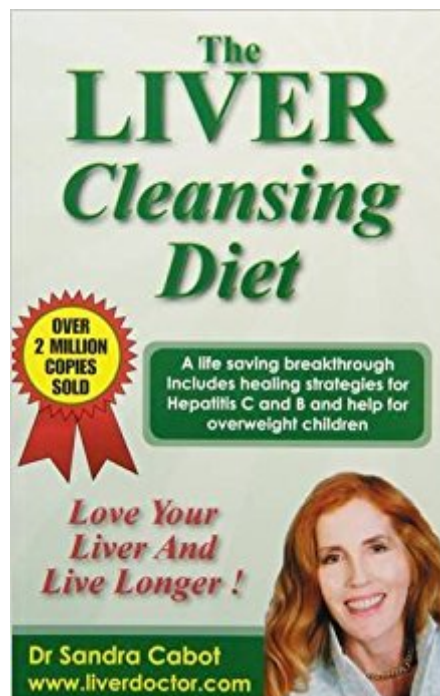




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# The Liver Cleansing Diet: Love Your Liver And Live Longer



## Synopsis

Presenting a detailed eight-week plan for promoting good health and longevity by effectively cleansing the liver, this best-selling guide comes complete with groundbreaking recipes for healing soup and raw juice concoctions. Extensively revised and updated, this revolutionary manual contains informative sections that examine natural therapies for revitalizing the liver including reversing a fatty liver, nutritional medicine for hepatitis C and B, how to fight childhood obesity, and statistics showing why drug therapy alone is generally not successful in the long term.

## Book Information

Paperback: 288 pages

Publisher: SCB International; 3 edition (January 1, 2008)

Language: English

ISBN-10: 0967398363

ISBN-13: 978-0967398365

Product Dimensions: 0.8 x 5.2 x 8.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 215 customer reviews

Best Sellers Rank: #23,802 in Books (See Top 100 in Books) #89 in Books > Health, Fitness & Dieting > Women's Health > General #105 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing #140 in Books > Medical Books > Basic Sciences > Physiology

## Customer Reviews

A diet and natural therapy plan for improving liver function, healing the liver, and losing weight. \* Easy-to-follow, medically proven program shows how to reverse many types of liver disease, optimize liver function, and help prevent hepatitis C and B. \* Previous edition has been translated into seven languages.

Sandra Cabot is the medical and executive director of the Australian National Health Advisory Service. She graduated with honors in medicine and surgery from the University of Adelaide in South Australia in 1975. As part of her extracurricular medical training, she studied herbal medicine and nutritional medicine. Dr. Cabot began her medical career in 1980 as an obstetrician-gynecologist and practiced in Sydney Australia. During the mid 1980s she spent considerable time working as a volunteer doctor at the Leyman hospital, which was the largest missionary hospital in India. Her first book, titled Women's Health, was an authoritative holistic

health guide. Subsequently she wrote several more groundbreaking books including The Liver Cleansing Diet, which has sold well over two million copies worldwide. She has written twenty-two other health titles.

I developed fatty liver disease about 5 years ago. I over ate as I liked eating fast foods, desserts, fatty meats, and virtually anything that flew, swam or walked. In my late 50's, I was about 80 pounds over weight. I felt miserable all the time and in my right chest area I had chronic discomfort and pain. I went to my doctor who ran a battery of tests, and eventually NASH disease, or fatty liver disease was diagnosed. My liver was nearly twice the size it should of been, and my ALT enzyme levels were so high, my doctor told me I was going to die if I didn't change my eating habits. He recommended this book, The Liver Cleansing Diet. My wife helped me, we followed the books instructions, and I have no doubt, it saved my life. The book is written in laymen's terms and is easy to understand. We have given the book to several friends, and their experience was similar to mine. We've bought the book about 10 times as of this date. If you've got liver disease, you're as fat as a hog, you're tired of not fitting into your clothes, and you're tired of feeling bad, buy this book, do what it says, and live a better life.

