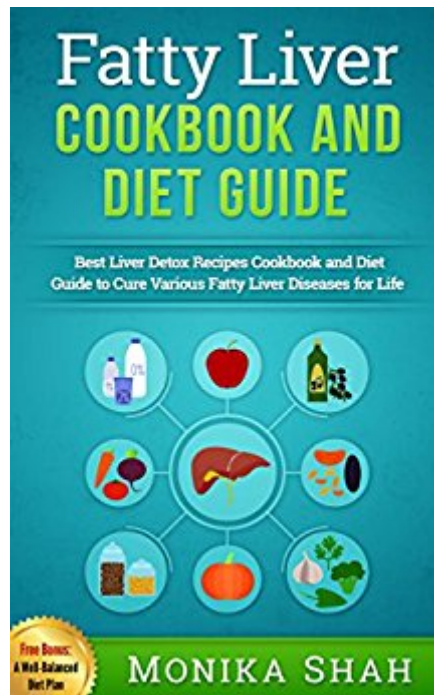


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# Fatty Liver Cookbook & Diet Guide: 85 Most Powerful Recipes To Avert Fatty Liver & Lose Weight Fast



## Synopsis

85 Simple and Most Powerful Homemade Recipes to Avert Fatty Liver and Lose Weight Fast This book has been specifically designed and written for people who have been diagnosed with a fatty liver condition and seriously strive to avert it quickly with the help of a simple and effective homemade diet. This book has been divided into two logical sections: A Fatty Liver Cookbook: The cookbook has 85 simple and most powerful homemade recipes that will avert your fatty liver with ease and help you lose weight rapidly. The recipes in the book have been designed using very simple ingredients that people use in their kitchen every day. These recipes are further categorized into Breakfast, Lunch, Dinner, Snacks, Salads, Drinks and Smoothies. A Fatty Liver Diet Guide: This part educates you on the various types of fatty liver conditions and the right type of diets to cure them. It covers conditions like Alcoholic Liver Disease (ALD), Non-Alcoholic Fatty Liver Disease (NAFLD), Acute Viral Hepatitis, Chronic Viral Hepatitis, Autoimmune Hepatitis, Haemochromatosis, Wilson's Disease, Gilbert's Syndrome, Primary Biliary Cirrhosis (PBC), Primary Sclerosing Cholangitis (PSC) and Cirrhosis. Also Includes: A Well-Balanced Diet Guide A well-balanced diet should be consumed once the patient recovers from the fatty liver disease to keep the liver healthy and functioning properly. Often, it has been seen that most people struggle and cannot figure out what is the right and well-balanced diet they should eat on daily basis. The well-balanced diet in this book will educate you on the five food groups that should be part of your daily balanced diet. It also explains how much one should be eating from each food group to stay energetic, fit and healthy forever.-----

-----Tags: Fatty Liver, Fatty Liver Cookbook, Fatty Liver Diet Guide, Fatty Liver Diet, Fatty Liver Recipes, Fatty Liver Cure, Fatty Liver Disease

## Book Information

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## Customer Reviews

It's not the typical diet and cookbook I normally encounter. It gave a thorough background on why our liver is important, and the common causes of fatty liver. It's not a simple statement of the causes as well but an explanation on how it came about. There is a list of allowed foods, bevy, oils, etc. and tips on how to improve your health. The cherry on top for this book is the excellent cookbook it has. Scrumptious recipes that you won't even notice you are dieting. Worth it! I recommend :)

This well written, informative book gets straight to the point and teaches you everything you need to reverse a fatty liver and to lose weight. It is well written, informative and goes straight to the issue or point. All we need to know concerning the symptoms & treatments. I like the section where it suggests what foods to eat to improve liver condition. Overall, it is a great book for it is easy to read & understand.

I don't typically write reviews about products, but thought I should warn anyone who is thinking about purchasing this book. I wish I had read the bio about the author before buying the book. She is "A Nutritionist and Curious Food Lover" and she also says "I am a mom of 2 years old charming son and wife of the most loving husband who always supports me". I was looking for something written by a Doctor, Registered Dietitian, or someone who has accreditation in the medical field. There are many typos in the book, the writing does not make sense in places, and many of the sentences are poorly constructed. The information she has given is readily available on the internet. I would never recommend this book to anyone and felt it was a waste of \$10. Anyone can call themselves a nutritionist, there are no regulations regarding Nutritionists as there are for Dietitians. I could call myself a nutritionist because I read about health and food, but that doesn't mean that I should be writing books to tell people how to treat a disease. And if I were to write books based on my "opinions", I would surely hire an editor so that the writing was professional.

Clearly explains what needs to be changed for a healthier liver n lifestyle in general. Highly recommend this book for anyone interested in bettering their eating habits. Or anyone trying to help a family member with their diet.

Informative book but I am still looking for more information about the fatty liver and its topics. Good book but I just felt it lack on what I am after too. But still I recommend for those who are really after the diet guide.

We only have one liver and it plays a vital role in the over functioning of our system. Taking care of our body organs is essential in keeping a healthy and a more happy life. The liver functions to filter out blood, metabolizes nutrients and detoxifies harmful substances. A problem with our liver could lead to various conditions that disrupts the overall integrity of our status. This book provides relative information about different types of liver diseases and its causes. It also contains amazing recipes that caters to help liver problems and gives better nutrients.

I never thought something like fatty liver actually exists but now that I do, I have taken extreme measures to make sure that I don't have to go through it. This book is more than just recipes, it also has some tips on how to prevent or combat complications due to fatty liver. I also think these recipes are amazing while being healthy at the same time. A lot of people, particularly those with liver woes, can definitely benefit from this book.

I was recently diagnosed to have a fatty liver and was advised to have a diet. My friend shared me about this book since it will help me with my fatty liver. I was not disappointed with this book since the recipes shared here were all very easy to do and readily available. This book helped me in my weight loose program too. A very helpful book for people who has a fatty liver.

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