

Fatty Liver

Liver disease is serious and requires treatment and regular monitoring.

Make sure you have your liver function checked annually with a blood test.

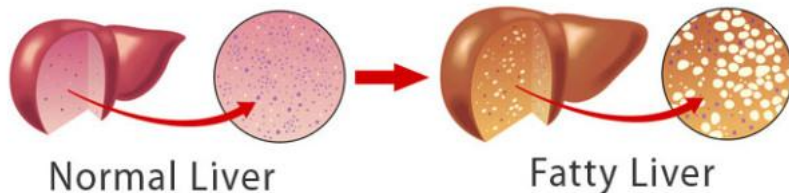
Fatty liver occurs when excess fat accumulates inside liver cells. This means normal, healthy liver tissue becomes partly replaced with fatty tissue.

The fat starts to invade the liver, gradually infiltrating the healthy liver areas, so that less and less healthy liver tissue remains.

The fatty liver has a yellow greasy appearance and is often enlarged and swollen with fat.

This fatty infiltration slows down the metabolism of body fat stores, which means that the liver burns fat less efficiently, resulting in weight gain and inability to lose weight.

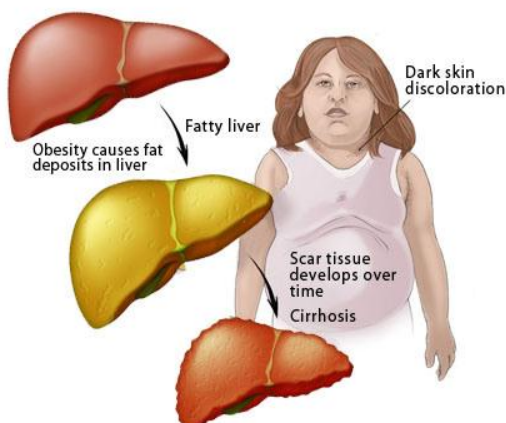
However some people can have a fatty liver without being overweight.



Fatty liver was first described in 1980 by the Mayo Clinic. It is known in medicine as Non-Alcoholic Fatty Liver Disease (NAFLD) and is the most common cause of abnormal liver function tests in the USA, UK and Australia. NAFLD is the most common cause of liver disease in industrialized countries. There is a type of NAFLD called **Non-Alcoholic Steato-Hepatitis (NASH)** where severe liver damage is caused by the fat, and results in **cirrhosis** and **liver failure**.

Indeed such severe cases of NASH can lead to liver cancer.

Fatty liver is usually associated with **abdominal obesity** and **insulin resistance** and is more common in people with **type 2 diabetes**.



What causes fatty liver?

It is most commonly caused by

1. incorrect diet,
2. weight excess,
3. obesity,
4. alcoholism and
5. diabetes.

However other causes can be

1. malnutrition,
2. congenital metabolic disorders and
3. excessive use of or toxicity of prescribed medications and pain killers.

What is the outlook for fatty liver?

If the fatty changes in the liver increase, inflammation and fibrous tissue may build up and cause more serious symptoms to occur. I

f nothing is done to improve liver function, the patient will become more overweight and the quality of life will gradually diminish.

How would you know if you have a fatty liver?

Many people with a fatty liver are unaware that they even have a liver problem, as the symptoms can be vague and non-specific, especially in the early stages.

Most people with a fatty liver feel generally unwell, and find they are becoming increasingly fatigued and overweight for no apparent reason.

They may have **elevated liver enzymes** on a blood test for liver function.

Fatty liver is diagnosed with a blood test and liver ultrasound scan.

Possible symptoms of fatty liver (NASH or NAFLD) include:

1. Weight excess in the abdominal area
2. Inability to lose weight
3. Elevated cholesterol and/or triglyceride levels
4. Fatigue
5. Nausea and/or indigestion
6. Overheating of the body
7. Excessive sweating
8. Red itchy eyes
9. Discomfort over the liver area

How is fatty liver reversed?

Fatty liver is reversible.

Here are six ways to achieve this:

1. **Eat less carbohydrate**

Poor diet is the leading cause of fatty liver disease. The biggest offenders are sugar and foods made of white flour; they should be avoided.

2. **Drink less alcohol**

Excess alcohol consumption is the second biggest cause of fatty liver. Alcohol can cause inflammation and damage to liver cells, resulting in fatty infiltration.

3. **Eat more vegetables, protein and the right fats**

Raw vegetables and fruits are the most powerful liver healing foods.

4. **Protein** is important because it helps to keep the blood sugar level stable, helps with weight loss from the abdomen and reduces hunger and cravings.

5. **Healthy fats** to include more of in your diet are found in olive oil, oily fish, coconut oil, flaxseeds, hemp seeds, chia seeds and raw nuts and seeds

6. **Drink raw vegetable juices** – these should be consumed 2 to 3 times a week and 250 to 300 mls (8 to 10 ounces) is adequate. Your juice should be comprised of 90 to 95 percent vegetables, with the remainder comprised of fruit if desired to improve the flavor. Citrus fruits are the most healthy for the liver.

Liver supplements

Milk Thistle Seed Extract (Pure Silymarin 210mg) equiv 17,500mg dried milk thistle