



LIVINE
HOLISTIC WELLNESS
..towards wholesome health

AUGUST
2026
EDITION



WELLNESS

— NEWSLETTER —

Root Cause. Real Healing. Lasting Wellness.

REVERSE FATTY LIVER

Understand.
Reverse.
Regenerate.



A Holistic Approach

Ayurveda | Nutrition
Lifestyle | Functional Medicine
Yoga | Mind-Body Balance



Root Cause
Focused



Liver Healing
Strategies



Indian Food
Wisdom



Lifestyle
Transformation



Long Term
Wellness

— Better Liver. Better Health. Better Life. —



LIVINE
HOLISTIC WELLNESS

Root Cause. Real Healing. Lasting Wellness.

1.

FROM THE FOUNDERS' DESK

AUGUST
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Dear Readers,

Welcome to the August 2026 edition of the **Livine Holistic Wellness Newsletter**.

Fatty liver has quietly become one of the most common lifestyle disorders in India. It affects not only people who are overweight or living with diabetes, but also individuals with normal body weight, PCOS, thyroid disorders, high cholesterol, and even children. The concerning part is that it often progresses silently, with little or no warning until significant damage has already occurred.

The encouraging news is that fatty liver is reversible in most cases when addressed early through the right combination of nutrition, physical activity, quality sleep, stress management, and root-cause focused medical care. The liver is one of the few organs in the human body with a remarkable ability to repair and regenerate when given the right environment.

At **Livine Holistic Wellness**, we believe that lasting health is achieved by treating the root cause, not merely suppressing symptoms. Our integrative approach combines Ayurveda, Functional Medicine, Nutrition, Lifestyle Medicine, Yoga, and evidence-based clinical care to help individuals restore metabolic health naturally and sustainably.

“

Your liver works tirelessly for you every single day.

It's time to return the favour.

”



IN THIS EDITION, YOU'LL DISCOVER:



Why fatty liver develops



The real root causes behind liver fat accumulation



Foods that support liver healing—and foods to avoid



Practical lifestyle strategies for reversing fatty liver



Ayurvedic & Functional Medicine perspectives



A real patient success story & simple, liver-friendly recipes

Whether you have been diagnosed with fatty liver, are at risk because of metabolic health issues, or simply want to protect your liver for the future, this newsletter is designed to empower you with practical, science-backed guidance that you can begin implementing today.

Wishing you vibrant health,



Dr. Khushboo Dhar Maniar
Co-Founder



Dr. Harshit Maniar
Founder



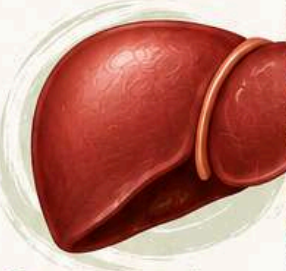
WHAT IS FATTY LIVER DISEASE?

Fatty Liver Disease is a condition in which excess fat accumulates within the liver cells. While a small amount of fat in the liver is normal, it becomes a concern when **more than 5% of the liver's weight consists of fat.**

Over time, this excess fat can trigger inflammation, damage liver cells, and, if left untreated, may progress to **scarring (fibrosis), cirrhosis, or even liver failure.**

The liver is one of the most vital organs in the body, performing **over 500 essential functions**, including detoxification, metabolism, digestion, hormone regulation, nutrient storage, and blood sugar control. A healthy liver is fundamental to overall health and longevity.

HEALTHY LIVER

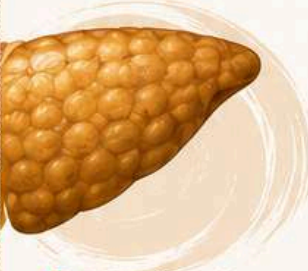


✓ Healthy liver cells

✓ Smooth texture

✓ Performs efficiently

FATTY LIVER



✗ Excess fat buildup

✗ Inflamed liver cells

✗ Works less efficiently

ALCOHOLIC VS. NON-ALCOHOLIC FATTY LIVER DISEASE



ALCOHOLIC FATTY LIVER DISEASE (AFLD)

Occurs due to excessive alcohol consumption, which damages liver cells and leads to fat accumulation.

VS



METABOLIC DYSFUNCTION-ASSOCIATED STEATOTIC LIVER DISEASE (MASLD)

Previously known as Non-Alcoholic Fatty Liver Disease (NAFLD), MASLD develops without significant alcohol intake and is closely linked to:



Insulin resistance



Obesity



Type 2 diabetes



High cholesterol & triglycerides



PCOS



Metabolic syndrome



Sedentary lifestyle

★ Today, MASLD is the most common form of fatty liver disease worldwide, affecting millions of adults and an increasing number of children.

STAGES OF FATTY LIVER DISEASE

1

SIMPLE FATTY LIVER (STEATOSIS)



Fat begins to accumulate in liver cells.

Usually causes no symptoms.

Completely reversible with lifestyle modifications.

2

FATTY LIVER WITH INFLAMMATION (STEATOHEPATITIS / MASH)



Fat accumulation triggers inflammation.

Liver cells begin to sustain damage.

May cause fatigue, abdominal discomfort, or abnormal liver enzymes.

3

FIBROSIS



Persistent inflammation leads to the formation of scar tissue.

Liver function begins to decline.

Early fibrosis may still improve with timely intervention.

4

CIRRHOSIS



Extensive scarring permanently alters liver structure.

Liver function becomes severely impaired.

Increases the risk of liver failure and liver cancer.

Prevention and early treatment are crucial before this stage.



WHY EARLY DETECTION MATTERS

One of the biggest challenges with fatty liver disease is that it is often a silent condition. Many people feel perfectly healthy while the disease gradually progresses over several years.



The encouraging news is that **fatty liver is reversible in its early stages.**

By identifying the condition early and addressing its root causes through proper nutrition, regular physical activity, healthy weight management, quality sleep, stress reduction, and appropriate medical guidance, the liver can heal remarkably well.

REMEMBER: THE EARLIER YOU ACT, THE GREATER YOUR CHANCES OF COMPLETELY REVERSING FATTY LIVER AND PREVENTING LONG-TERM COMPLICATIONS.



WHY DOES FATTY LIVER DEVELOP?

UNDERSTANDING THE ROOT CAUSES



Fatty liver is not a disease of the liver alone—it is often a reflection of deeper metabolic and lifestyle imbalances. While excess fat accumulates in the liver, the real causes usually lie elsewhere in the body.

Identifying and addressing these root causes is the key to reversing fatty liver naturally and preventing its progression.

“

Treat the cause,
not just the liver.



1

INSULIN RESISTANCE – THE PRIMARY DRIVER



Insulin resistance is the most common cause of fatty liver. When the body's cells become less responsive to insulin, excess glucose is converted into fat and stored in the liver.

COMMON SIGNS INCLUDE:

- Increased waist circumference
- Prediabetes or Type 2 Diabetes
- Darkening of the neck or underarms (Acanthosis Nigricans)
- High triglycerides
- Difficulty losing weight

2

EXCESS BELLY FAT



Abdominal or visceral fat is metabolically active and continuously releases inflammatory chemicals and free fatty acids into the bloodstream, increasing fat deposition in the liver.



Remember:

A large waist circumference is often a better predictor of fatty liver than body weight alone.

