FIX YOUR LIVER
BURN THE FAT

5 Easy Ways To Restore Your Liver’s Natural FAT-BURNING Power!
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Is Your Overworked Liver DYING To Tell You Something?

Dear Friends,

I want to warn you about a silent, sinister health threat stalking 90 million Americans today. In fact, if you...

- Carry a few extra pounds around your midsection...
- Regularly take over-the-counter medicines like Tylenol or aspirin...
- Crave carbs or sugary snacks...
- Are over 40 years old...
- Use prescription drugs to manage your high cholesterol... high blood pressure... joint pain... indigestion... or sleep problems...
- Eat red meat, fast foods, or processed foods, including bread, chips, cereal, soda, and yogurt...
- Drink alcohol at least once per week...

... Then consider this Liver Detox Quick Start Guide the most important health-related information you'll read all year!

Why?

Because 1 in 4 Americans are racing towards a health crisis without even realizing they're at risk!

Too many of these women and men grow accustomed to gaining weight, feeling generally unwell and slowing down as they age. They've been told (even by their own doctors) that these symptoms “come with the territory” as you get older.

Baloney. I'm here to tell you that's just not true.

So please, take a few minutes to read this important information and follow the simple steps I've outlined for you in this guide. It will transform the way you look and feel.

To your health,

Dr. Charles Livingston
Founder - Perfect Origins

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Ready To Look And Feel Great Again?

Sucking in a saggy belly, struggling with “senior moments” and feeling exhausted all the time are NOT a normal part of the aging process!

And you DON’T have to feel this way anymore!

The most common health problem in America is an overworked liver -- it plagues as many as 90 million people and puts you at risk for heart attack, cancer, diabetes and obesity.

Most people have no idea their liver is overworked.

But if you drink one or more sodas a day, if you eat a lot of sugar and flour, if you have a little belly fat, or if you crave carbs and sugary snacks (especially between meals and after 8 PM), you may be one of the 90 million people with this condition.

How do you know if you have an overworked liver? What causes it? And how can you fix it?

Before we answer these questions, let’s make sure you’re in the right place.

Look at the liver health quiz in the upper-right corner of this page.

Take Our 30-Second Liver Health Quiz

☐ Do you struggle to lose weight even while dieting?
☐ Do you tend to carry unwanted pounds around your midsection?
☐ Are you frequently constipated?
☐ Is your metabolism sluggish?
☐ Are you over 40 years old?
☐ Do you often lack energy or feel “run down”?
☐ Do you have dark circles under your eyes?
☐ Do you drink alcohol at least once per week?
☐ Do you have bad breath even after brushing your teeth?
☐ Do you crave sugary foods and snacks?
☐ Do you get sick easily?
☐ Do you struggle with brain fog?

Can you answer “Yes” to two or more of those questions?

If so, these signs and symptoms are a RED FLAG that your liver could be dangerously overworked. And a fatty, overworked liver will doom you to years of sickness and poor quality of life.

A healthy liver cleanses your bloodstream by filtering out toxins. And clean, life-bringing blood floods your body with head-to-toe good health.

The liver is also the major fat burning and energy factory in your body. When your liver is clogged with toxins it’s all but impossible for you to shed unwanted pounds.

If you’re like 90 millions of adults in North America you’re suffering poor health and stubborn weight gain that comes with having an overworked liver.

You’ll discover why as you continue to read this guide. More importantly, you’ll learn simple, proven strategies you can use to restore your liver to health.
Follow the simple steps in this Liver Detox Quick Start Guide and you, too, could soon...

- Surge with new youthful energy!
- Rev up your metabolism!
- Torch ugly fat from your midsection!
- Roll back the clock 10, 20, 30 years or more on how old you look and feel!
- Swat away sniffles, sneezes and colds!
- Boost your immune system!
- Flush out toxins that poison you from the inside-out!
- Reveal glowy, younger-looking skin!
- And much more!

Can You Risk An Overworked Liver?

James Brown used to call himself the “Hardest Working Man In Show Business” because he performed hundreds of shows per year.

But, compared to your liver, the hard-working James Brown looks downright lazy!

Your liver, a 3-pound organ about the size of a football that sits just under your rib cage on the right side of your abdomen, is a multitasking powerhouse.

