Fatty Liver Bible & Ezra Protocol

5 Step Plan For A Controlled Eradication Of Fatty Liver Through A Gentle Healing of Natural Alternatives
The Fatty Liver Bible & Ezra Protocol (2nd edition)

By Debra J. Elkin

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To my dear Jacob,

Your calming presence is the reason I am the person I am today. There is a part of my heart with your name on it forever

Rest in peace
Table of contents:

CHAPTER 1: .............................................................................................................................................. 12
  INTRODUCTION....................................................................................................................................... 12

CHAPTER 2: ............................................................................................................................................... 17
  LIVER BASICS......................................................................................................................................... 17

CHAPTER 3: ............................................................................................................................................... 27
  FATTY LIVER DISEASE BASICS ............................................................................................................. 27

CHAPTER 4: ............................................................................................................................................... 36
  GETTING INVOLVED IN A CLINICAL STUDY ......................................................................................... 36

CHAPTER 5: ............................................................................................................................................... 39
  THE ALTERNATIVES .............................................................................................................................. 39

CHAPTER 6: ............................................................................................................................................... 39
  EMOTIONAL WELLBEING – THE FIRST STEP TO A SLICK BODY ...................................................... Error!
  Bookmark not defined.

CHAPTER 7: ............................................................................................................................................... 56
  THE EZRA PROTOCOL OR “MY STORY” ............................................................................................... 56

CHAPTER 8: ............................................................................................................................................... 118
  FINAL THOUGHTS................................................................................................................................. 118
Dear fellow fatty liver sufferer,

The pages in front of you are the second edition of the *Fatty Liver Bible & Ezra Protocol* so let me take a minute or two about what's changed in the meantime and what you can expect from this book.

**What's different about the 2nd edition?**

It's been years since I first wrote the Fatty Liver Bible, and it's been one hell of a journey.

Some great moments, some beautiful emails that brought tears to my eyes, some lessons learned, some terrible days and sleepless nights.

OK, that's what changed in "romantic terms" but let me be specific about the changes in the book.

**If I had to choose I would probably mention two biggest changes:**

**First major change:**

Since the first edition, I recruited my friend Jamie to write the *Fatty Liver Freedom Cookbook* with me.
Two reasons for that:

1. some people were telling me that they find it hard to organize their hectic lives and plan everything, so the Cookbook was the answer to that - precise recipes and meal plans to make everything easier

>> www.fatty-liver-cookbook.com

2. I wanted to let people know that if they have fatty liver problems they are not condemned to eating bland food forever and that, when used right, the healthy things that will get us on the healing path can entice our taste buds as well

Second major change:

I talk about herbs and supplements in the book - some of them turned out to be hard to find so I decided to help with that.

Many of the emails I got since I wrote the first edition were about supplements - where to get them, which are the best and which ones am I using.

So, I decided to address that issue.

I closely follow a woman named Marry Rose Nichols - she is the editor in chief of Holistic Digest website. In our holistic circles, the website is well known for the comprehensive tests and comparisons of different brands of products. They invest a lot and actually test supplements for purity and strength in private labs, so I trust their judgment.

Today, knowing that what you are taking is what it actually says on the bottle/box is more important than ever.

Why?

Because of shady outsourcing practices and a chaotic market as a result.
So, when I mention a supplement or a product most of the time, I will be referring you to the Holistic Digest website for brands comparison (if they have that specific product on their pages).

If not, I might mention what I've used.

Please understand that I am not an MD and especially that I don't know your specific situation and do not stop or start to take anything without the consent of your primary doctor.

**Other than that, the essence of the book has not changed much.**

On the other hand, some of the wording did. It changed to reflect the feedback I got from the first edition.

I addressed the "hot spots" in the book that people found confusing.

**The great moments**

There's nothing like the feeling of receiving an email from somebody telling you that you changed their lives. There's nothing I can compare it to. My eyes would fill with tears and nothing could ruin those days for me.

Our little community grew and today I talk to dozens of people every day via email. And it's not just "this herb or that herb" talk. We talk about our families, the challenges of what we are going through, personal stuff...I've made some pen friends for life.

**The lessons learned**

Between the 1st and 2nd edition, I've learned some important lessons about the healing of fatty liver. New studies have emerged, most of them confirming my views, but some of them changing the way I look at certain things.

This changed the landscape of the book somewhat and even tweaked some things about the protocol itself.
The terrible days and the sleepless nights

I said I can't quite put into words the thrill of receiving an email from somebody who regained their wellness using the things they learned in the book or simply being inspired by it - but I've had the opposite happen to me as well.

I received emails from people accusing me of being a bad person or a scammer who profits from other's people suffering. Most of those were from people who didn't even get the book.

I always try to tell the full story - and here it is:

The book was free for years when I first wrote it.

But I was reaching nobody because my website was buried in the pits of the internet. I had ZERO people downloading the book for over a year.

I am not that tech savvy so I consulted a friend who is, and he said that I could do one of the two things:

1. Start paying for advertising or for professionals to work on my website and rank it in the internet search engines, so that people could find me

2. Learn this internet thing myself and do the ranking thing on my own

The later was mission impossible for me and I just couldn't afford the first option.

So I started selling the book to be able to pay for advertising.

At the end of each month, I do make some money from selling my book but 70-80% goes back into advertising the book.

When I explained things most people who confronted me about charging for the book would then send me apologetic letters, but that
didn't take back the terrible days and the sleepless nights brought on by these kind of emails.

And I get where this kind people are coming from, they are my co-sufferers and I would probably ask myself the same question: "Why would somebody who suffered like me ask for money to share their healing story?"

What helped most is including something similar to this explanation on the home page of the website.

A touch of breast cancer

I dwelled on mentioning this here for months while working on the 2nd edition. I thought about whether anybody reading the book would want to hear about this stuff.

But then I thought: "I'm asking these people personal questions in the emails I send, so why not make it a two-way street and make a confession of my own.

So, yes, in-between the first and second edition I went through what I like to call "a touch" of breast cancer. To be honest, it was more than a touch, but I like to think about myself as the sort of person that meets whatever comes next by adjusting my attitude.

I guess you can call it "wishful thinking" or but I firmly believe that a lot of our self-healing powers are untapped and are waiting to be unlocked.

The "best" part is that, when I told the doctors about my story, and explained my lifestyle they told me that it's very possible that it probably saved me.

I told them what I eat and how I live and they said that, if my lifestyle was different during that window in time between the moment cancer
attacked my body and it being diagnosed, it's very probable that it would have spread much faster, possible beyond the point of no return.

I am sorry if me talking about this might have bummed you out, but it's not just about me, it should make you feel better about the things you'll learn in this book.

Enough about me...
CHAPTER 1:  
INTRODUCTION

As I am sitting in my den, hitting these plastic buttons and as the first lines of this eBook appear on the screen I feel exhilarated. I feel as if my dear friend Jacob is right next to me, God rest his soul. Cheering me on and helping me in my attempts to share with you what he shared with me.

I feel strangely close to you, wherever you are in this wide world, I feel bonded to you by the common battles that we’ve fought or will be fighting.

This is one of the reasons that will make this book different. I will talk to you as if you were over for a cup of coffee in my one bedroom apartment in Paris.

I will be your guide in getting to know and understand this thing called fatty liver, but I'll also try to be your friend as much as letters and a computer screen allow.

This way, you’ll know that it’s not some stone cold person behind these pages that knows everything, but understands nothing. This way you’ll know that I am coming from where you are now, and that’s an important part of the relationship.

Before me move on, I would like to congratulate you on getting a hold of this scarce eBook. If you are reading these lines, you are in the fraction of a percent of people that will have access to this life-changing information.
Before we even move on, I want to address something - how is this book put together.

**How it all came to be**

Let me give you a little background information on what led to “The Fatty Liver Bible & Ezra Protocol” being written in the first place.

Back in the year 2002 when I was just 52, it seemed that I had it all figured out. I was part of a happy family, mother of two and grandmother of three. I was where I wanted to be.

But then I just started feeling this overwhelming fatigue at times and got sick much more often. I admit that I didn’t think much of it back then.

During 2002, I got so many infections that I was on antibiotics practically the whole year. I was a mess, a shadow of the person I was just a few months before. All the doctors kept saying was that I should lose some weight, use immune system boosters and think positive since “it’s all in my head”. But I just could, I just couldn’t.

I would lose a couple of pounds just to gain more than I lost after the disappointment kicks back in and food cravings with it.

I kept telling them that there is something wrong with me. That went on forever.

I got obese, and they had nothing new to tell me. I was sleeping 12-13 hours a day, and I became a burden to everyone around me.

Then one of the doctors recommended that I test my liver and, they soon discovered heavy fatty infiltration, my ALT and AST were off the charts, and my liver was borderline cirrhotic.

In a way I was relieved.
Relieved to learn that it’s not all in my head. Months went by and I soon realized that the doctors didn’t have a permanent solution for my liver condition and even though I now knew what was going on, I hardly felt any better.

I lost some weight but was still obese, lost and alone I started, to make my peace with the fact that the rest of my life would be like this.

But then, on a day like any other, it all changed. I went to the bank to withdraw some money and met an old high school friend, Emma. She didn’t see me since I’ve gotten huge and I felt the need to talk about it, explain myself and tell her that it’s a disease and that it's pretty much out of my control.

But this conversation proved to be more

Emma interrupted me and told me that her sister in law from Reims (small town close to Paris) had the same problems and that there’s this man there that helped her. She went on to explain that the man’s name is Jacob Ezra, and that is a holistic medicine practitioner specializing solely in liver disease. I didn’t think much of it then, but that conversation proved to be my blessed salvation.

This book is all about sharing what happened.

Conventions used in this ebook

1. All the keywords that are especially important for understanding something will be Bolded

2. All the terms that you are very likely not familiar with will be marked with a * and usually explained in the brackets after the word or right bellow that paragraph in an understandable everyday language
3. Things that you need to keep in mind to avoid potentially dangerous practices - marked with an icon of a bomb just to give you an extra heads-up.

4. Things that you might want to make a note about will be put below a red pencil icon and bolded. See the icon below:

5. All the information that I found especially shocking will be marked with an exclamation mark, such as the one below:

6. Pictures will be marked using the chapter number and then alphabetically – for example, the first picture in the 5th chapter will be 5a, the second 5b and so on...regardless of the number of pictures within the whole eBook.

**Important**

This book is not going to be: "Drink this and do this you will be OK".

I wanted more from this book so I crafted it to be, what I believe, the most comprehensive resource on the liver.
This means that I will also be covering basic science of the liver so that you can understand what’s going on "behind the curtains". I personally found that this knowledge helped me very much along the way.

In a word - I WANTED YOU TO UNDERSTAND.

Now, if you are the sort of person that's impatient and just want to get to the part about the protocol that brought me my wellness back, that's understandable.

If this is the case, you can just skip the chapters that contain the reference knowledge and move on to the chapters that talk about alternative/complementary solutions.

At one point, I conducted a survey of the people on my email list and asked them what would they like to see in the book. Dry information about the protocol or a comprehensive resource on the liver.

Close to 80% of people who responded wanted the latter, so from that point on, I was at peace with my decision.
CHAPTER 2:

LIVER BASICS

“Ode to the liver” by Pablo Neruda

Modest,
organized
friend,
underground
worker,
let me give you
the wing of my song,
the thrust
of the air,
the soaring
of my ode:
it is born
of your invisible
machinery,
it flies
from your tireless
confined mill,
delicate
powerful
entrail,
ever alive and dark.
While
the heart resounds and attracts
the music of the mandolin,
there, inside,
you filter
and apportion,
you separate
and divide,
you multiply
and lubricate,
you raise
and gather
the threads and the grams
of life, the final
distillate,
the intimate essences.

Submerged
viscous,
measurer
of the blood,
you live
full of hands
and full of eyes,
measuring and transferring
in your hidden
alchemical
chamber.
Yellow
is the matrix
of your red hydraulic flow,
diver
of the most perilous
deeps of man,
there forever hidden,
everlasting,
in the factory,
ooiseless.
And every feeling
or impulse
grew in your machinery,
received some drop
of your tireless
elaboration,
to love you added
fire or melancholy,
let one tiny cell
be in error
or one fiber be worn
in your labor
and the pilot flies into the wrong sky,
the tenor collapses in a wheeze,
the astronomer loses a planet.

Up above, how
the bewitching eyes of the rose
and the lips
of the matinal carnation
sparkle!
How the maiden
in the river laughs!
And down below,
the filter and the balance,
the delicate chemistry
of the liver,
the storehouse
of the subtle changes:
no one
sees or celebrates it,
but, when it ages
or its mortar wastes away,
the eyes of the rose are gone,
the teeth of the carnation wilted
and the maiden silent in the river.

Austere portion
or the whole
of myself,
grandfather
of the heart,
generator
of energy:
I sing to you
and I fear you
as though you were judge,
meter,
implacable indicator,
and if I can not
surrender myself in shackles to austerity,
if the surfeit of
delicacies,
or the hereditary wine of my country
dared
to disturb my health
or the equilibrium of my poetry,
from you,
dark monarch,
giver of syrups and of poisons,
regulator of salts,
from you I hope for justice:
I love life: Do not betray me! Work on!
Do not arrest my song.

Yes, the Nobel Prize winner for literature Pablo Neruda wrote “Ode to
the liver”. Not “Ode to the kidney”, not “Ode to the heart”, not “Ode to
the brain”, but “Ode to the liver”.

Now, there’s a man who understood the crucial importance of this organ
for our wellbeing. Most health talk is about the heart and the brain, but
the facts are simple – we wouldn’t last hours without our liver.

And that’s not the only example of “liver worship” from the history...
Throughout the ages, you can find metaphoric representations of the liver.

In the ancient world, people thought of the liver as the repository of life and the seat of inner emotions. When the gurus would try to predict the future using animal insides, they would consider a healthy liver as a sign that all will be well.

Plato (427–347 BC) wrote about the existence of the ‘desiring soul’ and the ‘rational soul’. He also wrote about the former being located in the liver. One of the fathers of modern medicine, Galen, said that the liver is the seat of the vegetative soul.

Many centuries later, William Shakespeare spoke about the liver as the seat of bitter anger and other intense emotions. He also mentioned the liver over and over in his plays.

Liver has also been associated with the courage of the man and those who were referred to as the chicken-livered are thought to be cowardly.

Today, however, the liver doesn’t get the place it deserves in our health thoughts and chances are that you started thinking about your liver for the first time when you learned that you had a serious condition involving this organ.

Didn’t you?

I know I did...

Let’s answer some basic liver questions...

**Where is the liver?**

The liver is situated just under the ribs, on the right side. The lower end is roughly just above the end of the rib cage, and the upper end is roughly in the height of your nipple. So, it’s not a small organ...
The liver rests below the lungs and just above the kidneys. One of the more important functions of the liver is to bile, which is a yellowish fluid responsible for digestion and absorption of fats.

Just below the liver, we have the gallbladder – a small pear-shaped organ that receives the bile from the liver, concentrates it and then passes it through to the small intestine through a tube called the common bile duct.

**How big is the liver?**

The liver makes from 1/18 of the body mass (in infants) to approximately 1/50 in adults which makes it one of the biggest organs in the human body and it normally weighs 1.4 to 1.8 kg.

It has two major parts (lobes) – the right and the left lobe. These are divided by the falciform ligament which is, plainly speaking, a smooth membrane.
What does the liver do?

The liver has over 500 functions! Imagine that...let's look into some of the more important ones...

Processing nutrients

After the food enters the digestive system, it's broken down into smaller pieces. When the pieces are small enough, the nutrients will get to the liver.

The liver then processes the nutrients by either making a number of crucial chemicals for the human body or store the nutrients in a form that can be used for quick energy.

Some of the crucial chemicals that are produced by the liver:

*Albumin* – a blood protein that determines the fluid balance in our bodies

Blood clotting chemicals

- **Bile** is a chemical that consists of water, bile salts, a pigment bilirubin and some other substances. Bile is crucial for the breakdown of fat.

- **Urea** – when the liver breaks down ammonia that is a by-product of digestion it produces Urea. If the ammonia is not broken down, it builds up inside and can cause mental issues such as disorientation and confusion very fast.

Removing toxins and bacteria

At one point or another all of the blood circulating through our bodies will pass through the liver. When that happens, the liver filters out all the toxins and removes them from the body.

It also plays an important role in removing the chemicals and residue that's left over after metabolic processes.
This residue includes old hormones and dead cells. If the liver is impaired the entire residue can be imprisoned inside and we are talking about billions of cells here.

The Kupffer cells in the liver are in charge of removing the bacteria from the blood that goes through.

