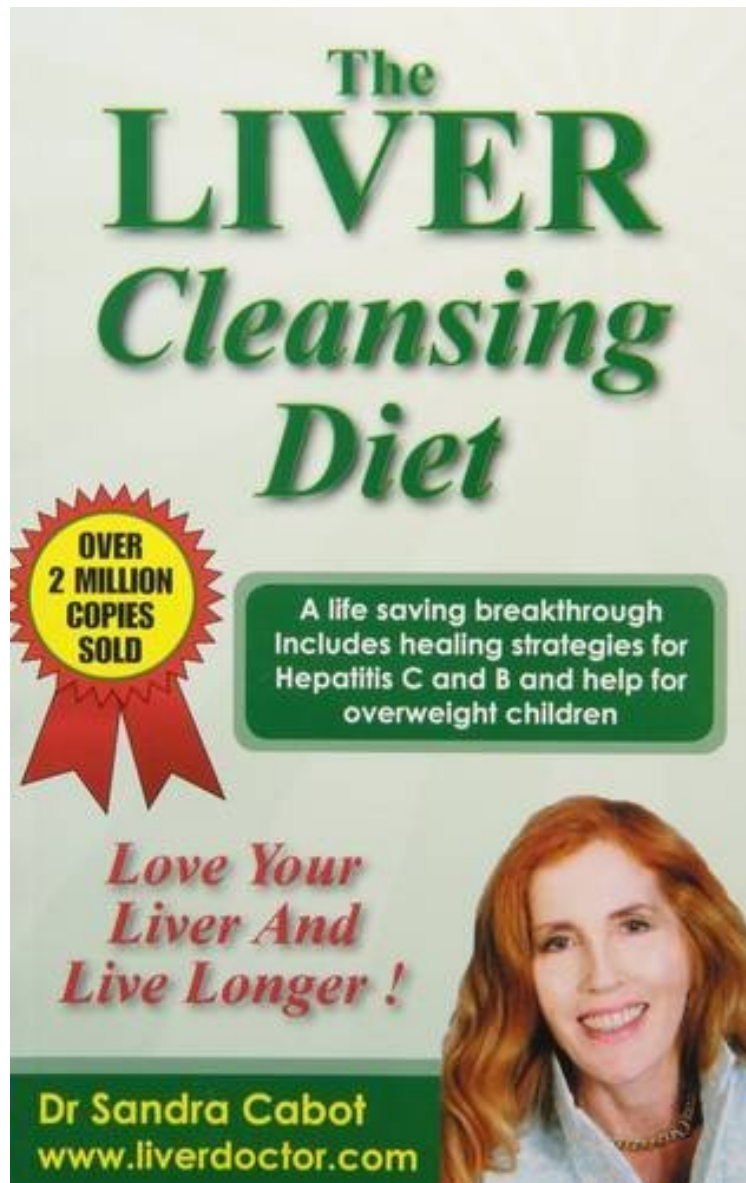


(Download free pdf) The Liver Cleansing Diet: Love Your Liver and Live Longer

The Liver Cleansing Diet: Love Your Liver and Live Longer

Sandra Cabot

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Sandra Cabot : The Liver Cleansing Diet: Love Your Liver and Live Longer before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Liver Cleansing Diet: Love Your Liver and Live Longer:

51 of 52 people found the following review helpful. The Best Liver Disease Book On the Market By Jon Davison I developed fatty liver disease about 5 years ago. I over ate as I liked eating fast foods, desserts, fatty meats, and

virtually anything that flew, swam or walked. In my late 50's, I was about 80 pounds over weight. I felt miserable all the time and in my right chest area I had chronic discomfort and pain. I went to my doctor who ran a battery of tests, and eventually NASH disease, or fatty liver disease was diagnosed. My liver was nearly twice the size it should of been, and my ALT enzyme levels were so high, my doctor told me I was going to die if I didn't change my eating habits. He recommended this book, The Liver Cleansing Diet. My wife helped me, we followed the books instructions, and I have no doubt, it saved my life. The book is written in laymen's terms and is easy to understand. We have given the book to several friends, and their experience was similar to mine. We've bought the book about 10 times as of this date. If you've got liver disease, you're as fat as a hog, you're tired of not fitting into your clothes, and you're tired of feeling bad, buy this book, do what it says, and live a better life.0 of 0 people found the following review helpful. Four StarsBy AldogCan't say that it worked any wonders, but it seems to have helped3 of 3 people found the following review helpful. diagnosed with a fatty liver I follow this diet best I canBy Leanne Bazinetdiagnosed with a fatty liver I follow this diet best I can...and incredible difference in energy and healing, highly recommended !

Presenting a detailed eight-week plan for promoting good health and longevity by effectively cleansing the liver, this best-selling guide comes complete with groundbreaking recipes for healing soup and raw juice concoctions. Extensively revised and updated, this revolutionary manual contains informative sections that examine natural therapies for revitalizing the liver including reversing a fatty liver, nutritional medicine for hepatitis C and B, how to fight childhood obesity, and statistics showing why drug therapy alone is generally not successful in the long term.

From the PublisherA diet and natural therapy plan for improving liver function, healing the liver, and losing weight. * Easy-to-follow, medically proven program shows how to reverse many types of liver disease, optimize liver function, and help prevent hepatitis C and B. * Previous edition has been translated into seven languages.About the AuthorSandra Cabot is the medical and executive director of the Australian National Health Advisory Service. She graduated with honors in medicine and surgery from the University of Adelaide in South Australia in 1975. As part of her extracurricular medical training, she studied herbal medicine and nutritional medicine. Dr. Cabot began her medical career in 1980 as an obstetrician-gynecologist and practiced in Sydney Australia. During the mid 1980s she spent considerable time working as a volunteer doctor at the Leyman hospital, which was the largest missionary hospital in India. Her first book, titled Women's Health, was an authoritative holistic health guide. Subsequently she wrote several more groundbreaking books including The Liver Cleansing Diet, which has sold well over two million copies worldwide. She has written twenty-two other health titles.