3

HIGH SUGAR & REFINED CARBOHYDRATE INTAKE



Frequent consumption of sugary beverages, sweets, refined flour (maida), bakery products, processed snacks, and excessive polished rice can overwhelm the liver, leading to increased fat production and storage.

HIDDEN SOURCES OF SUGAR INCLUDE:



Fruit Juices



Soft Drinks



Sweetened Tea/Coffee



Breakfast Cereals



Biscuits & Desserts

4

SEDENTARY LIFESTYLE



A lack of physical activity reduces the body's ability to utilise glucose and fat efficiently. Over time, unused energy is stored as fat, including within the liver.



Even 30–45 minutes of daily movement can significantly improve liver health.

5

CHRONIC INFLAMMATION



Persistent low-grade inflammation damages liver cells and accelerates the progression from simple fatty liver to more advanced liver disease.

INFLAMMATION MAY BE TRIGGERED BY:



Poor Diet



Obesity



Smoking



Chronic Stress



Environmental Toxins

6

POOR GUT HEALTH



The gut and liver are closely connected through the Gut–Liver Axis. An unhealthy gut microbiome, chronic constipation, or increased intestinal permeability (“leaky gut”) allows toxins and inflammatory compounds to reach the liver, placing additional stress on it.

7

POOR SLEEP & CHRONIC STRESS



Inadequate sleep and prolonged stress increase cortisol levels, disrupt metabolism, worsen insulin resistance, and promote fat accumulation in the liver.



Aim for 7–8 hours of quality sleep and incorporate stress-management practices into your daily routine.

8

NUTRIENT DEFICIENCIES



Deficiencies in key nutrients can impair liver function and fat metabolism.

COMMON DEFICIENCIES INCLUDE:



Vitamin D



Vitamin B12



Magnesium



Omega-3 Fatty Acids



Choline

A nutrient-rich, balanced diet plays a crucial role in supporting liver repair and regeneration.

9

HORMONAL & MEDICAL CONDITIONS



Certain health conditions increase the risk of developing fatty liver, including:

- Type 2 Diabetes
- PCOS
- Hypothyroidism
- High cholesterol and triglycerides
- Metabolic Syndrome
- Obesity

Managing these conditions effectively is essential for long-term liver health.

THE ROOT CAUSE CYCLE



Poor Diet +
Physical Inactivity
+ Stress + Poor Sleep



Insulin
Resistance



Excess Fat
Accumulation
in the Liver



Inflammation



Liver
Damage



Fibrosis &
Long-Term
Complications



KEY TAKEAWAY

Fatty liver is not just a liver problem—it is a metabolic health problem.

By addressing the root causes rather than simply treating the symptoms, you can restore liver health, improve overall metabolism, and significantly reduce the risk of future chronic diseases.

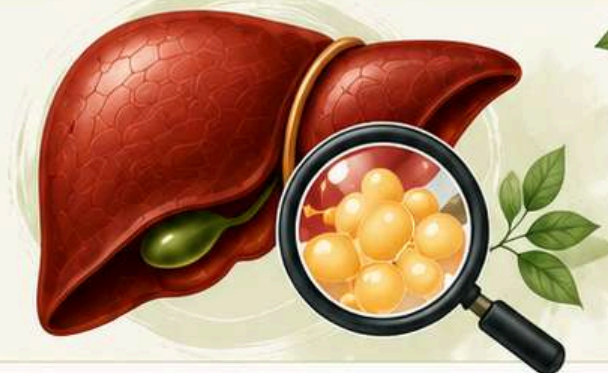


— RECOGNISE THE SIGNS BEFORE THE DAMAGE PROGRESSES —



Fatty liver disease often develops silently. Many people have no symptoms for years and discover it only during a routine health check-up. As fat accumulation and inflammation increase, your body may begin to show subtle warning signs.

Early recognition and timely intervention can help prevent progression and reverse the condition naturally.



COMMON WARNING SIGNS OF FATTY LIVER



1. PERSISTENT FATIGUE

Feeling tired or lacking energy throughout the day, even after adequate sleep, is one of the most common symptoms.



2. WEIGHT GAIN AROUND THE WAIST

An increasing waist circumference or stubborn belly fat is strongly associated with insulin resistance and fatty liver.



3. DISCOMFORT IN THE RIGHT UPPER ABDOMEN

Some individuals experience a feeling of heaviness, fullness, or mild discomfort beneath the right side of the rib cage where the liver is located.



4. BRAIN FOG & POOR CONCENTRATION

Difficulty concentrating, forgetfulness, mental fatigue, and reduced productivity may occur due to impaired metabolic health and chronic inflammation.



5. BLOATING, INDIGESTION & ACIDITY

Frequent bloating, gas, acidity, or poor digestion may indicate an unhealthy gut-liver connection.



6. ELEVATED LIVER ENZYMES

Many people with fatty liver have raised SGPT (ALT) and SGOT (AST) levels on blood tests, even when they feel perfectly healthy.



7. HIGH TRIGLYCERIDES & BLOOD SUGAR

Fatty liver commonly coexists with:

- Prediabetes or Type 2 Diabetes
- High triglycerides
- Low HDL ("good") cholesterol
- Elevated fasting insulin



8. DARKENING OF THE NECK OR UNDERARMS

Dark, velvety skin around the neck, underarms, or groin (Acanthosis Nigricans) is often a visible sign of insulin resistance.



9. DIFFICULTY LOSING WEIGHT

If you are eating healthy and exercising but still struggle to lose weight, underlying insulin resistance and fatty liver may be contributing factors.



WHO IS AT HIGHER RISK?



Central obesity or increased waist circumference



Prediabetes or Type 2 Diabetes



PCOS



Hypothyroidism



High cholesterol or triglycerides



High blood pressure



Sedentary lifestyle



Poor dietary habits



Family history of metabolic diseases



WHEN SHOULD YOU GET TESTED?

- ✓ Have diabetes or prediabetes
- ✓ Are overweight or obese
- ✓ Have abnormal liver function tests
- ✓ Have PCOS or metabolic syndrome
- ✓ Have high cholesterol or triglycerides
- ✓ Experience persistent fatigue
- ✓ without an obvious cause



Simple investigations such as an **Ultrasound Abdomen, Liver Function Test (LFT)**, and, when recommended, a **FibroScan** can help detect fatty liver at an early stage.



KEY MESSAGE

Fatty liver rarely announces itself loudly. Listening to these early warning signs—and acting promptly—can help protect your liver, restore your metabolism, and prevent serious long-term complications.



5. IS YOUR LIVER AT RISK?

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A SIMPLE SELF-ASSESSMENT CHECKLIST



Fatty liver often develops silently, and many people remain unaware until it is detected during a routine health check-up. If you have one or more of the following risk factors, your chances of developing fatty liver disease are significantly higher.

Tick ☒ every statement that applies to you.



YOUR SCORE



0 – 3 CHECKS LOW RISK

Continue following a healthy lifestyle and have regular health check-ups.



4 – 7 CHECKS MODERATE RISK

Your metabolic health may already be under stress. This is the right time to improve your nutrition, increase physical activity, optimise sleep, and undergo appropriate screening.



8 – 12 CHECKS HIGH RISK

You are at significant risk of developing fatty liver or progressing to more advanced stages. A comprehensive medical evaluation and structured lifestyle intervention are strongly recommended.



MORE THAN 12 CHECKS VERY HIGH RISK

You may already have significant metabolic dysfunction. Please consult a qualified healthcare professional for a detailed evaluation and personalised treatment plan.