Building Proteins

Protein (from the Greek word ‘proteus’ meaning the first, the most important) is the building block of all tissue in the body. They need to be constantly produced. The liver makes many kinds of protein that our body uses every day.

**The magic of the liver**

Liver has an amazing ability to transform substances into other substances that we need to survive. It distributes the essential chemicals and gets rid of the waste.

- **Blood sugar regulations** – the liver plays a crucial role in regulating blood sugar levels. It converts all sugars into glucose and then into glycogen which is how the carbs are stored and used. When the body needs the energy, the glycogen is transformed back into energy and utilized.

- **Cholesterol** – the liver is the only organ in the human body that breaks down and removes cholesterol. In the liver, cholesterol is broken down to bile acids, bile salts and phospholipids.

- When the red blood cells die out (after 3-4 months of existence) they release the mentioned pigment Bilirubin, which is then metabolized and excreted through the bile.

Now, don't get confused or overwhelmed by all the medical talk here, it's just for reference purposes. We'll make a sense of it all as we move along, and you don't even need to understand it now.
Moving on...

**Understanding liver function blood test results**

Liver is the lab of the body. Chemicals that it makes are carried throughout the body in the blood. If the liver gets damaged, congested or underperforms in any way, disturbances in the levels of these chemicals happen.

- **ALT (also called SGPT / Alanine Transaminase)**
  - This is the enzyme that helps proteins to process. High levels of ALT suggest some level of liver injury. Normal levels are 5-40 units per liter.

- **AST (also called SGOT)**
  - Almost all of the AST is located in the liver cells. Like with ALT, elevated levels of AST indicates liver damage. The normal levels of AST are also similar to the normal levels of ALT - 5 to 45.

- **ALP (Alkaline Phosphatase)**
  - ALP is related to the biliary tract. If ALP is elevated disorders like fatty liver are likely the reason. To test this enzyme, the patient must fast for at least 6 hours before the sample taking. Normal rates are 44-147 units per liter.

- **Albumin**
  - This is the core protein made by the liver. Normal rates are 3.4 to 5.4 deciliter. In some types of liver disorders, levels of albumin might decrease.

- **Bilirubin**
  - Bilirubin is a direct result of hemoglobin release. Elevated bilirubin indicates various liver disorders. Blood tests measure:
- **Direct bilirubin (unconjugated bilirubin)** – if elevated in liver and bile ducts conditions, especially if the bile ducts are congested. Normal levels are 0 to 0.3 mg/dl

- **Indirect Bilirubin (conjugated bilirubin)** does not pass through the liver. If elevated, it indicates breakdown of red blood cells

- **Total Bilirubin** – total of direct + indirect bilirubin. Normal levels are 0.3 to 1.9 mg/dl
CHAPTER 3:

FATTY LIVER DISEASE BASICS

This is what I call a reference chapter and some of you (as I mentioned - the less patient ones) might decide to skip it altogether. If you are not interested in the science behind what's going on, it might get boring and technical.

However, it's here for a reason, and I suggest you take your time and read it carefully so that you get a better understanding of the issue.

Later on, when we talk about healing and alternative methods, pieces of the puzzle we start to put together here, will fall into place.

What is fatty liver, NAFLD and NASH?

Nonalcoholic fatty liver disease (NAFLD) includes a wide range of liver conditions, starting from the mildest which would be just simple fatty liver (steatosis) ranging to the to nonalcoholic steatohepatitis (NASH) and worst case scenario - cirrhosis.

The whole ranges of conditions have one thing in common, which is the accumulation of fat in the liver cells otherwise known as hepatocytes. In rare cases, NASH is the result of the process of fatty infiltrations, inflammation (hepatitis) and scarring (fibrosis) of the liver.

The “non-alcoholic part” suggests that those affected by the conditions did not get where they are by consuming too much alcohol like the majority of those with liver problems. Still, the histological pictures of the two groups of liver conditions have so much in common. This
basically means that if you look at the tissue taken from the liver of the sufferers, these will appear very similar.

3.1. The NAFLD progress

Everything starts with the simple accumulation of fat in the liver. At this stage, no scarring or inflammation occurs. The fat that is accumulated in the liver is actually different from the fat that accumulates on/in our body. In this case, only triglycerides are accumulated within the liver cells.

At this stage, no permanent damage to the liver is done.

The next stage of the NAFLD is NASH. The good news is that only a small number of patients with simple fatty liver disease will ever develop NASH. In NASH, the fat accumulates in the liver and causes inflammation. At this stage, the inflammatory cells can destroy the liver cells.

Here is where things get serious because the NASH can potentially cause scarring (fibrosis) and even lead to cirrhosis.

Now, the subject of distinguishing NASH from other NAFLD is a subject of controversy, and even liver doctors haven't come to an agreement about what makes NASH in microscopic terms.

Can fat accumulate for different reasons?

NAFLD and NASH are considered to be the primary fatty liver disease, while other types of liver disorders that cause the accumulation of fat in the liver are considered secondary fatty liver. Other liver disorders that can cause fatty liver are:

- ALD (Alcoholic Liver Disease)
- Chronic viral hepatitis C
- Chronic viral hepatitis B
• AIH (Chronic Autoimmune Hepatitis)
• Wilson’s disease (accumulation of copper in the liver)

Other reasons for secondary fatty liver:

- Some drugs (corticosteroids)
- Disturbances in the way our body metabolizes fats
- Certain surgical procedures (Gastrointestinal surgery for obesity)
- Bad nutrition

So, when you doctor tries to determine whether you have some of the things on the list above or NAFLD, he/she will try to exclude the options above – one by one.

3.2. History of fatty liver disease

The condition that is now known as NASH has been described in expert literature as early as the 1970s, but it was not before 1980 that it was described as a separate disease.

It’s then that Dr. J. Ludwig from the Mayo clinic in Rochester who noted that a specific profile of people (those who are obese, have diabetes and elevated cholesterol) had the symptoms that were very similar to ALD (Alcoholic Liver Disease). He was the first to coin the term Non-Alcoholic Steatohepatitis.

But, at that point the condition was still thought to be harmless. Those who had symptoms similar to viral hepatitis A or B but were negative on the blood tests were merely said to have non-A-non-B viral hepatitis.

Then, virus C was discovered but there were still people that were negative to all 3 viruses. Finally, these people were recognized to have NASH.
But still the conventional medicine and science offers little explanation about the way NAFLD processes from simple fatty liver to NASH or cirrhosis.

3.3. Who gets NAFLD and NASH?

At the moment, there is no available data to measure the incidence* of these conditions.

*number of new cases per year

However, there is some data on the prevalence* of the conditions.

*number of people suffering from a condition at any given moment

It’s no surprise that most of the cases of NAFLD are seen in developed countries where people eat diets high in fats and sugar. Some data indicate that the prevalence of fatty liver in these countries is 20%, and the prevalence of NASH is 3%.

95% of NASH patients are obese, and 55% have a condition called diabetes mellitus type 2.

The available data about the prevalence of these conditions speak volumes about the risk populations.

In fact, perhaps the most obvious connection is to a condition called insulin resistance. Diabetes mellitus type 2 and obesity are the two most distinct features of insulin resistance. So, again, the facts bring us to obesity...

How is obesity described?
Perhaps the simplest way to determine the limits of obesity is to look at the Body Mass Index (BMI).

BMI is calculated by dividing your weight in kg by your height in meters squared (kg/m²). Table below indicates the limits of obesity in adults:

<table>
<thead>
<tr>
<th>BMI</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>20-25</td>
</tr>
<tr>
<td>Overweight</td>
<td>25-30</td>
</tr>
<tr>
<td>Obese</td>
<td>30-35</td>
</tr>
<tr>
<td>Significant obesity</td>
<td>35-40</td>
</tr>
<tr>
<td>Morbid obesity</td>
<td>40-45</td>
</tr>
<tr>
<td>Super obesity</td>
<td>45-50</td>
</tr>
<tr>
<td>Super-morbid obesity</td>
<td>&gt;50</td>
</tr>
</tbody>
</table>

Another indicator of insulin resistance is the distribution of fat on the body. In those with insulin resistance, most of the fat is deposited on the abdomen.

Abdominal obesity is defined by the waist to hip circumference ratio being >1 in males and >0.8 in females.

At the moment, NAFLD is the predominant form of liver disease in the USA, with the estimated 24% of all the liver diseases.

3.4. Insulin resistance and NAFLD

- Simply put, insulin resistance is a conditions manifested by the body getting its signals crossed (mechanisms are not well known) in the process of sugar regulation through insulin and ending up not reacting to insulin (insulin resistance).

- So, in these people insulin is not as effective in regulating the levels of glucose in the blood.
Because of this, their pancreas is forced to produce more insulin just to be able to maintain the blood sugar levels. So, they still have normal sugar levels at the initial stage of being insulin resistant but are overweight most of the times. At this stage, the blood sugar level cannot be used to determine whether somebody is insulin resistant, only precise blood tests can indicate insulin resistance (euglycemic clamp test).

But as the condition progresses, even extremely high levels of insulin can’t do the job. This causes high blood sugars and diabetes mellitus type 2 (DM2). DM2 is manageable through medication and lifestyle changes, but if it goes unnoticed the pancreas stops producing insulin. This is known as insulin dependant DM2 because the patient has to take insulin through injections.

The risk factors for developing insulin resistance:

- Obesity
- Genetics
- Sedentary lifestyle
- Diet rich in carbs, sugars and fats
- Elevated LDL cholesterol and triglycerides

Signs of insulin resistance:

- Foggy brain
- Loss of focus
- Fatigue
- High blood sugar (at later stages)
- Bloating
• Sleepiness
• Weight gain
• Difficulty losing weight
• High blood pressure
• Depression

Now, it's just the changes in the metabolism of fats and carbs caused by insulin resistance that lead to the fatty infiltrations (triglycerides).

These fats are then stored in the vesicles (tiny sacs inside the liver).

And there you go - you have your fatty liver...

3.5. Insulin resistance and NASH

A vast majority of all patients with NASH are insulin resistant, but there is no evidence that insulin resistance alone can lead to the development of NASH.

Origins of inflammation and cell death in NASH

It’s not completely clear how the inflammation develops in NASH, but here are some of the accepted theories:

• Peroxidation (removal of electrons from molecules) as a result of the accumulation of fat in the liver cells. Free radicals from the Peroxidation can damage proteins and fine structures of the cell. This leads to cell death and inflammation.

• The two hits theory – that suggests that NASH develops in two steps (two hits). The first hit is the initial build-up of the fat in the liver (that so many people have), and the second hit might come from the:
— *Cytokines* (small hormones) which are secreted by cells and may be a factor in determining the cells death

— *Mitochondria* (small organelles within the cells) might malfunction and cause cell decay and death

— *Leptin resistance* – Leptin is a hormone that is secreted after we eat with the purpose of curbing our appetite. People with NASH have abnormally high levels of Leptin but still have strong food cravings. Leptin also increases insulin sensitivity, so the fact that those who suffer from NASH are insulin resistant speaks in favor of the theory that the Leptin receptors are malfunctioning.

### 3.6. The problem of recognizing your liver problems in time

Most of the people with NASH and NAFLD in general have no symptoms at all. Even the physical examination might appear normal, apart from the enlarged liver that is present in some cases.

For the sufferer, it's virtually impossible to make a precise distinction between the symptoms of NAFLD and NASH. They are usually mild, hard to notice and non-specific (also present in other conditions). Some people experience mild pain in the upper right part of the abdomen (where the liver is), and the pain is usually dull. The origins of the pain are not precisely determined, but it is most likely that it originates from the stretching of the liver capsule (covering).

*Signs of liver failure are:*

- Jaundice (yellowing of the skin and eyeballs)
- Fatigue
- Nausea and vomiting
- Confusion
Because the symptoms of NASH and NAFLD are so relative and elusive that your doctor will likely first try to determine whether you have insulin resistance.

The results of the liver biopsies performed after the initial physical examination, show that:

- 83-100% of pediatric patients are obese
- 29-51% have an enlarged liver (hepatomegaly)
- 36-49% have signs of Acanthosis nigricans*

*Acanthosis Nigricans is a black pigmentation of the skin that usually appears under the armpits and on the neck.

In rare cases, so much of the fat accumulates in the liver that the doctor might be able to actually feel it on physical examination.

Cirrhosis usually happens after years of NASH and later in life (over 55).
CHAPTER 4:

DIAGNOSIS and CONVENTIONAL APPROACH

This is a short chapter about what you can expect as your doctors try to determine what exactly is going on with your liver. It’s always good to understand what they are talking about and to know what questions to ask.

NASH is a diagnosis of exclusion, which means that it’s diagnosed by excluding all other options (if no biochemical abnormalities are present).

When biochemical abnormalities are present, they usually include:

- Elevated transaminases (liver enzymes) ALT and AST
- Gammaglutamyltranspeptidase (GGTP) is usually moderately elevated
- Serum ferritin (protein that plays a role in iron storage) is often elevated
- Elevated LDL cholesterol, total cholesterol, triglycerides and blood sugar (all related to the insulin resistance)

A very reliable way to determine if extra fat is present in the liver is liver ultrasound. Finding of bright (hyperechoic) liver is a clear sign of fatty infiltrations.

CT scan can be a very reliable way of diagnosing fatty liver, unless there are iron deposits in the liver. CT scan can even determine the extent of the fatty infiltrations.
**MRI** (magnetic resonance) is the best imaging exam for the diagnosis of fatty liver. It’s also by far the most expensive.

So, your doctor might suspect that you have fatty liver or NASH when the right combination of the factors above is present.

Having said that, let me say that the only way to determine beyond doubt if you have fatty liver or NASH is the liver biopsy (removal of a piece of the liver to be looked at under a microscope).

Some very important research has been done on the possibility of predicting the path your NASH can take and the possibility of cirrhosis development. These researches concluded that the risk of severe scarring dramatically increases in those over 50, in those with BMI over 30 and those with DM2.

**When is a liver biopsy done?**

The moment when a liver biopsy is indicated for suspected NASH is a subject of controversy. The approach that is accepted by most doctors is accessing the risk factors of fibrosis (factors such as obesity, diabetes, age over 45 and AST:ALT ratio >1) and also look at warning signs of fibrosis.

In most cases, however, your doctor will not recommend a liver biopsy until she/he is positive that the lifestyle and dietary changes cannot normalize liver tests.

### 4.1. Conventional approach to NASH and NAFLD treatment

Treatment of NASH and NAFLD in conventional medicine is aimed at correcting the cholesterol, triglycerides and blood sugar levels.

A large scale retrospective study has found that a decrease of 1% in body weight resulted in 8% decrease in transaminases levels, which suggests that weight loss and reversing fatty liver go hand in hand.
But, this has to be done in a very precise and controlled way because rapid weight loss can actually induce a flare of the inflammation in the liver. We’ll be dealing with this much more later on, when I talk about my healing with the Ezra protocol.

Some of the drugs that are used with more or less success to manage certain aspects of the fatty liver conditions are:

- Drugs that are antilipidemic agents (lowering the fats in the blood)
- Drugs that increase insulin sensitivity such as rosiglitazone, pioglitazone and metformin
- Drugs that enhance and invigorate blood flow - Pentoxifylline

However, research shows that the liver enzyme tests appear to return to the previous levels right after the treatment is discontinued. This means that the treatment would have to be continued for prolonged periods of time. On the other hand, some of the drugs (rosiglitazone) have been associated with the possibility of heart damage.

There are still no long-term official clinical studies conducted on the effectiveness of the treatment for insulin resistance.
CHAPTER 5:

THE ALTERNATIVES / COMPLEMENTARY BASICS

Let us now look at some of the alternatives that you have should you decide to address your condition “the natural way”. The protocol that brought me back my health – “the Ezra Protocol” is entirely based on complementing the conventional medicine with natural healing agents.

Let me distinguish two things here - I will be explaining different approaches in different cultures. Don't be confused - the specifics of the Ezra protocol are towards the end.

I felt the need to explain this because I've been receiving questions asking me about all the herbs I talk about here and whether they should all be included.

Make no mistake - these are all separate options from the Ezra protocol.

When the options offered by the conventional medicine are either limited or non-existent in terms of viability or the balance between the benefits and the damage that can be caused, people turn to nature and alternative medicine.

Humankind is increasingly turning to alternative medicine because it's gone a long way since some of our ancestors chewed a herb and realized that it helped him/her with the pain. *Today, it is well-systemized structure that offers great insights into how the human body works and how its balance can be disrupted and thus lead to all sorts of diseases.*

**Alternative and Complementary – the terms**

When practices outside the scope of conventional medicine are used alone, that is what we refer to as alternative medicine. If the same
practices are used together with some form of conventional medicine, the proper term is complementary.

