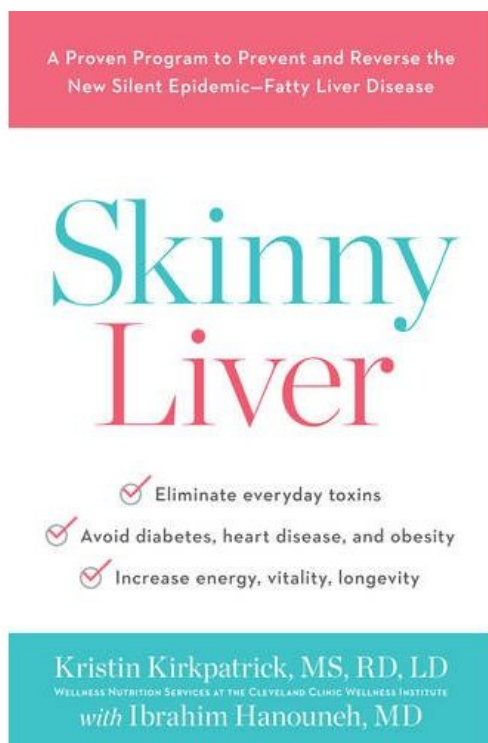


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Synopsis :

Review 'Skinny Liver sounds a powerful wakeup call that clearly connects dietary and other lifestyle choices to potentially life-threatening liver disease. More importantly, Kirkpatrick deftly empowers the reader with a scientifically validated, comprehensive, user-friendly plan to prevent and even reverse what has become a major health epidemic.'-David Perlmutter, MD, author of the #1 New York Times bestseller, Grain Brain, and The Grain Brain Whole Life Plan'Fatty liver disease is a silent epidemic that is affecting 30 percent of all Americans. Grounded in cutting-edge research, Kristin Kirkpatrick's accessible, practical program will help you prevent liver disease and safeguard your overall health.'-Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine, author of the #1 New York Times bestseller Eat Fat, Get Thin 'In today's toxic world, we are bombarded with chemicals in our environment, food supply, water and personal care products and our liver takes the brunt of the stress. If your liver becomes overwhelmed it can lead to fatigue, weight gain, liver disease, autoimmune disease and even cancer. In Skinny Liver, Kristin Kirkpatrick teaches you the secrets on the ideal diet, supplements and lifestyle to cleanse your liver and take your health to the next level.'-Dr. Josh Axe, author of Eat Dirt, founder of DrAxe.com'The authors do a thorough job, presenting not only liver-friendly diet choices but also helpful tips including 'smart kitchen makeover strategies' and 'liver health superstars' such as phytonutrients and probiotics.'—Energy Times Read more About the Author Kristin Kirkpatrick, MS, RD, LD, is the manager of Wellness Nutrition Services at the Cleveland Clinic Wellness Institute in Cleveland, Ohio, where she oversees nutrition-related services at the Center for Lifestyle Medicine. She is an award-winning dietitian (who in 2012 was named Dietetic Educator of the Year by the Ohio Dietetic Association) and a regular guest on local and national television shows, including The Dr. Oz Show, NBC Nightly News, and the TODAY Show, as well as NPR Radio. She received her B.A. from George Washington University, her master's degree (in health promotion management) from American University, and her dietetics training from the University of Akron. Ibrahim Hanounch, MD, completed his internal medicine residency and gastroenterology/hepatology fellowship training at the Cleveland Clinic. He was chosen by the gastroenterology faculty to serve as Chief Fellow for his third year training at the Cleveland Clinic. Dr. Hanounch currently works with Minnesota Gastroenterology, a Twin Cities-based gastroenterology practice (the largest gastroenterology practice in the nation), specializing in the diagnosis and treatment of adult and pediatric digestive system and liver disorders. He continues to serve as an assistant professor at Case Western Reserve University in Cleveland, Ohio. Dr. Hanounch has presented at several national and international meetings and has been an author on over fifty papers as well as numerous abstracts. Read more

Reviews :

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