1. METABOLIC HEALTH



☐ My waist circumference is increasing or I have excess belly fat.



☐ I am overweight or obese.



☐ I have Prediabetes or Type 2 Diabetes.



☐ I have high blood pressure.



☐ I have high cholesterol or high triglycerides.



☐ I have been diagnosed with metabolic syndrome.



2. HORMONAL & MEDICAL CONDITIONS



☐ I have PCOS.



☐ I have hypothyroidism.



☐ I have obstructive sleep apnoea.



☐ Someone in my family has diabetes, obesity, or fatty liver.



3. LIFESTYLE HABITS



☐ I exercise less than 150 minutes per week.



☐ I spend most of my day sitting.



☐ I frequently consume sweets, sugary drinks, bakery products, or processed foods.



☐ I regularly eat late-night meals.



☐ I sleep less than 7 hours most nights.



☐ I experience frequent stress.



4. DIGESTIVE & CLINICAL SIGNS



☐ I often experience bloating, acidity, or indigestion.



☐ My liver enzymes (SGPT/ALT or SGOT/AST) have been elevated.



☐ My ultrasound has shown fatty liver.



☐ I struggle to lose weight despite dieting and exercise.

RECOMMENDED INVESTIGATIONS

If your score falls in the Moderate Risk category or above, consider discussing the following tests with your healthcare provider:



Ultrasound Abdomen



Liver Function Test (LFT)



FibroScan (if advised)



HbA1c



Fasting Blood Sugar



Fasting Insulin



Lipid Profile



hs-CRP



Vitamin D



Vitamin B12



TAKE HOME MESSAGE

Risk factors don't guarantee disease—but they are early warning signals. Identifying them today gives you the opportunity to reverse fatty liver before permanent liver damage occurs.



6. FOODS THAT HEAL THE LIVER

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Nourish Your Liver. Restore Your Health.



Your liver has an incredible ability to repair and regenerate—but only when it receives the right nourishment. Choosing whole, nutrient-dense foods while avoiding ultra-processed foods can significantly reduce liver fat, improve insulin sensitivity, and lower inflammation.

Think of every meal as an opportunity to support your liver's healing process.



HYDRATION MATTERS

Drink 2.5–3 litres of water daily, unless advised otherwise by your healthcare provider.

Also include:



Warm Water



Lemon Water



Herbal Teas



Jeera, Coriander or Fennel Water



Avoid sugar-sweetened beverages and packaged fruit juices.

LIVER-HEALING SUPERFOODS

1 GREEN LEAFY VEGETABLES

Spinach, fenugreek (methi), amaranth (chaulai), drumstick leaves, coriander, mint.



Benefits:

- Rich in antioxidants and chlorophyll
- Support natural detoxification
- Reduce oxidative stress and inflammation

2 CRUCIFEROUS VEGETABLES

Broccoli, cauliflower, cabbage, radish, turnip.



Benefits:

- Support liver detoxification enzymes
- Improve fat metabolism
- Protect liver cells from damage

3 CITRUS FRUITS

Lemon, sweet lime, oranges.



Benefits:

- Rich in Vitamin C
 - Help combat oxidative stress
 - Support collagen production and liver repair
- (Consume whole fruits instead of juices.)

4 AMLA (INDIAN GOOSEBERRY)

Amla is one of Ayurveda's most powerful Rasayanas.



Benefits:

- Exceptionally rich in Vitamin C
- Powerful antioxidant
- Supports liver regeneration
- Improves immunity

5 GARLIC

Garlic contains sulphur compounds that activate liver enzymes.



Benefits:

- Supports detoxification
- Reduces liver fat
- Improves cholesterol levels

6 TURMERIC (HALDI)

Curcumin, the active compound in turmeric, has potent anti-inflammatory properties.



Benefits:

- Reduces liver inflammation
- Protects liver cells
- Supports healthy bile flow

Tip: Combine turmeric with a pinch of black pepper for better absorption.

7 GINGER



Benefits:

- Improves digestion
- Reduces inflammation
- Enhances insulin sensitivity
- Helps relieve bloating and nausea

8 NUTS & SEEDS

Almonds, walnuts, flaxseeds, chia seeds, pumpkin seeds.



Benefits:

- Rich in Omega-3 fats and Vitamin E
- Reduce inflammation
- Support heart and liver health

9 HIGH-QUALITY PROTEIN

Moong dal, lentils, chickpeas, rajma, soy products, paneer (in moderation), Greek yoghurt, eggs (if consumed).



Benefits:

- Supports liver repair
- Preserves muscle mass
- Improves satiety and metabolic health

10 HEALTHY FATS

Choose: Cold-pressed groundnut oil, mustard oil, sesame oil, coconut (in moderation), homemade ghee (small quantities).

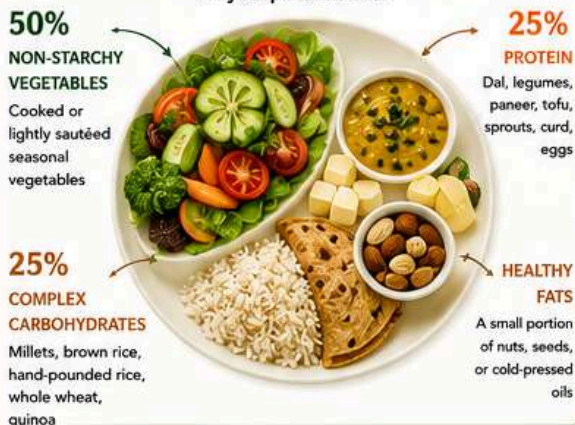


Benefits:

- Reduce inflammation
- Support hormone balance
- Improve nutrient absorption

BUILD A LIVER-FRIENDLY INDIAN PLATE

Fill your plate like this:



SMART EATING HABITS



Eat freshly prepared home-cooked meals.



Include protein in every meal.



Eat slowly and chew thoroughly.



Maintain consistent meal timings.



Finish dinner at least 2–3 hours before bedtime.



Avoid overeating, even healthy foods.



FOODS TO INCLUDE EVERY WEEK

DAILY



Green leafy vegetables



Lemon



Turmeric



Protein-rich foods



Seasonal vegetables



Broccoli/ Cauliflower



Garlic



Ginger



Nuts & Seeds



Millet



KEY TAKEAWAY

Your liver doesn't need expensive detox products—it needs real food, balanced nutrition, regular movement, and healthy daily habits. Every healthy meal is an investment in a stronger, healthier liver.





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Root Cause. Real Healing. Lasting Wellness.

7.

FOODS THAT DAMAGE THE LIVER

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KNOW WHAT TO AVOID TO PROTECT YOUR LIVER



Just as certain foods help your liver heal, others can accelerate fat accumulation, inflammation, and liver damage. Regular consumption of ultra-processed foods, excess sugar, and unhealthy fats can worsen insulin resistance and increase the risk of fatty liver progression.

Reducing these foods is one of the most effective steps towards reversing fatty liver naturally.



REMEMBER

Small changes in your daily food choices can create a **BIG** difference in your liver health.

1 SUGAR-SWEETENED BEVERAGES



Examples:

- Soft drinks
- Energy drinks
- Sweetened fruit juices
- Flavoured milk
- Packaged iced tea

Why avoid them?

