CAN A FATTY LIVER HEAL?

WHEN PEOPLE LOST 10% OF THEIR WEIGHT, IT USUALLY DID.

90% of people with liver inflammation (NASH) who lost 10% or more of their weight in a year saw the inflammation resolve; 45% had less scarring (293 people, not randomized).

Vilar-Gomez et al. · Gastroenterology · 2015 [1]

WHAT DID THEY CHANGE?

- **A lower-calorie diet**
- **More walking**
- **Lost 10% or more of body weight**

Plant-based eating is one way to get there.

WHAT SHOULD YOU ASK YOUR DOCTOR?

1. **How much weight would I need to lose to help my liver?** [1]
2. **Could changing my diet help my fatty liver?** [2]
3. **Can we recheck my liver tests in 3 months?**

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34% drop in liver fat in 16 weeks on a low-fat vegan diet (randomized, 244 adults with excess weight).
Kahleova et al. · JAMA Network Open · 2020 [2]

Work with your doctor, not around them. Never stop a medication on your own.

BOTTOM LINE Lose the weight and the liver can heal. Strong proof for weight loss; plant-based eating is one way there.

MORE OF THE EVIDENCE

- In 293 people with biopsy-proven fatty liver inflammation (NASH), those who lost 10% or more of their weight in a year had their liver inflammation resolve 90% of the time, and 45% had less scarring. [1]
- In a 16-week randomized trial of 244 adults with excess weight, liver fat fell 34% on a low-fat vegan diet. [2]

Keep in mind: The first study was not randomized. The second was not a study of people diagnosed with fatty liver.

WE TAKE ZERO PRESCRIPTIONS.

That's our choice, not a rule for you. Some prescriptions save lives, like antibiotics for an infection. If you are not changing your diet, stay on the medications your doctor prescribes. If you go plant-based, keep up with your blood work. That way your doctor can safely reduce your medications or take you off them altogether.

I'm not anti-medicine. I'm pro-health.

Don't take my word for any of this. Check it with your favorite AI, read the original studies, then bring them to your doctor.

NOTES FROM MY APPOINTMENT

DATE AND DOCTOR

WHAT WE AGREED TO TRY

WHEN WE WILL RECHECK

SOURCES

[1] Vilar-Gomez E, et al. Gastroenterology, 2015. Weight loss through lifestyle modification significantly reduces features of nonalcoholic steatohepatitis. https://pubmed.ncbi.nlm.nih.gov/25865049/

[2] Kahleova H, et al. JAMA Network Open, 2020. Effect of a low-fat vegan diet on body weight, insulin sensitivity, postprandial metabolism, and intramyocellular and hepatocellular lipid levels in overweight adults. https://pubmed.ncbi.nlm.nih.gov/33252690/

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