



Step 1: The Emergency Protocol That Started My Fatty Liver Reversal

Your First Step Toward Healing Fatty Liver Disease



www.LiverWise.me

The Day Everything Changed

I didn't want to become a health expert.

I was a chef. Food was my craft, my career, my passion. But on a Tuesday afternoon in my doctor's office, food became my enemy—and my only hope.

Stage 3 NASH with F2 fibrosis.

One step from cirrhosis. My liver was 65% fat with significant scarring. At 40 years old, as a single dad with an 8-year-old son, I was facing the possibility of not being there to watch him grow up.

Here's what made it worse: I had quit drinking six years earlier. I thought I'd done everything right. But my liver kept deteriorating.

My doctor said we needed to "monitor this." No clear plan. No real solutions. Just waiting to see if it got worse.

I was exhausted by 2:30pm every day. Brain fog. Constant fatigue. And beneath it all—terror.

I was going through a contentious divorce. Helping my aging parents move from their family home of 40 years. Working full-time. Solo parenting. If anyone had an excuse to say "I can't deal with this right now," it was me.

But I had no choice. My son needed his father.

So I started researching. And what I discovered changed everything.

Why Most People Stay Sick

I spent eight months and \$3,200 on supplements, liver flushes, and programs that didn't work.

I tried "eating healthy." I cut calories. I exercised more. I took every supplement the internet told me would help.

My liver kept getting worse.

Here's what I finally figured out: **Most people fall into one of two traps.**

Trap #1: The Elimination-Only Approach

You cut out alcohol. You avoid fried foods. Maybe you stop eating sugar.

And for a while, it feels like progress. You're doing something. But then you plateau. Your liver stops improving. Or worse—it keeps deteriorating.

Why? Because **you can't heal what you're still poisoning.**

But here's the problem: elimination alone isn't enough.

Trap #2: Random Healthy Eating

You start eating "healthy" foods. Salads. Whole grains. Lean proteins.

But nobody tells you WHICH healthy foods actually support liver regeneration. Nobody tells you that some "healthy" foods are loaded with hidden liver toxins.

So you're eating better, but you're shooting in the dark. No strategy. No system. Just hoping something works.


This is why most people stay sick.

What I Discovered (That Changed Everything)

Your liver needs three things to heal:

 **Phase 1: REMOVE** the toxins that are actively damaging your liver

 **Phase 2: REGENERATE** by feeding your liver the specific nutrients it needs

 **Phase 3: REINFORCE** by tracking what's working and building sustainable habits

Most people only do Phase 1. They stop the bad stuff but never start the good stuff.

Or they do random Phase 2—eating "healthy" without knowing which foods actually support liver healing.

You need all three phases working together.

That's the system I built. That's what healed my Stage 3 NASH in under 12 months.

And that's what this protocol gives you—a taste of all three phases working together.

This 72-hour reset shows you how Remove, Regenerate, and Reinforce work—on a small scale. The complete system gives you all 50+ removals, 70+ regenerative foods, and lifetime reinforcement strategies.

The 3-Phase LiverWise System

Here's how the complete system works:

Phase 1: REMOVE (The Harmful Ingredient Compass)

Stop the damage. Remove the 50+ hidden liver toxins that appear in 80% of processed foods.

The complete Compass teaches you the 30-second scan method so you can identify liver toxins in under 30 seconds at the grocery store.

It also starts with the most important ingredients so you don't have to figure out all 50 at once.

What you're getting in this protocol: Your first elimination target—the single worst liver toxin hiding in your pantry right now.

Phase 2: REGENERATE (The LiverWise Matrix)

Feed your liver the 70+ healing foods organized into 5 strategic categories based on what they do for your liver.

The complete Matrix shows you which foods hit multiple healing pathways—some foods support 3 categories at once. These are my favorites; they are healing powerhouses. The Matrix also ranks each food by its relative strength in each category, so you know exactly which foods deliver the most impact.

What you're getting in this protocol: Your first healing food—proven to reduce liver inflammation and support fat metabolism.

Phase 3: REINFORCE (Sustainable Implementation)

Make it stick. Track the metrics that matter, build habits that last, and adapt the system to your real life.

The complete system includes meal strategies, shopping guides, and progress tracking tools.

What you're getting in this protocol: Your first tracking metric—the one morning indicator that tells you if your liver is healing.

This emergency protocol is a mini-version of the complete 3-Phase System.

