

FOR A FRIEND

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Starting Questions:

- What is a root cause of my health problem? **FATTY LIVER**
- Is it serious? **YES**
- How did I get here? **READ ON**
- What are the clues/markers?
Symptoms lab tests diagnoses **FATIGUE** History of High Triglycerides + more
- Is it reversible? **PARTIALLY**
- What is a realistic timeframe? **10 YEARS** of an optimal track
- Will my efforts make something else worse? **POSSIBLY**

When did it start?

a decade or so before this point
↑

triglycerides above 150

As the triglycerides rise, it's a sign that the liver is getting progressively clogged with fat, meaning it becomes easier to clog + create fatty liver disease even with a "normal" American diet.

? don't know ...
when was the first time you were told you had high triglycerides?

go back several decades for the starting point.

SIGNS: visceral belly fat, high triglycerides,
bad cholesterol balance, rising glucose/insulin
rising blood pressure
= decades of disease

Is it serious, how did I get here?

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Triglycerides over 200 ...

Then likely... the liver is damaged, inflamed, packed with fat and beginning to scar on the microscopic level



Accelerated disease Explained. A tipping point.

Once the liver is so full of fat that it cannot function at full speed, it stops doing three key processes - not at optimal levels:

- detoxifying the blood
- making bile for digestion → less nutrient absorption
- making clotting proteins



Therefore, every cell in the body will be exposed to more toxins and toxic wastes,

- The body will have less nutrients to fight the inflammation caused by toxins
- The blood clotting, INR, can go intermittently wonky



MAJOR SYMPTOM: FATIGUE MALAISE
DEPRESSION

But! Your liver enzyme tests may be 'normal.'

Again, how did I get here?

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Checklist:

A short list of the "biggies"

- ☐ Sitting after meals
- ☐ sedentary, little exercise
- ☐ glucose spikes = carbs
- ☐ high fructose intake = sugar fruit
- ☐ any excess calories - daily
proteins, fats, carbs combined
- ☐ high alcohol intake in a day > 2 drinks
- ☐ any alcohol intake daily > 1 drink
- ☐ high toxin, inflammatory load
air, water, food

Other clues that this is a serious problem?

- Weight in the belly
- Weight well above BMI of 22
- Cholesterol + triglyceride labs off
- rising morning glucose or big spikes after carbs
- rising blood pressure
- rising inflammation: illness, allergies, fatigue, wrinkles
Joint pain

REALITY CHECK

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- 1) Fatty liver disease is partially reversible
- 2) It might take 10 years worth of optimal, reversing protocols
- 3) The process might make other health conditions worse

① This is serious. You are not far enough along for maximum reversal.

② There is no medication solution.
Meds can help with the symptoms - bp, cholesterol, glucose
Some natural substances have medicinal effects

③ The starting point is to reverse root causes

↓
glucose
fructose
alcohol
Weight
belly fat

less calories
in waves
"fasting
programs"

↓
Visceral fat
sleep
Sunshine
Sweating

↓
Inflammation
polyphenols -
big variety plants
+
microbiome management

filtered air
filtered water
↓ plastics
↓ sprays, fumes

EXPAND SOON: There are hundreds of steps
Seek optimal protocols.

- ④ This is a root cause of fatigue and low function.
It directly contributes to autoimmune and cardiovascular disease.
- ⑤ It takes decades to fix. Your regular doctor cannot guide you.