3 Steps to Reverse Fatty Liver Naturally (Backed by Science) Transcript

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Introduction to Fatty Liver Reversal

If you have been told that you've got fatty liver disease or your liver enzymes have elevated but you feel fine and you ask your doctors about how to reverse this fatty disease but they are unable to prescribe you a medication.

then listen carefully. The first thing you need to know, fatty liver disease doesn't start in your liver. It's actually a metabolic and inflammatory problem that ultimately shows up as fatty disease.

Now here's the good news. Fatty liver is reversible, but you have to fix the right systems which are broken in the body. And this is where in today's video I am going to share with you three science backed steps which are completely natural that you can do today itself that are going help improve your fatty liver disease.

And no, these are not just simple health trends or these not detox your liver. These are actual science based steps that will help you improve. Hi I am Dr Anshul Gupta, a former Cleveland Clinic functional medicine physician from US.

I help people improve their chronic diseases by making personalized functional medicines plans.

Why Fatty Liver Happens

Fatty liver disease is on a rise. Several people have been diagnosed with fatty liver diseases but unfortunately there is no medication to improve the disease so they are looking for ways to reverse it.

Now this is where most people don't even understand why fatty liver disease is happening. They feel this fatty-liver disease either because they are drinking too much alcohol or eating too fat.

While in reality, the fatty livers disease happens because there is tooo much fat that your liver cannot process. And the reason is because of insulin resistance which is happening in your body because poor diet as well as no exercise routine in life.

The second reason high amount of chronic inflammation in the system which overburdens your liver and doesn't let it function. Third reason poor gut health.

Gut and liver are connected intricately. And when your gut is poor that ultimately affects your Liver. and then in the end your liver gets sluggish and not able to detoxify properly and that leads to accumulation of this fat around your livers.

Now why people should be concerned about fatty liver disease? Because if you leave fatty livery disease untreated then on the long-term basis it can lead to liver failure because the damage to the liver is happening day in day out and this is where my three-step process has helped several people in reversing their fatty-liver disease So let me share with you these three easy steps first and then how you can easily follow on your life that is going to help in improving your fatty liver disease.

Step one is improving the insulin resistance.

Step 1: Improve Insulin Resistance

Now most people think insulin is only related to diabetes but the new research suggests that your insulin levels can be running high much before then you are diagnosed with diabetes and these high amount of insulin levels in your body ultimately leads to fatty liver disease.

So when you have insulin spikes or when your insulin level are high then it sends signal to your liver to convert the sugar into the fat. This excess conversion of sugar to the fats gets deposited in the liver cells.

Plus because of this high insulin, there is too much inflammation on your cells that decreases the efficiency of your liver cells. And that's the first mechanism which starts this process of fatty liver disease.

Now why does insulin spike happens? Because we are eating too much processed food which can be white flour, lot of sugary snacks as well as simple carbohydrates which include bread as anything which is made from simple wheat flour.

And plus when we are eating, we're not combining this simple carbohydrates with either protein or fat. So this is what you need to do today. First of all, reduce the amount of processed food in your diet.

The sugary drinks or amount sugar also needs to decrease. Again, try to limit simple carbohydrate which are white rice. breads as well as anything which is made from white wheat flour and the second thing you need to do is that with every meal you eat whether it is breakfast, lunch or dinner you, eat non-starchy vegetables like your greens, your cabbages, cauliflowers, broccolis and other vegetables as you as eat protein with your meals.

Both of these things will reduce that insulin spike so that will again reduce the accumulation of fat around your liver. And the next thing you can do is that go for 10 to 15 minute gentle walking after your big meals like your lunch or dinner.

That is going to significantly reduce the insulin spike and your liver will not accumulate any more fat. So that's the step one. Easy enough. Make sure you eat proteins and vegetables with your meals and go 10-15 minutes walk after meals.

Let's talk about step 2. The step two is reducing the liver inflammation. Whenever inflammation levels are high in your body, it starts damaging your liver cells and so they are not able to repair themselves.

Plus, high amount of inflammation blocks fat burning in the livers so your livery cannot recycle the fat and cannot burn it. So ultimately it accumulates in liver as fatty liver.