It gives you your first elimination, your first healing food, and your first tracking method.

It's designed to start the healing process immediately while showing you how powerful the complete system can be.

Over the next few days, I'll continue to send you information on the complete roadmap.

The Proof (My Results)

I didn't just get better. My Stage 3 NASH reversed completely—under medical supervision, with regular lab monitoring, using the systematic approach you're learning.

	Before (Diagnosis):	After (Under 12 Months):
ALT	127 (should be under 40)	40 (normal)
AST	48 (should be under 40)	24 (normal)
Liver Fat	65%	<5% (normal)
Fibrosis	F2 (significant scarring)	F0 (no scarring)
Steatosis	Grade: 3 (severe)	Grade: 0 (none)
Daily Reality	Exhausted by 2:30pm, brain fog, constant fatigue	Stable energy, mental clarity, no afternoon crashes

What the Doctors Said:

My hepatologist looked at my follow-up results and said:

"These results are unprecedented."

A clinical trial researcher studying pharmaceutical interventions for fatty liver looked at my numbers and told me:

"Your results without drugs are better than what we're targeting in the study. Keep doing what you're doing. Don't do the study."

Let that sink in.

No medications. No extreme diets. No meal delivery services or expensive supplements. Just a systematic approach to elimination, healing, and optimization.

Here's What Makes This Different

I'm not a doctor. I'm not a nutritionist. I'm a chef who almost lost everything to fatty liver disease.

But here's what I had that most people don't:

20 years of culinary training taught me how food works—how it's prepared, what's hidden in ingredients, how flavors and nutrients interact.

Obsessive research led me through dozens of books by top nutritionists and hundreds of peer-reviewed studies on liver disease, inflammation, and metabolic health.

Real-world constraints forced me to create a system that works for busy, overwhelmed people. Single dad. Contentious divorce. Aging parents. Full-time job. Limited budget. If it didn't work in my chaos, it wouldn't work at all.

Complete reversal gave me the confidence to share this. I'm not selling hope. I'm sharing the exact system that saved my life.

I'm not asking you to trust me **INSTEAD** of your doctor. I'm asking you to trust that I figured out what my doctors couldn't—because I had to. They manage disease. I needed to reverse it. They had 15 minutes per appointment. I had 24/7 obsession fueled by fear of leaving my son. They followed guidelines written by committee. I followed results tracked in my own body. Work **WITH** your doctor. Monitor your labs. But learn from someone who's actually done what you're trying to do.

Your Emergency Protocol (Start Today)

You're about to get your first action in each phase. These three steps work together to start your liver's healing process immediately.

✗ PHASE 1 ACTION: Remove High-Fructose Corn Syrup (HFCS)

Why HFCS is the worst: Your liver processes fructose differently than other sugars. HFCS bypasses normal glucose regulation and goes straight to your liver, where it's converted directly into fat. It's the single most efficient way to accumulate liver fat.

Where it hides:

- Sodas and sweetened beverages
- Flavored yogurts
- Salad dressings
- Bread and baked goods
- Breakfast cereals
- Condiments (ketchup, BBQ sauce)
- "Healthy" snack bars

Your action: Go through your pantry and fridge right now. Read ingredient labels. If you see "high-fructose corn syrup" anywhere in the ingredients list, eliminate it.

This is your first elimination. The Compass gives you the other 49—prioritized by damage level so you tackle the worst offenders first.

Expected timeline: You should notice reduced afternoon crashes within 3-5 days.

When I eliminated HFCS, I found it in 9 different products in my pantry. Nine. Including my "healthy" protein bars and "organic" tomato sauce. I felt angry. Then motivated. If they were lying about this, what else were they lying about?



PHASE 2 ACTION: Add Regenerative Coffee (Black, 1-2 Cups Daily)

Why coffee works: Coffee is one of the most studied beverages for liver health. It contains powerful polyphenols and antioxidants that reduce liver inflammation, lower liver enzymes (ALT/AST), and reduce the risk of fibrosis progression.

Multiple peer-reviewed studies show that regular coffee consumption is associated with lower rates of liver disease progression and better outcomes in fatty liver patients.

How to use it:

- 1-2 cups daily, preferably in the morning
- Black coffee (no sugar, no cream with additives)
- You can add a small amount of unsweetened almond milk if needed
- Decaf is almost as effective as full strength

The Matrix shows you 70+ other healing foods—many more powerful than coffee for specific pathways. This is just your starting point.

