

Non-Alcoholic Fatty Liver Disease -100 Million Americans Affected, Learn What To Do.

Nonalcoholic Fatty Liver Disease

Non Alcoholic Fatty Liver Strategy is your guide to treating this disease with detoxification, correct diet and exercise. Unlike other programs, this one is designed for people who don't have time to spend hours at the gym doing intense workouts or eating super restrictive diets. It's a practical approach to treating this problem safely and naturally, and

in a way that you can continue with moving forward. Non Alcoholic Fatty Liver Strategy is designed to treat the stage of non alcoholic fatty liver disease you're heading towards, instead of the stage you're in. By doing so, you can slowly work your health backwards and you only need 28-days.

Fatty liver disease, or hepatic statuses, is a liver disorder which occurs when there is too much fat in the liver and has two types - alcoholic fatty liver (AFL) and non-alcoholic fatty liver disease (NAFLD). The first one, alcoholic in nature, is about as common and as many as heavy alcoholic drinkers. These people are those who take in more than 60g of alcohol per day. However, even moderate (but regular) drinkers are also susceptible to the disease. Because of its singular cause, it is easier to treat compared to non-alcoholic liver fat disease.

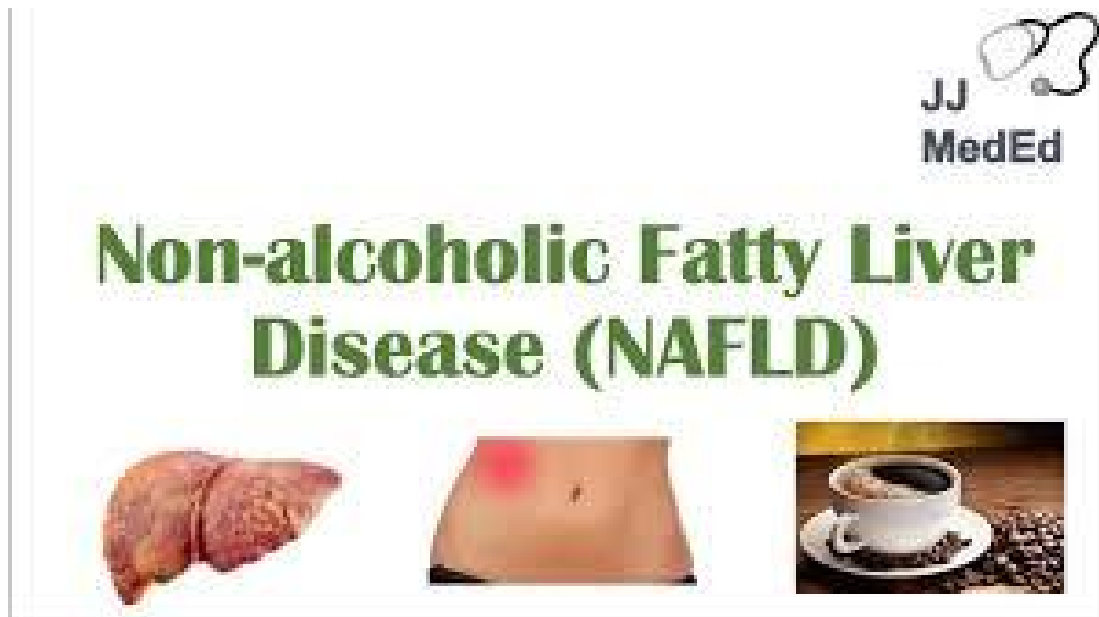
The second type, non-alcoholic in nature, is different from the former because of the causes and the rate of how fast each develops. The accumulation of fat in the liver is due to one or more non-alcoholic causes such as high-fat diet, obesity, diabetes mellitus, high triglyceride, and hypertension. Although it is the most common form of liver ailment, non-alcoholic disease is considered more difficult to treat due to its various possible sources. Numerous research studies have also concluded that it may lead to cirrhosis, liver cancer, hepatocellular carcinoma and eventually liver failure.

