



HOMEMADE HERBAL ELIXIR FOR FATTY LIVER

Posted on January 10, 2023 by Amanda Clouse

If anything can illuminate the need for changes in health and lifestyle habits, a fatty liver diagnosis can. Learning that one of your organs isn't functioning well can be felt in the pit of your stomach. It's devastating. But the thing many people don't realize is that this condition is reversible.

Today, I will show you how to make a liver-supporting herbal elixir latte that's not only therapeutic but flavorful too!

Now, there are different kinds of fatty liver disease. So first, let's look at fatty liver a little closer. Then, hopefully, you can understand all the how's and why's of this herbal elixir.

What is A Fatty Liver?

Fatty liver is the most common liver disease in the US and is growing in ferocity—affecting one-fourth of the population. Fatty Liver Disease (FLD) can be described as an accumulation of fat particles within the liver, and there are a couple of different types.

1. **Alcoholic Fatty Liver Disease (AFLD)** stems from repeated alcohol consumption that damages your liver over time.
2. **Non-Alcoholic Fatty Liver Disease (NAFLD)** results from a combination of things like poor dietary choices.

Other factors thought to contribute to NAFLD are:

- Obesity
- Metabolic syndrome
- Thyroid issues
- Certain medications
- Genetic factors

When let go, both kinds of FLD can cause excessive inflammation in the liver and scarring, known as cirrhosis, and even lead to liver failure.

Once the liver reaches the later stages of impairment, reversing it can be difficult. Also, suppose you acquire alcohol-associated cirrhosis or alcoholic hepatitis but decide to continue drinking. In that case, no liver-loving elixir or fatty liver cure (or any other procedure) can shield you from liver failure. I guess it's the same for NAFLD. If you continue to do the things that damage your liver, it won't heal. It's common sense, really.

For this article, I will refer to both AFLD and NAFLD as FLD.

Fatty Liver Symptoms

FLD doesn't usually have many symptoms in its simpler stages—often classified as a “silent killer.” Some people can experience pain, discomfort in the upper right abdomen, or fatigue.

Other non-specific symptoms can be:

- Weakness
- Loss of appetite
- Nausea and vomiting
- Strong urine
- Yellowing of the eyes (in more advanced stages)
- Hyperglycemia

Is Fatty Liver Reversal Possible?

[Fatty Liver reversal](#) is possible if you make changes while it's still in the early stages. So besides making a delicious cup of liver elixir latte (recipe below) as part of your everyday routine, there are a couple of other things you can do to help speed up fatty liver recovery time.

Eat healthy – eating healthy foods and reducing the amount of junk food is one of the most important steps to reversing fatty liver disease. You should avoid inflammatory foods like processed grains, added sugars, and saturated fats. Instead, consume foods high in antioxidants, vitamins, minerals, complex carbohydrates, healthy fats, fiber, and lots of amino acids.

Exercise regularly – not only does exercise help you burn off the fat that can be contributing to FLD. It also increases metabolism and helps increase "good" cholesterol levels and reduce your triglyceride levels and "bad" cholesterol. In addition, exercise also helps control other conditions associated with FLD, such as type 2 diabetes.

Drinking lots of water is also really important because the liver needs a good amount of water to function correctly.

Now, let's check out the ingredients you will use for your herbal elixir latte.

Natural Remedies for Fatty Liver

Coffee

The polyphenols, [caffeine](#), and vitamin E in coffee help to soften the liver hardened by the fat and slow the progression of fatty liver disease. They can [also](#) offset a high-fat diet and help reduce liver scarring.

Cocoa

Cocoa contains the disease-reversing and anti-aging antioxidant known as Resveratrol. [Resveratrol](#) can help diminish the storage of fat cells in the liver and slow the progression of FLD. In addition, it can reduce oxidative stress and improve glucose and insulin management. Lastly, this potent antioxidant is well known for its anti-inflammatory effects—lending to its ability to switch off and even possibly... prevent fatty liver.

Milk Thistle Extract

Milk thistle has been a popular liver herb for a hot minute. It contains a bioflavonoid known as silymarin, which has antioxidant, antifibrotic, and anti-inflammatory properties that can help repair and protect a fatty liver. Milk thistle can [help](#) the liver restore cells damaged by alcohol and other toxins and protect them from further damage, all while reducing inflammation.

