

FATTY LIVER

You Can Reverse It

*"I was overweight
and my liver was a
ticking time bomb
Dr. Cabot has literally
saved my life!"*

Dr. Thomas Eanelli



Dr. Sandra Cabot

Fatty Liver

You Can Reverse It

By

Dr. Sandra Cabot MBBS, DRCOG

and

"Confessions of a Fat Man"

An autobiographical essay by

Dr. Thomas Eanelli

Radiation Oncologist

*Do not go where the path may lead. Go instead
where there is no path and leave a trail.*

Ralph Waldo Emerson

www.livercare.com.au

www.sandracabot.com

www.confessionsofifatman.com

The information and procedures contained in this book are based upon the research and the professional experiences of the authors.

The recommendations in this book are not intended as a substitute for consulting with your own physician. All persons with liver problems should remain under the care of their personal physician.

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ABOUT THE AUTHORS



Dr. Sandra Cabot

Dr Sandra Cabot is the author of twenty one books on health including the famous Liver Cleansing Diet book which has sold over 2 million copies and is translated into 6 languages. She graduated with Honours in Medicine and Surgery in 1975 from Adelaide University, South Australia. During the 1980s Sandra spent considerable time working in the Department of Obstetrics and Gynaecology in a large missionary hospital in the Himalayan foothills of India.

Dr Cabot has lectured for the American Liver Foundation, The Primary Biliary Cirrhosis Society and The Hepatitis C Council of Australia where she was the protagonist in the great debate “Does the liver need a good cleanse?”

Dr Cabot is involved in raising funds for women’s refuges in Australia and is an Angel Flight pilot for disadvantaged patients living in rural Australia.

Dr. Thomas Eanelli

Dr Thomas Eanelli is the medical director of Radiation Oncology at Orange Regional Medical Center in New York’s beautiful Hudson Valley.

He is the founder and executive director of the cancer survivor advocacy group known as “Citizens Reunited to Overcome Cancer,” and an Appalachian Trail section hiking club known as “Las Tortugas” and philanthropic physician alpinist group known as “Caduceus Climbing Club”.

Best known for his pioneering work to break down the traditional “stiff white coat” barrier which exists and isolates patients from their doctors and medical caregivers. His passion to help others who suffer the same pain from addiction related disease and gratitude for Dr. Cabot’s work inspired his part in this project.

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INTRODUCTION



Is your liver a ticking time bomb?

Fatty liver can -

- Ruin your health
- Make you overweight
- Stop you from losing weight
- Make you diabetic
- Cause cirrhosis and liver failure

This book will provide you with a plan to reverse fatty liver, improve your liver function and restore your health.

Over the past 35 years of practising medicine I have seen patients heal themselves from so called “incurable” diseases and dozens of common and chronic health problems when they concentrated on improving their liver function. And unfortunately, I’ve also seen patients lose their lives because of liver failure. The truth is, in most cases serious illnesses don’t happen overnight. Your body produces warning signs and symptoms of a potential or evolving health problem. The problem is most people don’t know how to interpret or detect these signals early enough to do anything about them. The most important thing is that you do not wait until it is too late!

Unfortunately I cannot claim to be a guru, a saint or a miracle healer, but I can claim to have a lot of experience in healing various types of liver disease using nutritional medicine. I cannot promise to heal your liver problem but I can show you the way to try effectively to optimise your chances. Fortunately of all the organs in the body the liver is most able to repair and renew itself but you need to give it the right tools – I will repeat this saying several times and it’s never too late to try.

Can you imagine a world in which fatty liver disease and liver failure will be as huge a public health concern as cancer, heart disease, and diabetes?

Furthermore fatty liver, if not reversed, is often a trigger for cancer, heart disease and diabetes.

Liver disease is an emerging epidemic and education and knowledge are the most powerful tools we have available today to prevent liver disease. Non alcoholic fatty liver disease affects 15 - 33% of adult Australians. In 2009 it has been estimated that up to 6% of school-age children are suffering from non-alcoholic fatty liver disease (NAFLD), a condition that can lead to diabetes, liver disease and eventually liver failure.

