Liver – Fatty Liver Protocol

![d7_fatty_liver_disease[1]]()

![liver3[1]]()

Causes of a Fatty Liver:

* Poor food choices
* Excessive use of alcohol
* Exposure to toxins
* Insulin resistance
* Side effects from drugs

Natural Health Recommendations:

1. Lecithin – optimal amounts to emulsify fat
2. Do “The Rejuvenating Body Cleanse”
3. DTX – at least 2 per day after the cleanse for 4 months
4. Alfalfa – optimal amounts to cleanse the blood and alkalize the body
5. Turmeric – 1 teaspoon per day
6. Optimally healthy diet
7. If blood sugar is a problem, use Glucose Regulation Complex (or the Shaklee 180 Metabolic Boost as your daily multiple vitamin/mineral)
8. OmegaGuard (Omega 3 Complex) – to reduce your risk of blood clots

NOTE: There are other supplements of benefit ... if you wish to be more proactive, talk to your health consultant