

The
9 Foods
You Must Avoid

If You Have A
Fatty Liver



FixYourFattyLiver.com

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9 Foods You Must Avoid If You Have A Fatty Liver

Dear Fatty Liver Sufferer,

Welcome, and thank you for taking your liver health seriously. My name is Jonathan Mizel. I'm a writer and Internet researcher who specializes in health and wellness, with a **specific** focus on helping people naturally reversing fatty liver disease.

I created the bestselling program [Fix Your Fatty Liver™](#) because since I was diagnosed, I was surprised how little usable, accurate information was available on the topic.

In this short report, you will discover 9 foods that are literally **killing** your liver, leading to conditions like NASH, NAFLD, and fatty liver symptoms that literally deprive you of your health and happiness, and may cause...

- * Extra weight on your belly, thighs, or hips
- * High cholesterol
- * Tiredness and sluggishness
- * Mental fog and trouble focusing attention
- * Vision that is blurry or sensitive to light
- * Soreness in your back or right side
- * Diarrhea or irregular bowel movements
- * Red and itchy eyes
- * Syndrome X or heart disease
- * Dark or brown urine
- * Insulin resistance or diabetes
- * Trouble consuming alcohol
- * Yellowish skin

Of course, there's more to reversing fatty liver than just avoiding these 9 foods, but this will be a good start towards improving your overall health, and may help you feel better in days or weeks, even if you do nothing else.

I urge you to take this seriously, before your condition turns into something more serious. Please don't wait until it's too late to reverse the damage, which can include scarring, fibrosis, cirrhosis, liver failure, even cancer.

You must stop the poisoning before you can start the healing

There are a number of big benefits beyond a healthy liver when you remove these toxic items from your life.

- Your brain becomes sharper
- You sleep easier and more deeply
- Your senses improve (taste, smell, touch, sight, and hearing)
- You find yourself feeling less stress, anxiety, and depression
- You breathe easier
- Your inflammation and joint pain lessens
- Your skin and hair begin looking strong and healthy
- You lose weight

The healthier and happier you are, the better your liver functions. And your better your liver functions, the healthier and happier you are.

It's a beautiful circle!

But be warned, it also works in the other direction, and instead of circling up, you may find yourself circling down. If that's happening to you, this report is designed to help you begin healing your liver and body with the most powerful tool you have: Your diet.

A Word About Stress And Liver...

Before we talk about food, be aware that mental stress triggers the release of hormones (specifically norepinephrine, adrenaline, and cortisol), which can be extremely hard on your liver.

When stress is short-lived, or infrequent, those hormones are dissipated as your anxiety goes away. The problem is when you experience severe and repeated stress over long periods of time.

In the [Fix Your Fatty Liver™](#) program, we reveal how to literally reset your nervous system into a relaxed and happy state with a few tricks learned from a meditation expert.

But if you haven't gotten our program yet, worry not. The quick solution is to begin practicing some sort of relaxing activity every day. It can be anything you choose...

- Start meditating - Not only is meditation and breath-work deeply relaxing, it can help you find the inner strength to change unhealthy habits and reverse old patterns that may be holding you back.
- Take a yoga class - Or a Pilates class, or even a stretching class. Anything to help you become more aware of your body. The more aware you are, the better you can gauge your own health.
- Spend more time in nature - The physical beauty and fresh air will inspire you to imagine a better future for yourself.
- Get more massages - Seriously, a great massage can put your body into what's known as a parasympathetic state, which helps your liver naturally detoxify itself.

OK, on to the food...

Avoid These 9 Things If You Want A Happy Liver

A lot of these foods are NOT going to be a big surprise, but some might be. Many people appreciate a reminder of what's good and bad, especially since there's so much temptation and confusion around what to eat these days.

Our goal is to help you make a shift to a healthier diet by reminding you in this report what not to consume, so you can begin your 'Healthy Liver Journey' and get your body back in shape.

Your goal should be to start paying attention to what you put into your body and how it makes you feel when you do.

Realize that most eating is automatic – we see something familiar, for example, a hot dog – and the next thing we know, we've slathered it in sugary relish and ketchup and stuffed it into our mouth without really thinking about it.

