



The Liver Healing Diet: The MD's Nutritional Plan to Eliminate Toxins, Reverse Fatty Liver Disease and Promote Good Health

Michelle Lai , Asha Kasaraneni

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THE FIRST BOOK TO PROVIDE YOU WITH A DETAILED PROGRAM FOR REVERSING LIVER DAMAGE THROUGH OPTIMAL NUTRITION

The only organ in your body that regenerates itself is the liver. And now, you can make it happen. With a complete program to rejuvenate your liver through optimal nutrition and routine exercise, *The Liver Healing Diet* shows you how to:

- Improve liver function
- Beat fatty liver disease
- Detoxify the liver
- Boost all-around health
- Nourish the body with delicious recipes

The Liver Healing Diet teaches you basic liver facts, how to talk to your doctor about liver disease and what steps you need to reverse years of abuse. With your newly repaired liver you'll feel better, have more energy and live a healthy lifestyle.

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From Reader Review The Liver Healing Diet: The MD's Nutritional Plan to Eliminate Toxins, Reverse Fatty Liver Disease and Promote Good Health for online ebook

Libby says

Not quite what I was looking for. It's easy to read, a basic book, I suppose, when I was hoping to find a little more in-depth info. Also some of it sounds like questionable 'science' - "drink 8 oz of water right when you wake up" and "Have you noticed that people who run marathons eat constantly yet are lean?" The people I know who run marathons do NOT eat constantly. And then, of course, it ends with pages and pages of recipes. A little too cutesy, too faddish for my taste. I'll try again.

Louise says

I expected a lot from Cleveland Clinic as publisher. Extensive book but not what I was hoping to glean from this publication.

Steve Morse says

Self help book that actually helps. Good for everyone. Give it a read.

Heidi says

Book contains great info about the liver but disappointed they promote grain and dairy.
