



# Liver Cleansing Diet

*Sandra Cabot*

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## **Liver Cleansing Diet** Sandra Cabot

Presenting a detailed eight-week plan for promoting good health and longevity by effectively cleansing the liver, this best-selling guide comes complete with groundbreaking recipes for healing soup and raw juice concoctions. Extensively revised and updated, this revolutionary manual contains informative sections that examine natural therapies for revitalizing the liver including reversing a fatty liver, nutritional medicine for hepatitis C and B, how to fight childhood obesity, and statistics showing why drug therapy alone is generally not successful in the long term.

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