds even more fiber and makes the salad quite filling.
2. **Stirfrys** - One of my favorite go-to meals, especially for dinner, is to throw a mess of veggies into a pan with a little bit of salt and olive oil and make a big stirfry. You can put these in a bowl over rice, quinoa, or other whole-grain and make a complete meal filled with fiber, nutrients, and protein. Add some beans and hot sauce to give it a Mexican flavor.
3. **Roasted Veggies** - An alternative to a stirfry is to roast veggies in the oven for 20 - 30 minutes, which gives them a richer flavor, especially broccoli and brussels sprouts. Roasted cauliflower tastes meaty, and is very satisfying. Serve over rice or quinoa.
4. **Veggie burgers** - Another great meal idea is to make a veggie burger, which you can cook in a pan, or even on the grill. I add tomatoes, lettuce, and a pickle for flavor. When I'm feeling the need for cheese, I'll even add a slice of nut cheese for extra flavor or some organic cheddar if I'm feeling the need.

Snacks

1. **Flatbread** - You can take a sprouted tortilla, and use it as the base for flatbread with pesto, veggies, nut cheese (or a small amount of cheese), and other tasty items. Or you can make your own crust from whole grain or cauliflower flour.
2. **Veggie sticks** - One of my favorite easy snacks is to cut up some carrot and celery sticks, and put them in a bowl in the fridge. That way, whenever I open the refrigerator door to see what's inside, it's easy enough to just grab a handful of veggies and some hummus dip or almond butter.

3. **A piece of fruit or some vegetables** - Apples are my go-to sweet snack. They are full of pectin, filling, and satisfying. I like to rotate my fruits based on what's in season, which can mean grapes, stone fruit, kiwi, papaya, or anything else that's interesting in the produce aisle or the farmers market.

I was amazed to discover that as I shifted my diet to more healthy food, and stopped drinking alcohol and eating processed grains and sugar, my body stopped craving those things.

It took about a month for me to break the worst of my poor food habits, and a few more months to *lose my taste* for those foods. But once I did, I couldn't imagine going back to my old way of eating. There's no way I would want to experience the symptoms and problems I was having before.

The Truth About Protein

Since I don't recommend eating much meat or dairy on the Fatty Liver Diet, you may be wondering about protein. That's a question I get from friends, do you get enough protein from the non-meat items you consume?

One of the things I discovered on my quest to get healthy was that **unless** you are a bodybuilder or an athlete, or you train physically for over an hour a day, you probably need a lot less protein than you think. Not to mention that the protein in **plants** is superior to animals because it's easier for the body to process.

Most people get **far more** protein than they need, and many of us even get too much, especially since we aren't getting enough fiber to balance it out. This can be hard on your kidneys and gut.

Consider that the average male needs only three to four ounces of protein **per day**, and females need even less. Remember that foods like beans, rice, and even broccoli are loaded with protein, and you'll understand why the average vegetarian gets far more protein than required, even though none of it is from animals.

How To Cheat Without Killing Yourself

You may be wondering how strict you need to be as far as this diet is concerned. You only need to be **strict** if you want to **get better**.

I am being serious, if your fatty liver isn't a big problem, if your liver enzymes aren't elevated, if you aren't in any real pain, I suppose you could eat what you want without any immediate consequences. But I'm guessing that's not the case, otherwise, why would you be reading this?

The fact is you should be as strict as you can be, and try to **stay** on the program and get yourself healthy. However, in the real world, temptation rears its head, which is why I came up with “diet cheats” that give you a bit of flexibility.

A “diet cheat” is the ability to **occasionally** break your diet, and have a little something that you normally wouldn’t eat. Your cravings will naturally start to dissipate over time as you eat less junk, but you may find yourself thinking about some old foods you haven’t had in a while.

For example, I love baked goods, and one of my friends makes the most incredible brownies you've ever tasted. Unfortunately, brownies do not work as far as the Fatty Liver Diet is concerned. They contain sugar, flour, eggs, butter, and pretty much everything you want to avoid.

So, for the first few months of my new diet, I mostly stayed away from her because I didn't want to be tempted. Nowadays, when she comes over and pulls out a few of her brownies, I will indulge.

But, I don't have a **whole brownie** covered with chocolate sauce and ice cream like I used to. These days I'll take one of her brownies and cut it into quarters, which I might have over a few days. Just one small piece satisfies me.

Same thing with desserts. Instead of eating a Snickers bar or handful of M&Ms, I switched to **much healthier** dark chocolate, and just need a small square or two.

I'll even treat myself to a cheeseburger every now and then, and usually find myself just eating half of it or sharing it with someone. My cheat strategy...

- Don't give yourself a whole cheat day, but rather, give yourself a small cheat “event” a few times a week. That means you eat three healthy meals, and then occasionally treat yourself to a piece of brownie or cookie after dinner.
- See how much you can fill yourself up on vegetables and fruits, beans, and whole grains **before** you get to the cheat item.
- On cheat items, you do want to control your portion sizes. Maybe split the burger with your spouse or a friend instead of eating the whole thing. And substitute the fries for a salad.
- If you are going to do a big cheat (like eating a cheeseburger) get yourself fully hydrated so you aren’t famished when you sit down to eat. And remember that just one seriously unhealthy meal can throw your body out of whack for a few days, so get ready to feel funky for a bit.

- Pay close attention to how you feel afterward. Eating sugar gives me a crash, and eating too much meat definitely slows me down for a day or two. Realizing that your physical feelings and emotions are affected by what you eat is the easiest way to stay on a clean diet.

There are only two strict things I *never* cheat with, soda pop and alcohol. Both of those are so bad for you and so dangerous to your liver, they are on my avoid-at-all-cost list.

CHAPTER 16

Controlling Your Environment

It never feels good to be in a stressful or toxic environment. You suffer mentally and physically. Being constantly exposed to stress-filled surroundings can cause chronic, long-lasting problems.

The opposite is also true.

When your environment is filled with the people, places, and things you love and enjoy, the air you breathe, the liquids you drink, and the foods you eat are all positively influenced. You feel and look great, and enjoy good health.

Merriam-Webster defines *environment* as:

- 1 – The aggregate of things, conditions, or influences near you; your surroundings.
- 2 – Regarding ecology, the air, water, minerals, organisms, and all other external factors surrounding and affecting you at any given time.
- 3 – The social and cultural forces that shape the life of a person or population.

Look around yourself right now. What do you see? What do you hear and smell? What is your body coming into contact with?

Everything you see, smell, touch, hear, and taste, and your immediate surroundings can affect what you are thinking and how you are behaving. Any number of things can factor into your mental and physical health and well-being, and influence your actions.

Start With The Shopping List

Since poor nutrition is the leading cause of fatty liver, your **shopping list** is the perfect place to start getting control of your environment. If you don't buy it, you can't eat it.

Take a good look at the foods and beverages in your pantry, refrigerator, and freezer. Are there a lot of processed items, frozen foods, and sweet snacks around? Things with refined sugars, dairy, high levels of salt, and other unhealthy ingredients that are known to **antagonize** the liver?

If so, take control and replace all of those unhealthy, processed, chemical-laden products with healthy foods and drinks. Opt for things that are fresh, organic, and plant-based like fruits, vegetables, nuts, beans, and whole grains.

Have a purge, and dump the old, unhealthy junk from your life. Yes, that's right, I'm saying:

Throw It All Away!

Don't worry about "wasting" food if it's something toxic or it contributes to your fatty liver. Those things should be **thrown away** as soon as possible. They have no place in your home or life. If you feel guilty, give them to your local food bank, but get them out of your home and don't buy them again.

As you learned from previous chapters, you are causing your body physical harm when you eat things that are bad for you. But when you take control of your refrigerator, pantry, and especially your grocery list, you ensure you'll always have **healthy food** around when you're hungry.

Your shopping list also extends to non-food items you now know can harm your liver. Hair dye, bug repellent, sunscreen, and other household products should be replaced with healthy options. There are always alternatives, whether you are shopping for food or consumer goods.

Learn to read ingredient labels, know what you're putting in, on, and around your body, and only buy food, cosmetics, cleaners, and other goods that are **not** going to cause fat build-up in your liver.

Being Your Own Cook

Where you eat is almost as important as what you eat. If you frequently eat in your car, at a fast food restaurant, or casual dining establishment, you are not in control of the food you consume. How is it prepared? Where is it from? Chances are your server, or the drive-through employee you order from, has no idea what goes into the food they are serving you.

But when you cook for yourself, you control the environment, process, and ingredients. There's no way you are going to use unhealthy items or add a bunch of unnecessary sugar if you prepare something yourself.

The biggest complaint people have is that shopping and cooking take time. While that's true, you might want to track how many hours a day you spend online or watching TV, and allocate some of that for shopping and food prep instead.

Taking Your Time

Most people eat way too fast. This encourages overeating because you fill up before you feel full and then end up eating too much. That's why I recommend taking your time and allocating at least 20 - 30 minutes to eat a meal, especially lunch, and dinner.

Eating quickly can also lead to other issues, like Irritable Bowel Syndrome and digestive problems. Much better to take small bites, and spend the time to **fully enjoy your food** as opposed to wolfing it down without thinking about it.

I like to schedule my meals at a specific time of day. That way I know I'll have plenty of time, and make sure I don't eat too late. I recommend you eat your evening meal before it gets dark, and at the very latest, before 7:00 PM. Eating late at night can leave you feeling bloated and fat, and prevent you from getting a good night's sleep.

Who Are You Eating With?

Human beings are social creatures, and while we all like to think of ourselves as independent beings, we are **heavily influenced** by others.

You can't always control the "who" of your environment because you may have to eat with family or co-workers. But whenever you can, eat with people who have good dietary practices, people who put health and happiness first, and encourage you on your food journey. These are often people who make you smile when you see them entering your immediate area.

You should also be consciously limiting your exposure to people who make you think negative thoughts, practice poor health habits, promote stress and anxiety, and bring you down.

There is nothing wrong with enjoying your own company. However, countless studies show that loners and hermits tend to live shorter, unhealthier lives than those who socialize more frequently. Spending time with the **right** people can relieve stress and anxiety in your body and your mind, which leads to a healthy liver.

What Media Do You Consume?

Media makes up a large part of the human environment these days. Screens (monitors, tablets, computers, smartphones, smart watches, televisions, etc.) are everywhere.

Whatever type of media you consume, delivered by your favorite device, has a definite influence on your attitude, your behavior, and your outlook. And that can ultimately affect your health.

Spending time on social media or watching intelligence-robbing "reality" TV shows does not serve you. Studies show that even 30 minutes a day on Facebook and other social media sites can be a **major source of stress**, anxiety, and even depression.

Your favorite TV shows, songs, and movies are definitely a part of your environment, and they can positively (or negatively) impact your mental well-being. Choose carefully, since negative, violent, depressing, stressful, or sad things can alter your state and throw you off your game (and diet).

Try to watch fewer “screens” overall, and when you do, fill those screens with positive, uplifting messages. Look for good news, happy stories, and inspirational posts.

Engineering The "Perfect" Environment

Unfortunately, perfection doesn't exist in human endeavors. This means that if you wait for the planets to align, you might be waiting forever.

You should be consciously affecting as many aspects of your environment as possible. At the same time, you should learn to accept what you can't change, and change everything you do have control over (which is more than you might think).

CHAPTER 17

Smoothies And Juices

Which is better, smoothies or juicing? While I love **fresh pressed** veggie juice, and it certainly has a **lot** of nutrients, I prefer smoothies for my day-to-day meals for a few reasons...

13. Juicing removes 95% of fiber, which means you consume more calories while feeling less full. That encourages over-nourishing, which is hard on the digestive system.
14. Fiber is important because it contains phytonutrients and mass, which help regulate blood sugar levels. It also aids in digestion and the creation of bile, which is how the nutrients get from the food into your body.
15. Sweet fruit juices (like orange, apple, and carrot), contain a lot of sugar, which can be hard on your liver, the opposite of what you are trying to achieve.

The biggest issue is that people don't juice correctly. They use the wrong ingredients, drink the wrong amounts, juice too frequently, and end up consuming way too much sugar. In this chapter, I will reveal how I use juicing, and also something I like even better... Smoothies!

Smoothies are a **lot** easier to make than fresh-pressed juice. They cost less money, and the clean-up is faster, so you are more inclined to drink them. Plus, smoothies have almost all the natural fiber and mass of the whole fruit or vegetable, which is a lot better for you.

What Is A Smoothie?

A *smoothie* is a thick beverage you make in a blender (like a *Vitamix* or *Ninja* or immersion blender) that contains raw fruits, vegetables, and a bit of liquid (like water) so it purees properly. You can also add things like ice cubes, protein powder, green drink powder, tofu, flax seeds, or even avocado for flavor and texture.

Some smoothie recipes call for regular milk or yogurt, but you may want to **replace** those with nut milk if you are trying to avoid dairy. If you do decide to use dairy, keep the amounts to a minimum, just a spoonful of yogurt.

Why Are Smoothies Healthy?

Of all the things you can eat when you have liver issues, smoothies are actually one of the best because...

1. They are very easy for your body to digest since they contain natural fiber, and the blending action breaks down the ingredients to make it easy for your liver to process and absorb the nutrients.
2. You can include many of your daily dozen foods into a single meal by adding them to your smoothie. Things like nut milk, berries, and greens go down easily and fortify you until your next meal.
3. Instead of the big mess you make with juicing (or cooking), you just throw everything into the blender and in a minute or two, you have a tasty treat.
4. Smoothie recipes are easily doubled or halved so you can make these for yourself or the whole family for breakfast or a mid-day snack.

