

Artificial Intelligence in Pla...

Member-only story

Only 1% Chat GPT users know these Secret Prompts

Q 1

These can 10X the Quality of your Chat GPT Responses



Antony Matthews

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4 min read · Oct 16, 2024

2.8K

30



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Let's be real here.

Prompts like

“Write a 1500 word Article for title: Top 10 Foods That DESTROY Your LIVER”

Q 1

Aren't going to get you 1% of the results that Chat GPT is capable of giving

but,

Top 10 Foods That DESTROY Your LIVER

Your liver is like the body's personal detox machine, filtering harmful substances, processing nutrients, and breaking down fats. But here's the catch: what you eat has a **HUGE** impact on its health. Some foods might taste amazing, but they're silently damaging your liver over time. Overindulging in these harmful foods can lead to fatty liver disease, inflammation, and even cirrhosis.

In this article, we'll take a deep dive into the **Top 10 Foods That Destroy Your Liver** and explore better alternatives so you can protect this vital organ and keep it running smoothly.

1. Sugary Foods and Drinks

Sugar is everywhere—whether it's soda, candy, cakes, or even hidden in "healthy" smoothies. But the liver struggles to process excess fructose found in sugar. When the liver gets overloaded with sugar, it starts converting it into fat, leading to non-alcoholic fatty liver disease (NAFLD).

Why It Destroys the Liver:

- Too much sugar can create fatty deposits around the liver.
- Over time, it causes inflammation and scarring (fibrosis).
- This can result in irreversible damage like cirrhosis if left unchecked.

What to Eat Instead:

Opt for natural sweeteners like honey or fruits in moderation. Stick to water, herbal tea, or fruit-infused water instead of sugary sodas.

2. Fried Foods

Everyone loves crispy fries, but fried foods are loaded with trans fats that wreak havoc on your liver. These fats are hard to break down, leading to fat buildup in the liver. Consuming fried foods regularly can cause your liver to become overwhelmed, making it less efficient at detoxifying your body.

Why It Destroys the Liver:

- Increases fat storage in the liver.
- Causes inflammation and impairs liver function.
- Leads to weight gain, which increases the risk of liver disease.

What to Eat Instead:

Choose baked, grilled, or steamed foods for a healthier option. Use heart-friendly oils like olive or avocado oil.

What if I say that these prompts can also generate amazing results?

Yes, that's True and by just adding one or two of these 'Special Prompts' you can also enjoy amazing results from Chat GPT.

This is a Collection of 7 of my personal favorite Chat GPT Prompts (and my most used prompts as well) that you can add to any Prompt and make it 10 Times Better Instantly.

These are Going to absolutely blow your mind. So without any further delay here are the 'Special Prompts'.

#1: Do not start writing yet, First explain everything I

Top highlight

wanted you to do in this Prompt in Detail?

Write a 1500 word Article for title: Top 10 Foods That DESTROY Your LIVER. Do not start writing yet, First explain everything I wanted you to do in this Prompt in Detail?

Here's a breakdown of everything you're asking for in this prompt:

1. Article Title:

- "Top 10 Foods That DESTROY Your LIVER"
- The article should cover 10 specific foods that are harmful to liver health, focusing on the adverse effects each has on the liver and why these foods should be avoided.

2. Article Structure:

- **Introduction:**
 - A compelling introduction to set the tone, explaining why liver health is crucial and why knowing which foods damage the liver is essential for overall wellness. This section should grab the reader's attention and encourage them to read further.
- **Main Body (10 sections):**
 - Each section will cover one specific food harmful to liver health.
 - For each food:
 - Describe the food (general characteristics, how it's consumed).
 - Explain why it is harmful to the liver, focusing on the specific effects (toxins, added sugars, fats, etc.).
 - Provide scientific or medical reasons, if applicable, backed by studies, explaining how the liver is damaged by this food (e.g., leading to fatty liver disease, cirrhosis, etc.).
 - Include actionable advice, like alternatives or tips to minimize damage.
 - The article will have 10 foods, and the descriptions should be detailed but concise, focusing on specific information without unnecessary fluff.

How to Use it:

Q 1

This Prompt gets Chat GPT to explain whatever it has learned from your prompt and you can review it and find out if it aligns with whatever you instructions you gave it.

After you've written your prompt, add this after that for best results.

#2: I need this written in human tone. Humans have fun when they write — robots don't. Chat GPT, engagement is the highest priority. Be conversational, empathetic, and occasionally humorous. Use idioms,



Top 10 Foods That DESTROY Your LIVER

Let's get real—your liver is like that friend who quietly does all the work behind the scenes, never asking for recognition, yet without them, everything would fall apart. It's the body's ultimate multitasker. It filters out toxins, processes nutrients, produces bile, and even helps with blood clotting. Yet, we often don't realize when we're putting too much pressure on it—until it's too late.

