

Top Ways to **UNCLOG YOUR LIVER**

**LOSE WEIGHT AND SPEED UP
YOUR METABOLISM**



FATTY LIVER
— DOCU-CLASS —

NaturalHealth365
PROGRAMS

TOP WAYS TO UNCLOG YOUR LIVER

Lose Weight and Speed Up Your Metabolism



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ABOUT JONATHAN LANDSMAN

As the creator of NaturalHealth365 Programs, I've worked with some of the brightest minds in natural health and science. Having been in the health and fitness industry for over 35 years, I've produced over 500 health programs with over 300 of the finest integrative healthcare providers in the world.



Reaching millions of people, worldwide, I am committed to educating the public about the importance of eating a healthy, organic (non-GMO) diet; consuming high-quality nutritional supplements, as needed and participating in healthy lifestyle habits like, exercise, detoxification protocols and mind/body work, on a regular basis.

CONTENTS

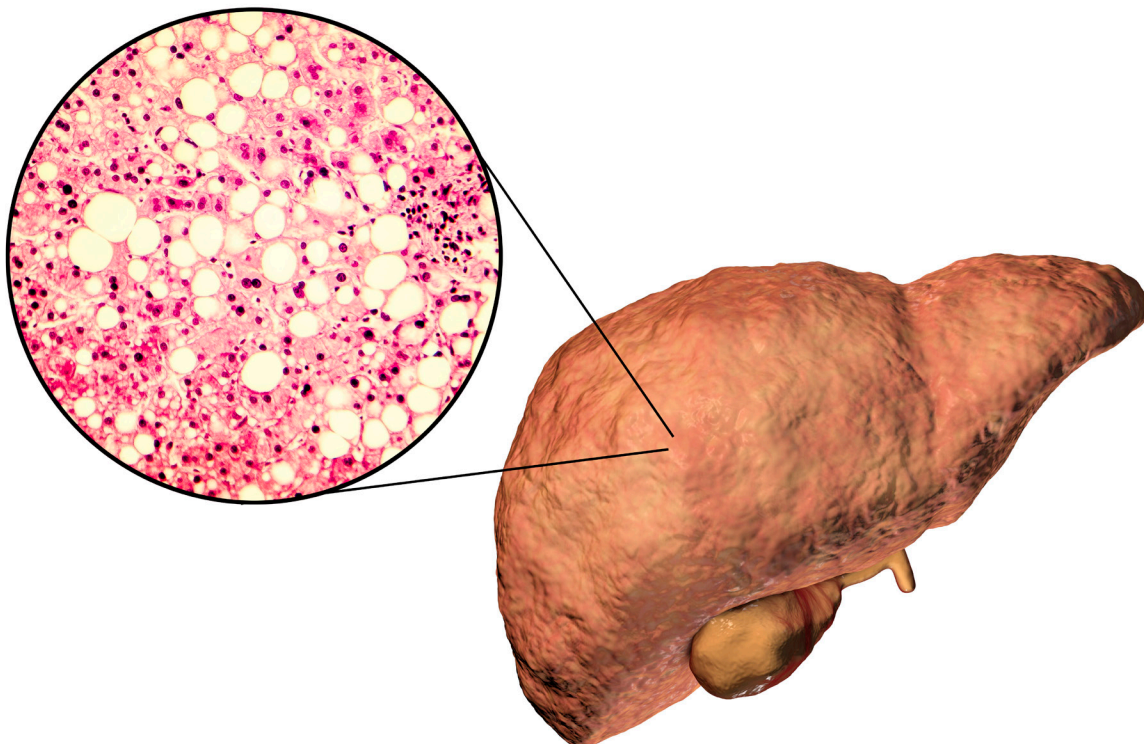
- 5** | Warning: There's a new (silent) killer in town – and rates are skyrocketing
- 6** | Obesity and type 2 diabetes are driving the NAFLD epidemic
- 6** | Alert: NAFLD can open a “Pandora’s box” of complications
- 7** | How “un-clogging” the liver improves your metabolism and promotes weight loss
- 8** | Ancient wisdom confirms: Silymarin in milk thistle helps to flush out fat from the liver
- 9** | Conduct a “pre-emptive strike” against NAFLD with vitamin E
- 10** | N-acetylcysteine renews the all-important “master antioxidant” within the liver
- 11** | “Rev up” healthy liver function with resveratrol
- 12** | Garlic has “all the right moves” for reducing liver fat
- 13** | Protect against NAFLD with the “sunshine vitamin”
- 14** | Promote liver health naturally with the plant-based Mediterranean diet
- 15** | “Re-route” fat from your liver with a regular exercise routine
- 18** | References