The American Liver Foundation (ALF) has developed the Love Your Liver Youth Education Program specifically geared toward children aged 5-17 years. This program speaks to children in an age-appropriate way to educate them on liver wellness. (www.liverfoundation.org/chapters/yep)

Liver disease is most commonly caused by incorrect diet and excess consumption of alcohol but the over prescribing of drugs is also an emerging cause.

In Australia 2 - 4% of all hospital admissions are related to drug side effects and this increases to 30% for patients aged over 75 years. In 1998 an article published in the Journal of the American Medical Association, found that prescribed drugs kill more than 106,000 Americans each year. Another two million Americans experience severe drug reactions—and that's just from medications prescribed by medical doctors! The facts are, drugs are one of the main causes of liver damage and liver failure! These adverse drug reactions make prescription drugs the fourth leading cause of death in America!

No wonder people are turning towards nutritional medicine, which is not only safer, but is more effective in the long term.

Confessions of a Fat Man

A personal journey from fatty liver disease

I have been to hell, and it's not some fiery, scary, raging inferno; rather, it's the feeling of despair and hopelessness you get when you have been devoured and consumed within the belly of an addiction. - Thomas R. Eanelli, M.D.

From 1979 to 1985, I weighed between 120 - 160 kilograms.

My 'flaw fatale' was not sweets, but rather salty meats, fried foods, pizza and fast food. Little did I know however, that a physiological time bomb in my liver was about to explode!



*Dr Eanelli before stumbling across
The Liver Cleansing Diet Book*

During a business trip in 1997, I saw myself in the mirror and was horrified to see what stared back at me. I needed help - I was in big trouble.

I stumbled across **The Liver Cleansing Diet** book in a bookstore, took it home and

realised that I had found the most ingenious, original and germane concept - the book focuses on the organ which is the body's largest, most vascular and most metabolically active.

Once I began the program, the weight literally began melting off and I couldn't believe how good I felt!

My liver enzymes and cholesterol dropped to unimaginably low levels.

***I felt like I had found a
life program which is a
tangible fountain of youth!***

I have found the courage to tell the story of my food addiction - and how I found salvation and the tools I needed to help keep this dangerous addiction in hand - and it all started with Dr Cabot and her little green book . . .



*Dr Eanelli after The Liver Cleansing
Diet - feeling on top of the world!*

*For Dr Eanelli's full story see Chapter 15 - Confessions of a
Fat Man on page 155.*

CHAPTER ONE



Symptoms and signs of a fatty liver

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

Most people with a fatty liver will not feel well and will find they become increasingly fatigued and overweight, often for no apparent reason. Because the onset of symptoms is very gradual you may become accustomed to feeling generally unwell and slowing down. The state of your liver has a big impact on your state of mind so that those with fatty liver may find themselves irritable and moody with a poor memory and difficulty keeping up with life's demands. Indeed depression and poor sleep may be associated with a fatty liver and these things resolve when we improve the liver function.

Many overweight people with a fatty liver suffer with disordered sleep associated with sleep apnoea and/or severe snoring. Sleep apnoea is a condition where a person stops breathing for a span of approximately 10 to 20 seconds while asleep. This pattern continues several times throughout the night, usually without the person even knowing it.

Sleep apnoea causes a drop in blood oxygen levels during sleep which results in the following –

- Fatigue in the mornings
- Falling asleep during the day
- Low testosterone levels and thus a low libido in men
- Increased weight gain
- An increase in blood pressure

- A higher risk of heart attacks and strokes

Some of the great benefits of reducing fatty liver include a reduction in these sleep disorders and an increase in testosterone levels in men.