Favorite Smoothie Recipes

The beauty of smoothies is that they are extremely versatile. You can make them with almost any fruit or vegetable, fresh or frozen. If you have a good blender, just toss everything in, turn it on, and in about a minute, you have a beautiful meal that is healthy and delicious.

Below are some of my favorite smoothie recipes. Feel free to alter these to your own liking. Add protein powder, sweeteners like honey or stevia, spices like cinnamon, fruits, veggies, and even supplements turmeric or ginger.

Each recipe makes approximately two-12 oz smoothies. Feel free to adjust or increase amounts based on serving sizes. If you prefer, increase one ingredient or decrease another. If you don't finish drinking it, just put it in the fridge for later.

1. Morning Glory - This is my favorite go-to morning drink, chock full of vitamins, minerals, and protein. I usually make it for breakfast, lunch, or a mid-meal snack.

1/2 banana
1/2 papaya, seeded and peeled
1 cup of fresh or frozen berries (strawberries, blueberries, or blackberries)
1/2 cup greens (kale, spinach, collard greens)*
1/2 cup water
1 tablespoon ground flaxseed
1/2 thumb-sized portion of ginger root

Blend on high for 60 - 90 seconds. *You can replace the greens with a quality green-drink extract like Daily Greens. Serves two.

2. Beautiful Berry Blast - Power packed with lots of vitamin C, rich in antioxidants for inflammation relief and healthy skin. This one gives you a natural burst of energy and is great in the morning. Serves two.

1 cup strawberries
1 cup blueberries, pitted cherries, or raspberries
1/2 green apple
1/2 cup greens (kale, spinach, collard greens)
1/2 cup water
1 tablespoon fresh lemon juice
1 tablespoon ground flaxseed
1 thumb-sized portion of fresh turmeric

Blend on high for 60 - 90 seconds. *You can replace the greens with a quality green-drink extract like Daily Greens. Serves two.

3. Berry Vanilla Smoothie - This tangy smoothie is antioxidant-rich, and great way to get your Vitamin C.

1 cup strawberries
1 cup blueberries, blackberries, or raspberries
1/2 cup spinach
1 cup vanilla unsweetened almond or soy milk
1/2 cup pineapple
1 tablespoon vanilla protein powder

Blend on high for 60 - 90 seconds. *You can replace the greens with a quality green-drink extract like Daily Greens. Serves two.

What Is Juicing?

When we talk about juicing, we mean drinking **fresh-pressed or squeezed, mostly vegetable juice**. Canned or packaged fruit juices don't count, and neither does Jamba Juice or any of the big juice brands like Naked Juice (owned by Pepsi), or Odwalla (owned by Coca-Cola).

Many of those juices are not fresh (which means they have added preservatives), and all of them are full of sugar without much fiber, which is why they tend to taste so good. They are addictive like candy.

I recommend juicing with fresh veggies like celery, kale, carrots, cucumbers, and beets, which have a rapid absorption of minerals and nutrients. You can add fruits, but keep the ratio three to one (in other words, 75% veggies)

If you have never juiced before, there's a movie called *Fat, Sick, and Nearly Dead* you can watch online. It's a great introduction to the topic.

Many towns have fresh juice bars these days, so feel free to let someone else do the hard work (and clean up too). Of course, that can get expensive, so if you want to save some money, I recommend you get a juicer.

I got my first one at a garage sale for \$10 and it changed my life. You don't have to spend a lot of money. I highly recommend picking up a copy of *The Juicing Bible* by Pat Crocker.

It explains how to choose a juicing machine, and how to use it for maximum efficiency. It contains hundreds of juicing recipes listed by the health condition you are trying to treat.

And remember, you can juice any vegetables or fruits you like! There are no rules for juicing. As long as you are getting the foods on the shopping list into your body, it doesn't matter how you mix and match them.

Here are a few of my favorite juicing recipes...

1. Morning Sunshine - This is my favorite, I try to have it once a week, and daily when I'm cleansing.

- 1 green apple
- 5 stalks of celery, leaves removed
- 1/2 cucumber
- 5 or 6 kale leaves
- 1/2 lemon, peeled
- 1 thumb-sized portion of ginger root
- 1 thumb-sized portion of turmeric root
- 1/2 cup cilantro

2. Liver Lover's Tonic - This is for anytime you want to support your liver and encourage liver healing.

- 2 cups purple cabbage
- 6 stalks of celery, leaves removed
- 1/2 green apple

- 1/2 cup of dandelion greens
- 3 - 4 inches of burdock root
- 1 thumb-sized portion of turmeric root
- 1/2 cup cilantro

3. Green Machine - This supports proper digestion and healthy, regular bowel movements. I usually drink this during the liquid part of a cleanse since it tends to “clean you out.”

- 1/2 bunch of spinach, with stalks
- 6 stalks of celery, leaves removed
- 1/2 bunch of watercress, with stalks
- 1 - 2 oz of edible aloe vera gel
- 4 leaves of swiss chard
- 1/2 green apple

CHAPTER 18

Healthy Liver Shopping List

We mentioned earlier that healthy eating starts with a good, well-written shopping list. Use the following as a starting point for making your own grocery list that will encourage the consumption of liver-loving foods.

Always remember that organic foods and produce are best. Not only do they contain fewer pesticides, herbicides, and other chemical compounds, but they may even be more nutritious. Of course, a non-organic apple is going to be better for you than an organic candy bar, but I think you see my point.

You may notice some foods appear multiple times on this list. That is because they qualify as multiple types of foods. Foods are listed by group (vegetables, fruits, etc.) for quick and easy reference and shopping.

Vegetables

- Broccoli
- Broccolini
- Bok choy
- Cauliflower
- Brussel sprouts
- Collard greens
- Mustard greens
- Turnip greens
- Spinach
- Butter lettuce
- Garlic
- Romaine lettuce
- Chard
- Arugula
- Celery
- Kale
- Cabbage
- Napa cabbage
- Spinach
- Cucumbers
- Tomatoes
- Carrots
- Celery
- Avocados
- Fennel
- Beets
- Cucumber
- Zucchini
- Artichokes
- Asparagus
- Olives

Berries

- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Acai berries
- Cranberries
- Salmonberries

- Boysenberries
- Ollalieberries

Fruits

- Goji berries
- Grapefruits
- Lemons and limes
- Oranges
- Papaya
- Bananas
- Apples
- Watermelon
- Cantaloupe
- Acerola cherries

Sweeteners

- Honey
- Coconut sugar
- Stevia
- Maple Syrup

Legumes

- Kidney beans
- Black beans
- Navy beans
- Mung Beans
- Chickpeas
- Lentils
- Split peas

Sprouts

- Alfalfa
- Sunflower
- Mung bean
- Wheat grass
- Barley grass

Herbs

- Milk thistle
- Turmeric
- Dandelion
- Burdock Root
- Artichoke
- Ginger root

Whole grains

- Quinoa
- Brown Rice
- Oatmeal
- Farro
- Barley
- Sprouted Tortillas
- Brown Rice Tortillas
- Wild Rice
- Millet

Fats

- Walnut oil
- Olive oil
- Avocado oil
- Flaxseed oil
- Hemp oil

Nuts

- Almonds
- Almond butter
- Macadamia nuts
- Walnuts
- Hazelnuts
- Brazil nuts

Seeds

- Pumpkin seeds
- Sunflower seeds
- Flaxseeds

PART IV: FATTY LIVER CLEANSE

CHAPTER 19

The Truth About Cleansing

You now know which foods to eat and which to avoid for a healthy liver, and you have a basic diet plan to follow.

You understand there are environmental factors that may be harming your liver, and the importance of keeping your home, workplace, body, and mind free of toxins.

Finally, you have learned how physical movement can have a positive effect on your liver health, and why your mindset may be a critical part of living a fulfilled and happy life.

In this next section, we will look at the detox protocol I followed to heal my liver in a relatively short period of time. You can follow my lead, and hopefully, stop the damage and begin the cleansing process yourself.

What Exactly Is A Liver Cleanse?

The term liver "cleanse" means different things to different people, so let's get clear about what we are referring to.

As you know, the liver filters the blood in your body and is a **principal player** in the breakdown of fat and toxins, and in the production of hormones. When we say liver cleanse, we are talking about consuming an extremely clean, heavily liquid, strictly vegetarian diet for a short period of time (usually a week to 10 days).

A cleanse helps your liver get healthy by removing environmental and food-based toxic stressors from your diet and surroundings while at the same time feeding it exactly what it needs.

Personally, I cleanse twice a year (in the spring and fall) and recommend you do the same. However, if you haven't ever done a cleanse, I recommend you begin at least **30 days** after you have started following the Fatty Liver Diet since it will prepare your body.

Even if you have an otherwise normal liver, a cleanse will reduce your toxic "load," removing poisons, chemicals, solvents, heavy metals, and establishing good dietary practices and habits. A cleanse promotes detoxification, nutrition, hydration, and healing. Many people find a cleanse hits the **reset button** on all their organs.

Still, it's something you want to ease into gently since it can be challenging, especially if you are new to it.

The Principles Of Cleansing

Your liver is working 24 hours a day, seven days a week, whether you are sleeping or awake, on the job, at home, playing, and on vacation. It's constantly filtering your blood, turning red blood cells into bile, aiding digestion, regulating hormones, and removing anything it deems a threat.

By eliminating both food-based and environmental toxins from your life, while **simultaneously** consuming things that support your liver, it should be able to direct its energy to healing and ultimately, regeneration.

I can only speak for myself, but my first cleanse I ever did shocked my doctor (in a good way). After three months on the Fatty Liver Diet and a seven-day liver cleanse, my enzyme numbers returned to normal, my skin cleared up, my attitude got better, and I lost my first 20 lbs. (This is not an exaggeration... I had to buy new clothes because the old ones were too loose.)

After another 2 months on the diet, I was down another 10 lbs, and all my blood work was back to normal. I was able to sleep again and had more energy while awake. Even better, my doctor **could not find evidence** that I even had fatty liver anymore.

Remember that everyone is different. You must always listen to your body and your doctor. If you are experiencing difficulties, ease up. Enjoying a longer and more gradual cleanse is better than trying to get it over and done with. If it's your first time, maybe start with a weekend instead of a week.

And obviously, feel free to modify the schedule or the cleanse as you see fit. You can make it longer or shorter. You can delay it, or even eliminate it if you aren't comfortable. Remember you are the boss.

How to Cleanse Your Liver

There are eight specific guidelines that make up a healthy liver cleanse.

1 – Remove Toxicity: Remove all foods (and non-food items) from the “things your liver hates” section of this program. If you were cheating before, do NOT cheat during this phase of the process. In other words, no refined sugar or processed food of any kind. No white bread, biscuits, cakes, or other baked goods. No meat or animal products. Replace dairy with nut milk, and of course, don't use cigarettes, drugs, or alcohol.

2 – Eat Clean With A Focus On Whole Food Plant-Based Meals: As always, opt for fresh, organic foods whenever you can. Replace toxic food with the foods in the Diet Section and you will find yourself feeling full and satisfied. Get your daily protein from non-meat sources like legumes, beans, veggies, and nuts. Eat plenty of leafy greens, as well as anti-oxidant foods like citrus, asparagus, beets, and carrots.

3 – Supplement The Process: Earlier, we discussed adding supplements to a normal, daily, liver-loving diet. When I cleanse, I take probiotics, digestive enzymes, and liver-boosting supplements like Healthy Liver Support, vitamin E, vitamin C, and fresh turmeric and ginger.

4 – Water and Lemon: Each morning, before I eat or drink anything, I add the juice from 1/2 of a lemon to 16 oz of pure, filtered, warm water. I drink this as soon as I wake up. Your body has been going through a natural filtration process while you sleep. This lemon/water mixture cranks up that process and activates your liver. Try to drink this healthy concoction over 5- 10 minutes: It should be sipped, not gulped.

5 – Hydration: In addition to lemon water, there are several other things you should be drinking throughout the day during your cleanse to encourage the flushing out of toxins; Water, herbal tea, green tea, green drinks, smoothies, and freshly made organic vegetable juices. As we discovered after the disaster in Detroit, tap water can contain dangerous toxins and may be unsafe depending on where you live. We recommend you buy and use a water filter like a ZERO that reduces lead and other pollutants. Also, get yourself a large glass or Mason Jar and sip several times an hour instead of drinking large quantities all at once. Constantly giving your body water or other liquids helps your liver clean itself out. And you feel full so you won't want to eat as much. A lot of the time when we think we are hungry, we are really just dehydrated.

6 – Movement: You should get 90 minutes of movement daily, but that may be difficult while you are cleansing because you might be more tired than normal. You can cut this down to 20 - 30 minutes and engage in moderate activity, like light walking or swimming. The amount of time you spend being active is more important than what you do, just try to keep moving.

7 – Detox Your Mind: You should always stay away from toxic people and environments, but when you are cleansing, it's extra important because you may be weaker or more susceptible to outside influences. By all means, take a break from the news, social media, or any situation, place, or person that makes you tense. Try to meditate each day, preferably in the morning, if only for a few minutes.

This seven-step liver cleanse process will dramatically help detox your body. It gives your liver a rest and allows it to naturally rebuild itself. It also helps activate your spirit and strengthen your life force.

The Power Of Liquids

During the cleanse, you **are** allowed to eat food, but you want to focus on liquids like water, tea, green drinks, smoothies, and freshly made juice. I usually allocate a few days in the middle for a *liquid-only* part. I'll give you the actual schedule I follow shortly. You will probably find drinking liquids easier to handle if you ease into it.

If you have never done a program like this, the most difficult part for many people is the mental aspect. You've been eating all your life, and as we covered at the beginning, you likely have a strong emotional connection to food.

Most people don't get enough hydration or healthy liquids into their bodies, and the liquids they do get (like soda-pop) are devoid of nutrition. This is one of the big reasons we have liver problems. Your liver needs lots and lots of liquid to do its job properly and naturally keep itself clean.