It performs over 500 important functions including:

- It stores enough glucose in the form of glycogen to provide about a day’s worth of energy...
- It also acts as a “warehouse” for fat, iron, copper, and many vitamins including vitamins A, D, K, and B12...
- One of the liver’s most useful abilities is self-repair and the regeneration of damaged tissues. This is important because...
- The liver is the body’s main poison-detoxifying organ. It’s responsible for breaking down every substance toxic to the body including metabolic waste, pesticide and insecticide residue, prescription drugs, alcohol, etc...
- At any time your liver contains about 10% of the blood in your body, and it pumps about 1.4 liters through per minute -- that’s nearly 100 gallons of blood per day!
- Your liver produces bile which is essential for breaking down fat in the foods you eat so your body can use them for energy...
- Your liver converts thyroid hormone thyroxine (T4) into its more active T3 form. When you don’t get enough T3 it can lead to hypothyroidism, chronic fatigue, weight gain, and poor memory...

And you thought your to-do list was crazy! Your liver is so important, medical experts agree: It’s your liver -- not your brain or heart -- that’s most responsible for your health and well-being.

But there’s a big problem. And it could be forcing you into a health disaster...
Your Liver Is Under Constant Assault!

According to Dr. Mark Hyman and other experts, as many as 90 million people -- that’s 1 in 4 of us -- have some form of liver disease. And most don’t even realize it. Poor liver health has become a silent epidemic in this country because every second of every day your liver is under assault from...

Environmental Pollution -- The Environmental Protection Agency estimates that 8.8 billion pounds of toxic pollution have been released into the atmosphere in just the past 25 years! It’s up to your liver to process these toxins when you unknowingly breathe them into your body day in and day out.

Additives In Food -- Dr. Robert Lustig, of the University of California, San Francisco, warns, “Of the 600,000 food items currently in the American grocery store, 80 percent of them have added sugar”. So-called health foods like yogurt, fat-free salad dressing and frozen diet dinners are soaked in sugar. And experts like Dr. Lustig warn that all this sugar is as toxic to your liver as hard alcohol.

Prescription and Over-The-Counter Drugs -- If you pop Tylenol to manage aches and pains your liver could be at serious risk. The FDA recently cautioned that the acetaminophen in Tylenol and OTC drugs can cause liver damage. Frighteningly, accidental acetaminophen overdose sends 78,000 Americans to the emergency room every year.

Just by going about your day-to-day life in our modern, toxic world, your liver gets abused. And the result of this abuse includes chronic fatigue, joint pain, headaches, high blood pressure, indigestion, and allergies, as well as stubborn weight gain.

Did you ever think a problem with your liver could be the cause of your weight gain? You’re not alone -- most people are in the dark when it comes to how liver health affects their weight.

But an overworked liver can cause you to pack on pounds.

**THE REASON:**
Of the more than 500 functions your liver performs daily, one of the most important is the creation of bile. Bile is key to breaking down fat. Think of bile as the liquid detergent that cuts through grease on your dishes. Without enough bile to break down fats in your body, these fats can’t be used as energy. As a result they pile up as ugly, unwanted pounds on your arms, legs, backside and especially your belly.

The problem is that by the time you’re 40, the tubes and ducts that run into and out of your liver start to get gummed up with junk like environmental toxins, fat globules, scar tissue and metabolic waste. And by age 50, you may be getting only a fraction of the bile your body requires to break down dietary fat.

If your liver is overworked and exhausted that could be the hidden cause behind your weight gain. As Jonny Bowden, certified nutritionist and author of Living the Low Carb Life, says, “Chemicals in the environment can slow down the weight loss process and overburden the liver with toxins that have profound health effects.”
5 Easy Ways To Restore Your Liver’s Natural FAT-BURNING Power!

Before we look at how to improve liver health, here’s something to keep in mind:

When adopting a liver healthy lifestyle, it’s best to start with small, gradual changes.

Begin by choosing one of the strategies from the list below. Then, once you’ve established this strategy as a new habit, add in another strategy every week or two until all five become part of your daily routine.

Does this seem like a slower process than if you were to dive in with all five strategies at once? I understand. It’s totally natural to want see and feel results as quickly as possible. But, having worked with thousands of clients I’ve found that starting slow and building on your victories is the surest path to lasting success.