Expected timeline: Most people notice increased mental clarity and sustained morning energy within 1 week.

In 72 hours, you won't reverse fatty liver disease—but you WILL feel the first signs that your body is responding. Steadier energy. Calmer digestion. A sense that change is possible. These early wins prove the system works—and set you up for the complete transformation.

I'd been drinking coffee for years. But when I learned it was actually HELPING my liver, I started drinking it differently—intentionally, gratefully. It became my morning ritual:

two cups, black, while my son ate breakfast. A small act of healing before the chaos of the day.

PHASE 3 ACTION: Reinforce by Tracking Your Morning Energy

Why this metric matters: Liver dysfunction affects your energy regulation. As your liver heals, one of the first improvements you'll notice is more stable energy—especially in the morning and early afternoon.

Tracking this gives you immediate feedback on whether your elimination and healing strategies are working.

How to track: Every morning, rate your energy level from 1-10:

- **1-3:** Exhausted, need to drag yourself out of bed
- **4-6:** Tired but functional
- **7-8:** Good energy, feel rested
- **9-10:** Excellent energy, mental clarity

Write it down. Use a simple notebook, a notes app, or a calendar.

Track this for 7 days. You'll start to see patterns—and that awareness alone is powerful.

This Is Just the Beginning

The emergency protocol you just learned gives you:

- One elimination target (HFCS)
- One healing food (coffee)
- One tracking metric (morning energy)

Here's what you're still missing:

The Other 49 Toxins

You eliminated HFCS. But 49 other toxins are still damaging your liver daily—hidden in foods labeled "organic," "natural," and "healthy." Some are in your salad dressing. Some

are in your "whole grain" bread. Some are in foods your doctor told you to eat. The Compass reveals all of them, prioritized by damage level so you know which to eliminate first.

The Other 70+ Healing Foods

Coffee was your first win. But over 70 other foods actively rebuild liver tissue, reduce inflammation, and restore metabolic function. Some hit 3 healing pathways at once—these are the powerhouses that accelerate recovery. The Matrix shows you which ones, their relative strength in each category, and how to combine them for maximum impact. Many are foods you already eat—you just don't know how to use them strategically.

The Complete Implementation System

You've got 3 actions for 7 days. But what happens on Day 8? Day 30? Day 90?

The complete system gives you the Matrix (70+ foods organized by healing pathway), the Compass (50+ toxins organized by damage type), and the framework for building this into your real life.

You'll know which foods to rotate in, which toxins to eliminate next, and how to combine foods for maximum impact. The system gives you the tools and the framework—you adapt it to your life, your schedule, your constraints.

This isn't a meal plan. It's a decision-making system that works whether you're cooking at home, eating out, or traveling.

The emergency protocol stops the bleeding.

The complete LiverWise System heals the wound.

Why You Can't Skip Phase 2

I tried removal alone for four months. I cut out alcohol, fried foods, sugar, processed foods.

My liver enzymes barely budged. I lost some weight but felt worse. My energy crashed harder.

Here's what I finally understood: **Your liver needs raw materials to heal.**

You can remove what's hurting you, but regeneration requires specific nutrients, compounds, and food combinations that actively repair liver tissue, reduce inflammation, and restore metabolic function.

Think of it this way:

If your house is on fire, you first need to put out the fire (elimination). But once the fire is out, you need building materials to repair the damage (healing).

This emergency protocol puts out the fire. Phase 2 rebuilds your liver.

What People Get Wrong About Liver Healing

Most people think:

- "I just need to lose weight"
- "I'll eat some vegetables and avoid junk food"
- "If I cut calories, my liver will heal"

Here's the truth: **Weight loss often happens as a side effect of liver healing, not the other way around.**

When your liver starts functioning properly again, your metabolism improves, inflammation decreases, and your body naturally releases excess fat.

When you start removing the toxic foods and replacing them with regenerative ones, you naturally begin to consume less calories—regenerative foods tend to be more filling.

But you can't just "eat less and move more." You need systematic elimination of liver toxins AND strategic addition of healing foods in the right combinations.

That's what the LiverWise System gives you.

What Happens Next (Your Email Journey)

Tasting the day after tomorrow, you'll receive emails from me for the next 8 days.

