



The Fatty Liver Diet Cookbook: 30 Healthy Recipes to Detoxify and Avert Fatty Liver (Weight Loss & Detox)

Jean Rodgers

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It seems like we're all suffering from one affliction or another, but what we hadn't realized until recently is that these diseases are caused by us, our lifestyle and most, our diet. More and more attention is given to our choice of diet and what we opt to eat on an everyday basis. Why? Because the wrong choices, albeit unknowingly, can affect our health in major ways. One of the many diseases brought on by a poor diet is a fatty liver disease. Fatty liver disease is in no way a death sentence, but it does indicate poor dietary choices. The good news is that your liver can be detoxified, and fatty liver can be averted with the right kind of food intake. If you're unsure of what that entails exactly, you're in luck, because this book is here to provide you with a thorough explanation of the disease, its causes, and its effects, but also ways to prevent it. In addition, it contains 30 different recipes you can choose from, all specially chosen for the fatty liver diet. Don't panic if you're suffering from the fatty liver disease. You also don't necessarily need to spend precious time and money in a fancy nutritionist's office. All you need to do is pay attention to what you eat and that's something you can do from the comfort of your own home. Allow this book to serve as your guide and cookbook in your journey to detoxifying your liver and living a healthier life. Here is a preview of what you will learn from this book: • What fatty liver disease is • Why fatty liver disease occurs • How you can detoxify your liver • How you can avert fatty liver disease • What you can and cannot eat when you have fatty liver disease • What recipes you can try in your fatty liver diet Don't spend a second longer eating all the foods that are so bad for you and your health. Find out what your diet should contain.

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