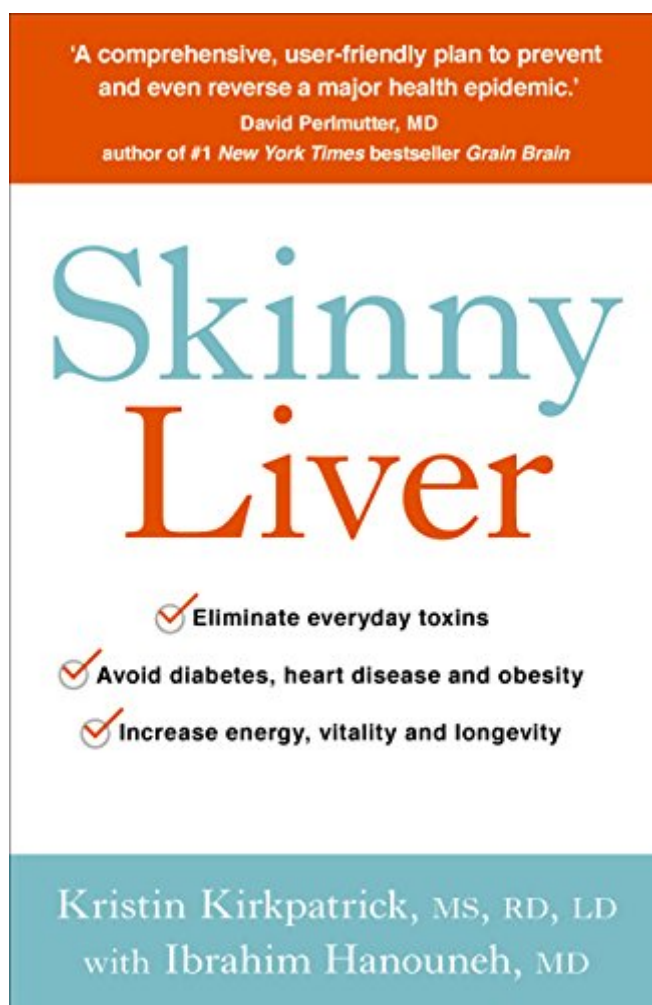


The book was found

# Skinny Liver: Lose The Fat And Lose The Toxins For Increased Energy, Health And Longevity



## Synopsis

Over 18 million people in the UK alone have Non-alcoholic Fatty Liver Disease (NAFLD), and many of them don't even know they have it. As the name implies, this has little to do with the alcohol you drink and everything to do with lifestyle factors that we all have the power to change – if we know how to. Everyone is talking about gut health, and cleanses are so ubiquitous that we are now over the very word, but what about our original cleansing, detoxing, seat-of-all health organ, the liver? Award-winning dietitian Kristin Kirkpatrick and hepatologist Dr. Ibrahim Hanouneh have teamed up for a life-changing program that will help you achieve optimal health. Skinny Liver's four-week program shares the steps you can take to get your liver health back on track, with everything from exercise to healthy eating and other lifestyle changes, along with delicious liver-friendly recipes. Written by two experts in the field and based on the latest research, Skinny Liver is an authoritative, easy-to-follow guide to health and wellness, not just for your most essential organ, but for your whole body.

## Book Information

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## Customer Reviews

This is a great book. Very informative and covers diet and exercise and how that works together. I

highly recommend this book!

Great book.

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Skinny Liver: Lose the fat and lose the toxins for increased energy, health and longevity Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) Fatty Liver: The Ultimate Step-by-Step Guide To Understanding and Reversing Fatty Liver Disease (Liver Cleanse, Nutrition, Liver Cleanse, Healthy Living, Revitalise Health, Detox Body, Weight) PLD Diet The Liver: An Alkaline Diet Geared to Liver Health of a PLD Polycystic Liver Disease Skinny Liver: A Proven Program to Prevent and Reverse the New Silent Epidemic&#151;Fatty Liver Disease Non Alcoholic Fatty Liver Disease Liver Cleanse Diet & Recipes: because a happier liver makes a happier life. Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Eating for Life: Your Guide to Great Health, Fat Loss and Increased Energy Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Bulletproof Diet Cookbook For Beginners: Quick and Easy Recipes and Smoothies to Lose Fat and Increase Energy (Lose Up To A Pound A Day, Reclaim Energy and Focus, End Food Cravings) Fatty Liver Cookbook & Diet Guide: 85 Most Powerful Recipes to Avert Fatty Liver & Lose Weight Fast Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) The Skinny Hot Air Fryer Cookbook (Cooknation: Skinny) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) The Simple Liver Cleanse Formula: Detox Your Body, Eliminate Toxins, And Feel Like a Superhuman! Happy Liver:

# How You Can Improve Your Liver's Function for Optimal Health and Beauty

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