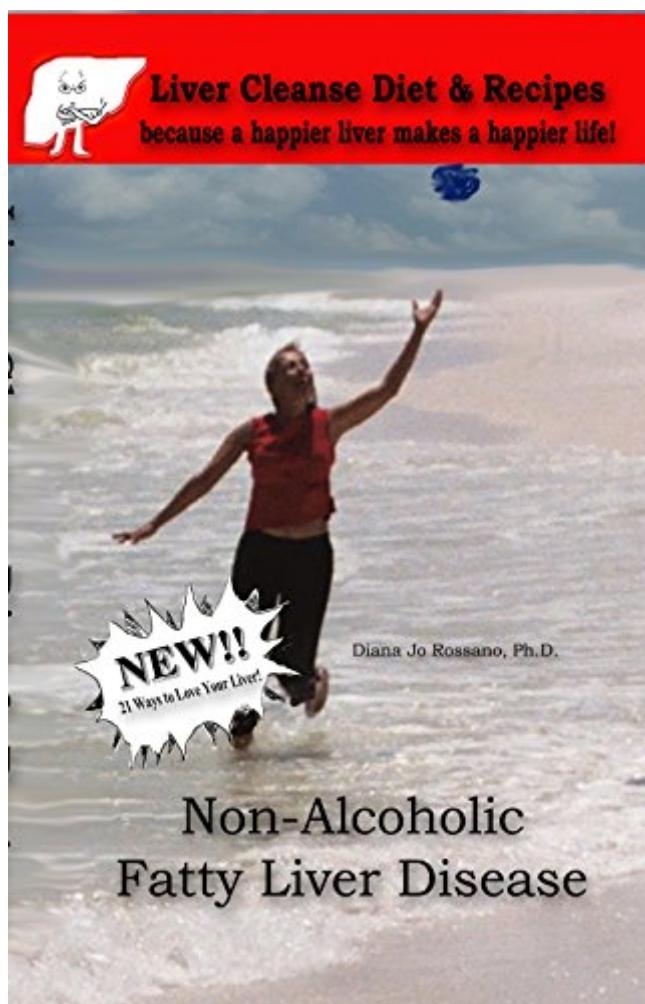


The book was found

Non Alcoholic Fatty Liver Disease Liver Cleanse Diet & Recipes: Because A Happier Liver Makes A Happier Life.



Synopsis

Improve the health of your liver with easy and delicious food that improves liver function. Since 2001 this plan has helped Dr. Rossano's students to have improved liver enzyme test results, to feel better, lose weight and to gain energy. Mary was a two-time breast cancer survivor when she started to eat from the recipes in this book. After chemotherapy she developed Non-Alcoholic Fatty Liver Disease. She had had fatty liver problems for about four years. In about three months, Mary's fatty liver disease went into remission. Mary has been eating this liver cleanse diet for six years, and the cancer is still in remission. Everyone has lost weight due to improved liver function to help their liver to stop storing fat, and begin burning fat. This simple plan gives your liver the tools it needs to regain energy and vitality by taking careful consideration to what you put into your mouth. Please NO eating out until your liver test results are normal. There are over 150 recipes (using meat as a garnish) to help you learn the concepts for detoxifying your liver with better food choices for each meal. There is a one-week detoxifying plan and a six-week plan to help ease you into your new way of eating. To further help your success, there are 21 liver treatments to love your liver with weekly baby steps you can do at home. Like what? Add water with lemon or lime as a liver-cleansing drink each day. Please use fresh lemon and fresh lime. Add turmeric to the Chicken and Yellow Rice Recipe. Turmeric helps the liver to heal. There is also an herbal tincture remedy for Milk Thistle that many mainstream doctors recognize to help improve liver function. You can make the Milk Thistle recipe on your own kitchen counter — it takes six weeks. Mary did NOT have the benefit of this Milk Thistle tincture, so try the liver cleanse diet first and see how you succeed before making the tincture. People may think you have lost your mind with these simple liver-cleansing techniques, but your liver enzyme test results will show that you've found it. The electronic book is FREE when you purchase the physical book. This diet should improve Hepatitis A, Hepatitis B, Hepatitis C, fatty liver disease, cirrhosis and Hepatitis D, sick liver - because a healthier liver can begin to heal itself with simple help.

Book Information

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Customer Reviews

This book was a well intentioned help book for individuals with fatty liver. Sad to say it contains many typos and errors in the recipes.

I've purchased all of Dr. Rossano's books and love the information she provides and also love her sense of humor. I share her website with others who are looking for answers to their health problems. The recipes are easy to prepare and I make them daily.

I was recently diagnosed with Fatty Liver and I am looking for recipes so I can have variety in my diet. I purchased the Kindle version because it is so much cheaper. I was really just interested in the recipes, as I have the book Fatty Liver by Sandra Cabot (I recommend), which explains the condition. If you read the sample pages in the book version, you will notice that author's wording and sense of humor is strange. The first part of the book she makes a lot of claims about the liver, diet, and lifestyle. She refers to herself as "dr." so I assumed she was an MD. She is not!!! She is a Ph.D, which explains why she has a philosophical tone to her book. I would have not bought it if I had realized. I gave the book two stars for the recipes. But with the Kindle for PC, it is hard to save locations and print recipes. The print version is too costly and not worth it for just recipes that may or may not be good. There are not a lot of books on Non-alcoholic fatty liver. I like Sandra Cabot book for basic info and a few recipes. What I like about Dr. Cabot is that she is an MD who knows there is power in nutritional healing, especially in the case of fatty liver.

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