WARNING: THERE'S A NEW (SILENT) KILLER IN TOWN – AND RATES ARE SKYROCKETING

For decades, doctors have referred to high blood pressure - a primary factor for heart disease and strokes - as “the silent disease.” While the U.S. Centers for Disease Control and Prevention estimates that roughly 108 million American adults have high blood pressure, a lack of noticeable symptoms leaves many victims completely unaware they suffer from this dangerous condition.¹

Now, another potentially life-threatening illness has joined the ranks of “sneaky diseases.”

Nonalcoholic fatty liver disease (NAFLD) - diagnosed when 5 to 10 percent of the liver is composed of fat - is verging on epidemic status in the United States. The American Liver Foundation warns that rates of NAFLD have doubled over the past 20 years,² with the Mayo Clinic estimating that 25 percent of Americans are now living with the disease. (Some experts place the estimate even higher, at a jaw-dropping 33 percent).³



OBESITY AND TYPE 2 DIABETES ARE DRIVING THE NAFLD EPIDEMIC

While fatty liver disease used to be confined primarily to heavy alcohol drinkers, nonalcoholic fatty liver disease – as its name indicates - is found in those with no history of excessive drinking (in fact, many NAFLD patients don't even drink!) **Although genetics can sometimes play a role in the development of NAFLD, very often it is excessive calories – rather than excessive alcohol – that triggers the disease.**

According to the National Institute of Diabetes and Digestive and Kidney Diseases, a shocking 66 percent of adults in the United States are either overweight or obese,⁴ while over 34 million people are living with type 2 diabetes. The two disorders are so closely linked that doctors have coined a new word: “diabesity.”

Significantly, both conditions set the stage for NAFLD.

The result? Millions of Americans have livers that are clogged with fat.

ALERT: NAFLD CAN OPEN A “PANDORA’S BOX” OF COMPLICATIONS

While many cases of NAFLD are mild, about one-third of the time the condition progresses to nonalcoholic steatohepatitis (NASH). A more serious form of NAFLD, NASH features liver inflammation and swelling. About 20 percent of NASH patients go on to develop cirrhosis of the liver, which raises the risk of liver cancer and causes severe scarring.

Signs of NASH and liver cirrhosis include abdominal swelling, enlarged blood vessels, enlarged spleen and jaundice (yellowing of the skin or eyes).⁵

In contrast, early symptoms of NAFLD may be mild – consisting of fatigue and discomfort in the upper right abdomen - or even absent. Unfortunately, even mild fatty liver disease can have adverse effects on health, including difficulty losing weight.



HOW “UN-CLOGGING” THE LIVER IMPROVES YOUR METABOLISM AND PROMOTES WEIGHT LOSS

When adipose tissue can't store fat fast enough, the liver (which plays a central role in the metabolism of calories) can become clogged with excess fat. The liver then begins to function as an “overflow” system for fat storage, setting up a vicious cycle in which the metabolism becomes dysfunctional.

As triglycerides (fats) in the blood begin to rise, this inhibits gene function in the liver and causes even more fat to accumulate. Meanwhile, excess production of a hormone known as leptin causes a corresponding decrease in adiponectin, a fat-burning hormone. Low adiponectin leads to insulin resistance in the liver - thereby raising blood sugar while converting sugar to yet more fat.⁶

It's easy to see how this self-perpetuating “weight gain cycle” spins around and around!

The encouraging news is: the cycle can be reversed.

The act of losing weight helps to gradually unclog the liver, reducing the amount of stored fat and speeding up the metabolism. Losing weight also helps to lower blood sugar, triglycerides and harmful LDL cholesterol.