A good guideline is to take your weight and divide it by two. That's about how many ounces of liquid you should be drinking a day under normal circumstances. So for example, if you weigh 150 pounds, you want to drink 75 ounces (8 - 10 cups a day).

The Process Of Elimination

A 12-ounce smoothie you make fresh from organic fruits, vegetables, roots, and herbs will flood your system with a lot of liquid food. As part of the detoxing process, you may find yourself expelling a lot of waste material, and sometimes having the urge to do so quickly.

It's not uncommon to need to use the restroom every few hours. This is a **good thing**. It's a sign your body is getting rid of toxins and poisons that are causing health problems, and your digestive tract is cleaning itself out.

During the all-liquid part of the cleanse, you want to drink one large smoothie or juice at breakfast, one at lunch, and one at dinner. Throughout the day, keep yourself hydrated. If you do not have organic vegetables and fruits, buy the freshest produce you can. Look online for farmers' markets and farm stands near you.

And make sure to wash your produce completely, regardless of whether it's organic or conventional. Mix a tablespoon of salt and some apple cider vinegar in a spray bottle and fill it with water. Spray on your food to clean off contaminants, and if needed, scrub produce with a soft vegetable brush.

Make This Plan Work for You, Not Against You

These new behaviors may be hard to adopt at first because they are so different from what you have been doing your entire life.

However, your body is in a state of disrepair. I know how it feels. I had to change many negative behaviors I had been doing all my whole life, which led to my health problems. It was tough at first.

But these new habits deliver benefits you have not previously enjoyed. They'll probably make you feel younger and more vibrant and are definitely good news for your liver.

CHAPTER 20

Setting Your Intentions

Before you cleanse, here is something to think about... why are you doing it?

That may sound like a silly question. Of course, you want to improve your health and well-being, and hopefully, flush the toxins from your body, maybe even lose a few pounds.

But I invite you to use this cleanse (and program) as an opportunity to break your old habits and establish new ones that suit you better. Think about it, when you are healthy again, are you going to return to your former lifestyle, eating things that harm your body and liver?

Or are you going to take this opportunity to make nutrition, movement, happiness, and optimal health your new way of being?

You'll feel great after you start the Fatty Liver Diet, and even better after the cleanse. Many people notice they sleep better, feel better, think better, and are more emotionally stable, without constant mood swings.

This is a common occurrence when you rid your body of toxins and get your organs healthy again.

When you feel great, and have lost a little weight, you might think you can go back to eating anything you like. After all, your system has been cleansed, and you look and feel awesome, so why not reward yourself?

Consider your goals and the future you want to create. Set the intention for what you want to achieve, and how you are going to move forward in the future. One way to do that is with journaling.

What Is Journaling, And Why Should You Do It?

Journaling is a powerful tool for self-improvement and reflection. It helps you create clarity, gain insights, and make good decisions in your life.

It's as simple as writing down thoughts, plans, and intentions in a journal or notebook. Putting things in writing gives them life, even if you are the only one who will see them.

It also lets you connect with your innermost desires and passions. Journaling can give you a space to work through your emotions, explore new ideas, and set goals.

There are no rules, but there are a few tips to make your journaling experience good:

- **Choose the right time:** Pick a time that works best for you. Whether it is first thing in the morning or at night before bed, pick a specific time each day to dedicate to writing in your journal.
- **Get prepared:** Have all necessary tools ready and available when starting your daily journal session. This may include pens/pencils, notebooks, sticky notes, or anything else you might need.
- **Find a comfortable spot:** Find an area where you won't be disturbed and that's also inspiring. A quiet place without distraction is best.
- **Write with intention:** When journaling, do it with purpose and intention. Choose topics to focus on like gratitude, goals, and affirmations.
- **Get creative:** Don't be afraid to add some personality to your journal by incorporating different styles like lists, doodles, poems, drawings, or even songs if you like. Keep it fun.

Another thing that goes hand-in-hand with journaling are daily affirmations, which can be part of your regular life, not just when you are cleansing. Affirmations have the power to **focus** your mind and keep you on the right track health-wise. They remind you of your “why” and the benefits of adopting a healthy lifestyle.

What Is an Affirmation?

Think of an affirmation as something you say to yourself that isn't true yet. Part visualization, part positive thinking, and part goal-setting.

The most basic affirmations are **statements** that begin with the words “I am.” For example...

- I am healthy.
- I am skinny.
- I am intelligent.
- I am loved.
- I am beautiful.
- I am powerful.

Pay attention to the phrasing. You don't say, “I want to be healthy” or “I want to lose weight.” Always put your affirmations in the present tense.

By saying, “I am healthy” your subconscious begins to think healthy thoughts and you naturally make **smarter** food and lifestyle choices, even if you have not reached optimal health.

This also creates what's known as **cognitive dissonance**, which describes the difference between the way things are and the way you are affirming them.

If your mind says "I am healthy" but your body says "I am sick," one or the other will need to come into alignment. If you regularly say "I am healthy," it sends a message to your brain, which sends a message back to your body to **get with the program**.

Always write your affirmations as *positives*. Instead of saying, "I am not addicted to alcohol," say "I am alcohol-free." Do you see how much better that sounds?

Here are a few of my affirmations...

- I love my liver.
- My liver is healthy and vibrant.
- I am in excellent health.
- I sleep like a baby.
- I lovingly forgive and release all the past.
- I choose to fill my life with joy.
- I love and approve of myself.
- I create my own reality.
- My health is excellent.
- The foods I eat make me healthy.
- My mind is clear and focused.
- I am in control of my emotions.
- I am growing stronger and healthier each day.
- I am attracted to healthy people and situations.

Feel free to use these as guidelines to brainstorm affirmations specific to you. Try to keep them short, repeat them several times each morning, and before you go to bed. You might also want to write them out in your journal.

They may seem simplistic, and they are. But their power cannot be overstated, because when you tell yourself something over and over, it gets your subconscious working on creating that reality behind the scenes, almost like magic.

As personal development expert Earl Nightingale was fond of saying, "We become what we think about."

CHAPTER 21

Mentally Preparing For Your Cleanse

You may have heard that athletes get "psyched up" before a big game or competition. They prepare themselves mentally for what is about to happen.

If they didn't do this, and simply waited until the game began without thinking about who they are playing or how to prepare, their performance would most definitely suffer. You will benefit from the same type of mental prep when you are getting ready to do your liver cleanse. What do you need to consider when you are starting?

The cleansing process can be **traumatic** to your body because you will be releasing both fat and the toxins stored in that fat. Your emotions, hormones, energy levels, and other physical or mental factors may be affected by this. Many people experience mood swings, weakness, or fatigue, both mental and physical.

Stress hormones get triggered because your body may see the cleanse as a traumatic event. So cortisol can spike, and that means you could find yourself edgy, with your senses preparing for what they perceive as a threat.

Know beforehand that you may experience anger, confusion, or frustration as you go through the process. And understand that it's perfectly normal. If it doesn't seem to have any cause, it's probably the cleanse.

If you need to, take a few minutes to find a quiet spot and clear your mind. Have a conversation with yourself, and remember this is a process of transformation will benefit from in many ways.

**Most people get through their cleanse just fine,
with only minimal disturbances.**

However, some like to wait until they are taking time off work since they may have low energy. You may decide to take a full seven days off so the emotional highs and lows don't affect your job performance, especially if you do physical labor.

Just remember, you are doing your cleanse for a very good reason, to **thank** your liver for all the hard work it does, and to become healthier in mind, body, and spirit. Congratulate yourself for taking personal responsibility for your health, even if that means a little discomfort.

It's only seven days, you can get through this.

CHAPTER 22

Your Morning Ritual

Science has shown that human beings get better at things the more they repeat them. If they repeat them every day, especially if they happen around the same time, those activities become what are known as **habits**.

As your brain gets used to a new habit, it starts to prepare ahead of time and often “clears the way” so the habit can naturally express itself. So, for example, if you set your alarm for 6:45 AM every morning, after about a month, you will probably start waking up at that time on your own.

Even more important, your brain tells your body that the day is about to begin, and you start to look forward to getting out of bed.

I recommend you begin what I call a **morning ritual**, which is an easy, productive, fun way to prepare for your day. Here is a short list of things you may want to include. I have found the following things never fail to get me started each day on the right foot.

Add your own ideas. Make your morning ritual your own.

Be positive - Each morning, before you even get out of bed, tell yourself that today is going to be wonderfully rewarding and productive, and you are going to sail over any speed bumps or hurdles that come your way.

Be loving - If you are in a relationship, lean over and tell your partner you love them, and give them a little kiss. That’s a great way for both of you to begin each day, feeling loved and supported.

Create a to-do list - Writing out your to-do list can be fun and helps you organize your day. Even better is checking things off as you complete them, which gives you a sense of accomplishment.

Say or write affirmations - Positive statements have a dramatic impact on creating the destiny you desire, or at the least, helping you begin the day on the right foot.

Lemon Water- Combine 16 ounces of pure, filtered warm water with the juice from 1/2 a lemon so you are *fully hydrated* before you eat, start moving, or drink anything that has caffeine.

Breathe - Breathing exercises fill your lungs with healthy oxygen, clear your mind, and help you both relax and focus. This is a great way to start your day. In the index, there are some excellent breathing tips and practices proven to help you de-stress and clear your mind.

The following books do a great job of helping you to guide and control your thoughts. I highly recommend them as a way to expand your consciousness, as well as to support a healthy morning ritual...

- *The Morning Miracle* - Hal Elrod
- *The Power of Now: A Guide to Spiritual Enlightenment* - Eckhart Tolle
- *Every Day Tao: Self-Help in the Here and Now* - Leonard Willoughby
- *Change Your Thoughts, Change Your Life: Living the Wisdom of the Tao* - Dr. Wayne W. Dyer

It doesn't matter which religion or spiritual practice you follow, these books will help you become more mindful, which can make the cleanse, and your life, easier.

CHAPTER 23

Making a Schedule

Some people like fixed schedules that are easy to follow. Others like to be given the details so they can create their own plan.

One of the great things about this program is that it's very flexible. You can take the information you have been given, and create a schedule that fits your unique situation. Or you can just follow my *personal* step-by-step cleanse schedule, which is easy to understand, and fully adaptable.

For People Who Want to Create Their Own Schedule

You have all the information you need to enjoy a healthy liver cleanse and establish good health habits going forward. Simply stick to the foods and drinks listed in the Fatty Liver Diet for three weeks before and after your cleanse.

You may include some of the things your liver loves (in Chapter 10), just so long as you avoid foods and activities your liver hates (in Chapter 9).

During your cleanse, cut your movement to, and remember to only eat when you are hungry, aiming for three main meals each day, as well as two-three snacks.

After you are done with the cleanse, you can continue to enjoy a healthy liver and overall wellness by following the Fatty Liver Diet and daily movement regularly.

For People Who Want A Ready-Made Schedule

For many people, the hardest part of cleansing is organizing everything so you can follow the process. That's why I came up with a simple schedule that outlines my meals and daily activity in detail.

I always begin with the Fatty Liver Diet and try to stay on that for at least a month so I can **transition** into the cleanse slowly. I also begin my supplement regimen about a week beforehand. The goal is to prepare my body and mind for the healing process that will follow.

The overall schedule looks like this...

- **Days 1 through 7** - Begin the whole food and plant-based Fatty Liver Diet. If you were already following it, but were cheating every now and then, begin following it to the letter.

- **Days 8 through 14** - Continue with diet, and optionally add probiotics, Vitamins E and C, Magnesium, Healthy Liver Support, and digestive enzymes.
- **Days 15 through 17** - Follow the daily program laid out in Chapter 24.
- **Days 18 through 19** - Mostly liquids for two days. Juice, smoothies, and drink plenty of water. If you are feeling very hungry, have a bowl of vegetable soup.
- **Days 20 through 21** - Follow the daily program laid out in Chapter 24.
- **Days 22 through 30** - Go back to Fatty Liver Diet and supplements for last week days.

Making the cleanse your own will give you the best chance at success. No one knows your body as well as you do, but remember, challenging yourself a little will have great rewards also.

CHAPTER 24

7-Day Liver Cleanse Schedule

The liver cleanse itself lasts seven days, but you can see from the schedule in the previous chapter that there are **30 days** in the whole process. That's because you want to ease into it gradually, and ease out when you are done.

Cleanses can be difficult if you regularly eat junk food, or sugar, or consume a lot of simple carbohydrates. It's not unheard of to even experience withdrawal symptoms. Not surprising considering that a recent study showed sugar is nearly as addictive as cocaine.

The physical and mental effects food has on us are significant, and shouldn't be underestimated. If you ever feel a particular emotion when you eat a certain kind of food, it's probably because of an association you have in your past.

While many memories are good, some, like feelings of loneliness, emptiness, or sadness can be deadly and can trick us into eating things that harm our bodies to satisfy an emotional need. If that sounds uncomfortably familiar, just know I'm right there with you. I had all those food associations too, and they almost killed me...

But they didn't!

So let's get down to the brass tacks. Even though this cleanse is technically just for a week, expect unfamiliar feelings to emerge. Avoiding foods you have been eating your whole life, and possibly eating some foods you aren't familiar with can be challenging.

They call it “comfort” food for a reason. Just remember that it's **not** comfortable for your body or health, and it's definitely not comfortable for your liver.

If you feel yourself slipping, just remember most people can do **anything** for one week. The physical and mental pain of having a compromised liver is far worse than stepping out of your food “comfort” zone.

You deserve to reclaim your life and get your health back on track.

Say your affirmations, do your breathing exercises, get plenty of sleep, keep hydrated, stay away from negative situations and people, give yourself a chance to get healthy, and get your strength back.

