



## Covid 19 Pandemic has lead to an Increase in Liver Disease!

There is a LOT we can all do to optimize our health and fitness AND there is NO better time to start then right now! Here are all the references for this episode.

[Experts warn of pandemic related rise in liver disease.](#)

[Rapid rise in deaths from liver related disease in the last decade.](#)

[CDC recommends extra caution for covid 19 and those with liver disease.](#)

[Exercise in the treatment of alcohol use disorders](#)