Remember: Your journey towards better health is a marathon, NOT a sprint. Take it one day and one decision at a time and I promise you’ll get the radiant health and strong, sexy body you desire and deserve!

What Symptoms Will You Notice If Your Liver Is Unhealthy?

Fatigue is the most common symptom.

So if you feel sluggish, tired, and like you never quite have the energy to do what you’d like to do, an overworked liver may be the reason why.

A flabby midsection is another tell-tale symptom of a chronically overworked liver.

Other symptoms include nausea, vomiting, decreased appetite, brain fog, digestive problems (gas, bloating, constipation, diarrhea), dark orange or brown urine, gallstones, and jaundice, which causes the whites of your eyes to yellow.

If you’re worried about the health of your liver, talk with your doctor about a liver function test, aspartate aminotransferase (AST) test, or alanine aminotransferase (ALT) test.

Then, consider incorporating the five liver health tips discussed below into your lifestyle.

Does that sound like a plan? Great! Then let’s look at the five specific habits I want you to incorporate into your new, healthy lifestyle.

These five habits are simple but powerful. And if you promise to stick with them, I’m confident you’ll notice a big improvement in the way you look and feel!!

#1. Feast On Anti-Inflammatory Foods

When your liver is clogged with toxins your liver cells swell with fat molecules. This condition is known as Nonalcoholic Fatty Liver Disease. And the presence of this fat can trigger inflammation in the liver as well as the surrounding tissue.
You’re probably familiar with the name of this condition—it’s called cirrhosis. Sadly, there’s no way to reverse the damage caused by cirrhosis. And the condition can lead to total liver failure. It’s also been linked to an increased risk of liver cancer.

These facts make prevention all the more important. And that’s where an anti-inflammatory diet can work wonders for your liver health.

Liver health begins with the foods you eat. By feeding yourself fresh, wholesome foods you’ll be nourishing your body while keeping liver-damaging inflammation in check at the same time.

Some of the best anti-inflammatory liver foods include:

**Leafy Green Vegetables**

You simply can’t eat too many leafy greens like spinach, romaine, kale and Swiss chard. These vegetables are packed with anti-inflammatory flavonoids and are a good source of antioxidants that protect your liver cells.

They also provide potassium, a nutrient associated with liver health.

**Walnuts**

If you’re like me and find yourself hungry between meals, a handful of walnuts make a perfect snack.

Walnuts are a rich source of antioxidants and anti-inflammatory ALA omega-3 fatty acids. These tasty nuts can also help to protect you against cardiovascular disease, metabolic syndrome and, crucially important for liver health, type 2 diabetes.

**Radishes**

Radishes add satisfying crunch and spicy zest to salads and sandwiches. They’re also one of the best foods for your liver.

Special sulfur-based chemicals found in radishes help increase bile flow, cleanse the liver and aid digestion.

**Turmeric**

Turmeric, a tasty spice that gives Indian curry its distinctive golden color, can naturally soothe liver inflammation.

In multiple studies, curcumin, the active compound in turmeric, has been found to be strongly anti-inflammatory because it inhibits molecules that play a major role in causing chronic inflammation.

Even better: Studies suggest curcumin can help to regulate blood pressure, improve circulation and prevent toxins from building up in your liver.

**Blueberries**

Are blueberries the perfect fruit for your liver? They just might be!

Blueberries are packed with a flavonoid called quercetin, which fights liver inflammation as well as cancer. On top of that, a recent study found that eating blueberries can slow cognitive decline, improve memory, and improve motor function.
The worst foods for your liver include:

- Alcohol
- Non-organic fruits and vegetables (they’re sprayed with toxic pesticides and insecticides that burden your liver)
- Processed foods and drinks
- Sugar
- High fructose corn syrup

#2. Drink Apple Cider Vinegar Detox Elixir

If you want a fast, yummy way to neutralize the toxins that beat up your liver, try this Apple Cider Vinegar Detox Elixir.

Apple cider vinegar is one of nature’s most powerful detoxifying agents.

In addition to detoxifying, apple cider vinegar stabilizes blood sugar levels and may even help with diabetes. It can lower cholesterol and reduce risk of heart disease. And it accelerates weight loss by making you feel full.