Starting from the 70s, the popularity of alternative medicine has grown tremendously. The last survey conducted on the subject (1993, USA) showed that around 30% or adults in USA used some sort of alternative remedy. The same survey also revealed that more visits were made to alternative (complementary) doctors than to the conventional doctors. We can only guess what the results would be like if the survey were conducted today, but it's certain that the growth has continued to date.

The numbers are similar in Europe, where between 30 and 50% of people has used some complementary medicine in their treatment.

To better understand the difference between the conventional and alternative medicine one needs to understand the 6 core principles of alternative medicine:

1. *Nature first and technology second*

2. *More patient centered*

3. *Use of natural, whole and unprocessed substances*

4. *Do no harm – this principle is all about starting slow and with therapies that cause the minimum possible side effects and harm. It is tightly related to the principle 5*

5. *Slower process – with the treatment being planned to be as gentle as possible, it usually takes more time than the conventional medicine*

6. *Higher standards of health – definition of health is much more strict (let’s face it, a majority of us still defines health with “when nothing hurts”)*

Some alternative medicine researchers go as far as saying: “There is only one disease and only one cure.”

In my opinion, this is an exaggeration, and it’s not that simple. Later on, we will look into what those who say “there’s only one disease” mean and how the idea behind it is very real. It is also one of the corner stones of the Ezra protocol, but not the only one. Without tormenting you with the curiosity and impatience anymore, I am talking about the **pH value** in
our bodies – a vital ingredient on the road to wellness of a fatty liver sufferer. Getting into detail on this is beyond the scope of this chapter.

In the increasingly changing environment (and not for the better) it is not a secret that our bodies tend to underperform in one way or another, which leads to devastating deadly diseases or just life altering illnesses that will make you wish you were dead. I am being blunt here, but the world is what it is and those who wake up to it on time, still have a chance.

So, imagine a scenario where you are taken ill by whatever as a result of the imbalanced and a negligent lifestyle and most of all the environment factors that are often unrecognizable. And then you see your traditional doctor and in due time, get well.

And you think to yourself:” So, I had this bacteria or that virus, and I am fine now”. Have you ever wondered if your body were in a different state, you would never succumb to the illnesses?

And there we are, going through our lives just addressing the consequences, day in day out, month in month out, year in year out, life in life out.

Just think of it this way, if you had a leak in your ceiling, would you just change the pot underneath it every time it rains or would you have taken the time to plug that hole?

What I am trying to say with this, probably poorly chosen metaphor, is that alternative medicine is much more about the underlying causes and the balance within than the conventional medicine. As people realize that they have to think about the “behind the scenes” stuff and listen more carefully to what our body is telling us (even though most of the time it whispers), alternative medicine establishes its place among the treatment options.

If you have this ebook in front of you and are not ready to make any changes in your life, then it is just letters on the screen and you might as well go and watch a movie. I apologize for being blunt here, it is not meant to offend anyone - it 's just a wake-up call.

Make no mistake here that I am trying to convince you to implement the Ezra protocol like I did for my fatty liver. I will never advise so, and it will always be yours and your doctor’s call. When I say this, I have a friend of
mine in mind and those similar to her. Her name is Abele, and we had been seeing the same doctor for my fatty liver for something like 6 months back in 2007 when I moved on to explore my options and in due course, met Jacob.

Even today, I often meet Abele in our supermarket in our neighborhood in Gentilly and she still pities herself talking about the fatigue and how her anxiety is basically tearing her family apart as we walk through the aisles in the supermarket and as she is stuffing her cart with coke and fries and all sorts of other junk. When I challenge her on that, she just says, “That Ezra thing worked for you, I am hopeless, I am sure it will not work for me”.

When I said that thousands of people worldwide are changing their lives using some or all of the principles that I am describing in this book she just waved her hand and threw in an extra bucket of chocolate chip ice-cream into the basket and changed the subject.

Some people are just like that, they have this masochistic side to them that likes to wallow in the mire and think how God must hate them. Same thoughts would linger in their minds for years, when they could have used the time to turn their lives upside down.

Having said all that, I believe that the very fact that you are reading these lines means that you are not one of those people. You took action, and you are gearing up to change your life. Keep one simple fact in mind at all times, I used to tell it to myself every day “Having fatty liver is not going to define me as a person. No way, Jose…”

I know that I rambled a bit more here, but setting your mind on something and maintaining focus is just as important as any herb or supplement.

If you are thinking that I could have just said that instead of boring you with a story about my friend and this and that, you are probably right 😊

Let us move on…
5.1. Consumer, beware!

On one hand, the alternative medicine offers great benefits, but if taken lightly as completely safe it can have serious and even dangerous drawbacks.

*If someone asked you what alternative medicine is, would you know the answer?*

It seems downright simple but when you try to put it into words, it’s not so simple, don’t you think?

*Well, let us break it down.*

Eisenberg defined alternative medicine (nowadays often called complementary medicine) as health practices that were not widely taught at health schools and not generally available in health institutions.

As times are changing, the definition becomes somewhat inadequate. It becomes inadequate in terms that some of the practices of “alternative” medicine are being widely used by the conventional medicine and your every-day medical institutions and some of the theories find their back-door way to the medical schools and books.

In the last few years, this evolved to the point that, in some states, the law even requires health plans to cover it. In 1992 in the USA, the Congress established an Office of Alternative Medicine to evaluate alternative remedies.

So, it goes without saying that staying blind to the alternatives is outright dumb, but in this subchapter, we look at how you can go wrong when making this type of health decisions.

5.2. Knowledge is king.

Most of the dangers that you need to keep an eye is in the combinations and sometimes unwanted interactions between the alternative medicine and the conventional drugs.

Some drugs that you are using might interfere with the seemingly benign herbal supplements. Milder form of the interference might be that the
drug doesn't work as good. Some more severe forms of interactions might even bring you more harm than benefit.

So, the best advice you can get here is, “Know your stuff and take nothing for granted”.

If the nice lady in the herbal store offers a “great new immune system supplement” and you decide to give it a try because of the bird, swine, armadillo or whatever flu that might emerge make sure you know what’s in the supplement and check whether some of the drugs you are taking are contraindicated with the herbs.

The best way to do this is consult your doctor. But if you want to look for the information yourself before you check with your doctor, you can simply Google “drug A (whatever you are using) interactions with B (herbal supplement). It’s your body, be careful and diligent in your research.

For information on dietary supplements, try the NIH Office of Dietary Supplements (ODS). Its Web site is www.ods.od.nih.gov.

This is a great place to start if you are thinking about using a supplement, but there is also an abundance of information all over the internet.

When I talk about the supplements that I was using during my treatment on the Ezra protocol I will do my best to mention the possible interactions with drugs or with other herbal supplements or even with some of the things we eat (I bet you haven’t thought about that – don’t feel bad, nobody ever does).
CHAPTER 6:

The alternative / complementary options

Here is how this chapter is going to work:

We are going to look at the different options when it comes to alternative and complementary options. Since the Ezra protocol includes some of the herbs, principles or supplements used by these different approaches, we'll stress those as we move along.

Once we are finished with this chapter, we will have a few pieces of the puzzle that is the Ezra protocol. In the chapter that's dedicated to the protocol itself we'll reveal the rest of them and paint the full picture.

In other words, it might get confusing at moments before it becomes crystal clear towards the end. So, bear with me.

6.1. TCM and the fatty liver

The TCM (Traditional Chinese Medicine) has a long history in treatment of conditions such as the fatty liver.

Most of the time, the Chinese practitioner use combinations of herbs and acupuncture. The herbal formula prescribed will vary from person to person. They use almost all parts of a herb. The root of the same herb can be used for entirely different purpose than the flower.

This personalization of treatment will be the aim of the series of questions you will be asked the first time you see your Chinese practitioner. It is often to hear in those walks of life that Chinese Traditional Medicine is treating the person, not the disease.

Here is a short and simplified version of the theory behind TCM and acupuncture:
The fundamentals are *Yin* and *Yang*, which I am sure you heard of.

Yin and Yang are opposite, but complementary forces, whose perfect balance within the body is essential for health and well-being. Yin and Yang together are referred to as Qi (or chi) which is the invisible life energy.

This life energy flows through meridians that are distributed around the body. There are 12 meridians running up and down the body in pairs. They are named after the internal organs they pass through.

*The main objective of any action taken in Chinese Traditional therapy is to enable a proper and uninterrupted flow of life energy or the Qi.*

A disruption in the flow of energy along the meridians is what is creating any illness. There are around 365 acupoints along the meridians where the Qi can enter or leave the body. The insertion of needles is aimed at re-establishing the balanced flow of Qi.

Your practitioner will try to determine the pattern that your disease took in your specific case and fashion a treatment that is adjusted to your specific needs and “energy flows” as they like to call it.

The questions you will be asked might seem odd if you know little or nothing about the theory behind the TCM. The questions are based on finding a holistic pattern of disharmony in the body. The belief is that when the body’s disharmonies are balanced, and the patient’s constitution strengthened, the healing powers of the human will run at optimal levels. They should also go through many other aspects of your life to determine what may be energetically contributing to the disease.

Let us look into a couple of formulas that are used by Chinese herbal practitioners to reverse fatty liver. Jacob told me that he experimented with various Chinese herbal formulas, and one of them was a clear winner. That formula (one herb to be more precise) found its place into the Ezra protocol and has been used for years. More on that later...
<table>
<thead>
<tr>
<th>English name</th>
<th>Latin name</th>
<th>Chinese names</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Astragalus, Milkvetch Root</td>
<td>Radix Astragali seu Hedysari</td>
<td>Huangqi</td>
<td>10 g</td>
</tr>
<tr>
<td>Pilose Asiabell Root</td>
<td>Radix Codonopsis</td>
<td>Dangshen</td>
<td>5 g</td>
</tr>
<tr>
<td>Chinese Atractylodes</td>
<td>Rhizoma Atractylodis</td>
<td>Cangzhu</td>
<td>5 g</td>
</tr>
<tr>
<td>Danshen Root</td>
<td>Radix Salviae Miltiorrhizae</td>
<td>Danshen</td>
<td>5 g</td>
</tr>
<tr>
<td>Hawthorn Fruit</td>
<td>Shanzha</td>
<td>Shanzha</td>
<td>5 g</td>
</tr>
<tr>
<td>Lotus Leaf</td>
<td>Folium Nelumbinis</td>
<td>Heye</td>
<td>5 g</td>
</tr>
<tr>
<td>Seaweed</td>
<td>Sargassum</td>
<td>Haizao</td>
<td>5 g</td>
</tr>
<tr>
<td>Chinese Thorowax Root</td>
<td>Radix Bupleuri</td>
<td>Chaihu</td>
<td>5 g</td>
</tr>
<tr>
<td>Cassia Seed</td>
<td>Semen Cassiae</td>
<td>Juemingzi</td>
<td>5 g</td>
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</tbody>
</table>

The formula is usually administered as tea. One or two teaspoons are covered with 0.2-0.3 l of boiling water, and 1 cup of the tea is taken 3 times per day, half an hour before meals. One course of treatment lasts for a month.

This formula is said to:

- Invigorate the qi
- Improve the circulation of the blood
- Strengthen the spleen
- Remove the phlegm
- Remove stagnation
The Fatty Liver Bible & Ezra Protocol

<table>
<thead>
<tr>
<th>Formula 2</th>
<th>English name</th>
<th>Latin name</th>
<th>Chinese names</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Rhubarb</td>
<td>Radix et Rhizoma Rhei</td>
<td>Da Huang</td>
<td>20%</td>
</tr>
<tr>
<td></td>
<td>Eupolyphaga</td>
<td>Eupolyphaga seu Opishoplatia</td>
<td>Zhe Chong</td>
<td>15%</td>
</tr>
<tr>
<td></td>
<td>Peach Seed</td>
<td>Semen Pruni Persicae</td>
<td>Tao Ren</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Dried Lacquer</td>
<td>Lacca Sinica Exsiccatae</td>
<td>Gan Qi</td>
<td>10%</td>
</tr>
<tr>
<td></td>
<td>Larva of Holotrichia diomphalia Bates</td>
<td>Holotrichia Diomphala</td>
<td>Qi Cao</td>
<td>15%</td>
</tr>
<tr>
<td></td>
<td>Leech</td>
<td>Hirudo seu Whitmaniae</td>
<td>Shui Zhi</td>
<td>10%</td>
</tr>
<tr>
<td></td>
<td>Gadfly Female</td>
<td>Tabanus Bivittatus</td>
<td>Meng Chong</td>
<td>10%</td>
</tr>
<tr>
<td></td>
<td>Baical Skullcap Root</td>
<td>Radix Scutellariae Baicalensis</td>
<td>Huang Qin</td>
<td>15%</td>
</tr>
</tbody>
</table>

The reason the quantity of this formula is given in % because liquid extracts are used. They are mixed and used by applying 1–2 squirts (1-2 ml) of the mixture in a glass of water by using an eyedropper and drinking 2 glasses of this water daily.

The main actions of the formula are:

- Breaks Blood stasis
- Disperses Blood stasis
- Generates Blood

Apart from the fatty liver, the same formula is used for Chronic hepatitis and Cirrhosis.
6.1.a. The paramount herb

*Phyllanthus Niruri - one of the pillars of the Ezra protocol*

**Basic facts**

Phyllanthus niruri is a herb from the family of Euphorbiaceae is a herb found in many parts of the world and most commonly used Chinese and Indian medicine.

The important part for us, the fatty liver sufferers, is the fact that it has amazing, almost unexplainable properties:

- **hepatoprotective action** (protects and reinvigorates your liver)
- **lipid lowering action** (simply put, it fights the fat and the bad cholesterol)
- **antidiabetic action** (improves insulin sensitivity that is, as we already mentioned, one of the main things to deal with when battling your fatty liver)

It's so potent and gentle to the liver that it's even clinically proven to help with Hepatitis B, a condition much more serious than fatty liver.

**The herb**

Phyllanthus means "leaf and flower". It's a herb that grows 30-60 cm high.
The effects that interest us:

The amazing effects of liver protection and rejuvenation have been well known among holistic practitioners for decades. It's only in the last 10 years or so that the conventional medicine has been waking up to them, and official proof started to emerge.

In a recent study, an herbal preparation based on these herbs and containing a few others was orally administered to male albino rats in an official study. The result was conclusive - it has proven to be very effective against liver damage.

In another study animals with hepatopathy, an abnormal or diseased state of the liver) were treated with an herbal supplements (again, it's one of the main active agent being Phyllanthus niruri) it was even effective with REGENERATION of the hepatic cells, and that's nothing short of amazing.

I am including these studies here as an example because I know for a fact that a majority of people will find "it has been used....and...it has this or that potency" to be vague.

Similar studies were conducted to prove the ability of the herb to lower the lipid activity (cholesterol, phospholipids and triglyceride by 27, 25 and 24 percent respectively) and potent antidiabetic activity both in normal and in diabetic rats.

These studies were mostly conducted in Japan and India, were not recorded in medical journal, and that's why I cannot offer any references here. It will be a joyous day when more of this kind of research enters the mainstream medicine.

Right now, I can tell you this - this herb was part of the protocol that gave me my health back. I hope that's enough to get you thinking.

How I used it in the protocol

I drank it as tea. I would use one teaspoon of the Phyllanthus niruri powder, pour a cup of boiling water over it, strain and drink it 2 times per day. I did so between meals in the week 1-8 of the protocol.
To date, I drink a cup of the tea every few days. I got used to the taste and it’s a great feeling knowing how good it is for me. I keep chamomile and other conventional teas just for the guests, when I want a cup of tea I go for something that I know is not just a pastime, but really makes a difference.

**Where did I get it?**

As I said I had a great holistic shop in my neighborhood, but otherwise, the powder is very hard to come by locally.

Here is a page on Holistic Digests that talks about the herb, the best brands and how to get them.

>> [http://www.holistic-digest.com/Pyllanthus_Niruri_MCT_Test](http://www.holistic-digest.com/Pyllanthus_Niruri_MCT_Test)

### 6.2. Herbalism and fatty liver

There are a number of approaches to the healing process that use herbs. In one way or another TCM, homeopathy, naturopathy and other alternative approaches use herbs. But herbalism relies mainly on herbs and their healing powers and that is what makes it different.

Herbalism is a system designed to use the healing powers of plants to stimulate the reaction of the body and enable a self-healing process. It is basically where it all started. When I say all I mean medicine...

A herb is a plant or plant part valued for its medicinal, aromatic or savory qualities. Herb plants produce and contain a variety of chemical substances that act upon the body.

