



Fatty Liver Detox Made Safe and Easy with Trehalose

There is no drug treatment for Fatty Liver, but a new study indicates that One Smart Sugar Trehalose may be the solution.

Glycoscience Lesson #42

by JC Spencer

Fatty Liver is a common liver disorder. Fatty Liver, streaked with fatty deposits, results in simple steatosis (fatty infiltration of liver tissue) to cirrhosis (an irreversible and possibly fatal accumulation of scar tissue in the liver). Fatty Liver is the main reason for liver transplants.

People of all ages have non-alcoholic Fatty Liver --- more women than men and more prevalent in those who are overweight. It may not be directly associated with alcohol use but fermentation of table sugar in the body may contribute. Soft drinks and high fructose corn syrup (HFCS) are significant contributing factors. Not only does obesity play a role but so can a too rapid loss of weight.

Cell stress is caused by fat, protein, and toxic buildup in tissue that saps a person's energy. Lack of strength causes the body to start storing energy as fats (triglycerides). Risk of Fatty Liver increases with each pound of excess weight. High cholesterol and triglyceride levels are found in nearly all people with Fatty Livers.

The majority of people with Fatty Liver are diabetic. Insulin resistance and high blood sugar damage the liver.

Many medications damage the liver by adding toxic stress to the cells. Consuming the sugar Trehalose helps clean and flush excessive fat from the liver.

New research out of Washington University School of Medicine shows that when mice

consumed Trehalose, it prevented the sugar fructose from entering the liver. The findings are encouraging, but more research is needed.

People with the propensity for Fatty Liver should avoid HFCS drinks and foods and substitute Trehalose as their sweetener.

We have received significant health reports from our readers and those in our studies, who enjoy drinks made with Trehalose which protect cell membranes from stress and provide sustained energy without a spike in the blood glucose.

Trehalose lemonade is One Smart Drink that may help achieve many health benefits while reducing your sugar crave. Squeeze a lemon into a glass of clean filtered water and add Trehalose to suit your taste. You can experience a slow healthful detox and a more enjoyable life style.

Source and References:

DeBosch B, Heitmeier M, Mayer A, et al. Trehalose Inhibits Solute Carrier 2A (SLC2A) Proteins to Induce Autophagy and Prevent Hepatic Steatosis. *Science Signaling*. 2016.
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