Non-alcoholic fatty liver can be prevented (or even reversed) through proper diet. It is generally asymptomatic, which means it does not show symptoms at its early stage. Usually, the symptoms reveal themselves when the condition has progressed to a more severe state, which is more dangerous.

A proper and healthy diet that can help worsen non-alcoholic liver disease consists of low fat or non-fat food, high fiber intake, and complex carbohydrates. One should also consider the essential vitamins, minerals, and food groups to determine the specific meals to take each day in order to treat non-alcoholic fatty liver disease.

Nonalcoholic fatty liver disease (NAFLD) is the buildup of extra fat in liver cells that is not caused by alcohol. It is normal for the liver to contain some fat. However, if more than 5% – 10% percent of the liver's weight is fat, then it is called a fatty liver (steatosis). The more severe form of

NAFLD is called nonalcoholic steatohepatitis (NASH). NASH causes the liver to swell and become damaged.



WHAT IS NON ALCOHOLIC FATTY LIVER STRATEGY ABOUT?

Fatty liver disease can lead to liver failure if left untreated. However, you don't have to do extreme dieting and exercising to begin treating it. Non Alcoholic Fatty Liver Strategy is an online program that teaches you how to detoxify your body, correct your diet and exercise to burn more fat. Scientists at the University of California did a study that contained the remedy found in this program they found that people experienced **reduced cholesterol, reduced insulin resistance** and reduced blood pressure, as well as a 7% reduction in liver fat. And everything you need to receive the same benefits is right in this program.

Non Alcoholic Fatty Liver Strategy is a comprehensive system that takes the time to educate you on this serious disease. It contains valuable information that goes into the causes, symptoms, diagnosis process, gut health, environmental factors and much more. Then, it takes what you've learned and puts it together into a step-by-step process based on three pillars:

Detoxify
Exercise
Diet

These three pillars are broken down into a four-phase process that includes exercise recommendations, food lists, recipes, a 28-day detox plan and much more. It gives you the knowledge needed to understand the disease and the remedy, and then it puts it all together in a simple, easy-to-follow system. It's all about taking small steps for big change and does not require you to do intense cardio workouts or to follow a super restrictive diet that leaves you hungry and miserable. The system is designed to be just as enjoyable as it is practical to ensure you can continue with it moving forward to maintain your new liver health. I'll explain this in more detail in just a moment but first, it's worth mentioning that you receive immediate access to the program as soon as you purchase. This means you can start tackling this dangerous disease as early as today and all you have to do is download the content onto your smartphone, tablet, laptop or computer. There is also an option to get the program in physical form, but I highly recommend downloading it as this ensures you have everything you need, wherever you go as long as you have your tech device.



WHO IS THE AUTHOR OF NON ALCOHOLIC FATTY LIVER STRATEGY?

Julissa Clay is a natural health expert who has produced a vast array of effective programs designed to help people treat their health concerns, illnesses and diseases safely and naturally. Julissa teamed up with the reputable Blue Heron Health News platform for Non Alcoholic Fatty Liver Strategy to provide a trustworthy place for people to get back to optimal health.

QUICK SUMMARY OF NON ALCOHOLIC FATTY LIVER STRATEGY:

Non Alcoholic Fatty Liver Strategy is a comprehensive program that teaches you the steps needed to treat non alcoholic fatty liver disease. It focuses on changing your lifestyle, lack of movement and the environmental toxins (the main causes of this disease), so you can have control over your liver's health. The system comes with an abundance of valuable information that is then put into easy-to-follow step-by-step regimes, complete with food lists, recipes, exercises and more.

Can nonalcoholic fatty liver disease cause complications?

The main risk of NAFLD is cirrhosis, which can limit your liver's ability to do its job. Once you've been diagnosed with cirrhosis, it can't be reversed, but there are treatment options that can slow it down, or stop it.

If cirrhosis is not slowed or stopped, it can result in liver failure, which means your liver can no longer do its job. This may mean you'll need a liver transplant.

Liver cancer is another possible complication of untreated cirrhosis.



What is the outlook for nonalcoholic fatty liver disease?

If you've been diagnosed with nonalcoholic fatty liver disease, sticking to recommended lifestyle changes may be enough to preserve good liver health for a long time. You may even be able to reverse liver damage in the earliest stages of the disease.

