



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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