Herbalists use the leaves, flowers, stems, berries, and roots of plants to prevent, relieve, and treat illness. From a "scientific" perspective, many herbal treatments are considered experimental. The reality is, however that herbal medicine has a long and respected history.

There are two groups of substances in herbs that contribute to the overall potency. First of all, there is the primary healing agent that
actually does the “job”. Secondly, there are substances that determine how well the primary healing agent will be absorbed into the body. The two are equally important, and it is their combined strength that makes the medicinal plants or herbs so potent.

Although today, practitioners of conventional medicine tend to disregard the potency of the herbs, they seem to lose sight that 25% of all prescription drugs sold or issued over the counter contain at least one active herbal ingredient.

Herbalism is the oldest form of healthcare known to man. Ever since that first ancestor of ours realized that chewing marshmallow root soothed his/her stomach it was a rollercoaster ride of new discoveries made by observing the animals and through the process of trial and error.

History of herbalism in depth is beyond the scope of this eBook and the reader is not here to read about it. We want to know what herbs can do for the fatty liver sufferer. So, moving on...

Although intuitively we know what a herb might do in our body to help us, if you pause for a second and try to define it I bet you’ll realize it’s not that easy. So, let’s try and make this clearer. The main benefits of herbs are the following:

- They tone and stimulate tissue and organs that become “lazy”
- They relax tissue that are too tense
- They promote elimination of waste from the system. This feature is especially important to fatty liver sufferers because of the clutter of dead cells inside as well as excessive estrogen
- They stimulate the body’s ability to fight infection
- They have direct antiseptic, antibiotic and antifungal properties
- They promote the healthy circulation of blood and lymph (also very useful for us as fatty liver sufferers)
They soothe mucous membranes (again great for fatty liver)

They regulate the secretion of hormones

They regulate the way hormones act when secreted

If the reader remembers, we already talked about the way in which an herbalist approaches a disease when we talked about Chinese herbalism. So, again, if you are looking into herbalism, you can expect a series of questions regarding your medical and surgical history, the history of illnesses in your family, about possible exposure to low temperatures during your menstruation and similar things that they find relevant for designing a treatment that is unique to you.

This is why your first visit may last up to an hour, and the following visits will usually be around half an hour. That way, your herbalist will have all the information that he/she needs to prescribe an herbal combination that will help you in your healing.

There is really a vast array of herbs that are used to treat the symptoms of fatty liver, but as Mr. Ezra explained to me, some of them have much more to offer and that was proven over and over again in the years of his work. Long years and decades of trial and error have filtered out the herbal remedies that are obvious “winners” in the process. That is why we will not broaden our search and stick to the herbs that have proven healing properties for people with fatty liver and obesity problems.

First of all, let’s look into ways one can use herbal remedies:

Fresh herbs (as spices)

Tinctures (herbs are soaked in alcohol to extract their healing agents and then administered usually in water)

Teas and infusions (less concentrated then tinctures, infusions and teas are made by soaking dry or fresh herbs in hot water for 10-15 minutes)
• Decoctions (if other parts of a herb are used besides leaves, it takes a bit more time and heat to extract the substances that we want, approximately one teaspoon of the herb is used with one cup of water with the difference that the liquid is not put aside when the water boils but is simmered on the stove for 10-12 minutes)

• Baths (herbs can be added to your bath tub, or you can let the water run through the herbs that are placed in a sack – the substances are readily absorbed by the skin)

• Tablets or capsules

• Skin cream

• Poultice (you get herb poultice when you bruise fresh and dried herbs and mix it with water into a paste that can be applied to painful areas of the body)

There is a couple of herbs that are commonly used by herbal practitioners but one of them clearly stands out, and it's a herb that I used in my healing. I am sure it will come as no surprise since it is widely known.

**Paramount herb: Milk Thistle - Silybum Marianum**

This herb has been proven to protect the liver cells from the incoming toxins, but it also invigorates the liver to cleanse itself from damaging substances such as alcohol, drugs, pesticides and heavy metals. It is potent enough to protect even from the action of some species of poisonous mushrooms.

Milk Thistle soothes the mucous membranes, organ irritations and inflammations so it is especially great for NAFLD that has progressed to inflammation of the liver.

It performs its soothing action on the liver by lowering the liver enzymes thus facilitating the process of detoxification. It is even prescribed to people whose disease has progressed to cirrhosis and even liver cancer. It has also found its way to my protocol.

*The Fatty Liver Bible & Ezra Protocol*
Administration of the herb is very specific because of the fact that you cannot simply make tea from the seeds because the active ingredient – Silymarin does not extract well in water but is alcohol soluble. So, the two main options are pills and alcohol soluble extracts.

Since alcohol is not really an option for our tormented liver, it came down to capsules or pills.

You can see the results of brand comparison on Health Digest here:

>> Click here to see the brand comparison on Holistic Digest <<

I would just dilute the alcohol based extract in hot water and drink it like this (with liver issues, always consult your doctor, especially if considering using anything that's alcohol based, no matter how small the amounts)

Side Effects:

There are no known contra-indications to Milk Thistle supplements but as with all herbal supplements caution is advised because of possible herb-herb and herb-drug interaction (such as the interaction between Milk Thistle and some drugs for HIV).

If you find yourself in a situation where you suspect that you have the symptoms of overdose with drugs, herbal supplements or teas, call poison control right away at 1-800-222-1222 (for the USA)
CHAPTER 6:

THE EZRA PROTOCOL OR “MY STORY”

OK, so here we are, in the most important chapter of the eBook where I’ll share my story of healing with the Ezra protocol. Here is where I share all about how I battled this most important battle of my life. And won.

For most of my life, I was known as a healthy person, slightly overweight for most of my life but never obese. I was leading a normal life but I was never really health-conscious, and I would indulge myself with all the food I craved. I was weak that way.

But a couple of years ago I noticed that something was seriously wrong.

My skin was "acting funny", and I would develop skin irritations very easily and it seemed that my skin was sensitive to water. I had hair problems too, it seemed that my hair suddenly started to thin without any apparent reason.

I started having all sorts of mysterious pains, in shoulders, in my arms, in my ankles. My doctors were puzzled, and they would scorn my condition telling me that it’s all in my head. They tried different drugs that just made me worse (such as Paxil). My family and I also bounced ideas of what we thought was wrong.

Until finally one of them decided to give me an MRI that revealed that the root of all my afflictions is a rapidly developing case of a fatty liver with first signs of inflammation.

I started my treatment using cholesterol drugs (Lipitor and Vitorin) but as soon as I would discontinue the drugs my liver enzymes would go up again. I was always tired and unable to walk a block. That went on for years. Until 2007.
But enough about my story, this book is not about me and my fate, it’s about my healing journey and how you can learn from it. As I told you, it all changed when I met an old friend and, as always, monopolized the conversation with the story about my ailment. And then something happened. My friend told me that her sister in law of hers suffered from NASH and that there is a man in Reims that helped her. She said that the men’s name is Jacob Ezra and that he is an alternative and complementary medicine practitioner specializing in liver disorders.

I didn’t think much of it then. But that day changed everything. That was the beginning of my blessed salvation. That was the day that resulted in me being in front of this screen, writing these lines and you reading them. I get goose bumps when I think about where would I be today if haven’t met Liz that day at the supermarket.

But I did. And I did get the number of the man from Reims and scheduled an appointment for next Monday.

I remember that morning. I remember everything about it. It’s an hour and a half drive from Paris to Reims. I spent the time contemplating about what’s next...Will this Jacob person help me...What if this doesn’t work too...what if...what if...???

When I got to Reims and found Mr. Ezra’s practice in a secluded street, and I was not impressed. Neither did I see this as my solution, but rather as a part of the process that I hoped would end with me being free from the hell of fatty liver...

The waiting room smelled of wood and natural materials, and it was in green and earth tones, calming just as you would expect from alternative medicine practitioner.

Then Jacob came out, took down his glasses and asked:” Debra, I presume?” I just nodded my head and said that it was very nice to meet him. He showed me into his office and offered me a glass of water. During the first 30 seconds of being in his company, I was under the huge impression of this calming presence that he had about him.

Then he asked about my friend’s colleague (the girl that referred me) and I said that I really don’t know that much about her and that, all I know, is that she is OK now.
So, after the small talk, he just said:" All right, now I want you to take as much time as you need to tell me about what is going on. Tell me everything, even if you think that it might seem stupid or irrelevant. The first step is to realize that, within these four walls, nothing is embarrassing”.

This was a whole new approach, and I wasn’t just a number anymore. It was great to know that I am not just a “4 o’clock” to my doctor and am not only relevant until his “4.30” comes in. But, let me tell you right away, I did not feel assured that this elderly man with his kind but common looks would be the person that will make all my suffering go away. Boy was I wrong…

So, I felt relaxed, and my tongue untied,

I told him about the pain and the symptoms, but I also told him about my relationship and the depression. He listened closely and with undivided attention, looking away every once in a while to make a note. I think it had taken about half an hour before I was over with my lamentation.

When I was finished I said, “That’s basically it.”

He started speaking in a calm voice. The first thing he said is “Debra, I have been working with people with liver problems for 24 years (that was back in 2007), so the first thing I want you to do is change that humped, crouched and spasmodic posture that says: ”I will never get better”.

“Relax and lay back,” he said.

He went on to tell me that, in his days, he has seen people who were in much worse state than I was. He has also seen that same people getting better and reclaiming their life even from cirrhosis.

After this hugely useful pep talk, he went on to talk about his methods of treatment. He said that I would still need to see my regular doctor and inform him of any changes in my lifestyle that I am thinking about making and let him give a final judgment on whether this is safe for me.
He continued to shock me throughout the conversation with how little I actually knew about what was going on around me and inside me.

About the pollutants from the environment, about how it’s virtually impossible for an average people to escape all the estrogen around us...about the drinking water...about the toiletries...about the food...and how this all ties into one giant downward spiral, in people prone to liver problems.

He sent me off home saying that we will not start any treatment until I had time to think and “digest” all that I heard there and gave me some reading to do when I get home. I agreed, but as I was walking out and going to my car half-present I knew that I was going to give his methods a try.

I gave him a call the day after saying that I was going to give it a go, and scheduled an appointment for next week. I had an appointment during that week with my regular doctor to talk to him about it, and he said that it he was OK with it.

This is where we get to the "meat of this book - what happened after my second session and how I started my journey towards a healed body and soul.

The principles of the protocol

Let us get very precise about the principles of the protocol that was ahead of me. I will first list them with a short explanation and then deal with each of them in depth.

I will tell you step-by-step how I went about all of this and then we’ll put everything together in a more synoptic way towards the end of this book in the Master Plan – or the overview of the protocol.
THE PRINCIPLES:

Principle 1. After being given the precise instructions, I was going to take a long hard look around me and into my environment and locate all the pollutants (primarily dioxins) and hormone disruptors that get the our “wires crossed” and impair the liver. Cleansing and toning the liver might invigorate it, but if nothing changes in the environment and we just continue to bombard this precious organ with offenders it’s just a question of time when the same thing will happen again.

Principle 2. After I had done this, I was going to realistically face the condition my body is in at the moment. I was disgusted to even hear about the clutter of billions of dead cells that are likely to be trapped inside me rotting in the pockets of my body because my liver is impaired and unable to process them.

After I’d been disgusted, I was delighted to hear that there is such a substance that can dissolve dead cells without damaging the live ones.

Only one substance with such characteristics in nature, but it exists.

Principle 3. I was going to cleanse my bowels of the entire residue and the pollutants and parasites that are stuck in my digestive system and are making it virtually impossible for the healing and re-balancing to begin.

Principle 4. After I had cleared up the mess inside and outside by first applying steps 1, 2 and 3 I was to start addressing the chemical imbalances inside through a diet that is designed especially for people with fatty liver. I was to learn everything about food tolerance, a vital chemical precursor of fatty liver reversal.
Principle 5. *I was to utilize the miraculous potency of a substance called alpha Lipoic acid that is simply smashing the insulin resistance. The recent discoveries about this amazing antioxidant have stirred the medical waters. There is a famous report about a doctor (Dr. Berkson) literally saving the lives of a number of patients suffering from Hepatitis C – patients who other doctors have already given up on.*

*Click here to see ALA brands comparison on Holistic Digest*<

Principle 6. *I was to assist my body (with a carefully planned supplementation and herbs) that was about to be restricted of some nutrients because of a very precise diet.*

Principle 7. *I was to change my life to ensure I never get to that terrible place again.*

7.a. *The role of the extracellular matrix (ECM)*

The reader probably remembers that on the website we've talked about the role of the extracellular matrix in the protocol. Here we take a long hard look at the extracellular matrix, its role, where we are and where we need to be, to allow the healing to begin.

**But what is Extracellular Matrix (ECM) in the first place?**

In Biology, ECM is the defining feature of connective tissue in humans and animals. Apart from being the tissue that provides support and anchorage to the cells, it has a number of other very important functions. These secondary functions were of primary interest to me in the Ezra protocol.

Simply put, the ECM are the substances that are not in the cells (not part of the cells), but are between the cells providing support and getting the message over from one cell to another. It also serves the
The purpose of segregating tissue from one another and what is probably the most important function for us – regulation of intercellular communication. It is a depot for cell growth factors and regulates the cells dynamic behavior.

**Picture 7a:** Illustration of the ECM

**Picture 7b:** ECM seen through a microscope
Components of the ECM are produced intracellularly by resident cells and secreted into the ECM via a process called exocytosis. Once secreted they aggregate with the existing matrix.

We will not get much into the chemical structure here, but the ECM is mostly a mesh of fibrous proteins and glycosaminoglycans (long unbranched polysaccharides).

**And here’s the important part** – ECM plays a vital role in cells adhesions. A balanced functioning of the cell adhesion and immune responses is an important piece of the puzzle. Let us look into this in depth and then make a roadmap for resolving the issue.

Cells can bind to the ECM in two different ways.

1. Focal adhesions - large, dynamic protein complexes through which the cytoskeleton of a cell connects to the ECM
2. Hemidesmosomes - by connecting the ECM to intermediate filaments such as keratin

This cell-to-ECM adhesion is regulated by specific cell surface cellular adhesion molecules (CAM) known as integrins. Integrins are cell surface proteins that bind cells to ECM structures, such as fibronectin and laminin, and also to integrin proteins on the surface of other cells.

**But, what can go wrong?**

If you become over-burdened with toxins the chemicals are stored in the ECM.

Our body has developed mechanisms to make this happen because all the pollutants would be devastating to the cell.

So, at this point the ECM is filled with heavy metals, viral & bacterial residues, indoor pollutants and antibiotics. At one point, the integrins that regulate the cell adhesions can get their signals crossed because they are so clogged up, and two things can happen:
1. The ECM might no longer be capable of recognizing the alien cells from normal growth
2. The clogged up environment does not allow any healing agents to go pass them and into the cells because it doesn’t differentiate between these and the pollutants

The two mechanisms above are detrimental. Number 1. can trigger abnormal immune response such as autoimmune attack on the liver and number 2. can make it impossible to get any healing agents passed the ECM and into the cell.

The result – a scenario from hell for the liver.

**So, how do we resolve this?**

By removing all the triggers that get the signals of the ECM crossed and thus, first of all, restoring the ability of the cell to know the real enemies from our own cells and second - opening the paths for the healing agents that can amend the damage.

This healing on the cellular level can be described in 3 phases:

*In phase 1 we unlock the cell walls via the ECM. Thus the healing and natural substances can penetrate deep into the nucleus.*

*In phase 2 we cleanse the cell from the debris that has been clogging it up.*
We do all this through the listed 8 principles that will now be fully explained in a synoptic and clear way.

7.b. Principle 1 in depth – THE AWAKENING

Before we go any further, let’s talk about our “covert enemy” – the dioxins that are all around us. Lurking and waiting. Even if you think that you are leading a healthy life, you might re-think it all since these substances can be found in places that you would least expect them.

What Are Dioxins?

Dioxins are usually a by-product of plastics and chlorinated products. Dioxin is the most deadly man-made chemical, second in line to radioactive waste.

So, I am sure you think if it’s that dangerous it must be that it cannot be found in any place where it can affect you.

Well, think again.

How about tampons? How about your food?

If it’s not stated on the box that the tampons are 100% natural cotton, then they are made of rayon (wood pulp and chlorine) and contain traces of dioxins.

Action of dioxin and dioxin-like chemicals in the body

The group of chemicals that we’ll be looking at is not just dioxins.
This group of chemicals, the polyhalogenated aromatic hydrocarbons (PHAHs) includes dioxins, furans and biphenyls. In cells, the PHAH compounds can bind to the hydrocarbon receptor, migrate to the nucleus and activate genes (including the ones involved in controlling cell growth and inflammation).