Whether you've been diagnosed with NAFLD - or you just want to rejuvenate a mildly “clogged” liver and get your metabolism back on track - natural interventions can help. Let's take a look at some of the most effective supplements and techniques for un-clogging your liver and improving sluggish liver function.



ANCIENT WISDOM CONFIRMS: SILYMARIN IN MILK THISTLE HELPS TO FLUSH OUT FAT FROM THE LIVER

Since antiquity, natural healers have used milk thistle (*Silybum marianum*) as the treatment of choice for liver problems. And, it turns out that science backs up this traditional therapy. **The active ingredient in the fruits and seeds of the milk thistle - a flavonoid known as silymarin - is a powerful antioxidant that scavenges harmful free radicals.** Silymarin also helps raise levels of glutathione, an enzyme created in the liver.



Known as the body's "master antioxidant," glutathione functions as the primary detoxifier of the body, binding to toxins and neutralizing them. In fact, glutathione is so indispensable that severe shortages of this all-important substance can cause liver failure. In addition to recycling other depleted antioxidants in the body, glutathione is believed to regenerate liver cells.⁷

Research has supported silymarin's ability to replenish glutathione and combat fatty liver disease.

In an extensive scientific review published in *Diseases*, the authors credited silymarin with reducing the accumulation of fats in the liver, lowering insulin resistance and decreasing inflammation.⁸

And, there's more.

In a separate double-blind placebo-controlled trial published in *Clinical Gastroenterology and Hepatology*, 99 patients with NASH received 700 mg of silymarin three times a day while another group received a placebo. The team found that silymarin lowered levels of biomarkers of inflammation and reduced scarring and liver stiffness.⁹

If you would like to try supplementation, opt for a milk thistle extract standardized to contain 70 to 80 percent silymarin. Natural healers typically advise 420 mg of silymarin three times a day, but discuss the matter first with your integrative healthcare provider.



CONDUCT A “PRE-EMPTIVE STRIKE” AGAINST NAFLD WITH VITAMIN E

This fat-soluble essential vitamin is responsible for a wide range of functions in the body, including boosting immune health, fighting against blood clots and supporting healthy blood pressure.



However, people with NAFLD and NASH often have depressed levels of vitamin E – a particularly unfortunate fact, as this nutrient is a potent antioxidant that reduces oxidative damage and inflammation.

No worries, though - **studies have shown that vitamin E supplementation can help “bridge the gap” and address NAFLD by reducing liver fat and inflammation.**

In one study, 800 IU of vitamin E a day for 96 weeks reduced liver fat and inflammation in patients with NAFLD. In a separate arm of the study, researchers compared the effects of vitamin E with those of pioglitazone, an insulin-sensitizing drug marketed as Actos.

And, an interesting contrast emerged. The team reported that vitamin E caused significant improvement in the appearance of liver tissue on biopsies - a benefit not seen with the pharmaceutical drug.¹⁰

If you'd like to be proactive against NAFLD, remember: by reducing oxidative stress, cutting inflammation and inhibiting liver cell death, vitamin E may play a role in preventing fatty liver disease from developing in the first place.



Natural health experts typically advise supporting liver health with daily amounts of 800 IU of vitamin E. However, get the “thumbs up” from your healthcare provider before supplementing.

As a “pro” tip: For maximum benefit, vitamin E can be taken along with silymarin.

In terms of good food sources, simply increase dietary intake of vitamin E with organic almonds, sunflower seeds, kale and spinach.¹¹

N-ACETYLCYSTEINE RENEWS THE ALL-IMPORTANT “MASTER ANTIOXIDANT” WITHIN THE LIVER

N-acetylcysteine (NAC) is a supplemental form of cysteine, a sulfur-rich amino acid found in high-protein foods. Along with glycine and glutamine, cysteine is one of the three “building blocks” of glutathione.

Like silymarin from milk thistle, NAC supports and replenishes this important compound, helping levels “bounce back” after depletion from oxidative stress. In fact, NAC is so effective in boosting glutathione levels that hospitals use it as a “go-to” treatment to help reverse liver damage in cases of acetaminophen overdose.¹²

Research suggests that NAC’s ability to support glutathione may help “un-clog” the liver, protect against damage from NAFLD and promote healthy liver function.