What increases inflammation in body? Again, eating too much processed food is one reason. Second reason is poor gut health. Third reason, is not including foods which actually reduce inflammation in your body.

Step 2: Reduce Liver Inflammation

And the last reason not having any body movement. So how to fix it? First of all, start including food which keep your inflammation levels low. Out of those foods, the first food over here is start eating turmeric.

Turmeric has a compound called curcumin which not only reduces inflammation in general but also reduces the inflammation of your liver cells. The second food to include is omega-3 fatty acids which can come from fatty fishes like tuna, salmon or it can also come vegetarian sources like chia seeds, flaxseeds, almonds and walnuts.

Now to jump start your Liver healing, I will recommend you to have an anti-inflammatory supplement that has turmeric, Ginger, Quercetin, Boswellia into it.

All of these herbs will heal your liver and reduce inflammation into your body. This is where I have created a very special supplement called Inflama Pro which have all of the anti-inflammatory herbs in one capsule.

The link will be in the description if you want to buy it! After fixing your inflammation in step 2, let's move towards step 3. Step 3 is healing the liver, gut connection and also unblocking your detox channels of your Liver.

Now your liver as you know is directly connected to your gut because it helps in digestion of your food as well as it also helps removing toxins from your guts.

Now whenever your got is not working properly that causes toxins to accumulate in the liver. as well as it also causes increased inflammation in your liver.

Increased inflammation aswell as increased toxins results in fatty liver disease. So this is where the step 3 is supporting your gut and liver detox system.

In that aspect making sure you are eating lot of fermented foods which are high in probiotics. Which can be your dairy free yogurt, kimchi, sauerkraut or any other fermented vegetables.

As well Make sure you're having regular bowel movements. If you are not having a regular bowel movements, make sure to include a fiber supplement which can be either psyllium husk or you can either include soaked chia seeds or the last option is that you start a magnesium supplement also.

Step 3: Support Gut and Liver Detox

To improve the detox of your liver, certain foods are helpful for liver. One of them is turmeric, the second one is green tea. The third food over here are beets and then comes the green leafy vegetables.

All of these will support the liver detox channels too. Couple of supplements which have shown in research studies to be very useful. One of them is Milk Thistle.

Milk thistle is something called Silamirin which several research study show that can help in reversing the fatty liver disease. So I will highly recommend adding a Milk Thistle supplement to support your liver.

Plus another supplement called choline has shown to reduce the fat accumulation in the liver, so you should also start a cholene supplement. And to support your gut health, if you want to include a probiotic supplement, you can always do that.

So this is an easy 3 step process which I discussed with you. Now, this might feel very overwhelming for a lot of people. Now let me make it really simple of how to implement this three step process from tomorrow itself.

So basically what you need to do starting tomorrow is that you reduce the amount of sugar you might be eating as well as reduce processed and fried food aswell as try to reduce simple carbohydrates which is the white rice, bread as anything made from wheat and also give up alcohol if possible.

Then with each and every meal, including breakfast, lunch and dinner, make sure you are eating a lot of vegetables as well as also include protein with every meals.

And then if possible, go for a 10-15 minute walk after your biggest meal. Either it can be your dinner or with your lunch. Then I will highly recommend adding two supplements to support your liver.

One of them will be milk thistle that is going to support your liver and the second one will an anti-inflammatory supplement which is the Inflama Pro which has turmeric, ginger, bossavelia and quercetin into it.

That's it, if you do this itself, you will see a significant improvement in your fatty liver disease.

Simple Daily Plan and Supplements

You don't have to do extreme diets, extreme workouts, those typically do not work for people. A sustained and long term approach is what is gonna help your livers over here.

and within a few weeks your liver is going to start working better. That means it is gonna accumulate less and less amount of fat and then ultimately it's going start burning the fat which has been stored around your livers also.

So if you are looking for a natural solution to fix your fatty liver disease then I have given you a three step science

back system today that targets the root cause of fatty livery disease and is easy to implement for each and every person and plus it gives results.

So start working on this plan from tomorrow itself and within a few weeks, your liver is going to work better. And let's hope in that next blood work, you liver enzymes are going be improved.

I hope you like this video. If you do, please like and subscribe to my channel as well as share this with others who can benefit from this great information.

Until next time, take care. Bye bye.