Evidence demonstrates that different dioxins can act additively via the mechanism described above. That is why, to be able to explore this, scientists have developed a dioxin "toxic equivalency factor" (TEF) based on the relative potency of different congeners compared to TCDD which is the most potent of the compounds.

Most human exposure to dioxin comes via food. "In developed countries, blood levels typically run 1-5 parts per trillion TCDD, at least for people without industrial exposure.

Potential mechanisms by which dioxin could impair our endocrine and digestive balance:

a. By inducing an enzyme that increases estrogen levels

b. By stimulating certain cytokines (immune system proteins) involved in immune system responses and the regulation of cycles of cell division and death, thereby inducing inflammation and immune dysfunction

c. Third, by interfering with progesterone in women and testosterone in men, that are crucial for endocrine balance

To simplify, this can lead to our body attacking our own liver tissue and damaging it.

I know it might seem that it is a lot to have in mind, but once you get the hang of it, it just becomes a part of your lifestyle.

**Rule 1.** Don’t use tampons or choose all cotton ones

**Rule 2.** If you use tampons, never leave them inside overnight or longer then 4 hours

**Rule 3.** Use organic disposable pads
Rule 4. Switch to organic food

Rule 5. Use unbleached paper

Rule 6. Don’t smoke - cigarettes contain dioxins

Rule 7. Reduce your dairy intake - dioxins are in buttermilk

Rule 8. Get rid of chlorine bleach products in your house, use eco products instead

Rule 9. What about water? Well, this is a really tricky one. There was an experiment conducted in England where fish were enclosed in an artificial pond just bellow the part of the river where city sewer is released. The estrogen dominance was so strong that they changed sex.

They changed sex because of the estrogen and substances that can mimic estrogen remains in the water (mainly due to the contraceptive pills that find their way to the water through urine). The scary thing is that this estrogen cannot be completely purified in water factories. So, it reaches our faucets. That’s why just drinking tap water was not an option for me.

So, then it must be just bottled water, right? No, not really. Because store bottled water is full of solvents (methyl ethyl ketone and methyl butyl ketone) which make a great fertile ground for all kind of flukes that can damage the liver.

Clonorchis, the human liver fluke and even Eurytrema, the pancreatic fluke, can invade the uterus wall. It is not hard for them once the organs are disarmed by the solvents from the environment.

To avoid solvents completely I just:
• Never bought the grocery store bread (even if it’s not wheat) but bought from my local bakery instead

• Cleared up all my dental metal (I had just one filling)

• I never ate cholesterol reduced foods

• I never used artificial sweeteners

• I never drank any powdered beverages

• I quit wearing jewelry

Getting back to the water…

So, bottled water is not the solution either. My solution was tap water filtered through a special water filtering bowl (available in most stores) which is the less expensive option. The more expensive option is a special system of filters that is installed onto the regular water appliances (this can cost up to $1000) so I went with the simple filtering jug.

This jug has great features and gets rid of almost all the pollutants that we should be scared of. The taste of the water is a bit odd at first but then you get used to it. You never realized that tap water actually has taste until you taste this water from the filtering jug. I got used to it within a couple of days.

Rule 10. I was to eliminate all the estrogen promoting pollutants I could.

Did you know that we (women today) are producing half of the progesterone that our mother used to and
the men are producing around 40% less testosterone than they used to.

This is mainly because of the Xenoestrogens and other substances that mimic estrogen from our environment.

I am not going to broaden the analysis here (since we have already delved into the chemical hell we are living in) but I am just going to say what changes I made to my lifestyle to get away from it all:

- I bought my shampoo and toiletries from the local herbalist store which I was sure were all natural and pollutant free.

- I always made sure that my shampoo or body wash had no colors, perfume, preservatives or sulfates.

- I always made sure that my body or hair wash was based on coco glucoside - the mildest sugar detergent available - derived from coconut & corn

- I bought household detergents with only certified organic ingredients

- I avoided plastic wherever I could. No plastic bottled drinks, no plastic cups, no plastic food bowls...

- Of course, it goes without saying that perhaps the most important thing is eating clean and organic foods (again, more on the type of foods later)

- No more hair dye for me (it is full of endocrine disruptors)
If you think that I am exaggerating, make a mental note of the fact that just a fraction of some 80,000 chemicals used today have been thoroughly tested for toxicity and a fraction of the fraction have been actually tested for hormone disrupting features.

And if it seems too much or overwhelming, or you are thinking to yourself that you could never organize your life the way I did, let me ask you a question,” Once you know your type, does it take more time to buy a certified organic shampoo than it takes to buy a regular one?”

I think that’s a “no”…let me tell you, at the beginning of the period when I was making these kind of root changes to my lifestyle it was almost a full-time job planning my day and getting all the things I needed and planning how to avoid all the pollutants that lurk all around.

But, I was facing a choice; it was either that or a lifetime of on and off with liver issues. OK, I was not sure that it was going to work at the time, but as soon as I felt the first clear signs of healing (within weeks) it all became a matter of no choice.

And within months I had it all in place, so it didn’t require additional time to plan my life. It was all routine.

I know that reading these lines will change the perception of personal care for most of the readers, but you need it. It might make your life a bit more difficult when it comes to some choices, but it is likely to make it longer as well.

Did you know that some 89% of the personal care products have never been evaluated for their safety in personal use?
For example, did you ever think about your toothpaste or mouthwash? But why would you, you wash it out and spit it out, right?

**Completely wrong!**

So many of the chemicals (60%) that we use every day can be absorbed into our body as soon as they touch our skin, let alone the inside of our mouth.

Toothpaste and mouthwash can be full of chemical disruptors that send all sorts of wrong signals to our endocrine system. One of the most common ones is Sodium Lauryl Sulfate (SLS). Now, SLS is such a harsh chemical that it can shed a layer of a tissue from your gums. This a perfect feast for the bacteria that can go on to cause all sorts of disorders. Catch 22, right?

**SLS can also:**

- Change the genetic material in cells (it’s a mutagen)

- Be very potent carcinogen when contaminated by nitrosamines (quote from an FDA report). Nitrosamines are chemicals found in rubber products, some cosmetic products and tobacco.

**Scared yet?**

If you are from the USA, you will find it interesting that the FDA has banned only 9 personal care product ingredients in the last 67 years. In the same time, the EU has banned 450!
So, what about the toothpaste?

These days it is not hard to find organic toothpaste (I bought my online), but even when you buy a product that claims to be organic, make sure your read the label and check:

- If it is USDA certified as organic
- If it contains Parabens
- If it contains Petroleum
- If it contains artificial flavorings
- If it contains mineral oil
- If it contains Propylene Glycol
- If it contains Synthetic Fragrance

All of the above chemicals are a big no-no.

Now, it was much easier finding a product that claimed it was “organic” and “natural” than actually finding a product that met all the above criteria.

Be patient and diligent with this.
Think of the blood as the river of life through which the cells and organs dispose of the dead material. **Fibrin** is an insoluble protein the body produces in response to bleeding or inflammation. Fibrin and the dead material should be cleaned off by the liver as it goes through it.

But in people with fatty infiltrations in the liver, the liver becomes sluggish and impaired and unable to filter out the clutter properly. The blood may become thick from the excess fibrin and the dead cells.

So, the sludge just circles the blood, waiting for the liver to have enough free working space and enough enzymes to clean the trash out of the blood. This can take days, and for some people, even weeks! This just builds up the toxic environment and by this point, your fatty liver basically “feeds of itself”.

When I say this I mean that this becomes a downward spiral that, if not broken at some point, just continues to progress towards NASH and possibly cirrhosis or cancer.

Dissolving dead cells is not such a problem. Cell is a fragile structure. But, so are the live cells. So, we would need something that can dissolve dead cells without damaging the live ones.

Only one such substance in nature...

A miracle enzyme called Serrapeptase.

**What is Serrapeptase?**

Serrapeptase is an enzyme that is produced in the intestine of a silkworm, and its primary task in the nature is to break down cocoon walls.
The silkworm has a special relationship with the Serratia E15 microorganisms in its intestines, which are a harmless type of bacteria to be precise.

The enzymes secreted by the bacteria in silkworm intestines can dissolve avital tissue, but have no detrimental effect on the host’s living cells. Thus by dissolving the silkworm’s protective cocoon (avital tissue), the winged creature is able to emerge and fly away.

To understand Serrapeptase health properties, one has to know what enzymes actually are.

Enzymes are proteins that are responsible for literally thousands of processes in your body. In fact, without enzymes not a single one of the multitudes of chemical actions and reactions that take place in your body on a daily basis could occur.

The majority of enzymes in your body are classified as proteolytic enzymes. Proteolytic enzymes govern all of your body’s metabolic functions and regulate the functioning of your body’s various other proteins. Our body manufactures its own supply of proteolytic enzymes. Unfortunately, today many people are deficient in this special class of enzymes because of poor diet and unhealthy eating habits.

**How can we, fatty liver patients, use it?**

It is the only substance of its kind - the only substance that can clear the kind of mess of waste and dead cells that fatty liver leaves behind.

It might sound too good to be true but Serrapeptase actually digests (dissolves) non-living tissue, blood clots, cysts, and arterial plaque and all inflamed tissue which is then dispersed, but does no harm to the living tissue.

It is "pure gold" to us.
The search for a substance that would have this kind of features took very long, until back in the 70’s scientists turned to this remarkable organism – the silkworm.

In my treatment, it was one of the cornerstones. The benefits of Serrapeptase in fatty liver are actually two-fold.

Let us for a second take a closer look at inflammation as a phenomenon. The word is so loosely used that over time, most of us started associating it with the process of getting ill, when it’s much more than that.

It’s safe to say that the relationship our body has with inflammation is a love-hate relationship. It causes pain, it can limit joint function, and even destroy bone cartilage or other structures. But, on the other hand, it is a very basic and natural response that is needed to protect the body from invading organisms.

It is in those terms that Serrapeptase shines in all its glory. It doesn’t merely clean and invigorate the blood, but it helps some of the useful processes in reducing the pain, due to its ability to block the release of pain-inducing amines from inflamed tissues.

One double-blind* study was conducted by German researchers to determine the effect of Serrapeptase on post-operative swelling and pain. This study involved sixty-six patients who were treated surgically for fresh rupture of the lateral collateral ligament of the knee.

*Double-blind study is an experimental procedure in which neither the subjects of the experiment nor the persons administering the experiment know the critical aspects of the experiment; *a double-blind procedure is used to guard against both experimenter bias and placebo effects

On the third post-operative day, the group receiving Serrapeptase exhibited a 50 percent reduction of swelling, compared to the controls.
The patients receiving Serrapeptase also became pain-free more rapidly than the controls, and by the 10th day, the pain had disappeared completely.

**How Does Serrapeptase Work?**

Researches have shown that Serratia E15 has the ability to secrete enzymes every time it comes in contact with a non-living tissue. Despite the enzymes’ strong dissolving properties, additional research has found that healthy living tissues inside the silkworm are not harmed when the enzymes are secreted.

In order to begin their research, scientists first had to synthesize the active ingredients in the Serratia E15 enzymes. They did so by developing Serrapeptase through a process of fermentation. Further clinical studies then revealed that Serrapeptase not only acted in the same way that Serratia E15 enzymes do, but that the anti-inflammatory benefits that Serrapeptase can provide to humans is superior to those provided by other proteolytic enzymes.

Over 40 studies are available today to show that Serrapeptase not only dissolves the accumulated waste and the junk of non-living tissue, but it simultaneously reverses all forms of chronic inflammation.

> You can find the Serrapeptase brand comparison here

**The mechanisms that are utilized in achieving this are two-fold:**

1. Serrapeptase is thinning the fluid that accumulates around the inflamed tissue. These fluids are the main reason for pain and swelling. By doing this, Serrapeptase is making it much easier for the body to drain away the fluid and greatly speed up tissue repair

2. Second and more important mechanism is by inhibiting the release of Bradykinin. Bradykinin is a chemical substance that plays an important role in the inflammatory process
**Will it work on scarring?**

It will work on all types of scarring. By continually ingesting the scar tissue, healthy tissue will eventually replace old scar tissue. It may not completely eradicate all scarring, but there is no substance in nature that comes close to it when it comes to this.

**Dosage**

My regimen included Serrapeptase in the form of pills. I took 3 pills (one 10 mg or an equivalent of 20,000 IU) in the morning and 3 in the afternoon on an empty stomach, starting from week 4 and concluding with week 8.

It comes in tablets and capsules. I always used tablets with enteric coating for maximum absorption since Mr. Ezra told me that only these tablets are tested for effectiveness and the other kind sand the capsules are likely to be much less potent due to lowered absorption.

> Click here to see the best brands as reviewed by Holistic Digest

**Side effects**

Serrapeptase has not shown any serious side effects to date. A small number of patients have reported mild stomach aches, but rare as they are, they too go away in a day or two. Also, if you ever consider taking Serrapeptase, discuss your history of allergies with your doctor.

Do not use Serrapeptase if you are taking blood platelet inhibitors such as Ticlid, Plavix or Coumadin.
7.d. Principle 3 in depth – CLEAR BODY, CLEAR MIND

As I was explained and from what I’ve concluded from my own extensive research it is important to tackle fatty liver in a holistic manner, keeping a close eye on all aspects of our health.

One of the most important things is keeping my abdomen “as clean as a whistle”. And overlooking the health of the colon is one of the worse mistakes one can make when approaching the problem of fatty liver.

Serrapeptase was to address the cellular debris and the clutter of dead cells inside, and another important procedure was to take care of my intestine and a possible lymphatic congestion.

It’s the colonic irrigation sessions.

What is colonic irrigation?

The process of colonic irrigation is cleansing of the colon by introducing water through the rectum at controlled pressure. Just before the pressure resulting from water inside the colon reaches a point of discomfort, the flow of water is reversed, and the waste is removed from the body.

It might not sound like fun, but it’s not as close as bad as it sounds.

How can it help us?

It is a complementary procedure in the protocol. It means that it is not essential for my success with the Ezra protocol, but it is important.

Here is a list of the most important benefits to a fatty liver patient:

1) **it cleans the toxins from the intestine, thus making a much better environment for other essential parts of the protocol to do their job**

2) **strengthens the muscles that line the colon**

3) **the passage of nutrients into the bloodstream becomes easy and doesn’t face obstructions in the path**
I had my irrigation sessions a week into the protocol, and the second and third with exactly 7 days span in-between. That is, 3 weeks into the protocol I was “clean” according to my practitioner.

Should you decide to undergo colonic irrigations, the number of sessions that you might have is up to the practitioner to determine on case-to-case basis. The first session most often gets rid of 2/3 of the waste, and after the second sessions, you will agree with your practitioner whether you need more.

Since the costs are not covered by the insurance, you will have to pay for this personally. The prices vary from 50-100$ per session.

The explanations regarding the procedure and the preparations are beyond the scope of this book, as you will get all the necessary information from your practitioner. Also, ask him about the possible risks in your particular case, such as dehydration or loss of minerals such as sodium and potassium.

But it is such a great feeling of cleanliness that I get back and get colonic irrigations with what they call maintenance irrigations. Because I eat very clean now, my practitioner recommended once a year.

Allowing for the smooth flow to happen – problems with the gallbladder and digestive enzymes

As I said in the free report if you read it, one problem in a small pear-shaped organ in your abdomen (if present in your case) can make all the pursuit of the uninterrupted digestion flow and proper protein metabolism futile if not addressed.

It is the problem with the gallbladder, bile and digestive enzyme production.

The gallbladder is a small pear shaped organ that is attached to the underside of the liver, located in the upper right abdomen just under the ribs. Its function is to store and concentrate bile that is produced by the liver and is necessary for the proper digestion of fats.
When you eat, the gallbladder is stimulated to contract emptying the digestive bile into the small intestine.

Basic stomach anatomy

There are many tests that are performed to determine whether the gallbladder is doing its job properly. These include:

- Liver function tests
- A check of the blood’s amylase or lipase levels to look for inflammation of the pancreas
- A complete blood count (CBC)
- Ultrasound, X-ray, computer tomography, etc.
- HIDA scan (the most unambiguous)

Common symptoms of a gallbladder not working properly are the following:

- Pain or tenderness under the rib cage on the right side
- Pain between shoulder blades
- Stools light or chalky colored
- Indigestion after eating, especially fatty or greasy foods
- Nausea
- Bloating
Gas

We have to make sure that gallbladder malfunction or a chemical imbalance in this small organ in our abdomen is addressed.