- Rapidly increase blood sugar
- Promote liver fat production
- Worsen insulin resistance



Better choice:
Plain water, lemon water, coconut water (in moderation), or unsweetened herbal tea.

2 SWEETS & DESSERTS



Examples:

- Mithai • Cakes • Pastries
- Ice cream • Chocolates
- Cookies

Why avoid them?

- High in refined sugar
- Increase triglycerides
- Promote fatty liver progression

3 REFINED FLOUR (MAIDA) PRODUCTS



Examples:

- White bread • Pizza • Burgers
- Noodles • Pasta (refined)
- Bakery products

Why avoid them?

- Low in fibre
- High glycaemic index
- Spike blood sugar rapidly



Choose instead:
Whole wheat, millets, oats, quinoa, or brown rice.

4 DEEP-FRIED FOODS



Examples:

- Samosa • Kachori • Pakora
- French fries • Chips
- Fried snacks

Why avoid them?

- Rich in unhealthy fats
- Increase inflammation
- Add excess calories

5 ULTRA-PROCESSED FOODS



Examples:

- Instant noodles • Packaged snacks
- Frozen ready-to-eat meals
- Processed meats
- Sugary breakfast cereals

Why avoid them?

- High in preservatives, sodium, sugar, and unhealthy fats
- Poor nutritional value
- Increase metabolic stress

6 PROCESSED & FATTY MEATS



Examples:

- Sausages • Salami • Bacon
- Processed chicken products

Why avoid them?

- High in saturated fat and sodium
- Increase inflammation
- Associated with poorer metabolic health

7 ALCOHOL



Even moderate alcohol intake can worsen liver damage, especially if fatty liver is already present.

Recommendation:

If diagnosed with fatty liver, it is advisable to avoid alcohol completely unless otherwise advised by your healthcare provider.



8 TRANS FATS & REPEATEDLY HEATED OILS



Found in:

- Bakery shortening • Vanaspati
- Commercial fried foods
- Reused cooking oil

Why avoid them?

- Increase bad cholesterol
- Promote inflammation
- Accelerate liver damage

9 EXCESS SALT & PACKAGED FOODS



Examples:

- Instant soups • Pickles (excess)
- Chips • Namkeen
- Packaged sauces

Why avoid them?

- Contribute to fluid retention
- Increase blood pressure
- Often contain hidden preservatives

10 OVEREATING & LATE-NIGHT MEALS



Even healthy foods can be harmful when eaten in excess.

Avoid:

- Large portion sizes
- Frequent snacking
- Heavy dinners
- Eating within 2 hours of bedtime

Your liver performs many of its repair processes overnight. Late-night eating disrupts this natural rhythm.

TRAFFIC LIGHT GUIDE

EAT FREQUENTLY

- ✓ Vegetables
- ✓ Fruits (whole)
- ✓ Dal & legumes
- ✓ Sprouts
- ✓ Millets
- ✓ Nuts & seeds
- ✓ Homemade meals



EAT OCCASIONALLY

- ✓ White rice
- ✓ Potatoes
- ✓ Paneer
- ✓ Homemade sweets
- ✓ Ghee (small quantities)



AVOID AS MUCH AS POSSIBLE

- ✗ Sugary drinks
- ✗ Bakery products
- ✗ Deep-fried foods
- ✗ Processed snacks
- ✗ Alcohol
- ✗ Refined sugar
- ✗ Ultra-processed foods
- ✗ Reheated oils



HEALTHY SWAPS

INSTEAD OF...

- Soft drinks
- Fruit juice
- White bread
- Chips
- Biscuits
- Ice cream
- Fried snacks
- Sugary desserts

CHOOSE...

- Lemon water or herbal tea
- Whole fruit
- Whole wheat or millet roti
- Roasted chana or nuts
- Fresh fruit or sprouts
- Homemade yoghurt with fruit
- Roasted makhana or steamed snacks
- Fresh fruit or dates (in moderation)



KEY TAKEAWAY

Your liver doesn't expect perfection—it responds to consistency. Every time you replace a processed food with a wholesome, natural alternative, you're taking a meaningful step towards reversing fatty liver and improving your overall health.





The food on your plate plays one of the most important roles in reversing fatty liver. A balanced meal helps stabilise blood sugar, improves insulin sensitivity, reduces inflammation, and supports liver regeneration.

Focus on portion balance, nutrient density, and whole foods.



Stabilises blood sugar



Improves insulin sensitivity



Reduces inflammation



Supports liver regeneration

50% NON-STARCHY VEGETABLES

Fill half your plate with a variety of colourful vegetables.

Examples:

- Spinach
- Methi
- Lauki
- Turai
- Karela
- Cauliflower
- Broccoli
- Cabbage
- Bhindi
- Capsicum
- Cucumber
- Tomato
- Carrot

Why?

- ✓ Rich in fibre
- ✓ Low in calories
- ✓ Reduce inflammation
- ✓ Improve gut health
- ✓ Promote fullness

THE IDEAL LIVER-FRIENDLY PLATE



25% HIGH-QUALITY PROTEIN

Include protein in every meal.

Options:

Vegetarian

- Moong dal
- Masoor dal
- Soy chunks
- Paneer (moderation)
- Greek yoghurt
- Sprouts
- Chana
- Rajma
- Tofu

Non-Vegetarian

- Eggs
- Fish
- Skinless chicken

Why?

- ✓ Repairs liver tissue
- ✓ Maintains muscle mass
- ✓ Reduces cravings
- ✓ Improves metabolism

25% COMPLEX CARBOHYDRATES

Choose slow-digesting carbohydrates instead of refined grains.

Best Choices:

- Millet (Jowar, Bajra, Ragl)
- Brown rice
- Hand-pounded rice
- Whole wheat roti
- Oats
- Quinoa

Avoid:

- Maida
- White bread
- Refined noodles
- Bakery products

Why?

- ✓ Steady energy release
- ✓ Better blood sugar control
- ✓ Higher fibre intake

HEALTHY FATS (Small Portion)



- Almonds
- Walnuts
- Flaxseeds
- Chia seeds
- Pumpkin seeds
- Homemade ghee (small quantity)
- Cold-pressed oils

Why?

- ✓ Reduce inflammation
- ✓ Improve heart health
- ✓ Enhance absorption of fat-soluble vitamins

ADD THESE TO YOUR PLATE DAILY

-  Fresh salad (if tolerated)
-  Fresh herbs (coriander, mint)
-  Lemon
-  Turmeric
-  Garlic
-  Ginger
-  Seasonal vegetables

SMART MEAL TIMING

-  Never skip breakfast.
-  Maintain regular meal timings.
-  Eat every 3-4 hours (if appropriate for your health condition).
-  Finish dinner 2-3 hours before bedtime.
-  Avoid frequent snacking.
-  Eat mindfully and chew food thoroughly.

PORTION CONTROL USING YOUR HANDS

-  **Vegetables**
Two cupped hands
-  **Protein**
One palm-sized portion
-  **Carbohydrates**
One cupped hand
-  **Healthy Fats**
One thumb-sized portion

SAMPLE LIVER-FRIENDLY INDIAN MEAL

- Breakfast**
 Moong chilla with mint chutney + unsweetened buttermilk
- Lunch**
 Mixed vegetable sabzi + dal + 1-2 millet rotis + cucumber salad
- Evening Snack**
 Roasted chana + green tea
- Dinner**
 Palak paneer/tofu + sautéed vegetables + small portion of brown rice

THE LIVER PLATE FORMULA



- Half Plate = Vegetables
- Quarter Plate = Protein
- Quarter Plate = Complex Carbohydrates
- Small Portion = Healthy Fats
- Adequate Water Throughout the Day

KEY TAKEAWAY

A healthy liver doesn't require complicated diets—it thrives on balanced, colourful, home-cooked meals. Every well-balanced plate nourishes your liver, supports your metabolism, and moves you one step closer to lasting health.