I recommend drinking this Apple Cider Detox Elixir first thing in the morning on an empty stomach. For best results drink this instead of eating breakfast.

Drink another glass at mid-morning. And a third and final glass at mid-afternoon.

#3. Read The Labels

Here’s some food for thought:

In 2011, the UN Secretary General declared that type 2 diabetes, hypertension, heart disease and other non-communicable diseases like liver disease, cancer and dementia are now a greater threat to both the developing and developed world than is acute infection, including HIV.

What’s the main factor driving this terrifying health trend? **Sugar.** And no country on earth consumes more sugar than America.

Recall that **80% of the foods available in America today are loaded with added sugar.** The most popular form of added sugar by far is high fructose corn syrup. And that spells big trouble for liver health.

Sugar turns your liver into a fat-production factory, a process known as lipogenesis. And high fructose corn syrup turbocharges your liver’s lipogenesis response.

That’s because a full 100% of the fructose that enters your body is metabolized by your liver. And fructose does more than make you fat. The metabolic demands of fructose can lead to fatty liver disease, insulin resistance, hypertension, and a host of other negative conditions.
High fructose corn syrup is bad news for your liver and overall health. And I bet you’ll be shocked to discover how many foods in your fridge and pantry right now include this toxic ingredient.

My advice: Carefully read the labels when you grocery shop and avoid any foods that include high fructose corn syrup like the liver-poisoning junk it is.

#4. Get Active!

Your body was designed to MOVE. And although diet is essential for a healthy liver, getting adequate activity is just as important.

Now, that doesn’t mean you need to sign up for the next 5K marathon in your town. Maybe you haven’t been active in a while. Or maybe significant weight gain makes activity difficult. That’s okay. All you need to focus on is getting started.

What are some easy and FUN ways to get the health-boosting activity you need?

You could start with a 10 minute walk around your neighborhood... take the stairs instead of the elevator at work... park at the end of the lot and walk into the grocery store... walk and window shop around your local mall... or sign up with a friend at your neighborhood fitness club -- ANYTHING that gets you up and moving!

The American Heart Association recommends 30 minutes of moderate activity at least 5 days a week.

If that seems like an exhausting goal, don’t let that discourage you. A little activity is better than none at all! Set a daily goal that works for you. Even as little as 5 minutes. And get active!

#5. Avoid Eating At Least Three Hours Before Bedtime

Your liver performs over 500 metabolic functions.

One of the most important of these functions is processing the foods you eat. As Dr. G. Anton Decker puts it,

“Your liver process anything you eat or drink and either repackages it for your body to use or eliminates it.”

And considering the average American eats about a ton (yes, a literal ton) of food per year -- well, I’d say we keep our liver pretty busy!

In order to give your liver the time it needs to perform ALL of its 500+ functions (including transforming fat into energy), it’s a good idea to avoid eating for at least three hours before bedtime.

This will give your liver plenty of time during the night to perform its other functions without being interrupted by digestion.

As you incorporate these five simple strategies into your life, some exciting changes will start to happen.

You’ll find that you surge with youthful energy you haven’t felt in years. Ugly pounds of fat will melt off your belly, backside, thighs and other “problem areas”.

You’ll slip into outfits you thought you’d never wear again. You’ll have tons more confidence... and... people will notice you for all the right reasons!

To show you how much your life can improve when you restore your liver to the FAT-BURNING organ it was designed to be, let me introduce you to my friend Christina...
90 Pounds Of Unhealthy Fat GONE!

After many disappointing attempts to slim down, Christina DeLong, 50, was still dangerously overweight. Then she discovered the surprising reason why -- and the simple fix.

In an attempt to take control of her weight, Christina had tried countless diets over the years. While friends and family celebrated holidays and special events with delicious food, Christina’s plate was usually empty. “I felt left out”, she told me, “And hungry all the time. It was awful.”

Christina did manage to slim with some of these diets -- even losing as much as 50 pounds once. But the weight always came back. “It was just too difficult to stick with a diet long-term.”

By Mother’s Day 2014, Christina’s weight had ballooned to 220 pounds. She was startled awake from a mid-afternoon nap that day by sharp pains in her chest.

She gasped for air as she struggled to push herself up into a sitting position on the couch. Her head was spinning. Her arms and fingers were numb.

