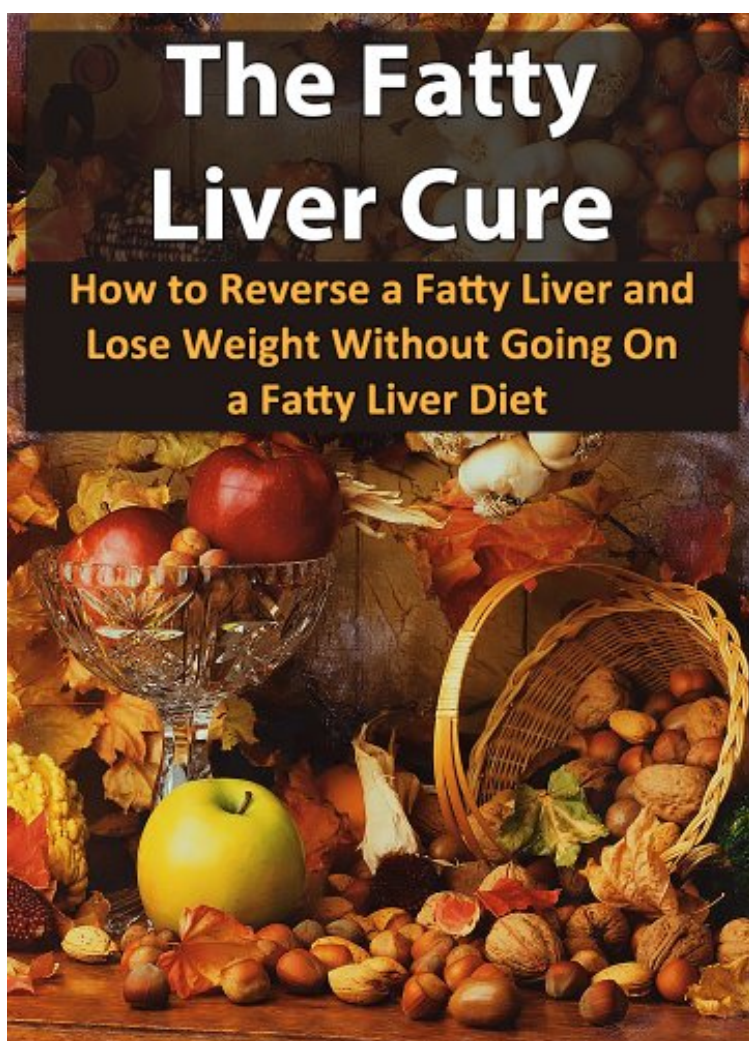


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The Fatty Liver Cure: How To Reverse A Fatty Liver And Lose Weight Without Going On A Fatty Liver Diet (Nutrition, Fatty Liver Disease, Fatty Liver, Liver Cleanse, Healthy Living) (English Edition)



Par Patrick Smith

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Prsentation de l'diteurHow To Reverse A Fatty Liver And Lose Weight Without Going On A Fatty Liver
DietStep-By-Step Methods To Healing Or Preventing A Fatty Liver Once And For AllDear friend,Would
you like to discover an immediately actionable plan to improve your health, lose weight and reverse a fatty

liver without having to force yourself through a special fatty liver diet? In *The Fatty Liver Cure*, you will learn step-by-step strategies to nurse your liver back to health naturally. Most books will tell you to go on a "fatty liver diet" or to follow a liver detox strategy, but they aren't up to date anymore and will ultimately hurt you. Fatty liver diets and liver detox plans are bad, because they force your body and are the cause for lasting eating disorders. The reason is simple: if you go on a diet, your brain thinks you are starving and will begin to work against you. This is the wrong way to go about it. **The Right Approach: Eat Delicious Foods and Team Up With Your Body At The Same Time** Instead of dieting and forcing the issue with a liver detox plan, you need to treat your body as your ally and address the source of the problem. A natural liver cleanse is easily achievable. The important thing to understand is that you need the right nutrition and attitude. Your liver can and will heal itself, if you eat normally, but replace the wrong foods and beverages with the right ones. **A Natural Fatty Liver Treatment Guide For Everybody** Here is a brief overview of what's covered: How to do a natural liver cleanse How to prevent fatty liver disease in the first place How to lose weight easily How to make exercise fun and cheap How to stop drinking alcohol Why going on a fatty liver diet is bad for you How to learn to like any food How to quit any form of overindulgence Much, much more! I have taught thousands of people how to reverse their fatty liver just by eating, thinking and exercising correctly, including two members of my own family. When my favorite uncle got sick with fatty liver disease, I began studying this condition vigorously and read around thirty books on the subject. I cut through all the red tape and told him exactly what to do. Now he is healthier than ever and performs miracles at the gym. In this book, I give you my experience and show you the exact same thing I have been teaching for years. It is much easier than you think. Scroll to the top of the page and select the buy button today-----Tags: fatty liver, fatty liver diet, fatty liver bible, reverse a fatty liver, fatty liver diet guide, fatty liver treatment, nutrition, steatosis, liver cirrhosis, diets, nutrition, dieting, diet, fatty liver disease, fatty liver diet guide, weight loss, fatty liver treatment, NASH, NAFLD, alcoholic fatty liver, eating disorders, emotional eating, stop drinking, quit drinking, liver cleanse, liver detox, liver cleansing diet, low fat, fat loss, healthy living, abdominal

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