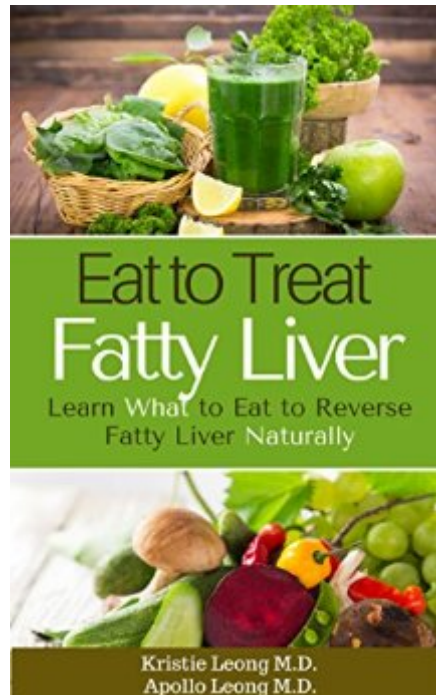


The book was found

# Fatty Liver Diet: Eat To Treat Fatty Liver



## Synopsis

Have you been diagnosed with a fatty liver? Fatty liver is often a silent disease. People who do have symptoms usually have vague ones like feeling tired or a discomfort in their abdomen that's hard to localize. Why should you be concerned about fatty liver if you have no symptoms? It can lead to a chronically inflamed liver and cirrhosis. As two physicians, we've help patients understand the role diet plays in this all too common condition. Diet has a major impact on fatty liver and making the right dietary choices and lifestyle changes can reverse this condition. The key is to change your diet. Our goal is to help you understand the role diet plays in fatty liver and help you make dietary choices to help stop the progression of fatty liver and even reverse it. Ready to get started? Find out how to eat to treat fatty liver.

## Book Information

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## Customer Reviews

This book is well organized and comprehensive. For people with a limited knowledge in the bio-medical sciences like myself, it is easy to understand the rationals behind the explanations and directions. This is valuable material for treating fatty liver and preventing this disease through proper diets.

This book provides good information about the disease and how to combat its effects on the body. It addresses the diet and lifestyles changes one must make in great detail to arrest or reverse this potentially lethal condition.

This book is written by not one, but TWO medical doctors with not only a "book knowledge" of fatty liver, but also clinical experience working with patients. Therefore, they are actually seeing the impact that these recommended diet changes can have on the disease. While the doctors are clearly well versed in the subject matter, they make a point to write this book much as they would likely counsel a patient-- in direct, every day terms. If you or someone you know has been diagnosed with fatty liver, this is certainly a worthwhile read.

Fatty liver is a complicated medical disorder which seems to be directly related to the things we eat. The authors, both medical doctors with experience diagnosing and treating fatty liver, provide specific guidance on how to use healthier eating habits as well as changes in lifestyle to both prevent and treat fatty liver. As a bonus the authors provide links to a free health and wellness blog they created for their patients as well as their Pinterest board with food recipes useful for preventing fatty liver.

Very interesting and informative. I was unfamiliar with fatty liver and I was able to learn a lot. Great read & highly recommend it!

I was just diagnosed and this little book gave me brief basics regarding diet. Happy that i read it. Thank you.

I think there is some valuable, scientifically based information in this book. BUT, thought processes stop midstream when changing pages, pages repeat themselves, making the information hard to follow. There are some lists of good foods that can be helpful.

You don't need to have fatty liver to benefit from the book. Lots of useful information that healthy people can benefit from as well. Fatty liver typically causes no symptoms until late in the disease process so it's easier to prevent it than to treat it. The writers emphasize lifestyle as well as dietary changes; no magic cures or potions. Very readable and highly recommended!

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Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide)

ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet)

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