Once we are sure that the gallbladder is balanced and functions properly, we move on to dealing with other triggers of the disease.

**Addressing this is one of the cornerstones of the Ezra Protocol.**

**Where might the problem be?**

It’s in the supplies of bile, and digestive enzymes.

If the digestive system is undersupplied with bile that plays a vital role in good digestion and absorption of nutrients through the small intestine, this sets in motion a chain of unwanted events.

Same thing causes problems with the elimination of waste from the large intestine. If you look back you might, from this perspective, see a history of similar problems that you probably never associated with fatty liver.

With the smaller amounts of bile in the small intestine, large amounts of digestive enzymes remain inactivated and ineffective, and the acid saturated food passes much less digested into the lower intestine.

This overdrives and congests the lymphatic sacks, which are found under the belly button area. The congested lymph sacks, turn into a problem with the thoracic duct, which is the largest lymphatic vessel that drains about 85-90 % of the body’s daily produced metabolic waste and the scary number of 30 billion dead cells. The thoracic duct moves up towards the throat from the middle part of the lower abdomen.

So, when the thoracic duct gets blocked (because the lymph sacks are blocked), then the real problem occurs.

Side lymph ducts drain into the thoracic duct, and when it is blocked it literally back flushes waste. The waste ends up in the surrounding
tissue and results in an abnormal immune activity in the lymph nodes that are supposed to detoxify our body.

_The lymph node becomes enlarged and blocked._

So, now we are slowly getting to the bottom of things and beginning to understand what is happening in the body if there is a bile of digestive enzyme deficiency.

I have seen people REBORN days after they started taking digestive enzyme supplements.

So, looking into this is another way of preventing the build up of the clutter of dead cells inside. If the tests we mentioned show that you have a bile production problem, starting on a supplement called Ox Bile will bring you relief you will not believe. I am positive.

> Go here to see digestive enzyme complex comparison

### 7.e. Principle 4 in depth – THE CHANGE

I changed a lot during my healing process. I am not the same person I was before the hell of fatty liver. I am completely transformed. I am better...I think. I no longer have the feeling that I am omnipotent and invulnerable, I am wise enough to recognize my vulnerability.

You can see the change when you look in my bathroom cabinet, you can see it when you look in my cupboard. You can hear it when you talk to me. You can see it in my fridge. You can smell it from the front door.

But if I had to say that one of the changes was “THE CHANGE” then I would jump at the opportunity and say that it was the change in what I eat and drink.

In this sub-chapter, I will share everything about it.

The first thing that happened after a few visits to Jacob was that I got this clear view of how ignorant about eating right I was at the time. And
I was not ignorant because I didn’t want to learn. I was just misled and misguided. All that my doctors before that time gave me was guidance on how I should “eat healthy”...“avoid the fat”...“avoid sugar”...“eat whole grain”...and similar general statements that are all around us and I didn’t even need the doctors to know what is right in those general terms.

In my second session, Jacob told me to forget all that I think I know about eating healthy. He asked me to remember that when it comes to diet,” what’s right for the rest of the population can be so wrong for people with fatty liver”.

After this new horizon had opened to me I started researching on my own, but this time I was pointed in the right direction. All I felt was anger and the desire to call some of my previous doctors (there were 3 of them) and confront them about the advice they gave me. But enough about me, let’s dig into what is wrong and what is right and just as importantly “why?”

Let me tell you right at the start - it was not an easy journey and it was a serious transition. But, as my pain, fatigue and sluggishness subsided and as my energy levels skyrocketed it all didn’t matter anymore, it was kind of a choice that wasn’t really a choice at one point in time.

It is all about the motivation. What do you think a cancer patient would do if he/she was told that the cure was an extremely healthy diet? I can vouch that 95% of the people would make any change...nobody was telling me that changing my eating habits was “the cure” but as soon as I felt the benefits it was all the same to me.

Remember the scene from Fight Club when Brad Pitt threatens the guy working in a fast food that he will blow his brains out if he didn’t get back to faculty and finish his studies – a thing he would never normally find the motivation to do. Well, I often think about that scene when the urge for a can of Coke creeps in on me.
A. The dishes

Think of it this way - when we (people prone to fatty liver) look around our kitchen we don’t want to see anything that can release chemicals or even molecules into our system.

Those very criteria made:

- Earthenware pots (sometimes metal glazed)
- Copper, brass or aluminum pans
- Teflon pans

a big no-no in my kitchen.

Porcelain and glass were my containers of choice and stainless steel pans were an all-round solution as well.

Before we get into groups of foods and into what I ate and what I avoided as much as I can let us introduce a system that will guide us in planning a healthy diet. A system of rules will define what we want to do when designing the right diet for fatty liver:

We want to:

- Alkalize our blood and body
- Balance our body chemically and fight estrogen dominance
- Fight the prostaglandins and other inflammation-promoting chemicals

B. Alkalizing your blood

Remember that we said that some health researchers go as far as to say, “there is only one disease and there is only one cure.” The disease is the excessive acidity of our body, and the cure is alkalizing it.

If you are anything like me, then sooner or later you have tried to make sense of all the clutter of information on acidic and alkaline blood
environment. I remember that I was so overwhelmed with the amount of different information that it got me mad.

That is why I will here try to systematize the relevant info and serve it in a way that you can use. Now, this first criterion I introduced is also the broadest. It is broadest in terms that I was to eat all the right foods that were to balance the pH value inside me. To do so, I got a list of foods that promoted acidity or alkalinity of the environment inside.

I was to filter the list further down because even this list is not right for a people suffering from fatty liver. Remember “What is right for a regular folk isn’t automatically right for “us” ...

*Balance of pH value in our blood is one more of the cornerstones of the Ezra protocol.*

Definition of blood pH

The pH of any fluid is the measure of the hydrogen ion (H-) concentration. A pH of 7 is neutral. The lower the pH, the more acidic the blood.

**Question 1: What does it mean to alkalize your blood?**

The term alkaline and acidic refers to the pH balance in our blood. The healthiest range is 7.35 to 7.45, which is slightly more alkaline than pure water.

What you eat is a critical determinant of your health status, and the foods that you choose tend to have acid or alkaline-forming effects on your overall system. However, this influence to the blood pH is not direct, and this is a good thing, since extreme changes in the balance could be very dangerous. This balance is regulated by a fine and complex system of mechanism that are continuously at work to maintain a range of 7.35 to 7.45.

These mechanisms are:

1. *Buffer systems*
2. *Exhalation of Carbon Dioxide*
3. *Elimination of Hydrogen Ions via Kidneys*

If the pH of your blood falls below 7.35, the result is a condition called acidosis, a state that leads to central nervous system depression. Severe acidosis - where blood pH falls below 7.00 - can lead to a coma.

If the pH of your blood rises above 7.45, the result is alkalosis. Severe alkalosis can also lead to death but through a different mechanism.

Alkalosis causes all of the nerves in your body to become hypersensitive and over-exitable, often resulting in muscle spasms, nervousness, and convulsions.

So, it’s not just that we cannot ‘alkalize’ our blood in terms that it becomes an alkaline environment, but it’s also that we do not want to. However, what we want to do as fatty liver sufferers is keep that pH closer to 7.45.

**Why?**

I know this sounds exaggerated, but let me give you one reason it’s not. The difference between 7.40 and 7.41 is not actually one hundredth of a scale unit. Surprised? Let me explain:

On the pH scale, each number represents a tenfold difference from adjacent numbers; in other words, a liquid that has a pH of 6 is ten times more acidic than a liquid that has a pH of 7, and a liquid with a pH of 5 is one hundred times more acidic than pure water. Most carbonated soft drinks have a pH of about 3, making them about ten thousand times more acidic than pure water. Please remember this the next time you think about drinking a can.

It is beyond the scope of this book to explain in details how the damage is caused by pH imbalance, because we focus on gearing up with knowledge that you need in you everyday fight with fatty liver This is why I will simplify it and just say this:

**Fact 1:** All the protein that works in your body needs to maintain a specific shape to be metabolized properly.
**Fact 2:** Shapes of the proteins in your body are affected by the tiniest changes in the pH of your body fluids

Another thing that is close to disastrous for people with fatty liver is the fact that eating an acid enhancing diet is the forming of alkaline ash, which is what the residues of foods that have an acid-forming effect are called.

For example, your phosphate buffer system uses different phosphate ions in your body to neutralize strong acids from the alkaline ash. About 85% of the phosphate ions that are used in your phosphate buffer system come from calcium phosphate salts, which are structural components of your bones and teeth.

If your body fluids are regularly exposed to large quantities of acid-forming foods and liquids, your body will draw upon its calcium phosphate reserves to supply your phosphate buffer system to neutralize the acid-forming effects of your diet.

*And interfering with the calcium balance in our body is the last thing we need if we are predisposed to fatty liver.*

On the next page, I will give you a list of foods that promote an alkaline environment. Note the text in the brackets, bringing your attention to the food that I tried to eat in moderation or avoid altogether because they promote inflammation (some veggies from the Nightshade family).

I am avoiding these veggies to date because while I was suffering from fatty liver, there was some serious inflammation involved. If in your case, there is no inflammation you might be fine eating these vegetables. You’ll have to test what is OK for you. I am talking about the following vegetables:

- Tomatoes
- Potatoes
- Eggplant
- Peppers (this doesn’t include white and black pepper – the one you put on your table)
- Beans
- Mushrooms

The next two tables should not be viewed as a list of things to eat or not to eat. They are here for reference, and our body has a very potent system for balancing the pH levels. The fact remains that we live in a time where most of us have acidic blood.

We need to bring the pH levels closer to neutral arterial pH value - 7.41.

<table>
<thead>
<tr>
<th>ALKALIZING VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alfalfa (I am trying to avoid it because it has inflammatory action)</td>
</tr>
<tr>
<td>Barley Grass</td>
</tr>
<tr>
<td>Beet Greens</td>
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<tr>
<td>Beets</td>
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<tr>
<td>Broccoli</td>
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<tr>
<td>Cabbage</td>
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<tr>
<td>Carrot</td>
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<tr>
<td>Cauliflower</td>
</tr>
<tr>
<td>Celery</td>
</tr>
<tr>
<td>Chard Greens</td>
</tr>
<tr>
<td>Chlorella</td>
</tr>
<tr>
<td>Collard Greens</td>
</tr>
<tr>
<td>Cucumber</td>
</tr>
<tr>
<td>Dandelions</td>
</tr>
<tr>
<td>Dulce</td>
</tr>
<tr>
<td>Edible Flowers</td>
</tr>
<tr>
<td>Eggplant (Nightshade Family – inflammation promoting so I avoided it)</td>
</tr>
<tr>
<td>Fermented Veggies</td>
</tr>
<tr>
<td>Garlic</td>
</tr>
<tr>
<td>Green Beans (rich in Hydrazines and Amines that promote inflammation)</td>
</tr>
<tr>
<td>Green Peas</td>
</tr>
<tr>
<td>Kale</td>
</tr>
<tr>
<td>Kohlrabi</td>
</tr>
<tr>
<td>Lettuce</td>
</tr>
<tr>
<td>Mushrooms (rich in Hydrazines and Amines that promote inflammation)</td>
</tr>
<tr>
<td>Mustard Greens</td>
</tr>
<tr>
<td>---------------</td>
</tr>
<tr>
<td>Nightshade Veggies (inflammation promoting)</td>
</tr>
<tr>
<td>Onions</td>
</tr>
<tr>
<td>Parsnips (high glycemic)</td>
</tr>
<tr>
<td>Radishes</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
</tr>
<tr>
<td>Tomatoes</td>
</tr>
<tr>
<td>Sprouts</td>
</tr>
<tr>
<td>Peas</td>
</tr>
<tr>
<td>Peppers</td>
</tr>
<tr>
<td>Pumpkin</td>
</tr>
</tbody>
</table>

**ALKALIZING ORIENTAL VEGETABLES**

| Daikon |
| Dandelion Root |
| Kombu |
| Maitake |
| Nori |
| Reishi |
| Shiitake |
| Umeboshi |
| Wakame |

**ALKALIZING FRUITS**

<p>| Apple |
| Apricot |
| Avocado |
| Banana (high glycemic) |
| Berries |
| Blackberries |
| Cantaloupe |
| Cherries, sour |
| Coconut, fresh |
| Currants |
| Dates, dried |</p>
<table>
<thead>
<tr>
<th>Figs, dried</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grapes</td>
</tr>
<tr>
<td>Grapefruit</td>
</tr>
<tr>
<td>Honeydew Melon</td>
</tr>
<tr>
<td>Lemon</td>
</tr>
<tr>
<td>Lime</td>
</tr>
<tr>
<td>Muskmelons</td>
</tr>
<tr>
<td>Nectarine</td>
</tr>
<tr>
<td>Lemon</td>
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<tr>
<td>Lime</td>
</tr>
<tr>
<td>Muskmelons</td>
</tr>
<tr>
<td>Nectarine</td>
</tr>
<tr>
<td>Orange</td>
</tr>
<tr>
<td>Peach</td>
</tr>
<tr>
<td>Pear</td>
</tr>
<tr>
<td>Pineapple</td>
</tr>
<tr>
<td>Raisins</td>
</tr>
<tr>
<td>Raspberries</td>
</tr>
<tr>
<td>Rhubarb</td>
</tr>
<tr>
<td>Strawberries</td>
</tr>
<tr>
<td>Tangerine</td>
</tr>
<tr>
<td>Tomato</td>
</tr>
<tr>
<td>Tropical Fruits</td>
</tr>
<tr>
<td>Umeboshi Plums</td>
</tr>
<tr>
<td>Watermelon</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ALKALIZING PROTEIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds</td>
</tr>
<tr>
<td>Chestnuts</td>
</tr>
<tr>
<td>Millet</td>
</tr>
<tr>
<td>Tempeh (fermented)</td>
</tr>
<tr>
<td>Tofu (fermented)</td>
</tr>
<tr>
<td>Whey Protein Powder</td>
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</tbody>
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<table>
<thead>
<tr>
<th>ALKALIZING SWEETENERS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td>Stevia</td>
</tr>
<tr>
<td>----------------------------</td>
</tr>
<tr>
<td>ALKALIZING SPICES &amp; SEASONINGS</td>
</tr>
<tr>
<td>Chili Pepper</td>
</tr>
<tr>
<td>Cinnamon</td>
</tr>
<tr>
<td>Curry</td>
</tr>
<tr>
<td>Ginger</td>
</tr>
<tr>
<td>Herbs (all)</td>
</tr>
<tr>
<td>Miso</td>
</tr>
<tr>
<td>Mustard</td>
</tr>
<tr>
<td>Sea Salt</td>
</tr>
<tr>
<td>Apple Cider Vinegar</td>
</tr>
<tr>
<td>Bee Pollen</td>
</tr>
<tr>
<td>Fresh Fruit Juice</td>
</tr>
<tr>
<td>Green Juices</td>
</tr>
<tr>
<td>Lecithin Granules</td>
</tr>
<tr>
<td>Mineral Water</td>
</tr>
<tr>
<td>Molasses, blackstrap</td>
</tr>
<tr>
<td>Probiotic Cultures</td>
</tr>
<tr>
<td>Soured Dairy Products</td>
</tr>
<tr>
<td>Veggie Juices</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ALKALIZING MINERALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium: pH 12</td>
</tr>
<tr>
<td>Cesium: pH 14</td>
</tr>
<tr>
<td>Magnesium: pH 9</td>
</tr>
<tr>
<td>Potassium: pH 14</td>
</tr>
<tr>
<td>Sodium: pH 14</td>
</tr>
</tbody>
</table>

One of the most interesting things is the fact that the one fruit that you would expect to be the most acidifying is actually alkalizing. I am talking about lemon. It actually becomes alkaline in the body.
Now I will give you an overview of which items from the list have the strongest alkalizing effect:

1. Extremely Alkaline: **Lemons, watermelon.**

2. Alkaline forming: **Fruit juices, Asparagus, grapes (sweet), kiwifruit, passion fruit, pears (sweet), pineapple, raisins, Umeboshi plums, and vegetable juices, cantaloupe, cayenne celery, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress.**

3. Moderately alkaline: **Apples, alfalfa sprouts (not advised to people with fatty liver), apricots, avocados, bananas (ripe), currants, dates, figs (fresh), garlic, grapefruit, grapes (less sweet), guavas, herbs (leafy green), lettuce (leafy green), nectarine, peaches (sweet), pears (less sweet), peas (fresh, sweet), pumpkin (sweet), sea salt (vegetable), beans (fresh, green), beets, bell peppers, broccoli, cabbage, carob, cauliflower, ginger (fresh), grapes (sour), lettuce (pale green), oranges, peaches (less sweet), peas (less sweet), potatoes (with skin), pumpkin (less sweet), raspberries, strawberries, squash, sweet Corn (fresh), turnip, vinegar (apple cider).**

