



Low Sodium, Healthy Protein Plan

February 23, 2017 By [Karen Hoyt](#)

After my diagnosis with Hepatitis C and liver failure, I got busy putting together a low sodium, healthy protein plan for eating. Here at Your Best Friends Guide, you all have blown me away with requests for an easy menu plan. I love the emails pouring in from you all sitting in hospitals, grocery stores, and at home. You've begged for recipes. Well, it's taken some time (2 years), but I heard you and here it is! Drumroll please....

The Liver Loving Diet Book is a big picture peek at liver disease that helps you understand how valuable it is to eat well during treatments, cures, setbacks, cancer, and transplant. My diet played a huge role in keeping me alive and active. Now I'm handing all that power to you in one tidy package - tied up with love and priced at \$4.99. I worked extra hard to give you a simple book with over 300 pages of personal stories and recipes.

To read the rest of this blog and find out more about Karen's book, The Liver Loving Diet, [click here](#).

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<http://beta.docker.hepmag.com/blog/low-sodium-healthy-protein-plan>