

## **A Personal Message**

I never wanted to become a health expert. I was forced into this journey by fear—fear of leaving my son, fear of a shortened life, fear of watching my body fail.

What I discovered changed everything: the right foods, chosen with precision, can reverse damage that seemed permanent. You don't need expensive protocols or extreme restrictions. You need the right system.

This is that system. It saved my life. I believe it can transform yours too.

Your liver has been working overtime to keep you alive. Now it's time to give it what it needs to heal.

Let's get started.

—Tim

# Welcome to The Complete LiverWise Recovery System

The roadmap I wish I'd had when doctors told me my liver was dying

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## My Story

A few years ago, I sat in a doctor's office hearing words that changed everything: "Stage 3 NASH, Fatty Liver. Significant scarring. No medications available."

I was 40, a former world-class chef who lived for food and flavor, and a single dad terrified of leaving my son without a father.

Six years earlier, a different doctor had warned me about my drinking, and I'd quit alcohol completely, thinking my liver would eventually heal on its own. But despite years of sobriety, my condition had progressed to advanced scarring. My energy was gone. My future looked grim. The medical system offered little hope and no clear path forward.

But I refused to accept that outcome.

Instead, I applied my culinary expertise and research mindset to build my own recovery system. I worked with top liver specialists, studied the science obsessively, and tested everything on myself.

Within one year, I had completely reversed my Stage 3 NASH. My medical team was shocked. A clinical trial researcher told me to keep going because my results outperformed participants on experimental drugs.

Today, my liver function is normal. My energy is back. I spend less time in the kitchen than ever before—this system is efficient, not complicated. My son loves eating this way with me, proving that healing doesn't require sacrifice—it requires the right system.

**Important note:** This package focuses specifically on the dietary component of liver recovery. There were other lifestyle changes that contributed to my healing, but food was the foundation that made everything else possible.

## What You're Getting

This isn't just information. It's the complete system I used to save my life, organized exactly how I wish someone had given it to me on day one of my diagnosis.

**Your Complete Recovery System Includes:**

**The LiverWise Compass** - Your elimination guide to the 50+ ingredients secretly damaging your liver, even in "healthy" foods. This stops the damage immediately.

**The LiverWise Matrix** - 70+ scientifically-backed healing foods organized into 5 targeted categories. Each food is chosen for its ability to help your liver repair and thrive.

**The Sneaky Six** - A quick-reference guide to the most deceptive "healthy" marketing claims that are sabotaging your recovery.

## **How to Use This System**

**Think of this as a two-phase approach:**

### **Phase 1: Stop the Damage (Start with the Compass)**

Your liver can't heal while it's still being attacked. The Compass shows you exactly what to eliminate and gives you a comprehensive system for identifying liver stressors.

Start with the "30-Second Scan"—that's your entry point. Build towards using the full 5-category system in the LiverWise Compass every time you shop, eat out, or make food choices. This creates ongoing protection for your liver while you heal.

It becomes second nature as you begin to use it and see the patterns.

### **Phase 2: Start the Healing (Move to the Matrix)**

Once you've stopped the damage, it's time to actively heal. The Matrix gives you 70+ foods organized into 5 healing pathways:

- Anti-inflammatory omega sources
- Polyphenol powerhouses
- Liver detoxification support
- Metabolic optimization
- Flex and functional foods

**The strategy:** Build up to 2-3 servings from each category daily. Replace what you're already eating with better options from the Matrix. Don't add calories—upgrade the quality.

## Use the Sneaky Six

It reveals the most deceptive marketing claims that make liver-damaging foods appear healthy. This is a reference point to help people understand what they are up against.

## What to Expect

**Week 1-2:** You'll likely feel lighter and have more stable energy as you eliminate liver stressors.

**Month 1:** Many people notice improved digestion, better sleep, and reduced brain fog.

**Month 2-3:** This is when lab improvements often start showing up—liver enzymes, lipids, blood sugar.

**Month 6-12:** Significant health improvements. This is the timeframe where I saw complete reversal of my condition.

**Remember:** Your liver is remarkably resilient. Given the right conditions, it can repair damage that doctors thought was permanent. I'm living proof.

## Important Notes

- **Always work with your healthcare provider.** This system complements medical care—it doesn't replace it.
- **Progress over perfection.** Consistency beats intensity. If you slip, don't spiral—just keep going.
- **This is not a diet.** It's a sustainable way of eating that happens to heal your liver while tasting great.

## Your Next Steps

1. Read through the Compass and do your first 30-second pantry scan today
2. Choose your top 10-15 foods from the Matrix (2-3 from each category you already like)
3. Start replacing 4-6 servings in your current diet with your chosen Matrix foods
4. Use the Sneaky Six to avoid marketing traps when shopping

## What Happens Next?

You'll be hearing from me regularly with what I call my "Seinfeld emails"—everyday observations that connect to liver health and healing. These aren't sales pitches; they're

insights from someone who's walked this path and wants to help you stay consistent with your healing journey.

As you implement this system and see results, you may want deeper support with implementation—recipes, meal planning, troubleshooting, and step-by-step guidance for making this sustainable long-term. I'm working on a comprehensive course for that, but for now, focus on mastering what's in your hands.

This dietary foundation is what made everything else possible for me. Get this right, and you're giving your liver the best chance to heal.

—Tim

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*Medical Disclaimer: This nutritional information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Always consult with your healthcare provider before making dietary changes, especially if you have medical conditions, take medications, or have food allergies.*