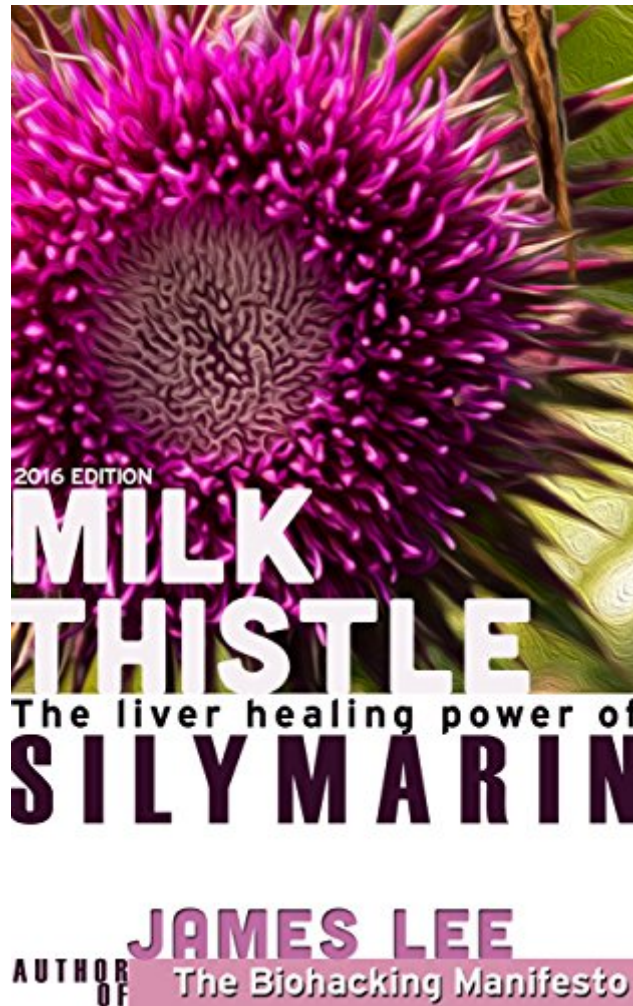


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# Milk Thistle - The Liver-healing Power Of Silymarin



## Synopsis

In this follow up to his popular guide to Curcumin, James Lee has again trawled through all the research and clinical trials on Milk Thistle to give you "just the facts" Milk Thistle, or more specifically its active constituent silymarin (or silibinin if you want to be completely accurate) has been used for many years in herbal medicine to treat a wide range of conditions. However, often promising herbs fail to stand up to scientific studies. In general, milk thistle is not one of these. While it treats or shows promise for a whole range of conditions from type 2 diabetes to depression, it is its effects on the liver which are the most dramatic. As Lee outlines in this quick, easy to read guide, if you have a damaged or impaired liver due to poor diet, drug & alcohol abuse or hepatitis, milk thistle should be one of your first lines of defense in the battle to repair the damage. Put simply, milk thistle is the single most potent supplement for liver cleansing and detox. Continuing the theme of distilling page after page of research into a quick reference guide he started in his guide to curcumin, James Lee has narrowed every important detail on milk thistle to -a) What is it? b) What does it treat? c) Are there side effects or toxic effects on the body? d) Does it interact with my existing medication? Along with certain other supplements such as N-acetylcysteine, Curcumin and Alpha Lipoic Acid, Milk Thistle is one of the few supplements which this author never goes without, to ensure he has a liver in perfect shape. All three of these supplements together provides you with an anti-aging, anti-depressive, liver detoxifying anti-inflammatory powerhouse. Scroll up and grab a copy today.