While nutrition is the foundation of fatty liver reversal, your daily lifestyle habits determine how effectively your liver heals.

Research consistently shows that improving sleep, increasing physical activity, managing stress, and maintaining a healthy daily routine can significantly reduce liver fat—even before substantial weight loss occurs.

The goal is not perfection, but consistent healthy habits.



Boosts
metabolism



Reduces
inflammation



Supports
weight
management



Promotes liver
repair &
detoxification

1 MOVE YOUR BODY EVERY DAY



Physical activity improves insulin sensitivity, burns stored fat, and reduces liver fat accumulation.

Aim for:

- 150–300 minutes of moderate-intensity exercise per week or 75–150 minutes vigorous exercise

Simple Activities



Walking Cycling Swimming Dancing Stair climbing

 Tip: Start with 30 minutes of walking, 5 days a week.

2 INCLUDE STRENGTH TRAINING



Building muscle improves glucose utilisation and boosts metabolism.

Aim for:

- 2–3 sessions per week

Examples



Resistance bands
Bodyweight exercises
Squats
Wall push-ups
Light dumbbells

3 PRIORITISE QUALITY SLEEP



Poor sleep increases insulin resistance, appetite, and inflammation.

- ✓ Sleep for 7–8 hours every night.
- ✓ Maintain a consistent sleep schedule.
- ✓ Avoid screens at least 1 hour before bedtime.
- ✓ Keep your bedroom dark, cool, and quiet.

4 MANAGE STRESS EFFECTIVELY



Chronic stress raises cortisol levels, which can worsen fatty liver and metabolic health.

Stress-Reducing Practices



Meditation
Deep breathing
Yoga
Prayer
Nature walks
Journaling
Spending time with family

 Even 10–15 minutes daily can make a meaningful difference.

YOUR DAILY LIVER HEALING ROUTINE



Start your day
with hydration
and light movement.



Eat balanced,
home-cooked
meals.



Walk after meals
whenever
possible.



Stay hydrated
throughout
the day.



Practise relaxation
or meditation.



Sleep on time
and allow your
liver to recover
overnight.

6 FOLLOW A HEALTHY EATING SCHEDULE



- ✓ Eat meals at regular times.
- ✓ Avoid frequent snacking.
- ✓ Finish dinner 2–3 hours before bedtime.
- ✓ Eat mindfully and avoid overeating.

7 GET DAILY SUNLIGHT



Morning sunlight helps regulate your body clock, improves sleep quality, and supports Vitamin D production.

Aim for: 15–20 minutes of sunlight most mornings.

8 AVOID SMOKING & ALCOHOL



Smoking and alcohol increase oxidative stress, inflammation, and the risk of progressive liver disease.

 If you have fatty liver, avoid alcohol completely unless specifically advised otherwise by your healthcare provider.

9 ACHIEVE SUSTAINABLE WEIGHT LOSS



Even a 5–10% reduction in body weight can:

- ✓ Reduce liver fat
- ✓ Improve liver enzymes
- ✓ Lower inflammation
- ✓ Improve insulin sensitivity

 Focus on steady, sustainable progress rather than rapid weight-loss diets.

10 REDUCE SCREEN TIME



Long hours of sitting contribute to poor metabolic health.

 **Healthy Habit:** Stand up and move for 2–3 minutes every 30–45 minutes. Limit recreational screen time where possible.

THE LIFESTYLE MEDICINE FORMULA



Healthy
Nutrition

+



Regular
Physical Activity

+



Strength
Training

+



Quality
Sleep

+



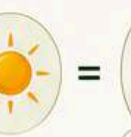
Stress
Management

+



Adequate
Hydration

+



Daily
Sunlight

=



A Healthier
Liver & Better
Metabolic Health



KEY TAKEAWAY

Medicines can support recovery, but your daily habits create lasting healing. Every healthy choice you make—whether it's taking a walk, eating a balanced meal, sleeping well, or managing stress—helps your liver repair itself and protects your long-term health.





Ayurveda views the liver (Yakrit) as one of the most important organs responsible for maintaining healthy digestion, metabolism, blood purification, and overall vitality. Rather than treating the liver in isolation, Ayurveda focuses on restoring the body's internal balance by improving digestion, reducing toxins, and supporting the liver's natural ability to heal.



A healthy liver begins with a healthy digestive system.

1 STRENGTHEN YOUR AGNI (DIGESTIVE FIRE)

According to Ayurveda, Agni is the foundation of good health. Weak digestion leads to incomplete metabolism of food, resulting in the formation of toxins that burden the liver.

How to Improve Agni

- ✓ Eat freshly prepared meals.
- ✓ Eat only when genuinely hungry.
- ✓ Avoid overeating.
- ✓ Maintain regular meal timings.
- ✓ Chew food slowly and thoroughly.
- ✓ Avoid eating late at night.



2 REDUCE AMA (METABOLIC TOXINS)

When digestion is impaired, Ama (metabolic toxins) accumulates in the body and interferes with normal liver function.

Signs of Ama

- Coated tongue
- Bloating
- Constipation
- Heaviness after meals
- Fatigue
- Poor digestion



How to Reduce Ama

- ✓ Eat light, freshly cooked meals.
- ✓ Avoid processed and stale foods.
- ✓ Drink warm water through the day.
- ✓ Stay physically active.
- ✓ Support healthy bowel movements.

3 BALANCE PITTA NATURALLY

The liver is closely associated with Pitta Dosha, which governs metabolism and transformation.

Excess Pitta may contribute to:

- Acidity
- Burning sensation
- Irritability
- Skin problems
- Inflammation

Pitta-Balancing Foods

- Bottle gourd (Lauki)
- Ridge gourd (Turai)
- Cucumber
- Coconut water (in moderation)
- Coriander
- Mint
- Amla
- Seasonal vegetables

Limit

- Very spicy foods
- Excess chilli
- Deep-fried foods
- Alcohol
- Processed foods



4 INCLUDE BITTER & ASTRINGENT FOODS

Ayurveda recommends naturally bitter foods to support liver cleansing and healthy metabolism.

Examples

- ✓ Bitter melon (Karela)
- ✓ Fenugreek leaves (Methi)
- ✓ Neem (only if advised)
- ✓ Turmeric
- ✓ Drumstick leaves
- ✓ Green leafy vegetables

These foods help support healthy digestion and reduce excess metabolic burden.

5 AYURVEDIC HERBS THAT SUPPORT LIVER HEALTH



Bhumi Amla
Supports healthy liver function.



Kalmegh
Traditionally used for liver wellness.



Kutki
Supports digestion and liver metabolism.



Guduchi (Giloy)
Helps maintain immune and metabolic balance.



Bhringraj
Traditionally used for liver support.



Important:
Ayurvedic herbs should always be taken under the guidance of a qualified Ayurvedic practitioner. Self-medication is not recommended.

6 FOLLOW DINACHARYA (DAILY ROUTINE)

A consistent daily routine helps optimise digestion, metabolism, and liver function.



