



90-DAY LIVER RESET PROTOCOL



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Important Warnings

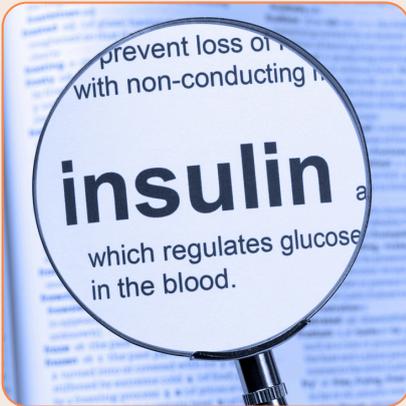
If you have very high liver enzymes, jaundice, persistent pain, or extreme fatigue, do not self-treat. You need medical supervision. Avoid detox teas, juice cleanses, and extreme fasting without protein.

Remember

Your liver does not need detox. It needs relief. Remove the cause. The liver heals itself.

Who should follow this?

- Fatty liver
- High SGPT/SGOT
- Alcohol-related stress
- Insulin resistance
- Belly fat & metabolic issues



PHASE 1 (Day 1–30): UNLOAD & UNBLOCK

Goal: Stop damage, reduce inflammation, start burning liver fat.

STRICTLY AVOID (Non-negotiable)

- Alcohol (even small amounts block healing)
- Sugar, sweets, mithai, desserts
- Soft drinks, packaged juices
- Maida, bakery items, biscuits
- Fried food, chips, namkeen, street food
- Ultra-processed food
- Reheated oils



Eat This (Daily)

- **Protein (most important):** 1.0–1.2 g per kg of target body weight.

Sources: eggs, chicken/fish, paneer/tofu, curd, dal, chole, rajma.

- **Vegetables (unlimited):** broccoli, cauliflower, cabbage, spinach, methi, lauki, tori, bhindi, carrot, beet, cucumber.
- **Fats (in moderation):** mustard oil/olive oil, ghee (1–2 tsp/day), nuts & seeds (small handful).



PHASE 1 (Day 1–30): UNLOAD & UNBLOCK

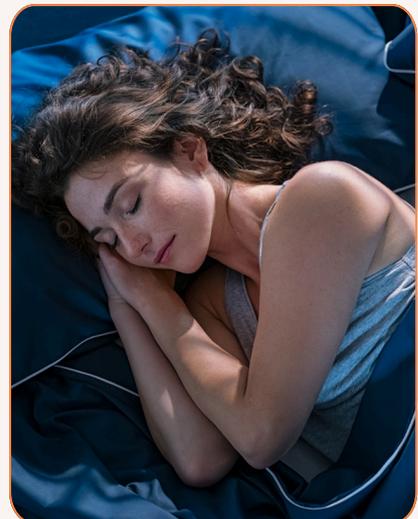
Eat This (Daily)

- **Carbs (controlled):** rice/roti/millets in small portions. No refined carbs.
- **Coffee (optional):** 1–3 cups/day is strongly liver-protective (proven in studies).
- **Water:** 30–35 ml per kg body weight per day.



Lifestyle

- Walking 30–45 minutes daily
- Strength training 3 times per week
- Sleep 7–8 hours per night

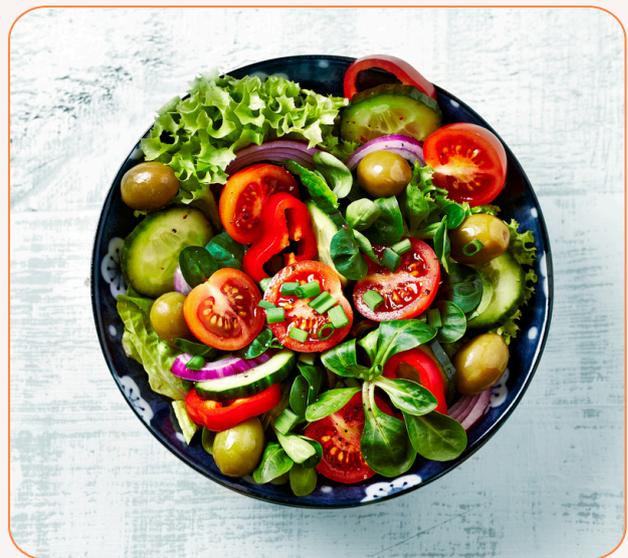


PHASE 2 (Day 31–60): REPAIR & REBUILD

Goal: Improve liver enzymes, repair liver cells, increase insulin sensitivity.

