Fatty liver reversal challenge



Omega 3 fatty acids



calcium rich food

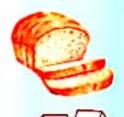


Vitamin E rich food

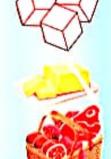


Water

olive and avacado oil Garlic Soy products







Sugar Butter and Ghee Processed meat







Alcohol
Salty food
Fired food



Delicious green smoothie recipe



1 green apple



2 Cups baby spinach



2 cups coconut milk



1 frozen banana