Wake up early.



Drink warm water after waking.



Exercise regularly.



Eat meals at fixed times.



Avoid sleeping immediately after meals.



Sleep before 10:30-11:00 PM whenever possible.

7 SEASONAL LIVING (RITUCHARYA)

Ayurveda recommends adjusting food and lifestyle according to the seasons.



During Monsoon



Prefer warm, freshly cooked meals.



Avoid stale or refrigerated foods.



Use digestive spices like cumin, coriander, ginger, and turmeric.



Avoid excessive fried and heavy foods.

8 MIND-BODY BALANCE

Ayurveda recognises that emotional health directly influences physical health.



Meditation



Pranayama



Yoga



Gratitude practice



Spending time in nature



Adequate sleep

A calm mind supports healthy digestion and liver function.



AYURVEDA + MODERN MEDICINE = BETTER OUTCOMES



Ayurveda and modern medicine are complementary. When combined with healthy nutrition, regular exercise, quality sleep, and appropriate medical care, Ayurveda can play a valuable role in supporting long-term liver health.



AYURVEDIC LIVER CARE PRINCIPLES



Eat fresh, seasonal food.



Protect your digestive fire (Agni).



Prevent Ama formation.



Include bitter vegetables regularly.



Follow a disciplined daily routine.



Prioritise quality sleep.



Stay physically active.



Live in harmony with nature.



KEY TAKEAWAY

Ayurveda teaches that true healing begins with balanced digestion, a disciplined lifestyle, and harmony between body and mind. By strengthening Agni, reducing Ama, and living in tune with nature, you create the ideal environment for your liver to heal and thrive.





Functional Medicine views fatty liver as a systemic metabolic disorder, not simply a disease of the liver. Instead of asking, **"How do we treat the liver?"**, Functional Medicine asks, **"Why did fat accumulate in the liver in the first place?"**

By identifying and correcting the underlying imbalances, we can support the liver's natural ability to heal while improving overall metabolic health.

THE FUNCTIONAL MEDICINE APPROACH



1 INSULIN RESISTANCE – THE BIGGEST DRIVER



Nearly 80–90% of people with fatty liver have some degree of insulin resistance.

- Blood sugar rises
- Pancreas produces more insulin
- Excess glucose is converted into fat
- Fat accumulates in the liver

Functional Medicine Focus

- ✓ Improve insulin sensitivity
- ✓ Reduce refined carbohydrates
- ✓ Increase protein and fibre intake
- ✓ Encourage regular exercise



2 CHRONIC INFLAMMATION

Persistent low-grade inflammation damages liver cells and accelerates disease progression.

Common Causes



Functional Medicine Focus

- ✓ Anti-inflammatory nutrition
- ✓ Omega-3-rich foods
- ✓ Stress reduction
- ✓ Better sleep quality

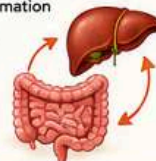


3 GUT–LIVER AXIS

The gut and liver are directly connected through the portal circulation.

An unhealthy gut can:

- Increase intestinal permeability ("Leaky Gut")
- Allow toxins into the bloodstream
- Trigger liver inflammation
- Worsen fatty liver



Functional Medicine Focus

- ✓ Improve gut microbiome diversity
- ✓ Increase dietary fibre
- ✓ Include fermented foods (when appropriate)
- ✓ Address constipation and digestive issues

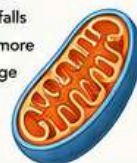


4 MITOCHONDRIAL DYSFUNCTION

Mitochondria are the energy-producing units of our cells.

When they become inefficient:

- Fat burning decreases
- Energy production falls
- Liver cells become more vulnerable to damage



Functional Medicine Focus

- ✓ Regular exercise
- ✓ Adequate protein
- ✓ Antioxidant-rich foods
- ✓ Quality sleep



5 OXIDATIVE STRESS

Occurs when harmful free radicals exceed the body's antioxidant defences.

This contributes to:

- Liver inflammation
- Cell damage
- Disease progression



ANTIOXIDANTS

Functional Medicine Focus

Increase antioxidant-rich foods such as:

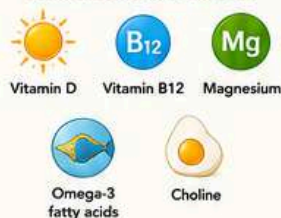


& Colourful seasonal fruits and vegetables

6 NUTRIENT DEFICIENCIES

Certain nutrients play an essential role in healthy liver metabolism.

Common deficiencies include:



Functional Medicine Focus

Identify deficiencies through appropriate testing and correct them with personalised nutrition and supplementation when required.



7 ENVIRONMENTAL TOXIN EXPOSURE

Every day, the liver processes toxins from:



Functional Medicine Focus

- ✓ Choose fresh, minimally processed foods
- ✓ Drink clean, filtered water
- ✓ Avoid smoking
- ✓ Reduce unnecessary chemical exposure



8 PERSONALISED LABORATORY ASSESSMENT

Functional Medicine uses laboratory investigations to understand why fatty liver has developed.

Common Tests

- ✓ Liver Function Test (LFT)
- ✓ Ultrasound Abdomen
- ✓ FibroScan (if indicated)
- ✓ HbA1c
- ✓ Fasting Blood Sugar
- ✓ Fasting Insulin
- ✓ Lipid Profile
- ✓ hs-CRP
- ✓ Vitamin D
- ✓ Vitamin B12
- ✓ Thyroid Profile

The goal is not just to diagnose fatty liver, but to uncover the metabolic imbalances driving it.



THE ROOT CAUSE FRAMEWORK



FUNCTIONAL MEDICINE PHILOSOPHY

Instead of asking...



"Which medicine should I take?"

We ask...



"Why did this problem develop, and what needs to be restored for the body to heal naturally?"



KEY TAKEAWAY

Functional Medicine recognises that fatty liver is not an isolated liver disease—it is a reflection of your body's overall metabolic health. By addressing insulin resistance, inflammation, gut health, nutrient deficiencies, lifestyle factors, and environmental influences, we can help restore liver function naturally and reduce the risk of future chronic diseases.



Separating Facts from Common Misconceptions

Fatty liver is surrounded by many myths that can delay diagnosis and treatment. Understanding the facts helps you make informed decisions and take the right steps towards better liver health.

MYTH 1: Only people who drink alcohol get fatty liver.



FACT: Most people with fatty liver today have Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD), which develops due to insulin resistance, obesity, diabetes, unhealthy eating habits, and physical inactivity—not alcohol.



MYTH 2: Fatty liver only affects overweight people.



FACT: People with a normal body weight can also develop fatty liver, especially if they have excess abdominal fat, insulin resistance, PCOS, hypothyroidism, or poor dietary habits.



MYTH 3: Fatty liver always causes symptoms.



FACT: Fatty liver is often called a “silent disease” because most people experience no symptoms until significant liver damage has already occurred.



MYTH 4: Fatty liver cannot be reversed.



FACT: The good news is that fatty liver is reversible, particularly in its early stages. Healthy nutrition, regular exercise, weight management, quality sleep, and medical guidance can significantly reduce liver fat and improve liver function.



MYTH 5: Liver medicines alone can cure fatty liver.



FACT: No medicine can replace healthy lifestyle habits. Medicines may support treatment when needed, but lasting improvement comes from addressing the root causes—including nutrition, physical activity, sleep, stress, and metabolic health.