The simple fact that you bought this program, and started your healthy liver quest means you are **on your way** to greater awareness and attention to your liver, and that's a wonderful first step.

Learn To Identify Genuine Hunger

Some people think that cleanses are about starving yourself, but I disagree. A properly designed cleanse will rarely leave you feeling hungry. In fact, you might even feel less hungry because you'll be fully hydrated and well-nourished.

Not to mention that as your stomach begins to shrink, you may find yourself needing less food than you normally do. That's another benefit of this program, you won't be eating as much as you were before, and what you are eating is **substantially** better for you.

If you avoid sugar, alcohol, and simple carbohydrates, your food cravings will start to diminish. After a month on the diet, they'll begin to disappear. Pay attention to what you put into your mouth and try to eat more slowly and **completely** chew your food (at least 20 to 30 chews per swallow). Most of us eat very quickly, and that doesn't give our brain enough time to catch up with our stomach.

About halfway through every meal, take a short break, relax, and breathe for a few minutes. You may find your stomach is actually **full** before you are finished with your serving. At that point, stop. There's nothing wrong with having leftovers, especially if it keeps you from overeating.

Salt and Sodium

Salt can be hard on your liver due to the increased blood pressure and hypertension it causes. Too much salt can lead to abdominal pain, tenderness, and in some cases, even nausea.

I recommend eliminating table salt from your diet completely. Switch to sea or Himalayan salt, or a product like *Braggs*. Keep other sodium-based food enhancers to a minimum.

As you clean up your diet, you may find yourself needing less and less salt with your food because your taste buds return to enjoying natural unsalted flavors.

Colonics And Enemas

It's completely optional but highly recommended that during the cleanse, you give yourself a warm-water enema every other day to help clean your bowels and clear out any colon-based toxins or undigested food still in your body.

Even better, find a professional colonic therapist, and plan to have a colonic during, and a day or two after your cleanse. It's amazing what they can remove and how much better you'll feel when you are

completely clean on the inside. The last time I had a colonic, I lost several pounds of pure junk that was slowing me down and making me feel bloated.

Getting Everyone In Your House On The Cleanse Program

One of the hardest things about cleansing is not what you can and can't eat, but seeing what other people around you are eating. If you are making Mac and Cheese for your kids, or a steak for your spouse, or if your roommate comes home with a large pizza, it's going to be a lot harder to focus on staying healthy.

Whenever I cleanse, I let my friends and family know I'm going to need their support. I try to engineer situations where I'll have a good chance of success, which means planning things out beforehand. For example, I make things for dinner I know my wife will like too (stirfrys, salads, veggie chili, etc.).

Sometimes she's open to doing the cleanse with me, but if not, that's OK. My cleanse is about me and making my body healthy. If she's hankering for a burger, she'll usually go out with a friend, so I don't have to cook for her (along with my own meal).

Other people in your household don't need to cleanse with you, but they do need to support you by not offering you food (or buying food) you are actively trying to avoid. If you are an ice cream addict, the easiest way to win the healthy eating game is to simply not have ice cream in the house to begin with.

And while we are on the topic, the easiest way to cleanse is to have a fridge full of fresh juices and veggies. Cut up some carrots and celery, and stick them in a bowl in the front part of your refrigerator. Then, when you get hungry and you're on the prowl for something to eat, you have a healthy snack, conveniently cut up into bite-sized pieces.

A kitchen filled with veggies, fruits, beans, nuts, legumes, and other good stuff, means that "healthy" becomes the default, which is where you want to get to.

On to the cleanse...

Days 1 and 2 - Fatty Liver Cleanse

Day one is usually not that hard because you have been on the Fatty Liver Diet for a week or more, and your body has already gone through whatever withdrawals it needs to go through from eliminating sugar and simple carbs.

Day two gets a little more difficult, but is still pretty easy. Your body and mind are easing into the new way of eating and thinking about food.

Morning hydration - Add the juice from half a fresh lemon to 16 ounces of warm water. Drink first thing in the morning and take your probiotic supplement before you eat anything. I like to do some breathing exercises in between sips of my lemon water.

Breakfast – Choose one of the following:

- A fresh fruit salad (papaya, banana, berries,) topped with two tablespoons of hemp seeds, chopped almonds, ground flaxseed, or chia seeds.
- A 16 oz smoothie, with organic papaya, berries, half a banana, half a cup of unsweetened nut milk, and 2 ice cubes.
- A 16 oz Morning Sunshine juice (see recipes).
- A small bowl of oatmeal with fruit and nut milk.

Mid-day snack – Choose one of the following:

- 1 sprouted tortilla with sliced bananas and almond butter (sweet). Or hummus, sliced avocado, or organic guacamole (savory).
- A 12 oz Morning Sunshine juice (see recipes).
- A 12 oz Liver Lover's Tonic (see recipes).
- One green or Fuji apple.

Lunch – Choose one of the following:

- A large salad with fresh greens, mixed veggies, and almonds or walnuts, drizzled with organic coconut oil, extra-virgin olive oil, fresh lemon juice, and/or raw, unfiltered apple cider vinegar.
- Spread hummus or avocado (or both) on large washed romaine lettuce leaves, kale, or collard greens. Add finely grated carrots, zucchini, beets, tomato, sunflower sprouts, and/or fresh green herbs. Wrap and enjoy.
- Make a healthy wrap with a sprouted tortilla. Use extra-virgin olive oil, hummus, or crushed avocado in place of mayonnaise. Layer your favorite greens with

cucumber slices, tomatoes, portobello mushrooms, onions, or any other healthy vegetables.

- One small bowl of cooked brown rice with diced organic veggies, black beans, herbs, and spices, drizzled with a little coconut oil or extra-virgin olive oil.

Afternoon snack – Choose one of the following:

- A 12 oz Liver Lover's Tonic (see recipes).
- A 12 oz Purple and Orange juice (see recipes).
- Two - three celery sticks with almond butter.

Dinner – Choose one of the following:

- A large salad consisting mostly of fresh, raw, organic vegetables and leafy greens, your choice. You can sauté the veggies beforehand and eat them cold. Add a small handful of nuts such as walnuts, pine nuts, or almonds.
- Veggie stirfry with any (or all) of the following: Carrots, beets, broccoli, string beans, asparagus, cauliflower, kale, peppers, and onion. Serve over quinoa or brown rice and top with fresh herbs and spices.
- A medium-sized bowl of veggie chili, with 1/2 cup of quinoa or brown rice.
- Brush large portobello mushroom caps with extra-virgin olive oil or organic coconut oil and roast for 10 - 15 minutes. Use caps in place of bread, making healthy sandwiches with avocado, hummus, or well as your favorite vegetables.
- A 16 oz Purple and Orange juice (see recipes).

Evening snack - Only eat if you are hungry:

- A 10 oz Purple and Orange juice (see recipes).
- 1 oz raw cacao nibs.

Day 3 - Fatty Liver Cleanse

Day three is a bit more focused on juicing. This is the hardest day for many people. Try to take time off from work and plan to spend time in nature, and away from social media, news, and any negative situations (or people).

Morning hydration - Add the juice from half a fresh lemon to 16 ounces of warm water. Drink first thing in the morning and take your probiotic supplement before you eat anything.

Breakfast – Choose one of the following:

- A fresh fruit salad (papaya, banana, berries,) topped with two tablespoons of hemp seeds, chopped almonds, ground flaxseed, or chia seeds.
- A 16 oz smoothie, with organic papaya, berries, half a banana, half a cup of unsweetened nut milk, and 2 ice cubes.
- A 16 oz Morning Sunshine juice (see recipes).

Mid-day snack – Choose one of the following:

- 1 sprouted tortilla with sliced bananas and almond butter (sweet). Or hummus, sliced avocado, or organic guacamole (savory).
- A 12 oz Morning Sunshine juice (see recipes).
- A 12 oz Liver Lover's Tonic (see recipes).
- One green or Fuji apple.

Lunch – Choose one of the following:

- A large salad with fresh greens, mixed veggies, and almonds or walnuts, drizzled with organic coconut oil, extra-virgin olive oil, fresh lemon juice, and/or raw, unfiltered apple cider vinegar.
- Spread hummus or avocado (or both) on large washed romaine lettuce leaves, kale, or collard greens. Add finely grated carrots, zucchini, beets, tomato, sunflower sprouts, and/or fresh green herbs. Wrap and enjoy.

- A 16 Liver Lover's Tonic (see recipes).
- One small bowl of cooked brown rice with diced organic veggies, black beans, herbs, and spices, drizzled with a little coconut oil or extra-virgin olive oil.

Afternoon snack – Choose one of the following:

- 2 oz of raw walnuts or almonds.
- A 12 oz Liver Lover's Tonic (see recipes).
- A 12 oz Purple and Orange juice (see recipes).
- Two - three celery sticks with almond butter.

Dinner – Choose one of the following:

- A large salad consisting mostly of fresh, raw, organic vegetables and leafy greens, your choice. You can sauté the veggies beforehand and eat them cold. Add a small handful of nuts such as walnuts, pine nuts, or almonds.
- Veggie stirfry with any (or all) of the following: Carrots, beets, broccoli, string beans, asparagus, cauliflower, kale, peppers, and onion. Serve over quinoa or brown rice and top with fresh herbs and spices.
- A medium-sized bowl of veggie chili, with 1/2 cup of quinoa or brown rice.
- Brush large portobello mushroom caps with extra-virgin olive oil or organic coconut oil and roast for 10 - 15 minutes. Use caps in place of bread, making healthy sandwiches with avocado, hummus, or well as your favorite vegetables.
- A 16 oz Purple and Orange juice (see recipes).

Evening snack - Only eat if you are hungry

- A 12 oz Purple and Orange juice.
- A 12 oz Green Monster juice.
- 1 apple or orange

Day 4 - Fatty Liver Cleanse (Liquids)

Day four is the first day of liquid only. My goal is to have four - six freshly prepared juices per day. But remember, you don't have to do this part, everything is optional. Listen to your body and if you feel like you need to eat, have a smoothie, salad, or bowl of soup. Or just go back to the normal cleanse routine.

For me, the liquid-only diet is pretty easy since I have often started to see real benefits, like deeper sleep, less inflammation, and weight loss. Once you see results, it's a lot easier to keep going.

From a logistical standpoint, I *always* plan the liquid-only part over a long weekend. The last thing I want to do is work while I'm not eating solids. Liquid-only days are nature days, I stay off the Internet, journal, stretch, and usually take the time to read a book after a day of hiking or swimming at the beach.

Morning hydration - Add the juice from half a fresh lemon to 16 ounces of warm water. Drink first thing in the morning and take your probiotic supplement before you eat anything.

Breakfast – Choose one of the following:

- A 16 oz smoothie, with organic papaya, berries, half a banana, half a cup of unsweetened nut milk, and two ice cubes.
- A 20 oz Morning Sunshine juice.
- A 20 oz Liver Lover's Tonic.

Mid-day snack – Choose one of the following:

- A 12 oz Morning Sunshine juice.
- A 12 oz Liver Lover's Tonic.

Lunch – Choose one of the following:

- A 16 oz smoothie, with organic papaya, berries, half a banana, half a cup of unsweetened nut milk, and 2 ice cubes.
- A 20 oz Morning Sunshine juice.
- A 20 oz Liver Lover's Tonic.

- A 20 oz Purple and Orange juice.
- A cup of veggie chili.

Afternoon snack – Choose one of the following:

- A 12 oz Liver Lover's Tonic.
- A 12 oz Purple and Orange juice.
- 12 oz of bone or chicken broth.
- A 12 oz Miso Soup with dulse or other seaweed.

Dinner – Choose one of the following:

- A 14 oz Green Monster juice.
- A 20 oz Liver Lover's Tonic.
- A 20 oz Purple and Orange juice.
- A cup of veggie chili or soup.

Evening snack - Only eat if you are hungry

- A 12 oz Purple and Orange juice.
- A 12 oz Green Monster juice.

Day 5 - Fatty Liver Cleanse (Liquids)

Day five is big, it's the final day of liquids only, and also when we recommend an optional olive oil citrus mixture to flush your liver and gallbladder (instructions are below).

When you do this, you might find that you need to go to the bathroom frequently, so definitely don't plan anything that afternoon or evening. You really should take it easy.

Morning hydration - Add the juice from half a fresh lemon to 16 ounces of warm water. Drink first thing in the morning and take your probiotic supplement before you eat anything.

Breakfast – Choose one of the following:

- A 16 oz smoothie, with organic papaya, berries, half a banana, half a cup of unsweetened nut milk, and 2 ice cubes.
- A 20 oz Morning Sunshine juice.
- A 20 oz Liver Lover's Tonic.

Mid-day snack – Choose one of the following:

- A 12 oz Morning Sunshine juice.
- A 12 oz Liver Lover's Tonic.

Lunch – Choose one of the following:

- A 16 oz smoothie, with organic papaya, berries, half a banana, half a cup of unsweetened nut milk, and 2 ice cubes.
- A 20 oz Morning Sunshine juice.
- A 20 oz Liver Lover's Tonic.
- A 20 oz Purple and Orange juice.
- A cup of veggie chili.

Afternoon snack – Do the following:

- Instead of an afternoon snack, mix 4 oz of organic olive oil with four oz of citrus juice like grapefruit or orange. Drink it all, and lay on your right side for 30 - 60 minutes. The mixture will activate your liver and gallbladder, causing toxins to be released during your next bowel movement (which will happen quickly).

Dinner – Choose one of the following:

- A 14 oz Green Monster juice.
- A 20 oz Liver Lover's Tonic.
- A cup of veggie chili.

Evening snack - Only eat if you are hungry

- A 12 oz Purple and Orange juice.
- A 12 oz Green Monster juice.

