



Natural Therapy for your Liver

Christopher Hobbs

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Written by one of the world's most prominent herbalists, Christopher Hobbs, L.Ac., *Natural Therapy for Your Liver* offers practical, up-to-date information about effective ways to regain and maintain optimal liver health. Hobbs details basic liver function; natural methods for maintaining liver health, including dietary guidelines, liver flushes, and cleanses; clinically tested herbal therapies for common liver-related ailments; and the use of natural remedies to treat Hepatitis, Hepatitis C, Cirrhosis, and other serious liver diseases. Through his understanding of herbs and traditional Chinese medicine, Hobbs provides an important natural program for achieving healthy liver function.

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