MYTH 6: Detox drinks and liver cleanses can cure fatty liver.



FACT: The liver is the body's natural detoxification organ. There is no scientific evidence that expensive detox drinks or cleanses can reverse fatty liver. A balanced diet and healthy lifestyle are far more effective.



MYTH 7: If my liver tests are normal, my liver must be healthy.



FACT: Many people with fatty liver have normal liver enzyme levels, especially in the early stages. An ultrasound or FibroScan may detect fatty liver even when blood tests appear normal.



MYTH 8: Once my liver improves, I can return to my old eating habits.



FACT: Fatty liver can return if unhealthy habits resume. Long-term success depends on maintaining healthy nutrition, regular exercise, adequate sleep, and consistent lifestyle practices.



MYTH 9: Fruits should be completely avoided in fatty liver.



FACT: Whole fruits can be part of a healthy diet because they contain fibre, vitamins, and antioxidants. However, fruit juices should be limited as they provide concentrated sugars without fibre.



MYTH 10: Weight loss has to be rapid to reverse fatty liver.



FACT: Rapid weight loss may sometimes worsen liver health. A gradual, sustainable reduction of 5–10% of body weight through balanced nutrition and regular physical activity is safer and more effective.



QUICK FACT CHECK

MYTH	FACT
 Only alcohol causes fatty liver	Metabolic health is the leading cause
 Thin people don't get fatty liver	Anyone can develop fatty liver
 Fatty liver always causes symptoms	It is often completely silent
 It cannot be reversed	Early-stage fatty liver is usually reversible
 Medicines alone are enough	Lifestyle changes remain the cornerstone of treatment

MYTH	FACT
 Detox products cure the liver	Healthy habits support the liver best
 Normal liver tests mean no fatty liver	Imaging may detect fatty liver despite normal blood tests
 Once cured, it never returns	Healthy habits must continue
 Fruits are harmful	Whole fruits are beneficial in moderation
 Rapid weight loss is best	Sustainable weight loss is safer and more effective



KEY TAKEAWAY

Knowledge is the first step towards prevention. Don't let myths delay your journey to better liver health. Trust evidence-based information, focus on the root causes, and remember—small, consistent lifestyle changes can make a remarkable difference in reversing fatty liver naturally.



MEET VIKRAMBHAI AGARWAL



When Vikrambhai Agarwal first visited Livine Holistic Wellness, he was struggling with multiple metabolic health concerns.

His investigations revealed **Grade 3 Fatty Liver**, indicating significant fat accumulation in the liver, along with **Type 2 Diabetes**, excess body weight, and dependence on multiple medications.



Rather than focusing only on his liver report, our team identified and addressed the root causes—including insulin resistance, poor metabolic health, unhealthy lifestyle patterns, and chronic inflammation.



A personalised treatment plan was designed by combining Ayurveda, Functional Medicine, Clinical Nutrition, Lifestyle Medicine, and regular follow-ups, ensuring sustainable and long-term improvements rather than temporary results.

REMARKABLE RESULTS IN JUST 2 MONTHS



Fatty Liver improved from **Grade 3 to Grade 2**



HbA1c reduced from **6.5% to 5.9%**



5 kg weight loss



Reduction in diabetes **medications** under medical supervision



Improved **energy levels** and overall well-being



SUCCESS
ACHIEVED!

These improvements demonstrate that fatty liver is not an irreversible condition. With the right guidance, consistent lifestyle changes, and a root-cause based treatment approach, the liver has an extraordinary ability to heal and regenerate.

BEFORE vs AFTER

PARAMETER	BEFORE	AFTER (2 MONTHS)
 Fatty Liver Grade	Grade 3 	Grade 2 
 HbA1c	6.5%	5.9%
 Weight	—	↓ 5 kg
 Diabetes Medicines	Multiple medications	Reduced under medical supervision

WHAT MADE THE DIFFERENCE?



Root-cause focused evaluation



Personalised Indian nutrition plan



Integrative Ayurvedic & Functional Medicine support



Daily physical activity and lifestyle modifications



Better sleep and stress management



Regular monitoring and timely medication optimisation



“ A MESSAGE OF HOPE

“Your liver has an incredible capacity to heal. Vikrambhai’s journey reminds us that with the right treatment, disciplined lifestyle changes, and consistent follow-up, even advanced fatty liver can begin to reverse in a remarkably short period.”



Early action makes a big difference.



Consistency today brings better health tomorrow.



Small changes lead to powerful results.



We are with you at every step of your healing journey.



Results vary from person to person. Individual outcomes depend on the severity of the condition, medical history, adherence to the treatment plan, and lifestyle modifications.





LIVINE
HOLISTIC WELLNESS

Root Cause. Real Healing. Lasting Wellness.

14.

RECIPE OF THE MONTH

LIVER-FRIENDLY

Moong & Spinach Chilla

AUGUST
2026
EDITION

A High-Protein, Fibre-Rich Indian Breakfast for Better Liver Health

Looking for a delicious, nutritious meal that supports liver health? This Moong & Spinach Chilla is packed with high-quality plant protein, fibre, antioxidants, and anti-inflammatory ingredients that help improve insulin sensitivity and support liver regeneration.



WHY THIS RECIPE IS LIVER-FRIENDLY

- High in plant protein
- Rich in dietary fibre
- Low glycaemic index
- Supports healthy weight management
- Helps improve insulin sensitivity
- Promotes gut and liver health



INGREDIENTS (Serves 2)



1 cup whole green moong (soaked overnight)



1 cup finely chopped spinach



1 small onion, finely chopped



2–3 garlic cloves



1-inch ginger



1 green chilli (optional)



½ tsp turmeric powder



½ tsp cumin seeds



Fresh coriander leaves



Salt to taste



1–2 tsp cold-pressed oil or homemade ghee (for cooking)



METHOD



1 Drain the soaked moong and blend it with ginger, garlic, cumin, and a little water to form a smooth batter.



2 Add chopped spinach, onion, coriander, turmeric, and salt.



3 Heat a non-stick or cast-iron pan and lightly grease it.



4 Spread the batter into a thin chilla.



5 Cook on both sides until golden brown.



6 Serve hot with mint-coriander chutney or plain homemade curd.

Serve it
Fresh & Hot!



NUTRITIONAL BENEFITS



MOONG DAL



Excellent source of protein and fibre that supports blood sugar control.



SPINACH

Rich in antioxidants, iron, folate, and chlorophyll to support liver function.



GARLIC

Helps activate liver enzymes and supports natural detoxification.



GINGER

Reduces inflammation and improves digestion.



TURMERIC

Contains curcumin, known for its liver-protective and anti-inflammatory properties.

HEALTHY SERVING TIPS



Pair with homemade mint-coriander chutney.



Add a bowl of unsweetened curd for extra protein.



Enjoy with a fresh cucumber and tomato salad.



Avoid tomato ketchup or processed sauces.



APPROXIMATE NUTRITION (PER SERVING)



Calories ~220–250 kcal



Protein ~13–15 g



Fibre ~8–10 g



Healthy Fats ~5–7 g



Glycaemic Load Low

LIVINE'S HEALTHY TWIST

For an extra nutritional boost, you can add:

- Flaxseed powder
- Chia seeds
- Finely grated carrots
- Moringa leaf powder (small quantity)
- Sesame seeds



★ These ingredients enhance the recipe's fibre, omega-3 fats, antioxidants, and micronutrient content.