In fact, several studies have supported NAC’s ability to help liver cells regenerate. And, in studies involving humans, researchers found that a combination of NAC and metformin reduced liver scarring in patients with NAFLD.

Eating foods rich in folate, vitamin B6 and vitamin B12 can help ensure that your body produces healthy levels of cysteine. Foods like, organic lentils, spinach and wild-caught salmon can all help fill the bill.

You can also boost your dietary intake of cysteine directly with cage-free eggs, pasture-raised (organic) chicken, turkey, legumes, raw yogurt and cheese. Just remember, whenever possible, opt for organic foods that are free of synthetic chemicals and genetically modified organisms (GMOs).



Integrative physicians typically suggest NAC amounts between 600 and 1,800 mg a day. However, get the go-ahead from your own physician before supplementing.¹³

“REV UP” HEALTHY LIVER FUNCTION WITH RESVERATROL

A plant compound found in grapes and red wine, resveratrol has generated a lot of “buzz” among medical researchers due to its disease-fighting effects. **With impressive antioxidant and anti-inflammatory capabilities, this versatile flavonoid has been shown to lower harmful LDL cholesterol and protect heart health.**

So, when it comes to un-clogging the liver and turning up the “fat-burning” process, resveratrol might be just what the (integrative) doctor ordered.

In a 2018 study published in *Canadian Journal of Physiology and Pharmacology*, the team concluded that resveratrol improved inflammatory biomarkers, insulin resistance, glucose and lipid metabolism in animals with NAFLD.¹⁴

In addition, studies on humans are quite promising, as well. For example, in a clinical study published in 2019 in *Experimental and Therapeutic Medicine*, the team found that resveratrol “significantly” reduced liver fat and lowered liver enzymes in patients with NAFLD.¹⁵

Natural health experts normally recommend resveratrol amounts of 500 mg a day. Before adding resveratrol to your routine for liver health, check first with your doctor.



GARLIC HAS “ALL THE RIGHT MOVES” FOR REDUCING LIVER FAT

Herbal healers have long relied on pungent garlic cloves to treat a variety of diseases, including respiratory illnesses and heart disease. Now, modern research has shown that **garlic can help discourage unwanted fat from accumulating in the liver.**

A member of the allium family, garlic contains antioxidant constituents, such as S-allyl cysteine, which work in a way similar to resveratrol to reduce the formation of fat in the liver. Like resveratrol and silymarin, garlic can also decrease scarring, inflammation and insulin resistance.

Not only that - but garlic is a good “team player.” In a scientific review published in 2018, the authors credited garlic with increasing levels of other beneficial antioxidants, such as glutathione, catalase and superoxide dismutase.



And, in a study published in the *British Journal of Nutrition*, 90 NAFLD patients took either 800 mg of powdered garlic or a placebo for 12 weeks. By study’s end, the garlic group had significantly less fat in the liver when compared to the control group, along with significant decreases in body weight and body fat.¹⁶

Garlic may be eaten raw or cooked - and is generally recognized as safe when consumed in amounts found in food. Extracts are available in powdered and liquid form - but discuss supplementation first with a knowledgeable integrative physician.



PROTECT AGAINST NAFLD WITH THE “SUNSHINE VITAMIN”

Experts estimate that up to three quarters of the United States population has insufficient levels of vitamin D, a fat-soluble vitamin needed for immune system health. Research has shown that vitamin D deficiencies are associated with increased risk of breast cancer, pneumonia and obesity.

Now, it appears that deficiencies are linked with fatty liver disease as well. In a recent study, researchers found that the risk of vitamin D deficiency is 26 percent higher in people with NAFLD.¹⁷ Noting that shortages of vitamin D cause the release of pro-inflammatory molecules that can contribute to fatty liver disease, the team advised that NAFLD patients receive vitamin D supplementation.

Are you deficient in vitamin D? A simple blood test can answer that question. But, keep in mind, Western medicine typically defines a vitamin D deficiency as blood concentrations lower than 30 ng/mL. It should be noted: many integrative physicians suggest that much higher levels - in the area of 50 to 80 ng/mL - are needed to maintain health.