The symptoms of fatty liver may consist of –

- Fatigue
- Abdominal bloating and congestion
- There may be discomfort or pain, over the liver, which is situated in the right upper abdominal area
- Accumulation of abdominal fat with a “pot belly” and a roll of fat around the upper abdomen known as the “liver roll”
- Indigestion and intolerance of fatty foods
- Reflux and heartburn
- Haemorrhoids
- Fatty yellowish lumps in the skin and often around the eyes– these are called xanthelasma
- Overheating of the body
- Excessive sweating
- Body odour
- Bad breath and coated tongue
- Red itchy and/or dry eyes
- Itchy skin
- Skin rashes such as dermatitis, psoriasis and brown liver spots
- Acne rosacea
- Dupytren’s contracture in the hands
- Redness of the palms of the hands
- Hot and/or burning soles of the feet
- Headaches, especially associated with nausea
- Gall bladder problems
- Unexplained weight gain
- Inability to lose weight even whilst dieting

- High blood pressure
- High blood levels of cholesterol and triglycerides
- Depression and unpleasant moods
- Sleep disorders such as snoring and sleep apnoea
- Low testosterone levels in men
- Low libido

These miserable and chronic symptoms are your liver's cry for help!

Let's look at some of these symptoms in more detail

Abdominal obesity

Your excess weight is largely found in the abdominal area so that you may have a “pot belly” and a roll of fat around the upper abdomen. I call this the “liver roll”. You may also have excess fat around your neck and trunk so that you have an “apple shape”. This is known as “upper level body obesity”.

Many people find that they put on weight once they hit the 40-year milestone. It can be infuriating, frustrating and perplexing – and it does not help when the doctor says “well it's to be expected at your age!” In spite of the same exercise routine and diet, you find yourself with the “middle aged spread”. Various euphemistic explanations are often given – ranging from menopause, middle-aged spread, stress, too much alcohol, slowing down, poor metabolism, but so what? You still don't know how to beat it!

Well have you ever thought there may be a scientific and treatable reason for your unsightly “pot belly”? Have you ever thought that you may have a fatty liver?

You probably haven't but you should, because it's highly likely - indeed, it's the new epidemic affecting millions of people, and for many it's the reason why conventional low fat - low calorie diets don't work for weight loss.

Syndrome X

Many patients with fatty liver have a chemical imbalance in their body known as Syndrome X.

Syndrome X is a metabolic disorder associated with abnormally high blood levels of the hormone insulin. The hormone insulin is produced by the pancreas gland. The action of insulin is to put blood sugar (glucose) into the muscle, liver and fat cells.

In those with Syndrome X the insulin does not work effectively because the body's cells are resistant to the insulin. To compensate for this the pancreas produces more and more insulin so that abnormally high levels of insulin result. Insulin levels can be measured with a blood test – see website www.livercare.com.au/liver/liver-tests/insulin

High levels of insulin promote weight gain for 3 reasons

- Insulin is a fat-storing hormone
- Insulin suppresses the production of fat-burning hormones in your body
- Insulin increases the appetite especially for sweets or carbohydrates; insulin makes you hungry even when you don't need to eat

High insulin levels are often associated with unstable or high blood sugar levels. Indeed you may be pre-diabetic. Those with Syndrome X often have abnormalities in blood fat levels (high cholesterol and triglycerides) and may have elevated levels of uric acid.

Skin problems

If your liver is not doing its job of breaking down toxins efficiently they must be eliminated from your body by other means – in many cases they come out through your skin!

These toxins can manifest as:

- Dermatitis
- Eczema
- Brown liver spots which make you look older
- Red itchy rashes anywhere in your body
- Hives
- Psoriasis
- Acne rosacea on the face – this typically affects the cheeks, chin and area around the nose

If irritating toxins are excreted through your skin they will irritate and inflame the skin – rashes, acne rosacea, psoriasis or brown spots may start to occur. I have often found that worsening skin problems are a sign of liver dysfunction or of future liver problems on the horizon.

If the skin is treated with strong steroid creams to suppress the rash, the toxins cannot escape from your body and may cause health problems on a deeper level. Thus steroid creams must only be used intermittently for short periods of time. Commonly acne rosacea is treated with antibiotics which do not work very well and if used long term will make your liver unhealthy and possibly damage your liver seriously. Acne rosacea can be treated with tea tree oil body wash instead of soap and this will control infection. A good liver tonic (see page 41), omega 3 supplements and raw juices are essential to make your skin healthy again.