Day 6 - Fatty Liver Cleanse

On day six we go back to the normal cleanse, which is a lot easier since we can eat food again. I like to plan a colonic for this day, to help me get all the toxins out of my body. You can, of course, do an enema on your own, but a colonic goes much deeper and cleans you out more effectively. There's a good article on colonics in the index.

Morning hydration - Add the juice from half a fresh lemon to 16 ounces of warm water. Drink first thing in the morning and take your probiotic supplement before you eat anything.

Breakfast – Choose one of the following:

- A fresh fruit salad (papaya, banana, berries,) topped with two tablespoons of hemp seeds, chopped almonds, ground flaxseed, or chia seeds.
- A 16 oz smoothie, with organic papaya, berries, half a banana, half a cup of unsweetened nut milk and 2 ice cubes.
- A 16 oz Morning Sunshine juice (see recipes).
- A small bowl of oatmeal with fruit and nut milk.

Mid-day snack – Choose one of the following:

- 1 sprouted tortilla with sliced bananas and almond butter (sweet). Or hummus, sliced avocado, or organic guacamole (savory).

- A 12 oz Morning Sunshine juice (see recipes).
- A 12 oz Liver Lover's Tonic (see recipes).
- One green or Fuji apple.

Lunch – Choose 1 of the following:

- A large salad with fresh greens, mixed veggies, and almonds or walnuts, drizzled with organic coconut oil, extra-virgin olive oil, fresh lemon juice, and/or raw, unfiltered apple cider vinegar.
- Spread hummus or avocado (or both) on large washed romaine lettuce leaves, kale, or collard greens. Add finely grated carrots, zucchini, beets, tomato, sunflower sprouts, and/or fresh green herbs. Wrap and enjoy.
- Make a healthy wrap with a sprouted tortilla. Use extra-virgin olive oil, hummus, or crushed avocado in place of mayonnaise. Layer your favorite greens with cucumber slices, tomatoes, portobello mushrooms, onions, or any other healthy vegetables.
- One small bowl of cooked brown rice with diced organic veggies, black beans, herbs, and spices, drizzled with a little coconut oil or extra-virgin olive oil.

Afternoon snack – Choose one of the following:

- 2 oz of raw walnuts or almonds.
- A 12 oz Liver Lover's Tonic (see recipes).
- A 12 oz Purple and Orange juice (see recipes).
- Two - three celery sticks with almond butter.

Dinner – Choose one of the following:

- A large salad consisting mostly of fresh, raw, organic vegetables and leafy greens, your choice. You can sauté the veggies beforehand and eat them cold. Add a small handful of nuts such as walnuts, pine nuts, or almonds.

- Veggie stirfry with any (or all) of the following: Carrots, beets, broccoli, string beans, asparagus, cauliflower, kale, peppers, and onion. Serve over quinoa or brown rice and top with fresh herbs and spices.
- A medium-sized bowl of veggie chili, with 1/2 cup of quinoa or brown rice.
- Brush large portobello mushroom caps with extra-virgin olive oil or organic coconut oil and roast for 10 - 15 minutes. Use caps in place of bread, making healthy sandwiches with avocado, hummus, or well as your favorite vegetables.
- A 16 oz Purple and Orange juice (see recipes).

Evening snack - Only eat if you are hungry

- A 12 oz Purple and Orange juice (see recipes).
- 1 oz raw cacao nibs.
- One green or Fuji apple.

Day 7 - Fatty Liver Cleanse

Last day of the cleanse. (Yay!) By now, you should be feeling pretty good, and have started to see some weight loss and increased energy.

Morning hydration - Add the juice from half a fresh lemon to 16 ounces of warm water. Drink first thing in the morning and take your probiotic supplement before you eat anything.

Breakfast – Choose one of the following:

- A fresh fruit salad (papaya, banana, berries,) topped with two tablespoons of hemp seeds, chopped almonds, ground flaxseed, or chia seeds.
- A 16 oz smoothie, with organic papaya, berries, half a banana, half a cup of unsweetened nut milk and 2 ice cubes.
- A 16 oz Morning Sunshine juice (see recipes).
- A small bowl of oatmeal with fruit and nut milk.

Mid-day snack – Choose one of the following:

- 1 sprouted tortilla with sliced bananas and almond butter (sweet). Or hummus, sliced avocado, or organic guacamole (savory).
- A 12 oz Morning Sunshine juice (see recipes).
- A 12 oz Liver Lover's Tonic (see recipes).
- One green or Fuji apple.

Lunch – Choose 1 of the following:

- A large salad with fresh greens, mixed veggies, and almonds or walnuts, drizzled with organic coconut oil, extra-virgin olive oil, fresh lemon juice, and/or raw, unfiltered apple cider vinegar.
- Spread hummus or avocado (or both) on large washed romaine lettuce leaves, kale, or collard greens. Add finely grated carrots, zucchini, beets, tomato, sunflower sprouts, and/or fresh green herbs. Wrap and enjoy.
- Make a healthy wrap with a sprouted tortilla. Use extra-virgin olive oil, hummus, or crushed avocado in place of mayonnaise. Layer your favorite greens with cucumber slices, tomatoes, portobello mushrooms, onions, or any other healthy vegetables.
- One small bowl of cooked brown rice with diced organic veggies, black beans, herbs, and spices, drizzled with a little coconut oil or extra-virgin olive oil.

Afternoon snack – Choose one of the following:

- 2 oz of raw walnuts or almonds.
- A 12 oz Liver Lover's Tonic (see recipes).
- A 12 oz Purple and Orange juice (see recipes).
- Two - three celery sticks with almond butter.

Dinner – Choose one of the following:

- A large salad consisting mostly of fresh, raw, organic vegetables and leafy greens, your choice. You can sauté the veggies beforehand and eat them cold. Add a small handful of nuts such as walnuts, pine nuts, or almonds.
- Veggie stirfry with any (or all) of the following: Carrots, beets, broccoli, string beans, asparagus, cauliflower, kale, peppers, and onion. Serve over quinoa or brown rice and top with fresh herbs and spices.
- A medium-sized bowl of veggie chili, with 1/2 cup of quinoa or brown rice.
- Brush large portobello mushroom caps with extra-virgin olive oil or organic coconut oil and roast for 10 - 15 minutes. Use caps in place of bread, making healthy sandwiches with avocado, hummus, or well as your favorite vegetables.
- A 16 oz Purple and Orange juice (see recipes).

Evening snack - Only eat if you are hungry

- A 12 oz Purple and Orange juice (see recipes).
- 1 oz raw cacao nibs.
- One green or Fuji apple.

These meal plans are simple, but they work. They are exactly what I follow when I cleanse, and I have even integrated them into my daily life and diet.

If you are ready for vibrant health and a reversal of your liver issues, I invite you to give this food program a shot. You really have nothing to lose, and a much healthier liver to gain.

CHAPTER 25

Support And Enhance Your Cleanse

Let's take a look at a few practices that can help you get the most out of your cleanse. Some of these techniques are new, and some have been used for hundreds of years, and are very effective in promoting liver health and healing.

- Find a buddy. Online support groups are great, but there is nothing like getting together with a friend or family member in the pursuit of good health for support and motivation. Not to mention a buddy helps you become more accountable.
- Consider a colonic. Also called colonic hydrotherapy or colon irrigation, this procedure involves a visit to a hydrotherapist for them to flush out your colon with warm water. This removes excess fecal matter and anything else that's stuck in there.
- If a colonic is a bit much, a good old-fashioned enema is the healing tool of choice for many gastrointestinal and liver conditions. It's easy and you can do it yourself. Warm spring water (around 95 degrees) is the safest and most comfortable.
- Massage, specifically Chinese massage (also known as Chi New Tsang) stimulates the organs and colon, reviving them and helping to release toxins and fats. Plus massage puts you into a relaxed, parasympathetic state, which can reduce pain and lower your blood pressure.
- Oil from the castor seed is an effective natural liver treatment. Rub organic castor oil on inflamed areas, and apply a heating pad or hot water bottle for a soothing way to reduce pain in the liver and joints.
- Epsom salt baths are an important part of cleansing since they activate multiple pathways of elimination. I like to start my day with breathing exercises, move on to a castor oil treatment, and then take an epsom salt bath.
- The principal benefit of meditation is stress relief and a calm, focused mind. Even just 10 or 15 minutes of meditation daily can help you deal with the emotional ups and downs of liver issues.
- Yoga is thousands of years old. It has been used across multiple cultures to remove stress and anxiety, and certain yoga postures stimulate your liver to help you work more efficiently. Take a class or just jump on YouTube, there are thousands of videos available.

What to Do When You Slip Up

If you fell out of a boat in shark-infested waters, you would probably get back in the boat pretty quickly, right?

Humans are fallible. We all make mistakes, screw things up, fail to follow directions, and sometimes we even eat (or do) things that are bad for us. If you make a mistake or fall off the wagon, relax. The worst thing you can do is cause yourself a lot of unnecessary stress or grief.

Life happens. Sometimes you find yourself at an unhealthy restaurant when it's meal-time. Sometimes there's a party at work, and you are handed a piece of cake. Sometimes you settle for unhealthy food because you are in a hurry.

It's difficult to change lifelong behaviors, and that is exactly what I'm asking you to do, transform your life. Don't beat yourself up when you make mistakes. Instead, focus on congratulating yourself when you have small wins and learn to kick bad habits.

Set Yourself Up For Success

Of all the things that helped me get healthy, the biggest one was planning ahead, and chances are, it will help you too:

- Find out where local farm stands and farmer's markets are located, and schedule time for your produce shopping. Often, the farmers will begin to recognize you as a regular shopper. Enjoy a new friendship based on good health.
- Make a detailed shopping list of healthy food you need for the week ahead, and avoid buying junk food or anything that's not good for you – that is, don't buy anything that didn't make the list. Remember, if it's not in your kitchen, you will be far less likely to eat it.
- Schedule time off from work during your cleanse. Don't cleanse around the holidays or other important celebrations. You may be anxious to get started right away, but blocking off time when you have few other obligations means a greater chance for success.

CHAPTER 26

What to Expect

You will probably be excited and motivated early on. Writing out your shopping list, visiting farmer's markets, creating delicious and nutritious meals, and clearing unhealthy food out of your pantry are activities that will stimulate you to be your best.

However, as you start living this new way, you may feel strange and unfamiliar emotions. You might be eating new foods. And if you can move to a plant-based diet, you may be a bit gassier and need to go to the restroom more frequently.

Don't stress, these are all signs that your body is learning how to process and digest the new diet you are giving it, while at the same time, eliminating toxins.

I'm trying to be polite, but I'm specifically talking about poop, urine, and sweat. These are the most immediate ways for your body to remove the bad stuff.

During the early part of the diet, and especially during the cleanse, you may experience mild flu-like symptoms. This can happen when you dramatically reduce your processed food intake, which you **MUST** do to reverse and heal your fatty liver.

Your emotional state may be sensitive, but in a short time, you should gain newfound clarity. Many people discover their true purpose in life after a cleanse.

That certainly happened to me. You could say my fatty liver was **directly** responsible for the total health transformation that I'm living, and of course, the book you are reading.

Keys To Feeling Good

The biggest piece of advice I can give you is to remember to pay attention to what you put into your body and how it affects you.

And the second piece of advice is to stay hydrated. You will be moving so much junk out of your body, your waste might have a higher water content than it normally does (and may have a particularly unpleasant odor).

Keep a water bottle or glass handy throughout the day, sipping and refilling it constantly.

You may also be eating more food than you are used to. While fasting has its place, this program is **not** about fasting or keto or anything like that. It's about **eliminating poisons** and **nourishing the body** with healthy foods so your liver can naturally rebuild itself.

Smaller, More Frequent Meals

During the cleanse, and even after, you might start to notice that it's better to eat six or seven small snacks throughout the day than to try to stuff yourself during regular mealtimes.

This makes the elimination process easier on your liver and the rest of your digestive system.

BONUS SECTION

Healthy Liver Recipes

Great Meal Ideas

We just added an online library with dozens of new Healthy Liver Recipes here:

ReverseYourFattyLiver.com/blog

In the meantime, here are a few meal variations I rely on for my day-to-day food needs:

Breakfast:

- Oats and Grains
- Fruit Bowls
- Smoothies
- Veggie Juices

Lunch:

- Salads
- Wraps
- Soups, Stews, and Chili
- Veggie Bowls

Dinner:

- Salads
- Stirfrys
- Roasted Veggies
- Veggie Burgers

You can easily expand this list, with dozens of options and combinations so you don't get bored. When you add snacks and mix up the ingredients, you'll find it takes quite a while to get through this list!

Breakfast Ideas

Oats - Organic oatmeal or steel-cut oats are an excellent way to start your day. Avoid the instant stuff, and instead, cook it yourself. Throw some fruit in there, with nuts, flax, nut milk, cinnamon, and a small spoonful of honey or maple syrup for a satisfying, healthy, and complete breakfast that will last for hours without making you crash.

Fruit Bowls - I love oatmeal, but I also love to make a plain fruit bowl with apples, bananas, papaya, grapes, and some walnuts or flax. Feel free to experiment based on what's available. I don't do much dairy anymore (and I don't recommend it while you are healing), but if you must, stick with organic unsweetened or coconut yogurt and just use a few tablespoons.

Smoothies and green drinks - Probably the easiest morning food you can make is a smoothie because you just throw a bunch of fruit and nut milk into a blender, and voilà you have a happy healthy meal that fortifies your body, supports your liver, and is easy to digest. There are some great smoothie recipes included, including my favorites.

Veggie Juices - I'm talking about freshly made juices that are mostly green vegetables (60% or more), and that you either buy from a juice bar or make yourself. Because most of the fiber is removed in the juicing process, limit these to a few times a week unless you are specifically doing a juice cleanse.