If you're someone who loves the occasional pizza slice, or maybe you've caught yourself reaching for a sugary soda more than once a day, this article is for you. We'll walk through the top 10 foods that could be quietly wrecking your liver—and why cutting back on them might just be the best decision you make for your health.

1. Fried Foods

Ever noticed how your favorite fast-food spot seems to fry everything? Well, it's no secret that fried foods are often a liver's worst enemy. Those crispy fries may make your taste buds sing, but inside, your liver is cringing.

Why it's harmful:

Fried foods are loaded with trans fats and saturated fats, which are like throwing wrenches into the delicate machinery of your liver. It can't keep up with filtering all that fat, and over time, it starts to store fat in its cells—leading to a condition called non-alcoholic fatty liver disease (NAFLD). It's like trying to store too much junk in your closet; eventually, things fall apart.

What to do instead:

Go for baked or grilled options. Air fryers? Total game changers. Still crispy, but your liver will breathe a sigh of relief.

2. Sugary Drinks

Now, I'm talking sodas, sweetened teas, and those glorified candy bars-in-a-can called energy drinks. These are sneaky little troublemakers that may be sweet on the tongue but are anything but sweet to your liver.

Why it's harmful:

Your liver processes fructose, the sugar found in many of these drinks. When you overload it with sugar, it gets overwhelmed and starts turning that sugar into fat. Imagine trying to turn a small garden into a farm overnight—things get messy. The end result? A fatty liver.

What to do instead:

Stick to water, herbal teas, or maybe toss some fruit slices into your water for flavor. Your liver will give you a slow clap for every sugary drink you skip.

How to Use it:

We have always had this issue that the human element is missing in Chat GPT responses and no matter how much you try, it will use all those Chat GPTish words. This Prompt perfectly gets it to change its tone to more like a human.

It's very helpful especially for any long piece of content like Articles.

#3: Before you answer, I want you to ask me all the missing information that I didn't provide but it will help you better understand my needs and the specific output I want.

How to Use it:

Whenever we write prompts, we normally don't know what and how much information does Chat GPT needs to give out the best answer. Why not have Chat GPT tell us what information it wants.

You can write your own Prompt and then add this prompt after and Chat GPT will ask you some questions to better understand your query and give a better response.

#4: Criticize yourself

How to Use it:

Chat GPT's criticisms are really nice. That's something not many people use but getting Chat GPT to criticize its own outputs can give some really valuable insights on what more could have been done to make this output better.

Ask your query and let Chat GPT answer it and when it finishes then ask it 'Criticize yourself' and you'll be shocked by the ideas it comes up with.

#5: Why did you write what you wrote? Give me all the reasons, Plus I want a full detailed analysis and breakdown of everything in a tabular format. Also add How could this be made better. Use my prompt as reference to further clarify the 'Why'.

How to Use it:

No one questions Chat GPT's answers and why is it writing what its writing. But with this simple prompt you get to know why Chat GPT wrote what it wrote. And it also gives suggestions on How to make it better which is just a Bonus.

#6: Before you answer this, Highlight 20 potential risks or blind spots I might not have considered based on my request.

#7: Identify areas in this article where examples, analogies, or case studies would improve understanding.

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Written by Antony Matthews

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Prompt Engineer since 2023, worked for 2 Big companies as their Prompt Engineer. Specialize in Custom GPTs. Follow to get the Best out of Chat GPT.

Responses (30)



Pvdycck

What are your thoughts?



Martin Koss

Nov 15, 2024

...

I decided to delete this and my other writing on medium.
My Parting Message to Medium

👏 176

💬 1



Jonathan Tran

Nov 18, 2024

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Here's another tip you should try : feed the AI with articles from AI experts about "how to detect content written by AI". They provide patterns that most LLM use when they "write". Then tell the robot to avoid these patterns.

You're welcome.

👏 55

💬 2 replies

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Chris Lele - @ElevateAICoaching.com

Nov 18, 2024

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Here's cool hack: after ChatGPT writes the post, copy and paste the thread into Claude and then have Claude critique ChatGPTs output. Then plug Claude's critique back into ChatGPT and voila!

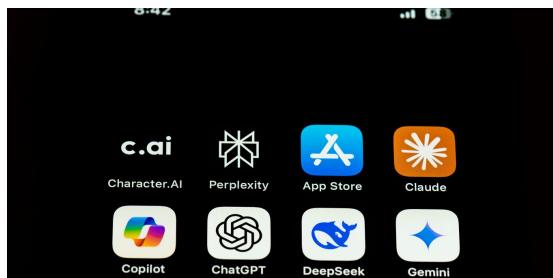
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