Continue everything from Phase 1 and add:

- Garlic & onion daily
- Turmeric + black pepper
- Amla or lemon
- Big salads and more vegetables
- Increase fiber from seeds, vegetables, and legumes



Optional Supplements (Not Mandatory)

- NAC or glutathione support
- Choline
- Milk thistle (silymarin)

Note: Lifestyle changes matter far more than supplements.

PHASE 3 (Day 61–90): OPTIMISE & STRENGTHEN

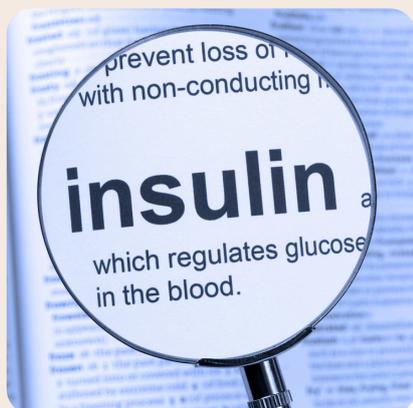
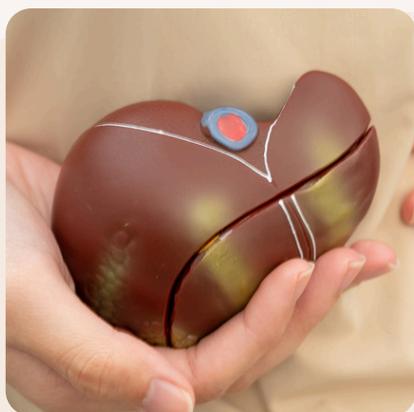
Goal: Normalize liver fat, build metabolic resilience, prevent relapse.

- Add 1 controlled free meal per week
- Still no alcohol
- Still no sugar binges
- Upgrade exercise with interval walking/cycling while continuing strength training



Expected Results (If followed honestly)

1. Fatty liver reduction : **30–60% in 90 days**
2. Liver enzymes improvement : **2–8 weeks**
3. Energy, digestion, sleep improvement : **2–3 weeks**
4. Visible **belly fat reduction**



Can your liver become 'NEW'?

The liver can regenerate up to 70% of itself once damage is removed.

Timelines:

- Fatty liver: 8–24 weeks
- Alcohol-related injury: 3–12 months
- Fibrosis: months to years
- Cirrhosis: not fully reversible, only controllable



Sample Indian Day Plan

Morning:

Water + black coffee or lemon water



Breakfast:

Paneer bhurji + vegetables OR eggs



Lunch:

Dal + sabzi + salad + small roti/rice



Snack:

Curd or fruit + a few nuts



Dinner:

Chicken/fish/paneer + lots of vegetables



IMPORTANT MEDICAL DISCLAIMER

Please read this carefully before following this protocol.

This document is provided for **general educational and informational purposes only**. It is NOT a substitute for professional medical advice, diagnosis, or treatment.

This protocol is intended only for:

- Generally healthy individuals
- People with mild fatty liver or mild enzyme elevation
- People without serious liver disease

DO NOT follow this protocol without medical supervision if you have:

- Cirrhosis of liver
- Advanced fibrosis
- Hepatitis (viral, autoimmune, or drug-induced)
- Jaundice
- Very high SGPT/SGOT levels
- Ascites (fluid in abdomen)
- Severe fatigue, unexplained weakness, or abdominal pain
- Any known chronic liver disease
- Are on long-term medication that affects the liver
- Are pregnant or have serious medical conditions

IMPORTANT MEDICAL DISCLAIMER

If you have symptoms, abnormal reports, or are already under treatment:

You MUST consult your doctor or hepatologist before making any dietary, exercise, or lifestyle changes. Fitelo, its founders, team, and associates are not responsible for any health complications, adverse effects, or outcomes resulting from self-treatment or misuse of this information.

Remember:

Serious liver disease requires medical diagnosis, monitoring, and treatment. No diet or lifestyle plan can replace medical care.

By using this protocol, you acknowledge that:

- You are using this information at your own responsibility
- You understand that this is not medical treatment
- You agree to consult a qualified doctor for any liver-related illness



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