Lunch Ideas

Salads - I like to get a few heads of kale and lettuce on my weekly shopping trip, and then every few days, chop them up and put them in the refrigerator so they're ready for a salad. This can be eaten whenever you like. Throw some nuts, roasted veggies, and even a piece of fruit like a chopped peach in there if you like.

Wraps - Another substantial lunch idea is to have a wrap. Pick up some sprouted tortillas from the grocery store and fill them with hummus, raw and roasted veggies (peppers, spinach, zucchini, cucumber, etc.), and enjoy.

Soups, Stews, and Chili - At least once a week, usually on Sunday, I like to make a big batch of veggie chili, a stew, or vegetable soup. That way I have something available to eat throughout the week, or whenever I want a healthy snack. You can add beans, rice, and nearly unlimited vegetables to soups and stews to create fulfilling, balanced meals that will support your liver and help you maintain a healthy weight.

Dinner Ideas

Dinner Salads - I make my dinner salads a little heavier (and more savory) than I do for lunch, including roasted veggies, sautéed tofu, nuts, or grains. I love barley, farro, and quinoa, which adds even more fiber and makes the salad quite filling.

Stirfrys - One of my favorite go-to meals, especially for dinner, is to throw a mess of veggies into a pan with a little bit of salt, garlic, ginger, and olive oil and make a stir-fry. You can put this in a bowl over rice, quinoa, or other whole-grain and make a complete meal filled with fiber, nutrients, and protein. Add some beans and hot sauce to give it a Mexican flavor, or some curry powder for a taste of India.

Roasted Veggies - An alternative to a stir-fry is to roast the veggies in the oven for 20 - 30 minutes, which gives them a richer flavor, especially broccoli and brussels sprouts, Roasted cauliflower actually tastes meaty, and is very satisfying. Serve over rice or quinoa.

Veggie and bean burgers - Another great meal idea is to make a veggie burger, which you can cook in a pan, or even on the grill. I add tomatoes, lettuce, and a pickle for flavor. Add organic or nut cheese if you want.

Snack Ideas

Flatbread - You can take a sprouted tortilla, and use it as the base for flatbread with pesto, veggies, nut cheese, and other tasty items. Or you can make your own crust from whole grain flour so you know there's no junk in there, even slice a sweet potato thin, toast it, and use it as a cracker.

Veggie sticks - One of my favorite easy snacks is to cut up some carrot and celery sticks, and put them in a bowl in the fridge. That way whenever I open the refrigerator door to see what's inside, it's easy enough to just grab a handful of veggies and some hummus dip or almond butter.

A piece of fruit or vegetable - One of my favorite fruits is an apple, which is full of liver-loving pectin, filling, sweet, and satisfying. I like to rotate my fruits based on what's in season, which can mean grapes, stone fruit, kiwi, or anything else that's interesting in the produce aisle or the farmers market.

OK, let's get to the recipes!

Breakfast Recipes

Morning Porridge

I love porridge because it can be made dozens of ways, with different grains, and lots of taste variations. I usually use organic rolled oats or steel-cut oats since they tend to have a cleansing effect on the liver, but you can use quinoa, farro, or barley.

Whole grains like these are packed with healthy dietary fiber that can help to clean out your digestive system. Even more important, they break down slowly, stabilizing your blood-sugar levels, and giving you energy for many hours.

Ingredients

1/2 cup rolled oats
1 cup of water
3/4 cup of soy or nut milk (almond, hemp, coconut)
1 teaspoon of real maple syrup or honey (optional)

Instructions

This is so simple to make, just boil the water and stir in the oats. Lower temp to simmer for 3 - 5 minutes, stirring occasionally. Serve with the nut milk and if you want a sweetener, add some honey or syrup. I usually add a flavor booster too, which makes it more interesting if you are having porridge 3 -

4 times a week. Some of my favorite boosters are listed below, feel free to mix and match (the coffee and cacao combo is delicious).

Flavor Boosters

1 cup of fruit (berries, apples, grapes, citrus, banana, papaya)
1/2 cup nuts (almonds, pecans, walnuts)
1/2 cup dried fruits (apricots, apples, raisins)
1 tsp vanilla extract
1 tsp cinnamon
1/4 cup brewed coffee
1 tbsp cacao powder

Grain-Free Apple Pecan Muesli

Most muesli recipes include grains, but we are going to skip them in this recipe, though you can add some oats if you want. Pecans, Chia seeds, a bit of lime juice, and a cinnamon/clove combo give this a unique and wholesome flavor.

Personalize by adding your favorite liver-friendly spices, herbs, and possibly a little honey as a sweetener. You can also use this as a flavor booster for your porridge.

Ingredients

1 unpeeled green or Fuji apple, coarsely grated
1 tsp lime juice
1 tbsp chia seeds
2 tbsp chopped pecans
2 tbsp flaked almonds
2 tbsp unsweetened shredded coconut
1 tbsp hemp seeds
A pinch of cinnamon and clove powders
1/2 cup nut or coconut milk of your choice

Instructions

Mix all of the above ingredients until they are well blended and place in an airtight container and refrigerate overnight. Top with your favorite garnishes, spices, and fruits, and enjoy a filling breakfast in the morning.

Pecan Cinnamon Ginger Breakfast Cereal

Cinnamon is a powerful antioxidant and anti-inflammatory, even in small quantities. The pecans in this recipe help you feel full, while the dates, sunflower seeds, hemp seeds, and ginger provide plenty of nutrients and minerals your liver (and your entire body) need to function properly.

By the way, this recipe is simple and fast. Many of us are hard-pressed to find extra time in the morning. If this is the case with you, make this healthy breakfast cereal ahead of time.

Ingredients

1 cup pecan halves, toasted
1/3 cup unsalted sunflower seeds, toasted
1 cup unsweetened coconut flakes
4 dried dates, finely diced
2 tbsp hemp seeds
1/4 tsp dried ginger
1/4 tsp dried cinnamon

Instructions

Combine, mix, and store all ingredients in a glass jar. Serve as an alternative to processed cereal with a nut-based milk. Make enough to keep on hand so you can enjoy a quick and healthy breakfast when time is limited in the morning.

Cinnamon Banana Apple Bake

If you love apples, cinnamon, banana, and almonds, this recipe is great for breakfast or a mid-morning snack. Of course, feel free to play with the ingredients to create a version that works for you.

Ingredients

4 medium apples, cored and cut into thin slices
2 tbsp coconut or avocado oil
2 tbsp cinnamon
1/2 tsp ground cloves
1 cup well-mashed banana
1/4 cup flaked almonds
3 tbsp unsweetened orange juice

Instructions

Preheat your oven to 350°. Mix all the ingredients aside from the almonds and apples. Arrange half of your sliced apples on the bottom of a small, greased casserole dish, pour the banana mixture on top, and cover with the remaining apple slices. Add the flaked almonds as a topping, and bake for roughly 30 minutes, or until your apples have reached the consistency you prefer.

Cooked Breakfast Apples

Nutmeg and cinnamon are powerful antioxidants and a great way to start your day, especially when added to apples. This warm and spicy creation fills you up and can also heal your digestive tract, promoting gastrointestinal health.

Ingredients

4 apples, core removed and chopped
1 tsp or more of ground cinnamon
1/2 tsp ground nutmeg
1/4 tsp or more of ground ginger
1 tsp honey or maple syrup (optional)
1/4 cup water

Instructions

Add all ingredients to a large pot and bring to a simmer on your stove. You can then cover and cook them on the stovetop, or stick them in the oven at 350° for 25 - 30 minutes until they are cooked to your liking. Add extra water while you are cooking if the mix begins to dry out, and top with your favorite nuts or diced fruits.

Seed and Nut Granola

Another highly versatile recipe. You can add and remove ingredients to create your favorite combo. While it definitely makes a filling morning meal, breakfast is not the only time of day your hunger and health can benefit from this simple and satisfying granola. I stick some in a bag and take it when I go out and do errands.

Ingredients

2 cups unsweetened coconut chips
1/2 cup chopped almonds
1/2 cup chopped pecans

2 tbsp chia seeds
1/4 cup sunflower seeds
1 tsp ground cinnamon
1/2 tsp ground cloves
1/4 cup honey
1/4 cup coconut oil
1/2 cup of oats (optional)

Instructions

While you are preheating your oven to 350°F, melt your honey and coconut oil together. Take all the remaining ingredients and mix together in a large bowl. Stir this mixture as you slowly pour in your honey and coconut oil. Spread the resulting mixture over a greased cooking tray and bake for 15 to 20 minutes. Remove when lightly browned, and serve with your favorite coconut or nut-based milk, or enjoy dry.

Eggless, Grain-Free Morning Muffins

Did you know you can substitute apples or bananas for eggs in most simple baking recipes? Here we are going to use mashed banana (or applesauce) as an egg replacement. As a rule, 1/4 cup of mashed banana or applesauce replaces 1 egg, though you may have to tweak it for your taste buds and baking projects.

Ingredients

1 1/2 cups unsweetened, natural applesauce or mashed banana
1/4 red onion, finely diced
1 handful of parsley, finely chopped
1/2 red pepper (capsicum), finely diced
1 tbsp pesto
3 or 4 ounces of blueberries, avocado, pear, or another fruit or berry

Instructions

Preheat your oven to 350°F. While the oven is heating up, whisk up some pesto (see recipe in Snacks) and mashed bananas or applesauce. Add the remaining ingredients to your egg replacement mix, stirring well. Pour this delicious mixture into greased or lined muffin tins and cook for 20 to 25 minutes, or until the top of the muffins is golden brown. Cut in half and spread on pesto for a tasty treat.

Ginger Energy Balls

This healthy morning food can also be used as a snack during the day. Free of both gluten and dairy products, this energy booster makes the perfect companion to a morning cup of coffee.

Ingredients

2 tbsp finely grated fresh ginger
1 cup soft Medjool dates, pitted
1/4 cup raw pecan halves
1/2 cup unsweetened shredded coconut

Instructions

Place all ingredients in your blender or food processor, and pulse or blend until you reach a smooth consistency. Form the mixture into balls or cut it into squares or cubes and store in your refrigerator. You may need to experiment with this recipe, adding a little water if the resulting product is too dry. Alternatively, you may add a little almond meal if your mixture is too wet.

Lunch and Dinner Recipes

Simple Salad

An easy way to get a diverse amount of liver-healing foods into your body is to make a salad 3 - 4 times a week. Purchase an extra large salad bowl, one that you would use to serve your entire family. Slice, dice, chop, shave, and grate your favorite raw or cooked vegetables, and store the container in your fridge without dressing the salad. Make one of these large salads in the morning, and you can munch on it all day long. Use extra-virgin olive oil and red-wine vinegar or lemon juice, or the simple salad dressing recipe below.

Ingredients

Lettuce (romaine, red, or other)
Greens (arugula, kale, chard, mustard greens)
Peppers (red, green yellow)
Carrots
Cucumber
Celery
Zucchini
Tomato
Broccoli

Beets
Mushrooms
Green beans
Legumes (red or black beans, lentils, white beans)
Nuts (walnuts, almonds, sunflower, or pumpkin seeds)
Fruit (apples, peaches, pomegranates)

Simple Dijon Salad Dressing

This is my standard salad dressing, light, easy, and tasty.

Ingredients

2 tablespoons of extra virgin olive or walnut oil
2 tablespoons of apple cider or red wine vinegar
1 tablespoon of dijon mustard
Juice from 1/2 lemon
Salt and pepper to taste

Instructions

Add to a small container, shake vigorously, and pour on salad when ready to eat.

Simple Stirfry

Another easy way to get your vegetables is with a stir-fry, which is both easy and healthy. I like to pour mine over brown rice, or even better, quinoa for a high-protein and filling meal. Add any veggies you have in your fridge since this is a great way to use up extra food before it goes bad.

Ingredients

2 tablespoons extra virgin olive oil
2 cloves garlic, chopped
1 finger (2") of turmeric, chopped
1 finger (2") of ginger, chopped
1/2 green bell pepper, chopped
1/2 red bell pepper, chopped
1 small zucchini, chopped
1 cup broccoli, chopped
1 cup carrots, chopped
1/2 cup green or yellow string beans, chopped

1/2 cup red or golden beets, diced
1/2 cup shiitake mushrooms, chopped
1/2 cup kale or chard, chopped

Instructions

Stirfry in a large pan or wok, and serve over brown rice or quinoa.

Veggie Chili

This is a very flexible recipe, you can use what you want, or delete ingredients you don't. Like the stirfry, this is a great way to utilize veggies before they go bad.

Ingredients

2 tablespoons extra virgin olive oil
1/3 onion, roughly chopped
2 bay leaves
1 tablespoon ground cumin
2 tablespoons dried oregano
1 tablespoon salt
3 cloves garlic, chopped
1 jalapeño pepper, seeded and chopped
3 tablespoons chili powder
1 tablespoon ground black pepper
3 stalks of celery, chopped
1 medium zucchini, chopped
2 green or red bell peppers, chopped
2 small cans of chopped green chiles
3 cans (28-ounce) whole peeled tomatoes, drained and chopped
1 can of kidney beans, drained
1 can of garbanzo beans, drained
1 can of black beans, drained

Instructions

Add oil, onion, and spices to the pan and cook until onions are translucent. Then add all other ingredients to a large pot, and simmer on the stove for 60 - 90 minutes as everything cooks together. You can also make this in a slow cooker or crock pot. Serve in a bowl, or over brown rice.

Gourmet Spanish Gazpacho

This is an incredibly easy, super healthy cold soup you can make, and then stick in the fridge to enjoy for a few days. You can peel your tomatoes and roast the red pepper first, or just throw them in the blender, and voila, you have a delicious, gourmet soup that's healthy, raw, and full of life.

