

**FATTY
LIVER
REVERSAL
CHECKLIST**

Disclaimer

This document does not provide medical advice. Results may vary: Causes for being overweight or obese vary from person to person. Whether genetic or environmental, it should be noted that food intake, rates of metabolism and levels of exercise and physical exertion vary from person to person. This means weight loss results will also vary from person to person. No individual result should be seen as typical. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. The information, including but not limited to, text, graphics, images and other material, contained on this document is for educational purposes only. The content is not intended in any way as a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read on this document. The information and other material available from this guide come from a number of sources including the personal experiences of Dr. Nikhil Patel. This is not written to promote poor body image or extreme training regimes. We not be held liable for the interpretation or use of the information provided. We make no warranties or representations, express or implied, as to the accuracy or completeness, timeliness or usefulness of any opinions, advice, services or other information contained, or referenced to, in this document. We do not recommend or promote any particular diet or regimen.

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Fatty Liver Reversal Checklist

- Sleep 8 hours (waking up at night is not normal)
- Reduce stress (cortisol)
- Keep your insulin levels low with fasting or intermittent fasting**
- Remove sugar and sweeteners (e.g. avoid sucrose, fructose, agave, honey, stevia etc.)
- Eat less processed food
- Eat amylopectin C foods carbs (if you are eating carbs)
- Get plenty of fiber (particularly if you are eating carbs)
- Add vinegar with or before meals (or pickled foods)
- Get protein ideally from vegetables rather than meat or whey
- Remove margarine and vegetable oil from diet (eat natural fats)
- Use glycemic load rather than index (better measure and some complex carbs are high GI)
- Eat more omega 3
- Eat less meals per day (easiest is skip breakfast)**
- Stop snacking**

Rationale:

1. Sleep deprivation causes raised cortisol and increases hunger. Cortisol contributes to weight gain and insulin resistance.
2. Reducing stress levels (cortisol) improves your insulin sensitivity and helps your hormones work correctly.
3. Insulin levels (except in type 1 diabetics) is often raised due to resistance in the body to its effects. By keeping it steady or low you improve sensitivity to its effects and over time lower its levels.
4. Sugars spike insulin (only some spike blood sugar). Fructose in particular causes insulin resistance and is often stored as fat (it is uncontrollably converted to energy even when we are full). There is fructose in the table sugar we use to eat and cook.
5. Highly processed foods digest very quickly causing spikes in insulin levels
6. Amylopectin C carbs are a slower digesting type of carbohydrate so spike insulin levels less
7. Fiber slows down digestion and increases feeling full
8. Vinegar has some benefit in reducing the insulin spike from food
9. Whey and meat protein spike insulin much more compared to vegetable protein
10. Glycemic load is a better measure than glycemic index as it includes how much you would normally eat
11. Omega 3 is protective for many conditions such as heart disease
12. Less meals mean less insulin spikes, more insulin sensitivity over time
13. Less snacking also means less insulin spikes, more insulin sensitivity over time.

****If you are diabetic please seek help from your physician before undertaking any changes. Some medications and conditions can cause low blood sugar which can be life threatening.**