Even if you don't feel any symptoms from NAFLD, that doesn't mean liver scarring isn't occurring. If you believe you may be at risk for developing this condition, your doctor can help you figure out if you need any additional testing done.

The good news is that the same lifestyle choices that can manage NAFLD can also help manage, or reverse, other health issues such as type 2 diabetes, high cholesterol, and metabolic syndrome.

Symptoms

Fatty liver disease is sometimes called a silent liver disease. This is because it can happen without causing any symptoms. Most people with NAFLD live with fat in their liver without developing liver damage. A few people who have fat in their liver develop NASH.

If you have NASH, you may have symptoms that could take years for them to develop. If liver damage from NASH leads to permanent scarring and hardening of your liver, this is called cirrhosis.

Symptoms from NASH may include:

Severe tiredness

Weakness

Weight loss

Yellowing of the skin or eyes

Spider Like blood vessels on the skin

Long-lasting itching

NASH that turns into cirrhosis could cause symptoms like fluid retention, internal bleeding, muscle wasting, and confusion. People with cirrhosis over time may develop liver failure and need a liver transplant.

Who's at risk

Health care providers don't know the exact cause of fatty liver disease. But they think that obesity is the most common cause. Obesity in the U.S. has doubled in the last decade, and health care providers are seeing a steady rise in fatty liver disease. Although children and young adults can get fatty liver disease, it is most common in middle age.

Risk factors include:

Being overweight

Having high blood fat levels, either triglycerides or LDL (“bad”) cholesterol

Having diabetes or prediabetes

Having high blood pressure



Diagnosis

Fatty liver disease can happen without causing any symptoms. It’s usually diagnosed when you have routine blood tests to check your liver. Your health care provider may suspect fatty liver disease with abnormal test results, especially if you are obese.

Imaging studies of your liver may show fat deposits. Some imaging tests, including special ultrasound and MRI scans can help diagnose the disease and spot scar tissue in the liver. But the only way to be certain that fatty liver disease is the only cause of liver damage is with a liver biopsy. A liver biopsy involves getting a tissue sample of your liver with a needle. The needle removes a small piece of liver tissue that can be looked at under a microscope. Here’s how your health care provider makes the diagnosis:

If you have fat but no inflammation or tissue damage, the diagnosis is NAFLD.

If you have fat, inflammation, and liver damage, the diagnosis is NASH.

If you have a type of scar tissue in your liver called fibrosis, you may be developing cirrhosis.

Living with fatty liver disease

If you are living with **fatty liver disease**, learn as much as you can about your condition and work closely with your medical team. Since many medications can harm your liver, always let all your health care providers know about any medications you are taking. These include OTC drugs, dietary supplements, and vitamins. Other ways to manage fatty liver disease include maintaining a healthy weight, eating a balanced diet, getting regular exercise, and continuing to avoid alcohol.



Non-Alcoholic Fatty Liver Disease (NAFLD)

Hunderdon
Gastroenterology
Associates
Member Center of the National Digestive Diseases

ADVANTAGES OF THE PROGRAM:

The first advantage of using **Non Alcoholic Fatty Liver Strategy** is that it gives you a 100% safe and effective treatment plan. It's been tested by scientists and proven to work, which is always a great factor. I also really liked how it provides you with valuable information well throughout the system to ensure you aren't walking into your treatment plan blinded. You know how the liver works and how it affects your health, the factors that are causing your condition, and much more. Then, everything is put together for you in easy-to-follow regimes. It's simple yet powerful, designed for everyday people who don't have time to spend hours at the gym or cooking up gourmet meals.

Another feature I found to be a huge benefit was the fact that it's digital. This allowed me to download the program right onto my electronic devices, which ensured I had the system and information needed regardless of where I was. Having the option to get it in a physical version was also nice.

NonAlcoholic Fatty Liver Strategy is a simple program that provides you with everything you need to understand your condition, how it's affecting your health, and what needs to be done to begin treating it. All of the information is easy to follow and broken down for you in steps, recipes and food lists, so all you have to do is follow along.

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