Christina gripped her chest. Although she was sweating it felt like her veins were filled with ice water. Her first panicked thought was, “Is it a heart attack?” followed immediately by, “What will my family do without me?”

Christina’s weight had gone from frustrating annoyance to life-threatening problem. And though she was worried she’d “tried it all before”, Christina knew this time she had to lose the weight and keep it off for good. Her life depended on it.

Help From An Unlikely Place

That day, Christina was “scared off the couch and onto the Internet” where she stumbled on a weight loss secret that changed her life. Like most of us, Christina has a healthy skepticism for what she finds on the Internet.

But Christina was impressed by our “5 Bad Foods” video presentation that’s now been viewed more than 3 million times by people all across the world. In this eye-opening presentation, Christina learned what you’ve discovered in this guide: An overworked liver can cause you to pack on pounds.

At the end of the presentation, I recommend an all-natural supplement called LivLean that’s designed to restore your liver to health and make weight loss much easier.

Christina told me she was skeptical at first. The last thing she wanted was to waste her time and money on another useless diet gimmick. But as she researched LivLean she was quickly convinced that this was one solution that was at least worth a try.
Alpha-Lipoic Acid (ALA) -- Supports liver health and weight loss! Studies have shown alpha-lipoic acid to be a potent therapeutic agent in the treatment of liver disease as well as the promotion of liver health. What’s more, clinical studies prove that supplementing with this powerful antioxidant results in significant reductions in weight, body mass index, blood pressure and waist circumference in both women and men.

Dandelion Root -- An age-old remedy! Historically, dandelion was prized as an herbal remedy for upset stomach, intestinal gas, gallstones, joint pain, muscle aches, eczema, and especially liver problems. More recently, as seen in a study published in the Journal of Complementary and Alternative Medicine, dandelion has been praised for its diuretic and liver-detoxifying properties.

LivLean uses a powerful formulation of 15 all-natural ingredients designed to unblock liver cells... boost liver function... and restore your liver to the fat-burning organ nature designed it to be! With just one capsule twice a day you get:

Milk Thistle -- Your liver’s first line of defense!
Researchers have found that silymarin -- a potent bioflavonoid antioxidant that occurs naturally in milk thistle -- binds to the outer cells of the liver and blocks certain toxins from entering. Think of it like an invisible force field shielding and protecting your liver against invading toxins.

That's because these ingredients have been combined in such a specific, scientific way that they work synergistically. This means that these ingredients are much more powerful together than they would be on their own because of the liver-purifying and thermogenic (fat-burning) influences they have on each other.

Another benefit that convinced Christina to give LivLean a try is the fact that this supplement is crafted in small batches at a state-of-the-art, FDA-inspected facility just outside of Atlanta, Georgia. Unlike other supplements that source cheap, low-grade ingredients from overseas sources, Christina liked that LivLean is made right here in the United States under strict FDA guidelines for safety, purity and quality.

Once Christina was aware of the crucial role the liver plays in weight loss she decided to take action. She was impressed by LivLean promise to support liver health and detoxification. She was encouraged by the testimonials of other men and women who used this all-natural supplement to melt their stubborn mid-life flab. And because every bottle of LivLean comes with a 60-Day Money-Back Guarantee she figured she had nothing to lose and decided to give it a try.
Finally, Results That Last!

When the box containing Christina’s 3-month supply of LivLean arrived in the mail she carefully opened it.

She took her first dose of LivLean right then and there. She liked that the pills were easy-to-swallow and didn’t upset her stomach.

Given how many times she’d tried and failed to slim in the past, Christina was cautiously optimistic when she lost 9 pounds the first week with LivLean.

Little did she realize that this was the start of big things -- she went on to lose 90 pounds in 12 months!

In addition to supplementing with LivLean every day, Christina also cleaned up her diet and started exercising. “I started exercising a couple of months ago, after I had lost 75 pounds”, she told me. “I signed up for a twice weekly tone class at the local community center”.

Today, Christina is more engaged with life than ever before.

Not only does she go out for a hike in the hills around her home at least twice a week, she’s started up a brand new hobby -- kayaking!

Christina told me she loves to take her kayak -- which she christened “Mid Life Luna Sea” -- out on the Napa River and local lakes. That’s quite a change for a woman who just months ago tipped the scales at 220 unhealthy pounds and was experiencing “frightening signs of a heart attack!”

