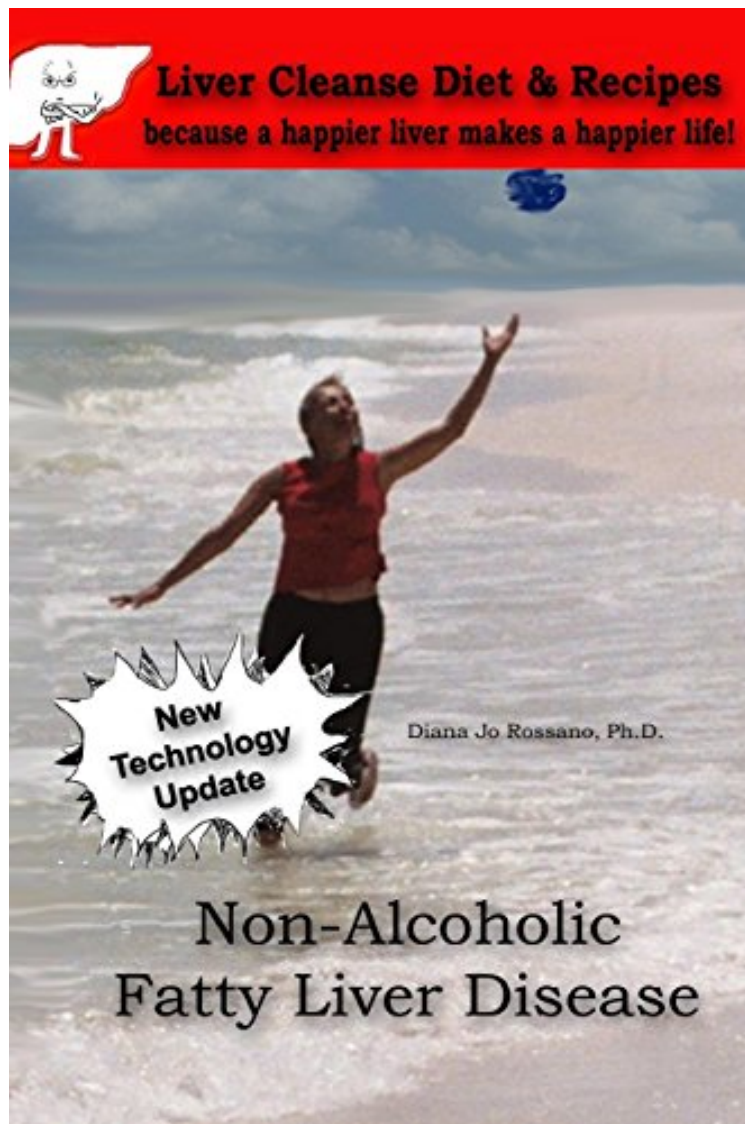


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This book was a well intentioned help book for individuals with fatty liver. Sad to say it contains many typos and errors in the recipes.
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By LeslieTXI've purchased all of Dr. Rossano's books and love the information she provides and also love her sense of humor. I share her website with others who are looking for answers to their health problems. The recipes are easy to prepare and I make them daily.
4 of 8 people found the following review helpful. Dissapointed
By HerrickI was recently diagnosed with Fatty Liver and I am looking for recipes so I can have variety in my diet. I purchased the Kindle version because it is so much cheaper. I was really just interested in the recipes, as I have the book Fatty Liver by Sandra Cabot (I recommend), which explains the condition.
If you read the sample pages in the book version, you will notice that author's wording and sense of humor is strange. The first part of the book she makes a lot of claims about the liver, diet, and lifestyle. She refers to herself as "dr." so I assumed she was an MD. She is not!!! She is a Ph.D, which explains why she has a philosophical tone to her book. I would have not bought it if I had realized.
I gave the book two stars for the recipes. But with the Kindle for PC, it is hard to save locations and print recipes. The print version is too costly and not worth it for just recipes that may or may not be good.
There are not a lot of books on Non-alcoholic fatty liver. I like Sandra Cabot book for basic info and a few recipes. What I like about Dr. Cabot is that she is an MD who knows there is power in nutritional healing, especially in the case of fatty liver.

Non-Alcoholic Fatty Liver Disease Liver Cleanse Diet Recipes
This book should improve your test results for Fatty Liver Disease and other liver disorders. The liver is the main filter of your body. Take care of it by eating the recipes in this book. The recipes do NOT contain any condiments from the refrigerator door, no dairy from sick cows, no enriched food products, no canned broth or other high-processed foods. In 1996, I was having many health problems - migraine headaches, fibromyalgia and low thyroid to name just a few. Yes, I was a mess. I discovered this concept of taking care of the bodys filter - the liver - to improve my health. My medical doctors yes, I had many doctors only wanted to medicate my pain and other illnesses. I decided that mainstream medicine was NOT for me. So, I decided to go back to school. To my absolute amazement, I discovered that my pain increased when I didnt control what I ate, and my pain decreased when I did control what was on my plate. Some of my students say that my illnesses were cured, and that I should put the word cure someplace in my book title. Not so. Why? Because when I forgot to control my food, the diseases came back. I never cured my illnesses, but only put them into remission. You can do the same with Fatty Liver Disease! My student, Mary, went into remission because she only ate the recipes in this book. Fast forward to 2015 - and my energy was decreasing, and I was gaining weight. My beloved energy had decreased to me becoming a couch potato. My ability to sleep at night was gone who has time to sleep when I woke up six or seven times a night for a bathroom break or a nightmare? Right before my discovery to control my technology, I began having stabbing pain in my chest. Something was wrong, and controlling my food wasn't fixing me anymore. Finally, in early 2016, I began to understand what had changed in my life. You may have experienced some of this same change. You see, back in 1996 when I started to control my food, technology was just beginning. Like what? Well, cell phones were as big as a brick and weighed the same. Computer, wifi, and internet did NOT exist like they do today. These technologies are everywhere. In fact, did you know there are more cell phones in the world than people who have indoor plumbing? Even low-priced restaurants offer free wifi. You cannot find a child without a cell phone in his/her hand texting, telephoning or being on line. Toddlers have tablets, games that interact with them and technology has been attached to everyones life. Just for the record, I am NOT against technology. BUT, I am against the lack of self control using these devices. Yes, I had to learn to control the technology in my life you should, too. Today, it seems that everything in the world is wrapped in technology. It is impossible to be a part of the mainstream population without texting, internet and cell phones. Setting yourself apart by controlling your food and your technology is a difficult task, but this book will show you how. My website has some extremely important videos that will explain in deeper detail than this book. After all, a picture is worth a thousand words, and a video is worth millions. Take the time to watch the videos on my site. <http://TwoLeftFeetDanceLessons.com>. Under the logo is a menu bar that says, Health Videos. Click there and be shocked and amazed at the information. Yes, stop reading this description and watch one of the videos to get you started. Most of my students just eat the recipes in this book and dont go out to eat for a few months. To their surprise, their liver enzyme test begins to improve at their very next test. Take it slow. This is NOT an overnight process. Whats the process? Learning to control your lifestyle - whats on your food plate, and whats the technology thats in your environment.

About the Author
Diana Jo Rossano lives in Orlando, Florida where she helps her students to make a few simple lifestyle changes for improved liver function that translates to losing weight, improved emotional health, and more energy. She has a Ph.D. in holistic nutrition, certified nutritional herbalist, certified aerobic and ballroom dance instructor. In 1996 she suffered with migraine headaches, low thyroid, and fibromyalgia. Through the plans and recipes in this book, she remains symptom free. The Kindle version of this book is free when you purchase the soft

cover edition.