To ensure adequate levels of vitamin D, natural health experts advise getting 20 minutes of direct sunlight, as many times per week as possible. Naturally, the pigment of your skin and angle of the sun will have a lot to do with your ability to produce enough vitamin D from sun exposure.



In terms of (healthy) food sources of vitamin D, you can boost your intake by eating cold-water oily fish such as wild-caught salmon, sardines or mackerel. Plus, 100% grass-fed red meat, liver and pasture-raised egg yolks are other healthy choices.

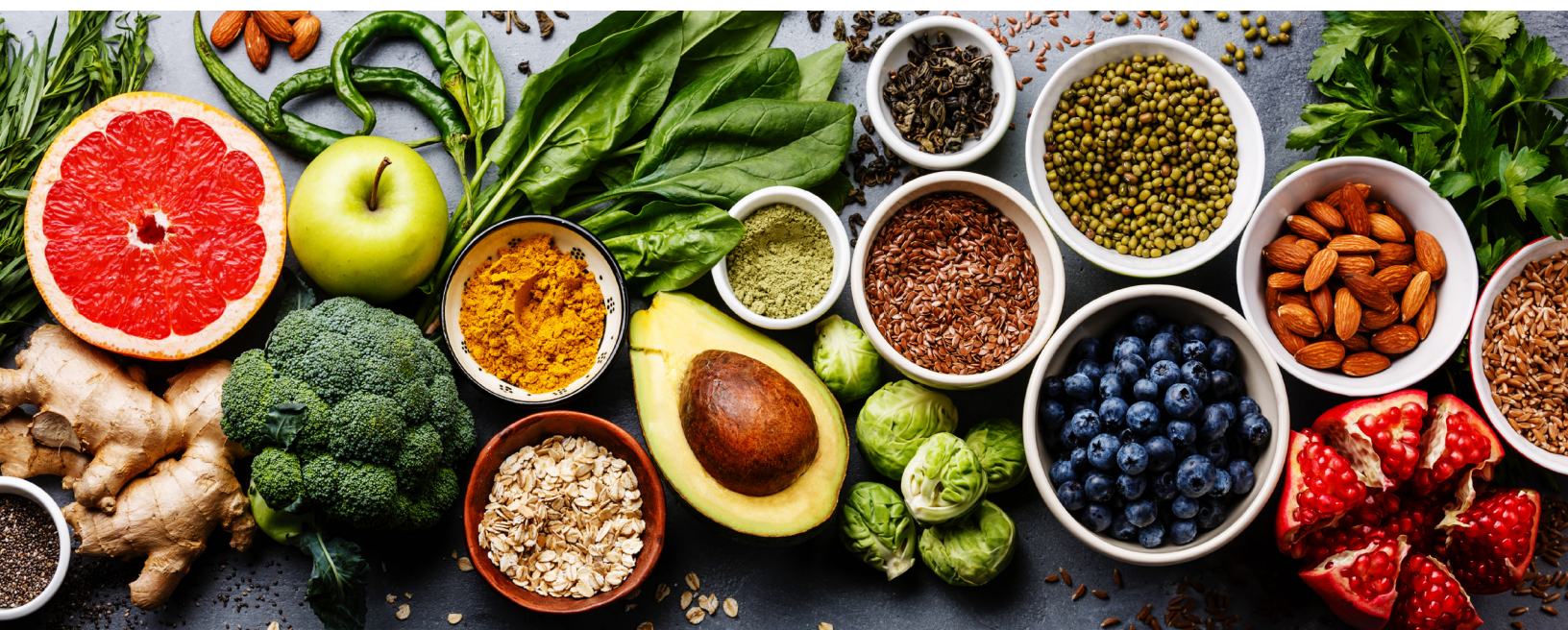
Depending on your personal health status, supplementation may be necessary to correct (and maintain) optimal vitamin D levels. Natural health experts recommend vitamin D3 – or cholecalciferol – as more effective in raising levels than vitamin D2 (ergocalciferol), the plant-based form.

