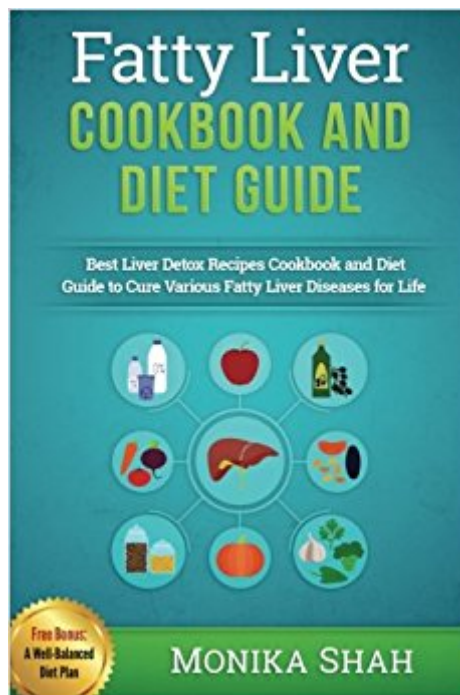




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# Fatty Liver Cookbook & Diet Guide: 85 Most Powerful Recipes To Avert Fatty Liver & Lose Weight Fast



## Synopsis

85 Simple and Most Powerful Homemade Recipes to Avert Fatty Liver and Lose Weight Fast This book has been specifically designed and written for people who have been diagnosed with a fatty liver condition and seriously strive to avert it quickly with the help of a simple and effective homemade diet. This book has been divided into two logical sections: A Fatty Liver Cookbook: The cookbook has 85 simple and most powerful homemade recipes that will avert your fatty liver with ease and help you lose weight rapidly. The recipes in the book have been designed using very simple ingredients that people use in their kitchen every day. These recipes are further categorized into Breakfast, Lunch, Dinner, Snacks, Salads, Drinks and Smoothies. A Fatty Liver Diet Guide: This part educates you on the various types of fatty liver conditions and the right type of diets to cure them. It covers conditions like Alcoholic Liver Disease (ALD), Non-Alcoholic Fatty Liver Disease (NAFLD), Acute Viral Hepatitis, Chronic Viral Hepatitis, Autoimmune Hepatitis, Haemochromatosis, Wilson's Disease, Gilbert's Syndrome, Primary Biliary Cirrhosis (PBC), Primary Sclerosing Cholangitis (PSC) and Cirrhosis. Also Includes: A Well-Balanced Diet Guide A well-balanced diet should be consumed once the patient recovers from the fatty liver disease to keep the liver healthy and functioning properly. Often, it has been seen that most people struggle and cannot figure out what is the right and well-balanced diet they should eat on daily basis. The well-balanced diet in this book will educate you on the five food groups that should be part of your daily balanced diet. It also explains how much one should be eating from each food group to stay energetic, fit and healthy forever.

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Tags: Fatty Liver, Fatty Liver Cookbook, Fatty Liver Diet Guide, Fatty Liver Diet, Fatty Liver Recipes, Fatty Liver Cure, Fatty Liver Disease

## Book Information

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## Customer Reviews

Hi, my name is Monika Shah, "A Nutritionist and Curious Food Lover". I am a mom of 2 years old charming son and wife of the most loving husband who always supports me. I love food and write about it! Especially diet books, recipes, cookbooks and many more that relates to health, diet and staying healthy. I have helped a lot of people in changing their diets and achieving a healthier self by sharing my recipes with them and by eating healthy. Hope you will enjoy my books and create a new healthier you!

This well written, informative book gets straight to the point and teaches you everything you need to reverse a fatty liver and to lose weight. It is well written, informative and goes straight to the issue or point. All we need to know concerning the symptoms & treatments. I like the section where it suggests what foods to eat to improve liver condition. Overall, it is a great book for it is easy to read & understand.

I never thought something like fatty liver actually exists but now that I do, I have taken extreme measures to make sure that I don't have to go through it. This book is more than just recipes, it also has some tips on how to prevent or combat complications due to fatty liver. I also think these recipes are amazing while being healthy at the same time. A lot of people, particularly those with liver woes, can definitely benefit from this book.

I have read several books on Fatty Liver., but would pass on this one. The person must not speak English as their first language and the grammar and spelling mistakes are very distracting. The info is just general - most is common knowledge--some is incorrect.. I will check to see if the author is a medical professional from now on.

Wasn't quite what I expected. Half is just info on types of liver problems. Not as many good receipes as I expected. I need one that list nutrition and carbs-protein. Not very many entree mostly salads and appetizers. Not worth sending back but won't use it either.

From the title of the book you would think it was focused on fatty liver disease. It is about ALL liver

diseases and only has a small section on fatty liver. Very misleading. The recipes do not contain very user friendly ingredients that are easy or inexpensive to come by. Very disappointed and a waste of money.

I'm quite interested to know what is Fatty Liver Disease and how to develop this disease when my brother in law diagnosed with Fatty Liver Disease. Now, I finally educated these Liver conditions, Alcoholic Liver Disease (ALD), Nonalcoholic Fatty Liver Disease (NAFLD), Haemochromatosis, Wilson's Disease. Acute Viral Hepatitis, Primary Biliary Cirrhosis, Chronic Viral Hepatitis, Primary Sclerosing Cholangitis, Autoimmune Hepatitis and Gilbert's Syndrome. And I will recommend this Diet Cookbook to my sister, I'm sure this Cookbook is very helpful for her to manage the food intake of her husband.

My grandmother has a fatty liver and I wanted to know how it goes and what it really is so I got this book. This book helps in understanding your liver more, how fatty liver develops, the do's and don'ts when you have this disease, and more. It even has a diet guide for people who has this condition, the best foods to eat, and lots more. The best guidebook for fatty liver patients so far. I had learned a lot.

Clearly explains what needs to be changed for a healthier liver n lifestyle in general. Highly recommend this book for anyone interested in bettering their eating habits. Or anyone trying to help a family member with their diet.

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Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Non Alcoholic Fatty Liver Disease Liver Cleanse Diet & Recipes: because a happier liver makes a happier life. Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Paleo Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Paleo recipes, Paleo Cookbook for Weight Loss, Paleo Diet, Paleo Cookbook) (weight loss book) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals)

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