Not to pick on hot dogs or anything, but if you were really paying attention, would you have made it so sweet? Would you have eaten it in 3 bites? Heck, would you have even picked it up to begin with? Use this report to help:

- Break out of your old food patterns
- Become aware of what you eat and drink
- Start reading food labels
- Pay attention to have certain foods make you feel

You can do this. If you downloaded the report, and have already taken the first step towards recovery by educating yourself. The food companies make it very difficult to know what is actually harming our livers, and being aware is the first step to reclaiming control of your life.

So let's take a look at the nine things to avoid if you want a healthy liver, and see if we can get you started on the right track...

1. Avoid Alcohol

Of all the things you ingest, alcohol should be avoided entirely. If your liver is compromised, or fatty, or if you have hepatitis, cirrhosis, fibrosis, or scarring of any kind, alcohol is literally poison, not to mention it's carcinogenic (causes cancer).

Even if your fatty liver is of the non-alcoholic variety, drinking is still dangerous because it reduces the functionality of the part of your liver that's still healthy (ie. the part keeping you alive).

I'm not saying you can never drink again, but virtually all responsible doctors and liver experts will recommend you take a break from alcohol while you are in recovery, especially if you want to reverse existing damage.

Not only will your liver thank you, but it's a lot easier to lose weight and stay healthy when you are abstaining from alcohol. Your digestion improves, and so does your sleep.

2. Avoid Foods with Refined Sugar

In spite of what you may have heard, sugar is even more dangerous than fat when it comes to liver health. The worst is refined white sugar and that old devil, high fructose corn syrup (also called HFCS). Sugar and HFCS are found in a whopping 80% of all processed foods, and are difficult to avoid unless you carefully read food labels.

Of course, you already know candy, soda, desserts and baked goods should be avoided. But sugar has even made its way into salty food like soup, crackers, salad dressings, and chips, which is why they are so addictive.

Processed fruit juices, energy drinks, supposedly "healthy" cereals, and condiments (I'm talking to you ketchup) often contain dangerous levels of "hidden" sugar and high fructose corn syrup, which damage your liver and deteriorates your overall health.

The end result is inflammation, insulin resistance, diabetes, heart-disease, and many other serious conditions, all of which wreak havoc on your liver.

3. Avoid Processed Grains

Whole grains like oatmeal, quinoa, and brown rice are healthy, but refined and processed grain products (including white pasta, white bread, white rice, and cornmeal)

are not. Any food made with white flour should also be avoided, which means cookies, crackers, snack foods, cakes, and sweetened breakfast cereals.

White flour is sometimes listed as “wheat flour” to make it sound like whole wheat, but unless it includes the word whole, it’s probably highly refined. That means it acts exactly like sugar does in your body, spiking your insulin, and creating a diabetic response that causes weight gain and hormone imbalance.

In fact, there are many doctors and nutritionists who say you should avoid processed grains as much as sugar because the result is the same as far as your liver is concerned.

In his famous book *Wheat Belly* (available on Amazon), Dr. William Davis says...

“As a cardiologist who sees and treats thousands of patients at risk for heart disease, diabetes, and the myriad destructive facts of obesity, I have personally observed protuberant flop-over-the-belt, belly fat vanish when my patients eliminated wheat from their diets.”

Pretty powerful quote, and even if you don’t have a gluten allergy, it may be worth it to take a break (or at least cut back) on foods with wheat for a while.

4. Avoid Soft drinks

A number of studies show that people who drink soft drinks have an increased risk of developing Non-Alcoholic Fatty Liver Disease (NAFLD). Most soda is literally loaded with HFCS and sugar.

But, you might be surprised to learn that even diet soft drinks are bad for your liver. The sweetener aspartame is a chemical that needs to be processed by your liver, along with all the other chemicals and preservatives in soda.

Not only are these artificial sweeteners hard to digest, but aspartame can literally trick your body into producing insulin to remove sugar that’s not there, leading to highs and

lows that throw your whole metabolism out of whack and interfere with your digestion and blood sugar levels.

5. Avoid Most Saturated Fats

If you have a fatty liver, the fats contained in animal products are very likely making things worse. Of course, some meats are harder on your liver than others. Please eliminate all processed meats like salami, bologna, and hot dogs, as well as fatty beef, lamb, and fried foods.

Saturated fats make your liver work extra hard during the digestive process, which can give you a belly ache. Because they don't fully digest, the fat may even creep into your bloodstream as well as your liver, making you feel sick, bloated, and inflamed.