4. Finally there are things that are considered neutral: **Butter (fresh, unsalted), cream (fresh, raw), cow’s milk and whey (raw), oils (except olive), and yogurt (plain).**

### Acidifying foods:

<table>
<thead>
<tr>
<th>ACIDIFYING VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn</td>
</tr>
<tr>
<td>Lentils</td>
</tr>
<tr>
<td>Olives</td>
</tr>
<tr>
<td>Winter Squash</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ACIDIFYING FRUITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberries</td>
</tr>
<tr>
<td>Canned or Glazed Fruits</td>
</tr>
</tbody>
</table>
| Cranberries 
| Currents 
| Plums 
| Prunes |

**ACIDIFYING GRAINS, GRAIN PRODUCTS**

| Amaranth 
| Barley 
| Bran, oat 
| Bran, wheat 
| Bread 
| Corn 
| Cornstarch 
| Crackers, soda 
| Flour, wheat 
| Flour, white 
| Hemp Seed Flour 
| Kamut 
| Macaroni 
| Noodles 
| Oatmeal 
| Oats (rolled) 
| Quinoa 
| Rice (all) 
| Rice Cakes 
| Rye 
| Spaghetti 
| Spelt 
| Wheat Germ 
| Wheat |

**ACIDIFYING BEANS & LEGUMES**

| Almond Milk 
| Black Beans 
| Chick Peas 
<p>| Green Peas |</p>
<table>
<thead>
<tr>
<th>Kidney Beans</th>
<th>Lentils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pinto Beans</td>
<td>Red Beans</td>
</tr>
<tr>
<td>Rice Milk</td>
<td>Soy Beans</td>
</tr>
<tr>
<td>Soy Milk</td>
<td>White Beans</td>
</tr>
</tbody>
</table>

**ACIDIFYING DAIRY**

<table>
<thead>
<tr>
<th>Butter</th>
<th>Cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese, Processed</td>
<td>Ice Cream</td>
</tr>
<tr>
<td>Ice Milk</td>
<td></td>
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</tbody>
</table>

**ACIDIFYING ANIMAL PROTEIN**

<table>
<thead>
<tr>
<th>Bacon</th>
<th>Beef</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carp</td>
<td>Clams</td>
</tr>
<tr>
<td>Cod</td>
<td>Corned Beef</td>
</tr>
<tr>
<td>Fish</td>
<td>Haddock</td>
</tr>
<tr>
<td>Lamb</td>
<td>Lobster</td>
</tr>
<tr>
<td>Mussels</td>
<td>Organ Meats</td>
</tr>
<tr>
<td>Oyster</td>
<td>Pike</td>
</tr>
<tr>
<td>Pork</td>
<td></td>
</tr>
</tbody>
</table>
### ACIDIFYING FATS & OILS
- Avocado Oil
- Butter
- Canola Oil
- Corn Oil
- Flax Oil
- Hemp Seed Oil
- Lard
- Olive Oil
- Safflower Oil
- Sesame Oil
- Sunflower Oil

### ACIDIFYING SWEETENERS
- Carob
- Corn Syrup
- Sugar

### ACIDIFYING ALCOHOL
- Beer
- Hard Liquor
- Spirits
### ACIDIFYING OTHER FOODS

<table>
<thead>
<tr>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catsup</td>
</tr>
<tr>
<td>Cocoa</td>
</tr>
<tr>
<td>Coffee</td>
</tr>
<tr>
<td>Mustard</td>
</tr>
<tr>
<td>Pepper</td>
</tr>
<tr>
<td>Soft Drinks</td>
</tr>
<tr>
<td>Vinegar</td>
</tr>
</tbody>
</table>

### ACIDIFYING DRUGS & CHEMICALS

<table>
<thead>
<tr>
<th>Chemical</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspirin</td>
</tr>
<tr>
<td>Chemicals</td>
</tr>
<tr>
<td>Drugs, Medicinal</td>
</tr>
<tr>
<td>Drugs, Psychedelic</td>
</tr>
<tr>
<td>Herbicides</td>
</tr>
<tr>
<td>Pesticides</td>
</tr>
<tr>
<td>Tobacco</td>
</tr>
</tbody>
</table>

### ACIDIFYING JUNK FOOD

<table>
<thead>
<tr>
<th>Food</th>
<th>pH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer</td>
<td>2.5</td>
</tr>
<tr>
<td>Coca-Cola</td>
<td>2</td>
</tr>
<tr>
<td>Coffee</td>
<td>4</td>
</tr>
</tbody>
</table>

Now, as you can see, there are some “enemies” even on the alkaline foods list. You might wonder why haven’t I filtered it down to what meets all the criteria and exclude some of our “usual suspects” (such as Stevia).

I did so because I went through the change, and I know that at times it got too much, and I succumbed to the temptation. These are the times when the comprehensive list comes to use when choosing the lesser of the evils.
C. Food - group by group

Here we drill deeper and filter out some other “enemies”. We’ll analyze food group by group and give our verdicts on which have to go and which are welcome to stay.

C1. Dairy

I was advised to avoid dairy and dairy products as much as I could. I managed to cut it out completely within a month from the start of the protocol.

Why?

For a number of reasons:

✓ Saturated fat from dairy increases the flow of estrogen
✓ Saturated fat produces prostaglandin F2-alpha that is an important factor that contributes to inflammation in fatty liver
✓ Cow’s milk is meant for feeding calves and is not digested very well in humans. It leaves a lot of waste behind in the human system.
✓ It is a little known fact that a lot of food that the cows are fed in milk industry is copper rich. Copper that reaches you through the milk of a cow has a strong estrogen promoting effect.

All the reasons above make it clear that milk is a perfect food if you want to promote estrogen dominance, which is our enemy. So, I cut out dairy completely and used dairy substitutes for some of my meals.

C2. Meat

Again, the saturated fat is among the primary reasons to avoid meat as much as possible.
Another good reason is the fact that a lot of the cattle that are grown to be slaughtered are hormone fed. Some of the hormones are a form of estrogen or are derived from estrogen.

A secondary source of hormonal disruptors from the meat comes from the phytoestrogens from the plants that they eat.

Also, for the same reasons (growth promoter) antibiotics are used in milk industry, so the meat that ends up on your table contains a small dose of antibiotics.

C3. Eggs

Eggs are a direct result of a hormone-charged process and some of the hormones end up in the egg. Enough to disrupt our system.

I cut them out completely.

C4. Coffee

The only thing that I could never cut out completely, coffee is my vice. Maybe this is because of the fact that nothing I have learned in my years long research of fatty liver convinced me that coffee has a direct impact on our condition.

Most of the nutritionists and the health specialist that argue against coffee argue that:

- It increases the risk of heart attacks (by 60%)
- Raises blood levels
- It dehydrates our body
- It depletes vitamin B reserves
- Increases the risk of miscarriages and birth defects

The list above might be enough for some people, but it wasn’t for me. I just decided that I was going to cut back on coffee, because I was drinking 5-6 cups of coffee daily.
I cut back to one cup in the morning after the breakfast and one cup in the afternoon.

I was never much of a fan of decaffeinated coffee because of the chemical treatment that it undergoes in the process. I always considered that the petrol based solvents that are used for this can do more harm for people with fatty liver than the caffeine.

**C5. Alcohol and its action on the liver**

I was never much of a drinker. Even back in the days when I was young and out partying all night at least a couple of nights a week, I remained sober most of the time.

**Structure of the liver**

As we mentioned, the liver is the single most important gland in the human body. It is made of thousands of cells that play a number of roles (digesting, storing and changing the structure of chemicals).

The blood vessels that carry away these products of digestion from the intestine are gathered into large vessels but as they reach the liver, they brake into smaller vessels again as they enter the liver carrying food with partially digested food. The cells of these vessels need support cells as do the cells of the bile duct that leads bile from the liver to the intestine. So, there are 3 basic kinds of cells in the liver:

1. The liver cells proper

2. The cells lining the blood-vessels and bile ducts

3. Cells that make the general support for all other cells (fibrous tissue cells)

**Action of alcohol on the liver**

When taken in moderation, alcohol is almost completely absorbed by the stomach and the intestine and goes straight to the liver. So, the liver is the single organ that’s most affected by the action of alcohol.
We’ll look into 2 aspects of the action:

1. Action on the blood vessels

2. Action on the liver cells (cells proper and fibrous tissue cells)

**Action on the blood vessels**

The blood vessels react very quickly to even the smallest doses of alcohol.

They dilate quickly because they are very vascular (rich in blood vessels). This enlargement makes the organ and causes stretching of its capsule (covering).

This lead to disturbances in the functioning of the liver and the feeling of weight in the abdomen and discomfort.

**Action on liver cells proper**

There are many experiment that have proven that alcohol is simply a cell poison.

The liver cells proper are the cells that secrete the bile and which process the starchy food. It’s a scary thing to say, but the effect of alcohols is pretty much the same as that of other poison, such as arsenic. This doesn’t mean that alcohol will kill you because arsenic is much more potent, but the effects are the same.

First of all, the cells swell and take up more room, and as that happens, the liver becomes enlarged. If the action of alcohol continues, the protoplasm (living content of the cell) becomes transformed into globules of fat. This process is known as **fatty degeneration**. Like with the classic fatty liver, such liver becomes impaired and is unable to do its work properly.
Action of alcohol on the fibrous tissue

The effect of alcohol here is very different and luckily, these are the cells that are not easily damaged and some substances that act as a poison to other cells will merely irritate them.

But with large quantities of alcohol, even these cells die out fast. When small amounts of alcohol are taken, it gives us the opportunity to look at their reaction and draw a conclusion about how the damage comes about with more alcohol.

Here is what happens – as the other cells gradually degenerate these cells have more room and they tend to multiply. When alcohol is stopped, these new-formed cells just disappear.

But if these irritating periods with alcohol are applied again and again, the cells settle and become permanent fibrous tissue that forms what is known as “scar tissue” that cannot be removed. This new tissue literally pushes aside regular liver cells and destroys them.

As a rule, the scar tissue usually forms in patches and bands especially around the blood vessels when fibrous tissue exists normally. Over time, the scar tissue bands contract and these contractions cause shrinkage of the liver. This shrinkage presses the normal liver cells further down and interferes with their work. It also presses the blood vessels and makes them smaller.

These blood vessels are crucial because they carry the blood through the liver. As a result of this, the watery part of the blood oozes out from the blood vessels even before they reach the liver.

This makes it impossible for the liver to work, and these are the first signs of liver failure.

C6. Veggies and fruits

General statement of a healthy diet would be: “Eat more fruit and vegetables that are rich in nutrients.”
But is not so simple with the fatty liver sufferers. Why?

**Because of the fructose in the fruit.**

To grossly simplify things, fructose is much more readily transformed into fat in the liver than glucose.

I bet you are shocked right now, but I can tell you right away that eating diets packed with fruit is probably the number one reason people fail in losing weight. Let me explain…

You can find many experts that will tell you that fruit is great for fat loss because it has a low glycemic index. But the fruit is sweet and obviously packed with sugar, so how can it have a low glycemic index.

**The answer is simple yet alarming** – most of the sugar from the fruit is readily turned into fat in the liver and leaves the liver as fat and leaves the liver as such it does not have the potency to induce insulin spikes. Don’t get me wrong, fruit still has a place in my diet, but I don’t go crazy about it. While I was resolving my fatty liver I cut out fruit completely during the first 10 days. Then I limited my intake of fruit to 150 gr per day, and now I limit my fruit intake to 300 grams daily.

Make no mistake, fruit is healthy and has a lot of fiber and vitamins but it’s not the best ally if you want to lose weight and eliminate the fatty deposits from the liver. The message is just to use fruit in moderation and choose the fruit that is rich in dextrose (such as oranges and grapefruit) which can actually help with the fat loss.

This is perhaps the most widely misunderstood aspect of eating well to reverse fatty liver. Perhaps the best showcase of what I am saying is a study that was conducted on a group of bodybuilders.

**Why bodybuilders?**

Because as these people approach the competition, they have body fat levels of around 3-5%. They look like they have a skin of paper, and you can see every muscle with literally zero fat under the skin. This makes it possible for any change to be immediately visible.
So, these bodybuilders were eating a diet at the maintenance levels (amount of calories that neither cause weight gain nor weight loss). Then, 300 calories from rice were replaced with bananas. To the surprise of everybody involved, they started developing small fatty deposits under the skin even at the maintenance levels. This is all due to the change of fructose into fat that happens in the liver.

This is just the kind of myths that are blindly maintained to allow the weight loss industry to take billions out of the pockets of people that are desperately trying to lose the weight and believe all the facts they are served with.

**But where is the problem with the fructose?**

The problem lies with the fact that our body does not have the necessary enzyme machinery to efficiently metabolize fructose and turn it into glucose, so the fructose is a liver-congesting agent. Fructose just passes by the enzyme that is responsible for turning carbs into energy (*Phosphofructokinase-1 or PFK-1*).

Fructose literally skips this control point that decides whether the carbs are deposited as glycogen or fat. Complex carbs such as rice and oats turn into glycogen until the reserves are full.

On the other hand, a large chunk of the fructose is just transformed into fat even if the glycogens are empty. Part of the fat remains in the liver, and a bigger part is pumped into the blood.

But the damage does not stop here. Part of the fructose that managed to get to glucose form is deposited in the liver. Otherwise, the liver is the last part to be filled with glycogen.

When the liver is full of carbs, this is a signal for the body to transform any additional carbs into fat (fructose or not fructose). Fructose fills the liver with glycogen and thus puts it into “fat storing” mode. At this point, our liver transforms even complex carbs into fat. This is our worst case scenario and a true carb nightmare.
Apart from using fruit in moderation, the analysis above suggests that when you decide to treat yourself to a nice piece of fruit its best that you eat it as a snack and not before or after a meal to avoid the carb confusion.

**C7. Fiber**

Dietary fibers are the indigestible portion of plant foods and can be water-soluble or water-insoluble.

It was crucial for me to eat a diet rich in fiber in the protocol so that I maintain a balanced and healthy digestive and endocrine system.

Good sources of fiber are: oatmeal, fruits and vegetables, brown rice, beans, and whole grains but NO WHEAT!

**C8. Why no wheat?**

The human body was never designed to eat such a large quantity of wheat products each day so when fed the high amounts most people are taking in with their diet, problems will arise.

Many researches show that there is a clear connection between hormonal health and eating a wheat-free diet. The connection has not been precisely defined when it comes to the mechanisms, but what might be causing the disruptions is the combination of following factors (with some of them more present in some people):

- Wheat is rich in phytic acid that can lock some minerals (Magnesium, iron, zinc) from being absorbed
- Gluten from wheat can damage the wall of the small intestine

It might seem relative, but the first bullet point especially is anything but relative. A disharmony and imbalance of minerals might even trigger fatty liver in the first place according to some research, or make the healing a “mission impossible”.

**So – NO WHEAT!**
C9. Soy

Once a new found miracle food is now slowly dissolving into oblivion.

Mainly because of the fact that the health risks list has become longer than the benefits.

So, no soy for me on the Ezra protocol because:

✓ Just like wheat, soy is rich in the infamous phytic acid
✓ It’s rich in phytoestrogens that can mimic estrogen activity and disrupt thyroid function
✓ It contains high levels of Aluminum (toxic to the kidneys)

C10. No refined sugar

One of the basic principles is keeping our insulin levels under control. And the truth is simple – we can never do this if we eat refined sugar. Here is how it works…

Glycemic index (GI) is a way of ranking carbs on a scale of 0 to 100 according to their ability to raise blood sugar levels after ingested. High GI foods cause blood sugar level spikes and are rapidly digested and absorbed. Low GI foods on the other hand are food that are slowly digested and raise the blood sugar and insulin levels gradually. The later is the kind of foods we are looking for when designing a plan to resolve fatty infiltrations in the liver. The glycemic load of a food is the product of the GI of the food and the amount of carbohydrate in a serving.

C11. No butter, lard or any animal oil for obvious reasons, since it’s the fat we are trying to flush

C12. Omega-3

It was not until recently that the interest about the role of Omega 3 in resolving fatty liver arose. This is mainly due to the amazing anti-
inflammatory action of Omega 3 and its beneficial effect on liver disorders and fatty liver. This effect comes through:

1. Increase in beta oxidation (the process by which fatty acids are broken down in mitochondria)
2. Decrease in de-novo lipogenesis (Lipogenesis is a metabolic process in animals that converts simple sugars into fatty acids and synthesizes triacylglycerols through the reaction of fatty acids with glycerol)

Good sources of Omega-3 for us are:

✓ Walnut oil
✓ Flaxseed oil
✓ Evening primrose

And at last but not least, I decided to eat organically. When I started to research the subject a bit more in detail I was surprised to learn that what I considered as organic is not necessarily organic foods.