Can't say that it worked any wonders, but it seems to have helped

diagnosed with a fatty liver I follow this diet best I can...and incredible difference in energy and healing, highly recommended !

Very helpful

Packed well, shipped quickly, great price!! A+++++!!!!

Awesome book. Feeling so much better already (end of week 3). Learning to eat better; losing weight with husband. After this diet we are planning on furthering our weight loss/eating right by participating in the Paleo Diet by Loren Cordain, Ph.D. This diet, The Liver-Cleansing Diet, has gotten us to eat healthy finally! We look forward each morning (now) to our lemon water as well as the freshly juiced veggie juice that follows 15 minutes later. I like the fact that we are using unprocessed foods for the diet, including organic meat (chicken) as well as organic eggs and produce. Some of the dishes are time consuming to prepare but with it being just the 2 of us (now),

we have leftovers for the week which helps a lot. We are learning to not overburden the liver with too much food and heavy meats and dairy (Almond Breeze we LOVE). We have found that our local grocery stores can keep us supplied with our organic veggies and all, but beware of the prices. However for juicing we do use organic carrots and organic celery (morning veggie juice also calls for parsley, use regular as we haven't found organic parsley yet). Even canned tomatoes can be found in the specialty section of the grocery store, but be prepared to pay more for those. Fresh organic tomatoes would be best if you can blend them up, fresher and you don't have to worry about what is in the lining of the cans (go to [...] to check that out if you wish). The middle 4 weeks of the diet is a little bit harder to stay on as there are no eggs or chicken, just seafood for your protein (and of course no other meats or dairy). But once you get over that fact and just go with the flow, you'll be fine. My husband's favorite way to have eggs now is poached (weeks 1 and 2 and then 7 and 8); no butter or oils so much better for us (on wheat bread is phenomenal). This diet is setting us up for better metabolism to start our other diet in the near future. Feeling more energetic and healthier. I wish you all success with this diet. You are doing a good thing for your body and will set your self up for success in the world of food and healthy living!

Get this book if you want to feel better. I lost six pounds on this diet, and my energy and overall health improved. Highly recommend. Just wish it were in spiral bound form to follow the recipes better.

I bought this book primarily for the recipes. I have had gallbladder issues for a few years now, and during that time, I have educated myself about what kinds of foods to eat and what kinds of foods to avoid in order support my gallbladder health. While I have good success with these changes in diet, I was looking for some inspiration in terms of variety and interesting ways to prepare liver/gallbladder healthy foods. I'll just start out by saying that I have made 4 recipes from the book and in each case I have been blown away by how good the meals are. I'm not talking "good for a healthy recipe". I mean good that can hold its own.... period. In this sense, the book has more than exceeded my expectations. Even my partner who is somewhat skeptical about anything "healthy" has really enjoyed the meals. The book also has a lot of good information about how different foods affect the liver and its processes so it is also useful in that respect. The only reason I gave it 4 stars and not 5 is that while the book's perspective was definitely centered around promoting liver health, some of the suggestions and ingredients may cause some problems for people like me who have gallbladder sensitivities. For instance, almonds show up in many of the recipes and in the ubiquitous

LSA (i.e. linseed, sunflower seeds, almond) mix but as healthy as almonds are, they are often a trigger for gallbladder sensitive people. There are also a few recipes that contain eggs (or are centered around eggs) and while eggs in moderation can be a healthy part of most people's diet, they are one of the worst (if not THE worst) offenders for people with gallbladder issues. While I realize that the book is written more from a liver health (and not a gallbladder health) perspective in mind, I think it is still a fair point to raise since most people look at the gallbladder and the liver as merely different aspects of one system so closely are they related. However, having said this, I have found that almost all of the book's recipes are either fine as written or can be easily "edited" to tailor them more to my particular needs. And as I said, I have been very impressed with how good everything so far has turned out.

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