To correct major deficiencies, integrative healthcare providers might advise typical vitamin D amounts of 5,000 to 8,000 IU a day - but proper amounts can depend on age, weight, sex, health status and even the climate in which you live. As always, check with your doctor before supplementing.

PROMOTE LIVER HEALTH NATURALLY WITH THE PLANT-BASED MEDITERRANEAN DIET

Of course, proper nutrition can go a long way towards un-clogging a stubborn liver and promoting healthy function and metabolism.

The Mediterranean diet - a healthy way of eating that emphasizes fruits, vegetables, antioxidant spices, whole grains, nuts and olive oil - is associated with improved heart health and longevity. It can also strongly benefit liver health.



The diet's abundant amounts of dietary fiber help to absorb fat, cholesterol and toxins from the liver, while anti-inflammatory omega-3 fatty acids help to dislodge fat. Other liver-nourishing foods found in the Mediterranean diet include cysteine-rich cruciferous vegetables - such as Brussels sprouts, broccoli and cauliflower, and green leafy vegetables such as spinach and (liver-cleansing) dandelion greens.¹⁸

By the way, when it comes to un-clogging the liver, most knowledgeable natural health experts discourage extended periods of fasting. Although "intermittent" fasting may be beneficial.

Keep in mind, without sufficient protein, the liver's ability to perform metabolic and detoxifying tasks can be impaired. In fact, the liver needs protein to get itself into metabolic action.

When it comes to clearing a congested liver - and coaxing a lethargic metabolism back to "cruising" speed - remember: slow and steady weight loss is preferable to dropping pounds quickly.

While the typical Mediterranean diet supplies high-quality protein through moderate amounts of meat and fish, it may be a good idea to add whey protein to your diet. This nutritious product can play a major role in reducing fat build-up in the liver.

For example, in a 2019 review published in *Nutrients*, researchers noted that obese women who ate 60 grams of whey protein daily for four weeks decreased liver fat by a substantial 20 percent.¹⁹

Of course, steer clear of refined and added sugars, white flour, alcohol, GMOs, trans fats, fried foods, fast foods and junk foods.²⁰

Finally, drinking plenty of pure, filtered water can promote proper hydration and help to flush out toxins and excess fat.



“RE-ROUTE” FAT FROM YOUR LIVER WITH A REGULAR EXERCISE ROUTINE

If you would like to help your liver avoid becoming an emergency back-up destination for fat, consistent exercise is the key. Regular physical activity creates a demand for calories to flow to muscles and turns on the genes that promote healthy metabolic function.

There is ample medical testament concerning the ability of exercise to unclog the liver. In a study published in *Hepatology*, obese adults who followed a simple four-week program of aerobic cycling and stretching were able to reduce fat deposits in the liver by a significant 21 percent.²¹

Even exercising moderately - with as few as two 40-minute sessions a week - can help prevent fat from being deposited in the liver.

The National Institutes of Health recommends a total of two and a half hours of aerobic exercise - such as running, swimming, dancing or hiking - a week.²² Strength training, which regulates and improves growth hormone signaling, can also be beneficial.

If you have been inactive for some time, consult first with your integrative physician or health coach to create a workout program that's right for you.

By utilizing natural nutrients, supplements and simple lifestyle techniques, you can spark a sluggish metabolism and help slow, or even prevent, the progression of fatty liver disease. It's never too early (or too late) to take steps along the road towards a healthier, happier liver.



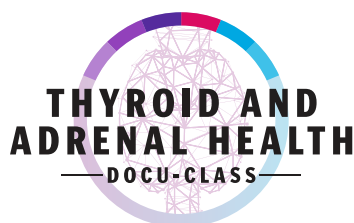
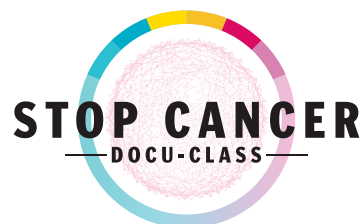
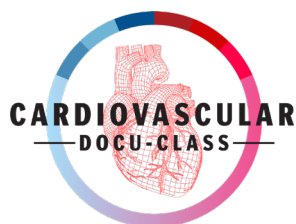


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