High blood pressure

Poor liver function can trigger high blood pressure in several ways and I have seen many patients come off blood pressure medications and diuretics when they improve their liver function and lose weight. Of course I have to mention exercise, as it is a great way of lowering high blood pressure as well. If the liver is fatty, chances are that you have abnormally high blood levels of the bad LDL cholesterol

and triglyceride fats. These fats make your blood thick and sticky and thus the blood pressure goes up.

The liver also breaks down the adrenal hormone called aldosterone, which regulates the balance of sodium and potassium in your body. Excessive aldosterone causes your body to retain sodium and lose potassium, which raises your blood pressure.

What's more, your liver controls the level of blood fats. Too much cholesterol and triglyceride fat can make your blood sticky and harder to pump through your arteries. This can also cause your blood pressure to shoot through the roof!

Dupuytren's contracture

This is also known as Dupuytren's disease or palmar fibromatosis and is best described as a thickening and shortening of the tendons in the palm of the hand. These tendons flex the fingers so the long term result is a claw hand and the fingers cannot be fully extended (straightened).

The ring finger and little finger are the fingers most commonly affected and although the middle finger may be affected in advanced cases, the index finger and the thumb are nearly always spared.

Dupuytren's contracture can be a sign of underlying liver disease that may not have been diagnosed and it can also be inherited.



Dupuytren's contracture

CHAPTER TWO



Fatty liver – what does it mean?

During the 1990s I first recognised that the condition of fatty liver was becoming widespread as I began seeing more and more cases of fatty liver, especially in my overweight patients.

To me, this was a new phenomenon and when I trained as a medical student back in the early 1970s the condition of fatty liver was hardly mentioned. My observation of this newly emerging disease worried me greatly, as I could understand its serious consequences and yet surprisingly no one was talking about it, including the medical journals. Well it might be ok for geese to have fatty liver so that people can enjoy the delicacy of liver patè, but believe me it is not good news for you to have a fatty liver!

The liver is the most important organ in the body when it comes to your health and longevity.

Take the letter “r” off the end of the word liver and what does it say – it says live! If you wish to have a long and healthy life you need to have a healthy liver. A fatty liver is far from healthy, as basically it is being choked with unhealthy fat building up within it. The liver cells and the spaces that form the structure of the liver filter become swollen and distorted with unhealthy fat so that they cannot function efficiently.

The healthy liver is a highly organised mechanical filter, which cleanses the blood stream so that healthy clean blood returns to the heart. If the filter is blocked with unhealthy toxic fat, the blood cannot flow easily through its spaces,

and thus it is not cleansed. Thus the blood returning to the heart becomes full of unhealthy fats and toxins, which can damage your heart and your immune system.

The healthy liver filter removes and destroys the following in your blood stream -

- Dead and unhealthy cells
- Cancer cells – thus reducing the chance of cancer spreading
- Toxic chemicals and heavy metals which are contaminating our food, water and air
- Micro-organisms such as bacteria, parasites and fungi
- Globules of fat (known as chylomicrons)

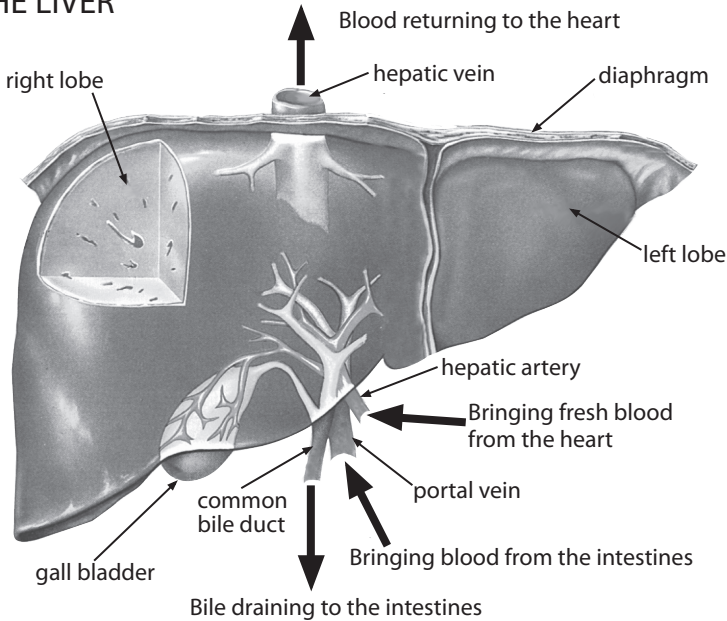
If these things are not removed because your liver is swollen with fat, your immune system will become overloaded and you will age more rapidly.