Ingredients

2 lbs of red or yellow tomatoes
1 large peeled cucumber
1 medium red pepper (seeded)
3 - 5 garlic cloves
1/4 cup of extra virgin olive oil
Salt and pepper to taste.

Instructions

Mix in a blender, food processor, or Vita-mix and refrigerate. Lasts 3 - 5 days.

Moroccan Lentil Stew

I love lentils since they are full of protein, fiber, and phytonutrients. They also have a satisfying meaty texture. This recipe includes some spices that add richness to the dish, but if you are sensitive, feel free to adjust accordingly or remove them. Lentils may be easier for some people to digest than other beans and are quite inexpensive. This serves 6 - 8 people, is good for lunch or dinner, and costs about \$10.

Ingredients

2 cups red lentils
5 cups water or vegetable stock
1 cup diced carrots
1 cup diced pepper (seeded)
1 cup diced onion
1 cup diced celery
1 can diced tomatoes
3 garlic cloves
2 tbsp p extra virgin olive oil
1 tsp ground turmeric (or 1" piece finely chopped)
1 tsp ground ginger (or 1" piece finely chopped)
2 tsp ground cumin seed
2 tsp ground coriander seed

Salt and pepper to taste.

Instructions

Soak the lentils for 24 - 48 hours, longer is better. When ready to cook, add to water or stock in a large pot and bring to a boil. Cover and set the burner to low. In a separate pan, add spices, oil, carrots, pepper, onion, and celery, and cook until the onion is translucent (about 5 minutes). When lentils are soft, mix everything together and cook for an additional 15 - 20 minutes.

Apple Avocado Salad

This is a quick and simple salad that provides a wide variety of minerals and nutrients that support liver health. The arugula has liver-healing properties, and the tomatoes have lycopene, which aids in heart health. These natural ingredients deliver a multitude of health properties beyond improving liver function.

Ingredients

1 large handful of baby arugula leaves
1/2 cup cherry tomatoes, sliced in half
1/2 Lebanese cucumber, sliced
1/2 medium avocado, diced
2 tbsp hemp seeds
1/2 Fuji apple
1 tbsp fresh lemon or lime juice
2 tbsp olive oil

Instructions

Chop, dice, and slice your ingredients however you like, then combine them in a large bowl. Toss, and drizzle with fresh lime or lemon juice, followed by olive oil.

Wraps

Wraps are quick and easy meals for lunch or dinner, but traditional wraps often include unhealthy flour and other less-than-ideal ingredients. If you replace flour-based wraps with sprouted grain tortillas, or even better, large lettuce leaves and leafy greens, you can make your wraps as healthy as you like. There are no "rules" you need to follow.

These are great for lunch or dinner, especially if you have kids. Everyone gets to design their own liver-friendly wrap or burrito, using the healthy toppings you make available, and even eat with their hands!

Ingredients

Sprouted grain tortillas
Red or green leaf, butter, romaine lettuce, or collard green leaves
Pesto
Hummus
Salsa
Cooked brown rice, wild rice, or quinoa
Your favorite raw or cooked vegetables, fruits, berries, seeds, and nuts
Your favorite beans and legumes

Instructions

Cook your favorite vegetables or use them raw. Mix and match any of the above healthy food items and wrap them in tortillas or greens. Add healthy seeds, nuts, spices, or herbs to create a quick and simple meal.

Black Bean Burgers

When you are in the healing phase of your liver journey, I recommend you eliminate meat from your diet. Not only does it contain a lot of saturated fat, but most meat is contaminated with things that can harm your liver: Pesticides, herbicides, hormones, antibiotics, and other toxins. That doesn't mean you will never be able to eat meat again, just that you should take a break until your liver function is high again.

One way to do this without giving up on the taste, texture, and flavor is to make these black bean veggie burgers. They are filling, tasty, and quite good for you, these beef burger alternatives are simple to make, requiring just 6 basic ingredients. (Makes 4 patties)

Ingredients

15 ounces black beans, drained and rinsed
2 tbsp organic sugar-free ketchup (or 2 tbsp puréed tomatoes)
1 tbsp mustard
1 tsp garlic powder
1 tsp onion powder
1/3 cup oatmeal
Portabella caps (optional)
Olive oil (optional)

Instructions

Preheat your oven to 400°F. Line a cookie sheet or cooking pan with parchment paper or coat with a little olive or coconut oil. In a large bowl, mash the black beans. Stir in the rest of the ingredients while mixing until well combined, saving the oats for last. Shape into 4 thin patties. Bake for 6 to 8 minutes, flip over, baking for an additional 4 to 6 minutes. Top with some homemade salsa or sugar-free ketchup. Serve on a bun, or for a non-gluten option, the baked Portabella caps (below).

Portobello Cap Buns

Ingredients

2 medium to large portobello mushroom caps per serving
1 tsp olive oil

Instructions

Preheat your oven to 450°F. On a baking sheet lined with aluminum foil, layer large portobello mushroom caps gill side up. Roast for 10 to 12 minutes, experimenting with the cooking time to get the crispiness you prefer. Brush with olive oil, add your black bean burger and favorite burger toppings, and enjoy.

Rice and Veggie Filled Roasted Tomatoes

You can make this recipe with brown rice, wild rice, or quinoa, adding your favorite diced veggies, beans, spices, and herbs. When you roast tomatoes, you dramatically increase the important phytonutrient lycopene. Lycopene is a powerful antioxidant that promotes overall glandular health, and it supports the liver.

Ingredients

6 large, well-ripened tomatoes, sliced in half
2 cloves garlic, crushed (optional)
2 tbsp balsamic vinegar, apple cider vinegar, or red wine vinegar
3 tablespoons olive oil
2 cups cooked quinoa, brown rice, or wild rice (optional)
Diced veggies, beans, sprouts, spices, and herbs (optional)

Instructions

Preheat oven to 325°F. On a parchment lined cookie tray, place the 6 tomato halves, cut side up. Sprinkle crushed garlic on top of the tomatoes and drizzle with oil and vinegar, cooking for 30 to 40 minutes. You can scoop out the "meat" from the inside of the tomatoes and use it to make a healthy tomato sauce or salsa, or eat the tomatoes as is. If you scoop out the tomatoes, you can add any combination of quinoa, wild rice, brown rice, veggies, beans, and other ingredients for a more filling meal.

Zucchini Spaghetti with Tomato Sauce

The easiest way to make zucchini spaghetti is to use a spiralizer like this one from Amazon. Spiralizers are inexpensive and versatile and can turn bland, boring-looking vegetables into visual treats that make food more appealing to you and your kids. These "noodles" don't contain any flour or eggs found in many traditional noodles, which aren't the best things for healing your liver. They replace them with high levels of nutrients and minerals, as well as a ton of fiber.

Ingredients

1 to 3 long, slender zucchinis (depending on how many people you are serving)
Sea salt and pepper
1/2 cup water
(2) 28 oz. cans of peeled plum tomatoes (San Marzano tomatoes are my favorite)
2 tbsp olive oil
4 cloves fresh garlic, minced
1/2 white onion (don't chop)
2 tbsp tomato paste
A handful of fresh basil

Instructions

Heat olive oil and garlic over medium-low heat. In a bowl, purée both 28-ounce cans of peeled tomatoes. When the garlic becomes fragrant, add the puréed tomatoes. Place the half onion in the pot without chopping or slicing. Add the basil and tomato paste, stir, reduce heat to low, and simmer for about 25 minutes. While that's cooking, spiralize or thinly slice the zucchini noodles. Heat a little olive oil in a skillet on medium and cook the zucchini noodles for 60 seconds. Then add 1/4 cup of water per zucchini and cook until soft, about 3 - 4 minutes. Drain your "zoodles," season with pepper and salt, and dress with tomato sauce. You can even add a bit of brewers yeast if you want a cheesy flavor.

Veggie Stirfry Quinoa Pasta Pesto

Organic quinoa pasta is available at many grocery stores. If you can't find it at your local grocer or health food store, you can always pick it up online at Amazon or Whole Foods. You can make your own pesto sauce (refer to the Basil Walnut Spinach Pesto recipe in the Sides, Snacks, Desserts section), or purchase it at most grocery stores.

Ingredients

Your favorite vegetables, diced and sliced

Organic quinoa pasta

Pesto sauce (If you don't make it, purchase only organic, natural pesto with no harmful additives)

Olive oil or coconut oil

Minced garlic (optional)

Sea salt and pepper (optional)

Instructions

Prepare quinoa pasta according to package instructions. While pasta is cooking, add a little olive or coconut oil to a large skillet. Let the oil heat up, and then add your favorite vegetables, stirring frequently. When you get your vegetables to the consistency you are looking for, drain and cover to keep it warm. Drain pasta. Add pasta to a serving bowl and dress with pesto sauce. Add salt and pepper to taste, as well as minced garlic. Add stir-fried vegetables on top of your pesto sauce, and enjoy.

Pecan Pumpkin Casserole

This casserole serves as the basis for lunch or dinner, and can also be eaten as a dessert. It is as healthy and nutritious as it is delicious. Try some warm with your favorite fruits or berries puréed and chilled as a topping.

Casserole Ingredients

2 cups mashed roast pumpkin

3 cups mashed roast sweet potato

1/2 cup organic applesauce or mashed banana

2 tbsp coconut oil

1 tbsp maple syrup

Topping Ingredients

1 cup chopped pecans

1 tbsp melted coconut oil
1 tsp pumpkin pie spice

Instructions

Mix all casserole ingredients well and add to an oiled casserole dish. Mix and stir toppings and sprinkle over the casserole mix. Bake for 30 to 35 minutes in a preheated 350°F oven, or until the top of the casserole is a light golden brown. Serve hot.

Smoothie and Juice Recipes

Smoothies

The beauty of smoothies is they are extremely versatile. You can make them with almost any fruit or vegetable, fresh or frozen. If you have a powerful blender, just toss everything in, turn it on, and in about a minute, you have a beautiful meal that is both healthy and delicious.

Below are a few more of my favorite smoothie recipes. Feel free to alter these to your own liking, you can add protein powder, sweeteners like honey or stevia, spices like cinnamon, and even supplements like B Max or Magnesium.

Each recipe makes approximately two 12 oz smoothies. You can adjust or increase amounts based on serving sizes or if you prefer one ingredient over another. If you don't finish your smoothie, just put it in the fridge for later.

Protein Power Punch Smoothie

Great for before or after you do your daily movement, this also makes a nice dessert treat or afternoon snack. Feel free to add some unsweetened chocolate powder for extra flavor.

1 banana
1 cup unsweetened almond or soy milk
1/2 tablespoon honey or maple syrup
1/2 cup greens (kale, spinach, collard greens)
2 tablespoons vegetable protein powder (like Vega)
1 tablespoon ground flaxseed
2 ice cubes

Blend on high for 60 - 90 seconds. You can replace the greens with a quality green drink like Daily Greens. Serves 2.

Banana Ginger Smoothie

Great for a snack or anytime you are having digestive issues. It soothes stomach trouble using fresh ginger, nut milk, and cinnamon.

- 1 large banana
- 10 oz almond or soy milk
- 1/2 tablespoon honey or maple syrup
- 1/2 teaspoon of cinnamon
- 2 ice cubes
- 1 thumb-sized portion of ginger root

Blend on high for 60 - 90 seconds. Serve immediately.

Turmeric Tonic Smoothie

The curcumin in turmeric is a powerful healing spice. It has been used in Eastern cultures for literally thousands of years because of its amazing healing properties. As far as your liver is concerned, turmeric delivers inflammation-fighting and antioxidant properties that can help the healing process.

Ingredients

- 1 small red apple
- 1 orange
- 1 cup coconut water
- 1/4 cup almond milk
- 1 1/2 scoops vanilla protein powder, preferably plant-based
- 1 tsp turmeric
- 1 tsp cinnamon
- 1 cup ice

Blend on high for 60 - 90 seconds. Serve immediately.

Berry Vanilla Smoothie

This tangy smoothie is antioxidant-rich and is a great way to get your Vitamin C.

- 1 cup strawberries
- 1 cup blueberries, blackberries, or raspberries
- 1/2 cup spinach
- 1 cup vanilla unsweetened almond or soy milk

1/2 cup pineapple
1 tablespoon vanilla protein powder

Blend on high for 60 - 90 seconds. You can replace the greens with a quality green drink like Daily Greens. Serves 2.

Here are a few more juice recipes. Feel free to alter these to your own liking. Each recipe makes approximately two 10 oz juices. You can adjust or increase amounts based on serving sizes or if you prefer one ingredient over another.

Purple and Orange Juice

This is primarily made from root vegetables, which help you relax and ground you emotionally. It should be consumed towards the end of the day.

2 large red beets
6 carrots
2 cloves of garlic
1 thumb-sized portion of ginger root
3" - 4" of burdock root

Kidney and Liver Reset Juice

This cleansing juice supports both kidney and liver health and is full of powerful antioxidants.

Ingredients

2 stalks celery
1 large handful of parsley
1 large handful of cilantro
1 orange, peeled
1 cucumber
6 lettuce leaves

Beet and Berry Juice

This liver-cleansing beet and berry juice can also be enjoyed as a smoothie

1 medium beet, peeled
1/4 cup fresh or frozen blueberries
1 carrot

4 leaves red cabbage

Sides, Snacks, and Desserts

Golden Milk

This is a delicious beverage that has the power to reduce joint pain and inflammation throughout your entire body. It's turmeric and black pepper with heated nut milk (like coconut or almond). Many health-food stores have pre-packaged golden milk mixes, and you can also use our Daily Turmeric supplement, but it's easy enough to create your own. If you take blood-thinning medications, consult your physician before taking curcumin or turmeric as a daily supplement since there can be unintended interactions.