For foods to be organic it must meet the following strict criteria – it must be completely free from:

✓ Pesticides
✓ Petroleum based fertilizers
✓ Antibiotics and growth hormone
✓ Irradiation
✓ Sewage

So, it not just anything from your local market stands. Find a certified organic shop in your neighborhood
Final word of advice

Make sure you avoid alfalfa in all forms. Because of a compound it contains called Canavanine, it has a potent aggravating effect on immune reactions and fatty liver.

Take it easy with mushrooms and beans. Because of Hydrazines and Amines that can aggravate symptoms and even trigger flares on their own.

Nightshade plants contain solanine, which increases joint pains and may spark flares. Some of the members of the genus nightshade are: Eggplant, white potato, tomato, tobacco, and all peppers with the exception of black pepper

7.f. Alpha Lipoic Acid Miracle

In this subchapter, we are going to look into free radicals that contain an oxygen atom or otherwise known as the Reactive Oxygen Species (ROS). I am sure that you have heard or read about the ROS, but here we look at things from a different perspective – that of a fatty liver sufferer.

Let us define and explain the basic facts. After we are clear on the problem, we will go about planning a solution. There is a single substance that does the trick for the fatty liver sufferer.

ROS are very small molecules that include oxygen ions and peroxides and can be either organic or inorganic. They are highly reactive due to the presence of unpaired valence shell electrons. ROS form as a natural byproduct of the normal metabolism of oxygen and have important roles in cell signaling.

However, during times of environmental stress ROS levels can increase dramatically, which can result in significant damage to cell structures. This cumulates into a situation known as oxidative stress.

Cells are normally able to defend themselves against ROS damage through the use of enzymes. Small molecule antioxidants such as
ascorbic acid (vitamin C), tocopherol (vitamin E), uric acid, and glutathione also play important roles as cellular antioxidants.

Harmful effects of reactive oxygen species on the cell are most often:

1. damage of DNA
2. oxidations of polydesaturated fatty acids in lipids
3. oxidations of amino acids in proteins
4. oxidatively inactivate specific enzymes by oxidation of co-factors

Remember, as we mentioned when we talked about the acidic ash, we want to keep our protein ‘properly shaped’.

With the alkalizing diet, we have eliminated the first cause of the protein deformation.

By eliminating the oxidation of amino acids, we will eliminate the second cause.

So, what was my solution for this?

It was a substance called Alpha Lipoic Acid.

Alpha Lipoic Acid is a specific kind of Omega 3 fatty acids.

Its benefits were first described by Dr. Burt Berkson who used it to treat liver toxicity in patients that other doctors have just given up on. Doctor Berkson is a famous doctor who stirred the waters of the medical community with his unique approach that combined conventional knowledge with the alternative practices. That brought him a lot of trouble from his colleagues, but it literally saved the lives of so many people that he treated using his regimen.

While still an intern, doctor Berkson was put in charge of several Hepatitis C patients. When I say “put in charge” I mean that his bosses told him to basically babysit them and watch them die.
But he didn’t just watch them fade away, he took action. He learned at that time that alpha Lipoic acid has substantial experimental results and has what can only be described as a “miraculous” action on the liver.

**Long story short, the patients who were supposed to die fully recovered within weeks. All of them.**

But that was just the beginning of problems for Dr. Berkson as he made his superiors look incompetent. I just finished reading his book and he makes an admission there that he is so disappointed in his profession because “many physicians would rather that their patients die than be saved by an unconventional approach”.

From that point on, Dr. Berkson’s bosses made his life miserable.

**How does Alpha Lipoic Acid work?**

Here is how Jacob explained to me why this precious substance found its way into the Ezra protocol.

Alpha Lipoic Acid works on many levels to bring us our health back, but above all it has an amazing potency to:

- **Scavenge the free radicals and reactive oxygen** from your brain (the only antioxidant in existence proven to enter the brain with ease)

- **Regenerate other antioxidants (vitamins C, E).** When your body uses the antioxidants it would dispose of them, if you have ALA (alpha Lipoic acid) molecules in the vicinity, the antioxidant molecules are regenerated and used again. Isn’t that amazing?

- **Regenerate glutathione.** Glutathione is a crucial antioxidant but is very sensitive because it is not well absorbed orally so practically there is very little known ways to enhance glutathione levels. The best option is to supplement with precursors of this precious substance. Precursors like ALA.
- **Recycles coenzyme Q10** (one of the most important precursors of energy production)
- **Recycles coenzyme NAD** (Nicotinamide Adenine Dinucleotide has several essential roles in metabolism)
- Reduce inflammation through modification of gene expression
- Enhance insulin sensitivity (crucial for fatty liver sufferers)
- Aid your workouts

> Click here for ALA MTC brand comparison on Holistic Digest

**Dosage of ALA supplementation**

Currently, there are no established recommended doses for supplementation with ALA. The dosage ranges anywhere from 20-50 mg daily (if used as a general antioxidant) to 300-600 mg/day for the complications of diabetes.

I used 3x100 mg daily in pills for a month, then 3x50mg for two more months, and I also made sure that I get enough ALA from my diet.

**Dietary sources of ALA**

Good food sources of alpha-lipoic acid include:

- Spinach
- Broccoli
- Kale
- Yeast (particularly Brewer's yeast)
- Rapeseed (canola) oil
- Flaxseed oil
- Walnuts
Side effects

There are no reports of toxicity from alpha Lipoic acid overdose in humans. Intakes of as much as 600 mg per day have been used for treatment of diabetic neuropathy, with no serious side effects.

7.g. Principle 9 in depth – vitamin and mineral supplements or “knowing where you are”

If you have fatty liver, supplementing your diet to reach a balance of vitamins and minerals is much more than popping a pill that has all the vitamins and minerals in it. You just have to know precisely where you are and where you want to be.

So, the first thing I did is a complete blood analysis to make sure that I had healthy levels of vitamins and minerals before I even started the protocol.

My supplementation included:

<table>
<thead>
<tr>
<th></th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Omega 3 (EPA and DHA from krill oil)</td>
<td>1 gram</td>
<td>2 grams</td>
<td>2 grams</td>
<td>3 grams</td>
<td>1.5 gram</td>
<td>1.5 gram</td>
<td>1 gram</td>
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<tr>
<td>Green tea extract (in equivalent of catechins)</td>
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<td>200 mg</td>
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</tr>
<tr>
<td>Taurin</td>
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<td>none</td>
<td>none</td>
<td>2 gr</td>
<td>2 gr</td>
<td>1 gr</td>
<td>1 gr</td>
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</tr>
<tr>
<td>Vitamin C</td>
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<td>300 mg</td>
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<td>200 mg</td>
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</tr>
<tr>
<td>Vitamin E</td>
<td>400 IU</td>
<td>400 IU</td>
<td>400 IU</td>
<td>none</td>
<td>400 IU</td>
<td>400 IU</td>
<td>400 IU</td>
<td>400 IU</td>
</tr>
</tbody>
</table>

Note that I took Vitamin C and Vitamin E because I was deficient. Many people recommend taking vitamin C and E for fatty liver because of the anti reactive oxygen action, but on the protocol I had the best antioxidants on the face of the Earth on my side and I didn’t need vitamin C and E for that. Again, I took them because I was deficient.
Omega 3 supplementation

There are two basic kinds of Omega 3 fatty acids – the mentioned miraculous ALA is the first, and the second kind is EPA and DPA. We need both kinds.

Omega 3 is far superior in absorption, bio-availability, some studies show that it’s over 40 times more potent than fish oil, fish oil is low in antioxidant content, whereas krill oil is rich in antioxidants many of the fish species are contaminated with mercury while krill is not prone to this pollutant.

> See Krill Oil Product Comparison on Holistic Digest

In spite of the fact that most people that Omega 3 is completely safe, that’s not true, especially in higher dosage. Don’t be alarmed by the following few paragraphs about possible side effects of Omega 3. I don’t want to make you fear Omega 3 but respect it, as I want you to do with any other supplement. What is right for me can cause you a lot of problems.

In most people, Omega 3 side effects will be merely bothersome but there are also potentially serious side effects documented.

Milder form of side effects includes:

- Bad breath
- A fishy aftertaste
- Nausea
- Diarrhea
- Bad breath
- Bloating
- Gas
- Heartburn

More serious side effects indicate that you need to discontinue taking the supplement. These include:

- Any form of bleeding
- Black tarry stools
- Blood in the stool
- Vomiting of blood
- Signs of a hemorrhagic stroke (bleeding in the brain) such as headache, numb limbs, vision impairment
- High blood sugar (usually in people with diabetes)
- Signs of an allergic reaction (rash, hives, itching, swelling, wheezing, difficulty swallowing)
- Increase in bad cholesterol (LDL)

If you experience any of these, inform your physician right away.

**Green tea supplementation**

How many people from the Far East have you seen that are obese and might have a fatty liver?

Think about that for a second. Is it a coincidence? Are they working out more? Do they eat less? Is it genetics?

It is true that they are using less processed food, and they eat more fish.

But, one very specific lifestyle aspect has been proven to make the crucial difference. It’s drinking green tea.

And the western world is just coming around and realizing the potency of this amazing herb.
In Connecticut, scientists have recently investigated the influence of the core flavonoid ingredient of green tea for fatty liver disease. They found that the green tea might stop the fat build up.

This research was conducted on mice, it took 6 weeks and included 3 groups of mice.

The first group did not receive any green tea extract, the second group was fed with one percent extract, and the third was fed with two percent extract. The study had amazing results:

- The groups of mice fed green tea had a decrease in body weight of 23-25% of the initial body weight, compared to the 11-20 of those that did not receive the supplement

- More importantly for us, the research included testing ALT and AST. The mice fed green tea had a 30-41% drop compared to the 22-33 percent in those not fed green tea.

**Side effects**

Be more careful should you decide to take pills instead of drinking tea. I took it in the form of pills, and I had episodes of tremor because of the caffeine that it contains. Always stick to the trusted manufacturer and never exceed the recommended dosage.

**Dosage**

What I was trying to do on the protocol is do the same thing people on the Far East are doing. They drink 3-4 cups of the tea that contains 300-400 milligrams of catechins daily.

**What are catechins?**

Green tea has over 2000 bioactive compounds. However, the main 3 compounds responsible for the magic of green tea are:

- Catechins
- Theanine
- Caffeine
Among the 3, the most important is the last on the list – the catechins, which account for 30-40% of dried tea weight. There are 4 kinds of catechins, but the star of the show is the powerful antioxidant EGCG.

**Taurine supplementation**

Jacob told me that he included Taurine in the protocol just recently. Before that, the protocol hasn’t changed for over a decade.

Taurine is a core ingredient in bile, and it helps digestion of fats and absorption of vitamins that absorb fat. It is manufactured in our bodies as an essential acid.

In a research at the University of London’s School of Pharmacy, the researchers gave rats excessive amounts of alcohol and some Taurine.

They reported back that the Taurine prevented the fat build-up, and it even reversed most of the damage alcohol has inflicted on the liver.

In a followup research in Ireland, scientists have determined that Taurine has the same effect in obese children with NAFLD.

*See Taurine product comparison on Holistic Digest*
7.h. Remaining healthy

In 6 months, I was almost completely free of any symptoms. I lost around 60 pounds.

The memories of what I went through were still vivid, and this made me feel as if it was my birthday every day. I just wanted to get the most out of life and make up for the lost time.

I know how you feel as you are reading through these lines. If your fatty liver is as severe as mine was, you are probably going through a living hell. But, on the upper hand, if you are reading these lines you are one of the few percent of people that are proactive in getting their lives back and refuse to suffer in silence.

Where is the key?

The key is living the day courageously even if yesterday was the worst and persevering in your endeavors to fight this thing.

Let me tell you, I felt down and I felt like giving up. It was easier to do that at that given moment. But, then I would imagine myself in a spot in the future. And I thought about the fact that every decision defines the “future me”. I kept that thought and saw another doctor or read another book until I found my salvation.

But one thing I am aware of, is the fact that fatty liver is not a disease like common cold or a headache which, once beaten, is gone forever. It is a condition that lurks everywhere you go.

As I said, I am diligent about my life, I love my body and treat it that way. I follow all the guidelines that I described when I talked about removing toxins from my environment. I follow all the guidelines when it comes to the diet and lifestyle.

I live an active life, and I have regular checkups of the pH in my body, my hormone levels, my vitamin and mineral levels. I am taking it one step at a time and enjoying life.
The protocol gave me a good foundation, and now it’s all about maintenance and bearing in mind that I am different.

A summary of my Ezra protocol:

Now, it might seem like a lot of information to “digest” at one moment, but if you look at the following list that simplifies everything, you’ll see that it’s not as complicated as it might seem. Read the book once, and then allow for your thoughts to settle and then refer to it every time you need.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>My dosage</th>
<th>Time range</th>
<th>Part of the book</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Herbal tea:</td>
<td>Phyllanthus Urinaria</td>
<td>2 cups of tea (5 grams) daily between meals</td>
<td>week 1-8</td>
</tr>
<tr>
<td>2</td>
<td>Herbal extract - alcohol based</td>
<td>Milk Thistle - Silybum Marianum</td>
<td>Starting with 1 dropper and increasing to 4 droppers by increasing one dropper every week. Week 4-8 divide the doses in two. I used it with my tea (above). Different extracts have different purity. Should you decide to use to try Silymarin, adjust your dosage and never take more than recommended on the box. Start by 1/4th of the recommended dosage and increase to the recommended dosage over 4 weeks like I described above.</td>
<td>week 1-8</td>
</tr>
<tr>
<td>3</td>
<td>Principle 1</td>
<td>Toxin eradication</td>
<td>N/A (following the described rules)</td>
<td>forever</td>
</tr>
<tr>
<td>4</td>
<td>Principle 2</td>
<td>Serrapeptase - the miracle enzyme</td>
<td>3 x 20,000 IU two times per day</td>
<td>week 4-8</td>
</tr>
<tr>
<td>5</td>
<td>Principle 3</td>
<td>Colonic irrigations</td>
<td>N/A (as described in 7.d.)</td>
<td>week 1-2</td>
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<tr>
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<td>Principle 4</td>
<td>Dietary changes</td>
<td>N/A (as described in 7.e.)</td>
<td>forever</td>
</tr>
<tr>
<td>7</td>
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<td>Alpha Lipoic Acid</td>
<td>3 x100 mg/day for a month + 3x50mg /day for 2 more months</td>
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<td>8</td>
<td>Principle 6</td>
<td>Other supplementation</td>
<td>N/A (as described in 7.g.)</td>
<td>week 1-8</td>
</tr>
<tr>
<td>9</td>
<td>Principle 7</td>
<td>Staying well</td>
<td>Adopting lifestyle and dietary changes</td>
<td>forever</td>
</tr>
</tbody>
</table>
CHAPTER 7:

FINAL THOUGHTS

While writing the lines of this book it all came rushing back.

The way I was bored having to prepare the teas and plan my days, the way I was a frustrated looking for all the supplements all over town. But when I look back, I felt like this only up to the point when I actually recognized the first benefits that could not be misinterpreted.

At that point, it all became easy, eating light and drinking some of the least tasty things you are likely to try in your life. But I was slowly getting my life back, and I felt the determination growing by the hour.

It’s easy to lie down and think about why God hates you. But to actually take control and do something, well that takes courage. If you are reading this it means that you are among the courageous ones, that you are a seeker and a solver.

Over the course of time, I started meeting people I knew from my old doctor’s office. I remember the day that I went to inform my former doctor that I won’t be seeing him anymore. I remember people laughing when I told them in the waiting room what my breakfast looked like.

I met one of those people few months ago at the grocery store. Her eyes were strangely huge as she was staring at my cleared skin, and she was having trouble rolling it over her lips that she wants my new health
practitioner’s number. I said nothing of the day when she laughed at me.

I gave her my Ezra badge. What I distinctly remember that she looked the same as the day I left her in that doctor’s office. Excruciated and obviously tired, yet her cart was filled with pork and French fries. Whatever you do, never allow yourself to become a spectator of your life.

I like to think that I happen to my life and not the other way around.

Happen to your life!

Hope this message finds you well, or this ebook assists you on the road to wellness.

I wish you a happy and harmonious life.