My first observations during the 1990s of the emerging new epidemic of fatty liver prompted me to research the liver in depth and write the now famous Liver Cleansing Diet Book which has helped hundreds of thousands of people. The Liver Cleansing Diet is an 8-week cleansing diet, which detoxifies the liver and bowels.

I have decided to write this book specifically on fatty liver because those who find themselves with this condition need more specific information on how to reverse a fatty liver. They need simple and easy guidelines to provide a road map for life to keep their liver healthy. This book provides easy menu plans, as well as foods and supplements that heal the liver and specific recipes to remove the deadly fat from their liver. There are plenty of salad and soup recipes including my famous liver healing and regenerative soup.

In the Medical Observer Journal in July 2004, I read an article titled “Non-alcoholic fatty liver disease is the new epidemic of liver disease facing the Western world”. Well it has been gradually creeping upon us, but in reality it has

THE LIVER



been an epidemic for at least a decade now! Back in the 1980s fatty liver was mainly seen in alcoholics and rarely in children.

Today fatty liver is now recognised as the most common cause of abnormal liver function tests in the USA, UK and Australia. Around 20% (or one in five persons in the general population) in Australia and the USA has fatty liver disease.

Fatty liver has been described for years, especially since we have used ultrasound scans, but it has previously been viewed as an uncommon cause of severe liver disease. This view is absolutely incorrect! The severe long term results of fatty liver disease are being seen increasingly in liver clinics all over the world.

Fatty liver is a very serious epidemic because it can affect children, it can lead to obesity and diabetes and it can lead to cirrhosis and liver failure. Fatty liver will probably reduce



Try Dr Cabot's Liver Checkup

Do you suffer from:

- ☐ Fatigue
- ☐ Body odour or bad breath
- ☐ Unexplained weight gain
- ☐ Inability to lose weight
- ☐ Headaches, esp. with nausea
- ☐ Indigestion/intolerance of fatty foods
- ☐ Overheating of the body
- ☐ Coated tongue
- ☐ Excessive sweating
- ☐ Abdominal bloating
- ☐ Brown spots (liver spots)
- ☐ Discomfort or pain over the liver
- ☐ Haemorrhoids
- ☐ Constipation
- ☐ Fatty yellowish lumps in the skin
- ☐ Itchy skin or hives or skin rashes
- ☐ Red itchy eyes
- ☐ High blood pressure
- ☐ Gall bladder problems
- ☐ High cholesterol or triglycerides
- ☐ Acne rosacea
- ☐ Chemical sensitivities or allergies

***These miserable
symptoms could be your
liver's cry for help!***

**This book provides
effective and proven
solutions to heal fatty liver**

CONFESSIONS
OF A FAT MAN
Dr. Eanelli shares
his amazing personal
journey - from fatty
liver, obesity and
food addiction to
finding his personal
power and climbing
mountains . . .



Thomas Eanelli MD

***Fatty liver, if not reversed, is
often a trigger for obesity, cancer,
heart disease and diabetes.***

***Our delicious eating plans,
menus and recipes are
suitable for people of all
ages including children***

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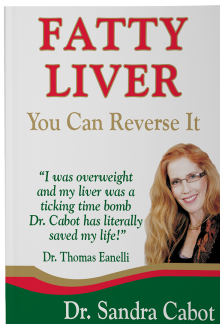
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