Ingredients

1 tbsp of freshly ground or 1/2 tablespoon dried turmeric
1/8 tsp of freshly ground black pepper
2 cups fresh filtered water
2 cups coconut or almond milk

Instructions

Mix turmeric, pepper, and water in a pan. Bring to a boil, cover, and let sit for 15 minutes. Strain and mix liquid with coconut or almond milk. You can make a large batch and refrigerate it. Lasts about a week.

Avocado Toast

This is my healthy take on avocado toast, minus the bread. It's a delicious snack, or you can double it and turn it into a meal or side dish.

Ingredients

1 medium avocado
1/2 lemon or lime, juiced
Salt and pepper to taste
1 tsp of sesame seeds (optional)
Sprouted grain tortillas, rice crackers, or cracker alternatives (below)

Instructions

Smash ingredients in a bowl, scoop, and spread on a tortilla or cracker.

No-Grain, No-Flour, Toast and Cracker Alternative

This recipe is a fun and healthy bread or cracker alternative you can use for just about anything, including the avocado spread above. With just 4 ingredients and minimal instructions, this alternative may surprise you with its delicious taste. The following recipe serves 2, and you can always multiply the quantities below so you have plenty on hand. A toaster oven with a glass door is recommended so you can watch the cooking process, and keep your sweet potato cracker from burning.

Ingredients

1 medium sweet potato (try to find the thickest and longest sweet potatoes you can)
1 avocado, sliced
Olive, coconut, hemp, or avocado oil
Salt and cracked pepper

Instructions

You really need nothing more than a sweet potato to make this alternative to traditional toast. Cut the sweet potato into 1/2-inch slices, lengthwise. In a toaster oven, cook until golden brown. If you use a conventional vertical toaster, experiment with your heat setting for just the right level. Cook until crispy, or whatever consistency you desire. Drizzle your sweet potato toast with oil, add avocado slices, and sprinkle with pepper and salt to taste.

Authentic Italian Pesto Recipe

Pesto makes an excellent dipping sauce, pairs well with quinoa pasta, and can be used as a condiment. This pesto recipe works with whole-grain recipes and stout vegetables like broccoli, cauliflower, carrots, and celery.

Ingredients

2 cups fresh basil leaves
1/2 cup pine nuts
1 or 2 cloves garlic, roughly chopped (to taste)
1/2 cup extra-virgin olive oil
1 tbsp fresh lemon juice
Salt to taste

Instructions

In a food processor or food chopper, combine your nuts, garlic, and basil and work until you have a coarse consistency. Leave this mixture in your chopper or processor, and slowly drizzle olive oil while mixing. Pulse/chop once again while adding lemon and sea salt. Alternate between pulsing and manually stirring until you get the right consistency.

Basil Walnut Spinach Pesto

Here's another take, but with walnuts and spinach this time.

Ingredients

2 cups fresh basil leaves
1/2 cup raw walnuts
1 or 2 cloves garlic, to taste
1/2 cup baby spinach leaves
1/2 cup extra-virgin olive oil
1 tbsp fresh lime juice
Salt to taste

Instructions

In a food processor or food chopper, combine your nuts, garlic, and basil and work until you have a coarse consistency. Leave this mixture in your chopper or processor, and slowly drizzle olive oil while mixing. Pulse/chop once again while adding lemon and sea salt. Alternate between pulsing and manually stirring until you get the right consistency.

Liver-Loving Applesauce

The secret to this simple and healthy dish is roasting the apples before making the applesauce. The cinnamon, cloves, and lemon juice accentuate the apples perfectly, and you can add stevia or raw, unfiltered honey to get the desired level of sweetness if you desire.

Ingredients

3 lbs of apples of your choice, peeled and sliced
1/4 cup water
1 tsp fresh lemon juice
Honey or stevia, to taste (optional)

2 tbsp coconut oil
2 tbsp cinnamon
1/2 tsp ground cloves

Instructions

Preheat your oven to 425°F, and layer a large baking dish with the apples. Mix all remaining ingredients and pour over the apples. Bake for 40 minutes or until the apples are soft. How long you have to bake depends on how thick or thin you slice your apples. Remove from oven, let cool for 15 minutes, and blend in a food processor or blender until you reach a smooth consistency. Store in a glass, airtight container in your refrigerator.

No-Dairy Chocolate Mint Chip Ice Cream

The next time you have an ice cream craving, try this simple, quick, cold, and refreshing (as well as healthy) substitute. Consider making a few batches and freezing so you can have access to this ice cream alternative whenever you need a healthy snack.

Ingredients

2 overripe, frozen bananas, peeled and cut into chunks
Pinch of salt
1/8 tsp pure peppermint extract, or more as desired
Pinch spirulina or natural food coloring (optional)
1/2 cup unsweetened coconut cream or macadamia nuts (optional)
2 to 3 tbsp unsweetened dark chocolate or cacao nibs
Pinch of stevia to taste (optional)

Instructions

Add the frozen bananas, peppermint extract, salt, and any optional ingredients to your blender, and mix until smooth. Remove from the blender. Stir in chocolate chips and enjoy your frosty treat immediately, or freeze for later. Mix in a handful of your favorite nuts and berries, or any other liver-friendly ingredients to personalize this recipe and store in the freezer.

No-Sugar Berry Sherbert

Here's a fruit version, this time as a tasty sherbet. You can often find frozen fruit and berry mixes at Costco or Sam's Club for less than the cost of fresh. Feel free to substitute with anything available at your local market that's in season

Ingredients

2 overripe, frozen bananas, peeled and cut into chunks
1 cup blueberries
1 cup strawberries
1/2 cup raspberries
1/2 green apple

Instructions

Add the frozen bananas, berries, and any optional ingredients to your blender, and mix until smooth. Remove from the blender and enjoy, or freeze for later.

Quinoa Apple Crumble

Traditional apple crumble recipes generally fall outside the lines of fatty liver acceptance. They usually aggravate a fatty liver rather than helping it heal. This Quinoa Apple Crumble tastes amazing, and if you decide to add a healthy sweetener like honey, coconut sugar, or stevia, you will satisfy even the sweetest cravings. Figure on about an hour from start to finish, including prep and cooking time.

Ingredients

4 large apples, peeled, cored, and diced
2 cups cooked quinoa
1 cup almond flour
1/2 cup chopped cashews, walnuts, or pecans
1/3 cup ground almonds
2 tbsp cinnamon
Extra virgin olive oil
Coconut sugar, or honey, sweetened to taste (optional)

Instructions

Get started by preheating your oven to 350°F, and coating a 9" x 13" baking dish with extra virgin olive oil. Mix all ingredients, except apples, to make your crumble topping. Add the diced apples to the baking dish, and spread your mixed ingredients over the top. Bake for 30 minutes or until you see your crumble topping is light brown in color.

Coconut Cashew Balls

Cashews provide protein, copper, manganese, magnesium, phosphorus, zinc, and other much-needed vitamins, minerals, and antioxidants. The double dose of coconut in this recipe provides healthy fats that fill you up in a good way.

The lime juice adds a little kick, and if you want to sweeten up this recipe, experiment with stevia or raw, unfiltered honey. With or without some type of sweetener, these coconut cashew balls are filling, delicious, and a healthy snack you can make beforehand for quick and easy craving crushing.

Ingredients

2 cups raw cashews
1 cup unsweetened shredded coconut
2 tbsp coconut oil
1/4 cup fresh lime juice
Stevia or raw, unfiltered honey (optional)

Instructions

Use a food processor or food chopper to grind the cashews to a fine consistency. Add the remaining ingredients to this cashew meal, and process or chop until smooth. Shape your resulting mix into balls and store immediately in an airtight container in your refrigerator. You may want to experiment with the amount of lime juice you use, depending on how moist your coconut and nuts are.

Roasted Nuts

The cumin and paprika in this recipe give plain almonds or macadamia nuts a nice flavor kick. Salt is optional, and you can replace the macadamia nut oil with coconut oil or extra-virgin olive oil as you see fit. Experiment by adding your favorite spices and herbs from your fatty liver shopping list.

Ingredients

2 cups raw, unsalted almonds or macadamia nuts
1/2 tsp smoked paprika
1 tsp ground cumin
1/2 tsp salt
1 tbsp macadamia nut oil

Instructions

Preheat oven to 355°F. Place macadamia nuts in a single layer on a baking tray, roasting for 8 to 10 minutes. You are looking to get a light golden color. Mix all remaining ingredients well, adding the warm macadamia nuts and stirring until all nuts are covered with the oil/spice mix. Roast coated nuts for an additional 5 minutes,

Sweet Potato Garlic Mash

Sweet potatoes love your liver and promote overall health. Sweet potatoes (and their cousins, yams) are rich in beta-carotene, one of nature's inflammation-fighting nutrients. This recipe combines naturally filling and health-boosting sweet potatoes with heart-healthy garlic and onions for a mashed sweet potato dish that can curb your between-meal cravings, and also perform admirably as a side dish.

Ingredients

3 lbs sweet potatoes, peeled and steamed roasted until tender
1 tablespoon extra virgin olive oil
1/2 yellow onion, finely diced
2 garlic cloves, minced
1 teaspoon dried oregano
1/3 cup coconut or almond milk
Salt and pepper, to taste

Instructions

Peel and steam or roast potatoes until they reach a tender, soft consistency. Mix and sauté the garlic and onions in olive oil for 7 to 10 minutes, while the potatoes are cooking. Mash sweet potatoes until you get the consistency you desire. Combine the rest of the ingredients with your garlic and onions, and mix into the sweet potato mash while stirring. Serve warm.

Blueberry Chocolate Cubes

You can form this recipe into balls, cubes, or any other shape you desire. Blueberries are considered one of the most perfect superfoods on the planet, and they are liver-friendly while also promoting overall health and wellness. Between the Medjool dates, blueberries, and natural dark chocolate, you get cancer-fighting, heart-healthy, liver-loving antioxidants that fight disease and dangerous free radicals. Oh yeah, and this recipe tastes great too!

Ingredients

1 cup raw pecans
3/4 cup pitted Medjool dates

1/2 cup dried blueberries
3.5 ounces of 85% cocoa (or higher percentage) dark chocolate, chopped into small pieces
1/4 cup raw hazelnuts

Instructions

Break out your food processor or food chopper, and grind the pecans and hazelnuts down to a fine consistency. Add the rest of the ingredients, mixing only until all ingredients are evenly distributed. Cut into cubes or roll into balls and store in a glass, airtight container in your refrigerator.

Healthy Baked Sweet Potato Fries

Because of their high levels of dietary fiber and vitamin C, along with cleansing agents and nutrients that boost the immune system, sweet potatoes are not unfriendly to the liver like white potatoes are. These baked sweet potato fries mean you don't have to be Jonesing for French fries while you nurse your liver back to health.

Ingredients

2 large sweet potatoes, peeled, cut into 1x3 inch wedges
3 tbsp coconut or olive oil
1/2 tsp sea salt
1/2 tsp freshly ground black pepper
1/4 tsp paprika

Instructions

Preheat your oven to 425°F, positioning your cooking rack about 1/3 of the way from the top of the oven. Pat your sweet potato wedges dry with napkins and then combine them and the oil in a large bowl. Toss to make sure all sweet potato fries are coated with oil. Sprinkle on your pepper, salt, and paprika. Arrange sweet potato fries on a single layer on an oiled baking sheet, leaving a little room in between wedges. Cook for 18 to 25 minutes, turning and flipping occasionally. Let cool for a few minutes before serving.

CONCLUSION

You Are My Inspiration!

Congratulations are in order. You have taken your health and well-being into your own hands. That is a powerfully liberating feeling, something nobody can take away from you. I can't tell you how honored and inspired I am to have you as part of the **Reverse Your Fatty Liver** program.

Now it is decision time...

Are you going to adopt some new dietary practices, pay attention to what you put in your body, and move towards a healthy diet as part of your new life?

Are you willing to start a daily walk, move your body, and commit to getting and staying fit?

Are you going to seek out positive people, and start avoiding situations that add drama, stress, and toxicity to your day?

It is entirely up to you. Perhaps you'll start slowly, and see for yourself how you feel as you implement each new step. Or maybe you are ready for a breakthrough change that has the power to transform your life forever, and you intend to implement this program completely.

I believe you are going to feel so great after going through this material, you'll want to stay that way all the time. That's what happened to me: I look and feel so healthy and happy, why would I ever go back?

I hope you consider doing the same thing. The benefits are undeniable and significant, and not only can this help you live longer, but it can improve your quality of life for the years you still have.

Make a healthy promise to yourself

Try eating all of the wonderfully nutritious and delicious foods in the Fatty Liver Diet for a few months. Give the cleanse a shot. Eliminate negative influences in your life, and become familiar with loving and respecting your body.

Try some of the daily affirmations to start your morning, and turn your bad habits into good ones. Over time the constant repetition of your new healthy habits will instill a powerful mindset that promotes positivity, reduces stress and anxiety, and creates a continued desire to remain healthy.

Remember that your environment plays a huge part in influencing your behavior. It may be tough, and you might even have to search for new friends that embrace your healthy attitude, but it's worth it.

You may have to change your physical environment as well, which could be as easy as decluttering your home of toxins and distractions, or as hard as moving from where you currently live. But now you know—something needs to be done.

All of us at the Reverse Your Fatty Liver program hope this is only the beginning for you on your path to incredible health and wellness. We join everyone who made this program possible (and there were dozens) in wishing you the very best moving forward.

Regards,

Jonathan Mizel
Creator, Reverse Your Fatty Liver

Resources and References

- Register your purchase, get updates, and free bonuses

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