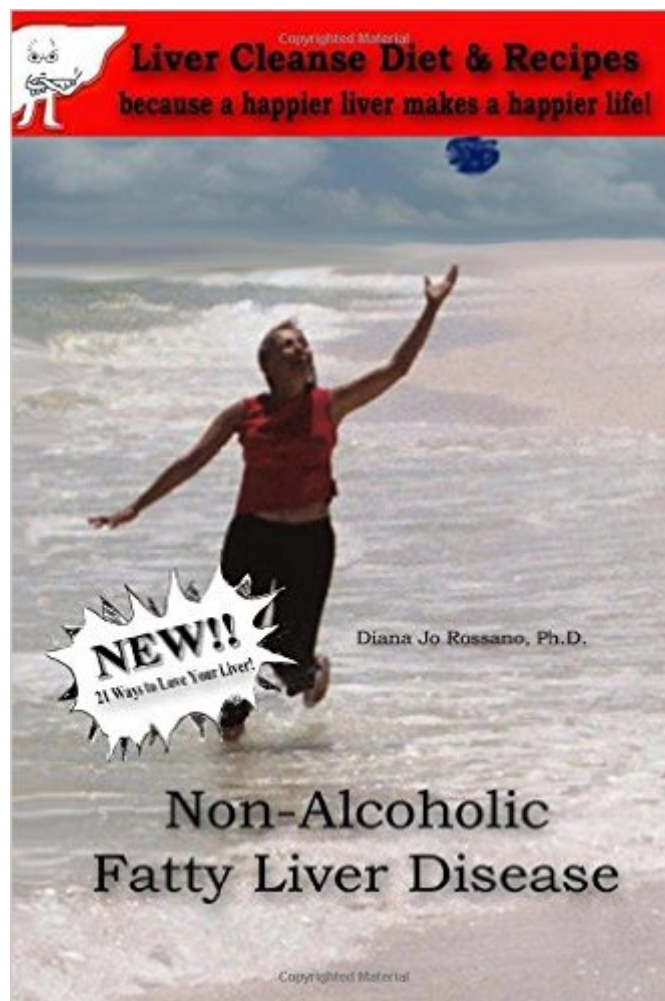


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# Non Alcoholic Fatty Liver Disease Liver Cleanse Diet & Recipes: Because A Happier Liver Makes A Happier Life!



## Synopsis

Improve the health of your liver with easy and delicious food that improves liver function. Since 2001 this plan has helped Dr. Rossano's students to have improved liver enzyme test results, to feel better and to gain energy. Mary V. was a two-time breast cancer survivor, but developed Non-Alcoholic Fatty Liver Disease for four years when she started to eat ONLY from this book. In four months her fatty liver disease went into remission. Everyone has lost weight due to improved liver function to stop storing fat, and begin burning fat. This simple plan gives your liver the tools it needs to regain energy and vitality by taking careful consideration to what you put into your mouth. There are over 150 recipes to help you learn the concepts for detoxifying your liver with better food choices for each meal. There is a one-week detoxifying plan and a six-week plan to ease you into your new way of eating. To further help your success, there are 21 liver treatments to love your liver with weekly baby steps you can do at home. Like what? Add water with lemon or lime as a liver-cleansing drink. Add turmeric to food and when to start using the herbal remedy recipe for milk thistle tincture you make on your kitchen counter. The newest edition to this version is a recipe you can make at home for a Milk Thistle tincture that helps to rejuvenate the liver. It takes six weeks for this home remedy to be made on your kitchen counter top. Mary did NOT have the benefit of this Milk Thistle tincture, so try the diet first and see how you thrive. People may think you have lost your mind with these simple liver-cleansing techniques, but your test results will show that you've found it. The digital version of this book is free when you purchase the paperback. This diet should improve Hepatitis A, Hepatitis B, Hepatitis C, fatty liver disease, cirrhosis and Hepatitis D because a healthier liver can begin to heal itself with simple help.

## Book Information

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## Customer Reviews

I've purchased all of Dr. Rossano's books and love the information she provides and also love her sense of humor. I share her website with others who are looking for answers to their health problems. The recipes are easy to prepare and I make them daily.

This book was a well intentioned help book for individuals with fatty liver. Sad to say it contains many typos and errors in the recipes.

I was recently diagnosed with Fatty Liver and I am looking for recipes so I can have variety in my diet. I purchased the Kindle version because it is so much cheaper. I was really just interested in the recipes, as I have the book Fatty Liver by Sandra Cabot (I recommend), which explains the condition. If you read the sample pages in the book version, you will notice that author's wording and sense of humor is strange. The first part of the book she makes a lot of claims about the liver, diet, and lifestyle. She refers to herself as "dr." so I assumed she was an MD. She is not!!! She is a Ph.D, which explains why she has a philosophical tone to her book. I would have not bought it if I had realized. I gave the book two stars for the recipes. But with the Kindle for PC, it is hard to save locations and print recipes. The print version is too costly and not worth it for just recipes that may or may not be good. There are not a lot of books on Non-alcoholic fatty liver. I like Sandra Cabot book for basic info and a few recipes. What I like about Dr. Cabot is that she is an MD who knows there is power in nutritional healing, especially in the case of fatty liver.

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