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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