Here's what's coming:

Days 2-7: Your Implementation & Education Sequence

- Days 2-4: Why the systematic approach works (and why random healthy eating fails)
- Days 5-6: Understanding the complete 3-Phase Framework
- Day 7: Building consistency in real life

Day 8: Your Next Step (If You're Ready) I'll show you the complete LiverWise System: The Matrix, Compass, and Implementation Guides that give you the full elimination and healing protocols.

You'll decide if you want the complete system. No pressure. Just information.

After That: Weekly Insights You'll continue receiving my weekly emails—stories, observations, and insights about food, health, and healing. These are the everyday moments that reveal larger truths.

Important: The complete system reveal happens on Day 8. If you're not opening my emails, you'll miss it. And honestly? The people who open and read every email are the ones who get results. Reading without implementing doesn't work. Implementing without the complete system plateaus. You need both.

No spam. No constant selling. Just value from someone who's walked this path.

You can unsubscribe anytime.

A Personal Note from Tim

Thank you for trusting me with your health.

I know what you're feeling right now. The fear. The frustration. The exhaustion. The shame.

I know what it's like to be told "just eat healthier" without anyone explaining what that actually means.

I know what it's like to try everything and watch nothing work.

I know what it's like to wonder if you'll be around to see your kids grow up.

I know what it's like to feel like your body betrayed you.

I know the shame of looking in the mirror and seeing someone you don't recognize.

I know the failure spiral: try something, it doesn't work, try something else, that fails too, until you start wondering if YOU'RE the problem.

You're not. The system is.

I was there. I lived it. I almost lost everything.

This emergency protocol is the exact first step I took.

Eliminate HFCS. Add coffee. Track morning energy. That's where I started.

But I didn't stop there. I built a complete system that addressed every phase of liver healing—elimination, regeneration, and optimization.

That system reversed my Stage 3 NASH in under 12 months. Not because I'm special. Not because I had unlimited time or money. Not because I'm some fitness guru with perfect discipline.

Because I followed a system that actually works.

You're reading this because I can't stay silent.

When you discover something that saves your life, keeping it to yourself feels immoral. Other families are facing what I faced. Other people are terrified, confused, and desperate for answers.

They need to know this is possible.

You need to know this is possible.

This 72-Hour Reset is **Step 1**. The Complete LiverWise System is the **full roadmap** to healing.

It's where everything comes together:

- The full list of **50+ hidden liver toxins** to remove

- The **70+ regenerative foods** organized by healing function
- The framework that makes this **sustainable in real life**

You don't need to decide anything right now.

Over the next 7 days, I'll show you exactly how this emergency protocol connects to the complete system—and on Day 8, you'll decide if you're ready for the full Matrix, Compass, and Implementation Framework.

My Promise to You

I won't lie to you. I won't exaggerate. I won't promise miracles.

I'll tell you what worked for me. I'll share the research. I'll show you the results. I'll give you the system.

But here's what I can't do: I can't make you implement it.

That part is on you.

Start with this protocol. Follow it for 7 days. Track what happens.

Then decide if you want the complete system.

I'll be here either way.

Let's do this.

Your Next Steps

You've got the emergency protocol. Now comes the hard part: actually doing it.

Not because it's complicated. Because change is hard.

You'll want to skip the coffee (too bitter).

You'll want to "just this once" keep the ketchup with HFCS (it's almost gone anyway).

You'll forget to track your energy (who has time?).

I get it. I did all of that.

But here's what I learned: Small actions, done consistently, compound.

Three actions. Seven days. That's all I'm asking.

Right Now:

1. Eliminate HFCS from your pantry and fridge
2. Add coffee (1-2 cups daily, black)
3. Track morning energy starting tomorrow

This Week:

- Watch for my daily emails (check spam if you don't see them)
- Stay consistent with your three actions
- Notice what changes (energy, mood, afternoon crashes)

Day 8:

- I'll show you the complete LiverWise System
- You'll see exactly what's inside the Matrix, Compass, and Implementation Guides
- You'll decide if you're ready for the complete system

If you do that—actually do it, not just read about it—you'll feel something shift. Not a cure. Not a reversal. Just...a signal. A hint that your body is responding.

That signal will make you want to keep going.

And when you're ready for the complete system, I'll be here.

Start today. Track tomorrow. Read my emails.

Let's do this.

—Tim

This information is for educational purposes only and is not medical advice. Always consult with your healthcare provider before making changes to your treatment plan.