Now Christina is sharing her story to help others who are struggling to slim down.

“Here I am one year later, at 130 pounds”, she says. “Thanks to LivLean, turning 50 last November was a time of hopeful self-improvement and positive change.”

Haven’t You Been Frustrated With Your Weight Long Enough?

Being overweight or obese is really hard. People who have never had to struggle with their weight just don’t know what it’s like.

Not being able to reach your feet to tie your shoes. Struggling to stand up. Having more than one chin. People staring because your clothes don’t fit right. It’s embarrassing. Frustrating. It can shred your self-confidence to pieces.

But, it’s NOT your fault and it DOESN’T have to be that way -- I promise.

You deserve a healthier liver, faster weight loss, more energy and more fun in life.

When you regain control of your health everything in life improves: from the way your food tastes, to how people treat you, to your self-confidence, and even the way your clothes fit!

If you’re tired of being overweight, why not try LivLean? It could help you avoid years of hurt, frustration, and suffering.

LivLean has been scientifically designed to purge your liver of toxins that make you feel sick and run down. And it’s very effective at chasing fat off your body -- just look at Christina’s story!
And You Can Also Enjoy SPECIAL SAVINGS...

When you order 3 bottles of LivLean today, you can save $22 off the regular price.

But when you order 6 bottles (that's a full six month supply), you'll instantly save a generous $75 off the regular price!

And, remember, no matter how many bottles you order today, if you're not 100% satisfied you don't pay a thing. Okay?

It's Time To STOP Suffering And Regain Control Of Your Health With The Safe, Natural, Proven Weight Loss Solution That WORKS!

Picture this:

Just a few months ago, Christina DeLong tipped the scales at a dangerously unhealthy 220 pounds. And she was experiencing some "frightening signs of a heart attack."

Thankfully, Christina acted before it was too late.

Today, she weighs a much healthier 130 pounds and, far more important than a number on a scale, Christina has her life back.

She feels confident, happy, and in control of her health. She has the energy to go hiking again and enjoy new hobbies. And she's no longer worried about leaving her children without their mother.

Like you, Christina struggled with her weight for YEARS.

There were so many dark moments in her life where she felt like she would be forever imprisoned in a sick, fat body.

But those dark, agonizing days are now but a distant memory. All it took was one small action — saying "Yes" to giving LivLean a try — to dramatically transform Christina's life for the better.

Now it's YOUR turn...

Be fair to yourself. Say "YES" to your health, your happiness, and your future. Take advantage of your RISK FREE opportunity to try LivLean today.

You'll be so glad you did!
OUR BEST-SELLING BLEND OF 15 ALL-NATURAL INGREDIENTS CLINICALLY PROVEN TO PROMOTE LIVER HEALTH

1 Month Supply
Today’s Price: $67
(1 bottle of LivLean plus Digital fat burning book)
Add to Cart

3 Months Supply
List Price: $204.00
Today’s Price: $179
You Save: $22 (11%)
(3 bottles of LivLean plus Digital fat burning book)
Add to Cart

6 Months Supply
List Price: $402.00
Today’s Price: $327
You Save: $75 (19%)
(6 bottles of LivLean plus Digital fat burning book)
Add to Cart

5 MORE REASONS YOU’LL LOVE LIVLEAN

100% All-Natural
Even though LivLean is amazingly effective, it contains no drugs whatsoever. You’ll never have to worry about risks or side effects like you do with other diet pills.

Live Life to the Fullest!
How long have pounds of ugly fat and low energy kept you from doing the things you love? You can start living the life you desire and deserve with help from LivLean.

Helpful Customer Support
Need some help ordering? Have a question or concern? Our team of world-class customer support specialists are just a phone call away.

Easy-to-Take
LivLean combines 15 all-natural ingredients in a single easy-to-swallow capsule. Just take one capsule twice a day with a refreshing glass of water to start racing towards your health and weight loss goals.

Weight Loss that Lasts
Many LivLean users begin to see and feel results within the first week. Some of our clients, like Christina DeLong, have been taking LivLean for over a year and continue to experience amazing results.

60-DAY MONEY BACK GUARANTEE
CERTIFIED