Chef's Tip

Prepare the batter fresh whenever possible and use seasonal vegetables. Simple, home-cooked meals like this nourish your liver far better than processed "health foods" or expensive detox products.



Protect Your Liver During the Rainy Season



The monsoon season brings relief from the heat, but it also increases the risk of digestive infections, food contamination, and reduced digestive strength.

According to Ayurveda, **Agni (digestive fire)** tends to weaken during this season, making the body more susceptible to indigestion, bloating, and toxin accumulation (**Ama**), which can further burden the liver.

By making a few mindful dietary and lifestyle changes, you can support healthy digestion and protect your liver throughout the season.

1 EAT FRESHLY COOKED MEALS



During the monsoon, avoid food that has been stored for long periods.

CHOOSE

- ✓ Freshly prepared home-cooked meals
- ✓ Warm cooked vegetables
- ✓ Freshly prepared soups
- ✓ Fresh dal and millet-based meals

AVOID

- ✗ Leftover food
- ✗ Refrigerated meals kept for long hours
- ✗ Street food

2 AVOID OILY & FRIED FOODS



Heavy, oily foods slow digestion and increase inflammation.

LIMIT:

- ✗ Pakoras
- ✗ Bhajiyas
- ✗ Samosas
- ✗ Kachoris
- ✗ Fried snacks
- ✗ Bakery products

Choose steamed, grilled, or lightly sautéed foods instead.

3 DRINK SAFE & CLEAN WATER



- ✓ Drink boiled, filtered, or purified water.
- ✓ Carry your own water bottle while travelling.
- ✓ Stay adequately hydrated throughout the day.

4 USE DIGESTIVE SPICES DAILY



Natural Indian spices help strengthen digestion and reduce bloating.

Include:

- Turmeric
- Ginger
- Cumin
- Coriander
- Black pepper (in moderation)
- Ajwain
- Fennel

These spices support digestion while reducing the burden on the liver.

5 CHOOSE SEASONAL VEGETABLES WISELY



Prefer:

- Bottle gourd (Lauki)
- Ridge gourd (Turai)
- Pumpkin
- Tinda
- Snake gourd
- Spinach (well-cooked)
- Fenugreek leaves

Wash vegetables thoroughly before cooking.



6 CONSUME FRUITS SAFELY



- ✓ Wash fruits properly before eating.
- ✓ Prefer seasonal whole fruits.
- ✓ Cut fruits only just before consumption.
- ✗ Avoid pre-cut fruits sold in the open.



7 MAINTAIN FOOD HYGIENE



- ✓ Wash hands before meals.
- ✓ Keep kitchen surfaces clean.
- ✓ Store food safely.
- ✓ Cook food thoroughly.



8 STAY ACTIVE INDOORS



Rainy weather should not stop physical activity.

Choose:

- Indoor walking
- Yoga
- Stretching
- Strength training
- Pranayama

Aim for 30–45 minutes of movement daily.

9 PRIORITISE SLEEP & IMMUNITY



- ✓ Sleep 7–8 hours.
- ✓ Avoid late nights.
- ✓ Manage stress through meditation or deep breathing.



10 WATCH FOR DIGESTIVE SYMPTOMS



Consult your healthcare provider if you experience:

- Persistent vomiting
- Severe abdominal pain
- Yellowing of the eyes or skin
- Dark urine
- Persistent fever
- Loss of appetite lasting several days



YOUR MONSOON LIVER CARE CHECKLIST



Eat freshly cooked meals.



Drink clean, filtered water.



Use digestive spices.



Avoid fried and street foods.



Stay physically active.



Maintain food hygiene.



Sleep well.



Stay hydrated.



KEY TAKEAWAY

A healthy liver begins with healthy digestion—especially during the monsoon. Fresh food, clean water, good hygiene, regular movement, and mindful eating can help protect your liver and keep you healthy throughout the rainy season.



Your Journey to Better Health Starts Today



Reading this newsletter is the first step. **Taking action** is what transforms your health.

Fatty liver is more than just an ultrasound finding—it's an early warning sign that your metabolism needs attention. The good news is that, in most cases, fatty liver is reversible when its root causes are identified and treated early.

At Livine Holistic Wellness, we believe in treating the person, not just the disease. Our comprehensive, root-cause approach integrates Ayurveda, Functional Medicine, Clinical Nutrition, Lifestyle Medicine, Yoga, and evidence-informed medical care to help you reverse fatty liver naturally and improve your overall metabolic health.

Whether you have Fatty Liver, Diabetes, Obesity, PCOS, Thyroid Disorders, High Cholesterol, or Metabolic Syndrome, our team is committed to helping you achieve lasting health through personalised care and sustainable lifestyle changes.

-  Reverse Fatty Liver
-  Improve Metabolism
-  Sustainable Weight Loss
-  Better Energy
-  Long-Term Wellness

OUR COMPREHENSIVE LIVER REVERSAL PROGRAM INCLUDES



1. ROOT CAUSE EVALUATION

A detailed assessment to identify the underlying causes of fatty liver, including insulin resistance, inflammation, gut health, nutritional deficiencies, hormonal imbalances, and lifestyle factors.



2. PERSONALISED INDIAN NUTRITION PLAN

A practical, sustainable meal plan tailored to your health condition, preferences, and lifestyle to support liver healing and metabolic health.



3. INTEGRATIVE TREATMENT

A personalised combination of the best of:

-  Ayurveda
-  Functional Medicine
-  Clinical Nutrition
-  Lifestyle Medicine



4. LIFESTYLE TRANSFORMATION

Guidance on:

-  Physical activity
-  Sleep optimisation
-  Stress management
-  Daily routine
-  Sustainable habit formation



5. REGULAR MONITORING & FOLLOW-UP

Continuous support, progress tracking, and timely treatment modifications to ensure long-term success.



WHO CAN BENEFIT?

-  Fatty Liver (Grade 1, 2 & 3)
-  Hypothyroidism
-  Prediabetes & Type 2 Diabetes
-  High Cholesterol & Triglycerides
-  Obesity & Weight Management
-  Metabolic Syndrome
-  PCOS
-  Anyone looking to improve metabolic health naturally



WHY CHOOSE LIVINE HOLISTIC WELLNESS?

-  Root Cause-Based Healing
-  Personalised Treatment Plans
-  Indian Diet & Lifestyle Approach
-  Integration of Ayurveda & Functional Medicine
-  Evidence-Informed Clinical Care
-  Regular Monitoring & Progress Tracking
-  Compassionate Long-Term Support



YOUR LIVER DESERVES A FRESH START

Don't wait for symptoms to appear.

Early intervention can help you:

-  Reverse fatty liver
-  Improve blood sugar control
-  Reduce excess body weight
-  Improve energy levels
-  Reduce medication dependency (under medical supervision)
-  Lower the risk of liver damage and chronic diseases

Every healthy choice you make today is an investment in a healthier tomorrow.



**BOOK YOUR
CONSULTATION
TODAY**

 Livine Holistic Wellness
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Follow us on



LIVINE
HOLISTIC WELLNESS

Root Cause. Real Healing. Lasting Wellness.

“

Your liver has an **extraordinary ability to heal**. Give it the right nutrition, the right lifestyle, and the right guidance—and it will reward you with **better energy, better metabolism, and better health**.