I recommend cutting back on animal products during your healing process, but if you can't live without them, stick to organic and free range poultry and wild caught fish like salmon, trout, or snapper. Avoid farmed fish or bottom feeders (like catfish), which may be contaminated with pollutants.

6. Avoid Most Dairy

The liver is not fond of most dairy because of the saturated fat. But many dairy products also contain dangerous levels of antibiotics and hormones, which can damage the liver.

Absolutely avoid margarine, lard, shortening, butter, mayonnaise, and cream-based salad dressings. If it gets hard as it cools, especially when refrigerated, it's something to stay away from until your liver gets healthy again.

Organic skim milk or 2% is probably OK for most people, but even better are the many delicious alternative milks, which are much healthier, and may even cost less. Our favorites are almond, hemp, coconut, and oat, but feel free to try some new ones.

7. Avoid Oversalting Food

Most Westerners, and those in other countries who have adopted our Standard American Diet, put alarmingly high levels of salt and sodium on their food.

This leads to greater than normal rates of heart disease, brain disorders, and most of all, dehydration, which can make your fatty liver feel even worse than it is. The liver needs liquid, specifically water, to help it flush itself out.

8. Avoid Food With Aflatoxins (Like Corn Or Peanut Butter)

Aflatoxins are a family of toxins produced by certain molds found on agricultural crops such as corn, peanuts, cottonseed, and tree nuts. Aflatoxins are actually poison – they mutate the DNA in your liver and digestive tract, destroying tissue on a cellular level. The National Cancer Institute even put this warning on their Web site...

“Exposure to aflatoxins is associated with an increased risk of liver cancer.”

Bottom line is if you have a liver problem, you should probably avoid corn, peanut butter, and cottonseed oil, as well as anything else where aflatoxins might be present.

9. Avoid Genetically Modified Foods

Genetically modified foods are not dangerous in and of themselves, but they are often grown with a specific herbicide known as glyphosate, which gets onto the food and ultimately into your body.

Glyphosate is a known liver toxin and should absolutely be avoided. A number of scientific studies linked fatty liver symptoms, including fat infiltration, inflammation, and damage, to glyphosate consumption.

What to do now?

In a perfect world, you would stop eating every one of those dangerous foods, and would never consider touching them again.

But we do not live in a perfect world, do we. ;-)

We live in a world driven by convenience, social pressure, budgets, last-minute decisions, and lots of marketing by big food conglomerates.

This is a world where our choices are not always under our own control, where we are getting fed by others, or eating as a family, or going out, and sometimes we need to compromise our ideal diet, in order to get fed.

So consider these as guidelines to follow, not hard and fast rules. (Unless of course, you are under a doctor's orders, in which case, do as you are instructed.)

The most important thing is to simply become aware of what you are putting into your body and how you feel when you do:

- How much sugar?
- How many processed foods?
- How many potential toxins?

Then, you will have the power to minimize their consumption.

Read food labels, cook for yourself when possible, and stop eating when you are full, instead of trying to "clean your plate." Constant overeating is a far more serious concern than having an occasional hot-dog.

Try Our New Fix Your Fatty Liver™ Program

Fixing your fatty liver is NOT impossible. Heck, it's not even that hard if you have a system to follow. Unlike what you may have been told, there is a natural treatment program that really works.

A system that covers diet, cleansing, supplements, dealing with environmental toxins, and movement. Thousands of people are already using it to feel better and reverse their condition, and if you are ready, you are invited to join them.

Please Act Quickly!

Listen, you really want to take action now. If you have any symptoms at all, you do NOT want to wait until your fatty liver turns into cirrhosis or liver cancer.

The longer you put this off, the harder it's going to be to recover, and at a certain point, you could even need a liver transplant.

Please don't wait that long!

If you value your health, your family, and your life, pick up the [Fix Your Fatty Liver™](https://www.FixYourFattyLiver.com) program now. It's completely guaranteed for 60 days and comes with everything you need to fix the core issue that's causing your fatty liver, and not just the symptoms.

<https://www.FixYourFattyLiver.com/program>

You owe it to yourself to try this.

Sincerely,

Jonathan Mizel

Jonathan Mizel

PS: There are some great bonuses when you pick this up today. Take a look at the link and see for yourself.

PPS: If you are wondering what you CAN eat, get the program today!