What They Don't Want To Tell You About Fatty Liver Disease Transcript

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Why the Liver Matters

but let's talk about arguably one of the most important organs in the body. Yes, we would all recognize that our brain is extremely important. Our heart is extreme important, but I would probably put a very close, you know, brain 1A, maybe heart 1a, 1B, one C, yes, it is that important like those previous two organs, is your liver.

How Sugar Causes Fatty Liver

And something that I've had a lot of patients tell me that they've heard from their doctors or from having blood work is they have a fatty liver, Well, let me give you some of the physiological mechanisms as to what causes a fatty liver.

And you may be surprised to know that it is not from fats. Wait a second, Jimmy. I have a fat liver and it's not fat. How does that even make sense? Well I'll have to give the understanding of what your body does with foods.

So when you eat sugar, here he goes, he's gonna talk about sugar again. I know, but this is the mechanism by which it happens. When you each sugar your brain and your cells do require a finite amount of sugar for good neurological and cellular function.

But anything above what the body requires, which is a very, very small quantity, if I gave you the actual grammage amount sugar that your body needs on a daily basis, it might blow you away.

We'll save that for another video. But the point is when you eat sugar, once your cells in your brain take what they need, anything extra then goes from your blood to your liver.

And the purpose of that is that your body is going to be built for feast or famine. So once it gets enough sugar it's going take any extra sugar send it to the liver and the livers going convert sugar to fat.

I'll say it again. The liver takes sugar and converts it to fat. Eating fat does nothing to a fatty liver. It's not the mechanism by which it's caused.

You eat sugar. Sugar is in the blood. Your pancreas releases insulin.

Treating Fatty Liver with Diet and Choline

Insulin sends the sugar back to your liver where your live now converts into fat, so imagine every day, kneel in, knee out, you are eating sugar, carbs, sugar carbs.

that is all developing and building up fat inside the liver. A very cool success story that I'll give you about a fatty liver is this, because it's really simply fixed.

I hate to tell you this in this simpler manner. Get off the carbs, get off of the sugar, and get on an amazing B supplement called choline, which will help defat the livers.

She had been on high blood pressure medications for 30 years and she wanted to get off them. We have obviously a very deep core belief that we can do these things.

So her physician was amazing. He was really interested in working with me. Together we did some really cool things and we started to give her off for medications.

Fatty Liver, Portal Vein Pressure, and Blood Pressure

And we would find that her pulse rate was always really, really good, but her systolic and diastolic numbers would always go all over the place from time to time.

We did a lot of work on healing her thyroid, which is a major player of blood pressure. We do a a of healing on her kidneys and her adrenals, But then we found that once we handled some liver issues, her pressure started dropping and dropping, and it was an amazing thing.

We'll come to find out that if you did a little anatomy research on the body, you have a main vein in your liver called your portal vein. It runs right through the center of your livers.

Well, guess what happened to this vein with this patient? all the fat accumulation around that portal vein started to constrict it. That was the underlining cause of her high blood pressure.

So all this work with blood-pressure meds and cardiologists and this, that, the other, it resulted around a fatty liver. We got about 35 pounds off her body, we defatted the liver, and guess what happened to her blood