## Book Information

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## Customer Reviews

I read very quickly, full of great info. Just bought supplements suggested for liver healing and will let you know in 30 days or so if they worked. My 12 year old son has been diagnosed with a Fatty Liver that we recently found out runs on his dad's side of the family. He has been getting a dark patch/ring around his neck that our Dr says is a tell-tail sign of a fatty liver in adolescents. Trying to get get a 12 year old to take his health seriously is hard and trying to get him to eat healthy is even harder. I'm hoping this little books info will work for him along with "forcing" him to eat better (\*forcing...only having good food in the house to choose from). I'm praying it will. :)

Great info ..loved it!! Found the answer I was seeking.Only one issue...looks like nobody proof read it to find spelling mistakes .....Lol ..I'm a virgo..go figure..I recommend this little book !!! I feel wonderful and I take milk thistle daily..and I'm female and 54 ..had cancer years ago..I'm doing great!! Blessings and good health to you all!!!.

Another very informative and valuable book by a great author. Although I have purchased all of this great author's books, I feel remiss on sharing how informative each and every book has helped me.I have to say this again, I sure hope this author continues to write because it has been about a year since he's released his insightful wisdom.

Good reference book. I am now taking it regularly.

Milk thistle grows wild all over the Utah desert and I will be harvesting it regularly!!!! I'm so glad I read this book.

Very informative book. Great information on uses and helping ailments. Very good book. Thank you for putting this out there for a good price.

Enjoyable reading. Contained information that was new---and helpful---to me.

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Box Set #1: The Natural Fatty Liver Cure + The Fatty Liver and Weight Loss Solution ( fatty liver, fatty liver cure,fatty liver diet, milk thistle, cirrhosis, fat chance, cleanse diet, detox diet) Milk Thistle - The liver-healing power of silymarin Fatty Liver : The Fatty Liver Cure, The Ultimate Principles To Reverse A Fatty Liver And Lose Weight NOW ! (Fatty Liver Cleanse,Liver Cleanse, Liver Detox,Cleanse Diet,liver cleansing diet) Milk Soapmaking: The Smart and Simple Guide to Making Lovely Milk Soap from Scratch with Cow Milk, Goat Milk, Buttermilk, Cream, Coconut Milk, or Any Other Animal or Plant Milk Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) Liver Detox Cleanse :The Natural Liver Detox Cleanse, A Proven 7 Day Program to Cleanse your Liver, Lose Weight and Reclaim your Health. Non Alcoholic Fatty Liver Disease Liver Cleanse Diet & Recipes: because a happier liver makes a happier life! Healing Hepatitis and Liver Disease Naturally: Detoxification. Liver gall bladder flush & Cleanse. Cure Hepatitis C and Hepatitis B. Lower blood cholesterol and stop cirrhosis How To Make Kefir: The Complete Guide On How To Ferment and Make Your Own Kefir Milk: Enjoy This Probiotic Drink With Dairy-Free and Alternative Milk Options and Kefir Recipes The Untold Story of Milk, Revised and Updated: The History, Politics and Science of Nature's Perfect Food: Raw Milk from Pasture-Fed Cows The Art of Lactation: The Loving Milk Maid's Complete Guide to Making Milk for the Adult Nursing Couple Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Fatty Liver Cookbook & Diet Guide: 85 Most Powerful Recipes to Avert Fatty Liver & Lose Weight Fast Fatty Liver Diet: Eat to Treat Fatty Liver Possible Miracle: A Caregiver's Experience Coping with Her Husband's Struggle Through Pancreatic Cancer, Liver Disease and a Liver Transplant Sleisenger and Fordtran's Gastrointestinal and Liver Disease- 2 Volume Set: Pathophysiology, Diagnosis, Management, 10e (Gastrointestinal & Liver Disease (Sleisinger/Fordtran)) Sleisenger and Fordtran's Gastrointestinal and Liver Disease: Pathophysiology, Diagnosis, Management (Gastrointestinal & Liver Disease (Sleisinger/Fordtran)) Sleisenger and Fordtran's Gastrointestinal and Liver Disease Review and Assessment (Sleisenger and Fordtrans Gastrointestinal and Liver)

