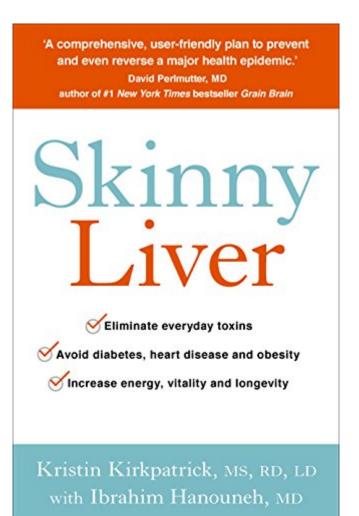


## The book was found

# 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 â " 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**

File Size: 10150 KB Print Length: 304 pages Publisher: Ebury Digital; 01 edition (February 2, 2017) Publication Date: February 2, 2017 Language: English ASIN: B01M7O8FF9 Text-to-Speech: Enabled X-Rav: Not Enabled Word Wise: Enabled Lending: Not Enabled Screen Reader: Supported Enhanced Typesetting: Enabled Best Sellers Rank: #1,868,165 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #99 in Books > Medical Books > Medicine > Internal Medicine > Hepatology #7175 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Healthy Living #321721 in Books > Health, Fitness & Dieting

#### **Customer Reviews**

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

#### Great book.

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

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