

NAFLD

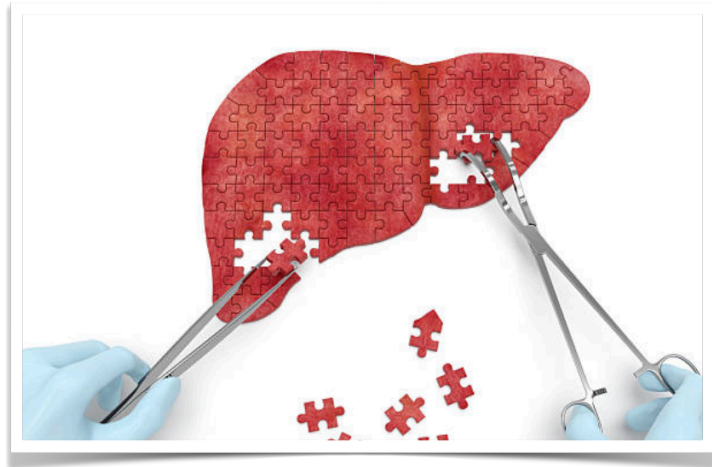
Non-Alcoholic Fatty Liver Disease

NAFLD - Basics

- The most common cause of liver disease in the U.S.
- Caused by a buildup of excess fat in the liver that is not related to heavy alcohol use
- Triggered in part by obesity and insulin resistance; however, non-obese individuals can be equally affected
- Choline deficiency may be a primary trigger, and high-choline diet may reverse NAFLD. Adequate intake of choline:
Women: 425 mg/day
Men: 550 mg/day
- CoQ10 also tends to be depleted in NAFLD
- Potential to progress to chronic liver inflammation, scarring and liver cancer.

Symptoms

- No symptoms, or fatigue, jaundice, swelling in the legs and abdomen, pain in the upper right abdomen



Prevention strategies

- Implement lifestyle changes, such as elimination of processed meats, carbs and vegetable oils. Eliminate excess fructose and other added sugars.
- Eat a diet rich in choline, an essential nutrient which supports normal liver function and liver health, and helps move fat out of the liver. Rich sources of choline include egg yolks (the most concentrated source - 1 egg contains ~25% daily choline requirement); liver, fish (such as Alaskan salmon), krill oil, chicken, shiitake mushrooms, and arugula.
- Remember that high saturated fat intake increases choline needs. That is, the more dietary fat you consume, the higher your requirement for choline.
- Supplement with CoQ10 which helps reduce oxidative stress and inflammation.