Liquid Digestive Bitters

Bitters are a go-to for most herbalists when dealing with the liver. They help detoxify the liver and improve metabolic processes. Bitters help to metabolize fats and sugars and even assist the liver and gallbladder in enzyme production. As antioxidant-rich herbs, bitters can also help reduce inflammation and initiate the body's repair processes.

Powdered Ginger

Ginger is actually also bitter (so is milk thistle), but it has liver-supporting attributes on its own. For example, ginger alone can help significantly decrease inflammatory markers, improve overall liver function, and reduce fat cells in the liver. AND... ginger is fantastic for helping to control appetite!

Cayenne Pepper

It's really the Capsaicin we're after here, which is found in different hot peppers. Capsaicin was [shown](#) to decrease visceral and liver fat in mice with fatty liver disease. It's also another powerful antioxidant that can help stop the progression of the disease and initiate the body's repair processes. In addition, it positively influences fat lipid levels and can even significantly lower abdominal wall fat.

Turmeric

Turmeric is somewhat of a magic ingredient. There are two very powerful compounds found in turmeric that you will be utilizing in this liver elixir. One is called curcumin and the other is called berberine.

Berberine has been [shown](#) to significantly reduce liver fat content and body weight in people with NAFLD. It's also able to improve the metabolic profile of fat and sugar. Curcumin is a natural polyphenol that can significantly reduce liver fat content, body mass index, serum levels, total cholesterol, LDL, triglycerides, and glucose. It's also a very mild and well-tolerated substance.

Herbal Elixir For Fatty Liver

Ingredients

- 12 oz. coffee
- 1 tablespoon cocoa
- 6 oz. dairy-free or raw milk
- 10 drops milk thistle extract
- 10 drops liquid digestive bitters (dandelion root, burdock root, yellow dock, gentian, or a combination of any of these extracts)
- 1/8 teaspoon powdered ginger
- a pinch of cayenne pepper
- 1/8 teaspoon turmeric
- a pinch of black pepper
- 2 tablespoons of honey

Let's put it all together!

Directions

1. Measure out your milk and pour it into a small saucepan. Don't heat it until you are ready to use it though because it only takes a few seconds.
2. Brew your coffee into an 18–20-ounce cup.
3. Add the herbal extracts, cacao, turmeric, ginger, cayenne pepper, and honey.
4. Warm your milk on the stovetop for about 20-30 seconds. Once it's slightly warm, dump it in a metal mixing bowl. Whisk until frothy.
5. Pour the foam onto the top of your latte. Don't mix it in too much. It looks way cooler sitting on top of the mug. Enjoy!

Warnings and Cautions

This herbal elixir has some pretty useful stuff in it. However, children, pregnant and nursing women, and people with low blood pressure should use caution with herbs like milk thistle. Always

consult with an herbalist or naturopath before consuming any herbs. Other than that, enjoy your healthy and happy liver!

You may also like:

[Beetroot Tea for Inflammation and Liver Damage](#)

[This Common Backyard Weed Tackles Spike Proteins, Liver Troubles, and More!](#) (Video)

[3 Warning Signs That You Have a Fatty Liver](#)

[How to Make The Most Powerful Detox Drink at Home](#)

[Dandelion Syrup For Cholesterol and Blood Sugar Control](#)

Comments



SOHALIA - 2023-01-26 03:16:16

I am taking this elixir once a day- I had a fatty liver diagnosis on ultrasound years ago when I was experiencing deranged liver enzymes on blood test. No cause found and then everything came back to base line [was taking milk thistle seed freshly ground daily] after 2 years my enzymes are wacky again so taking the elixir daily and will have a blood test in 2 weeks rather than in a week to see if this can reverse things. It is very intense but delicious [as I haven't drunk coffee for 3 or so years] Skin has improved already. Thank you for sharing



The Lost Herbs - 2023-01-18 07:35:09

Hello Carol, You can try this recipe with the ingredient proportions suggested by the author, or, you can adjust them to suit your individual needs. Also, it is best to make a fresh blend every time, rather than make it in bulk. Many blessings and good health!



The Lost Herbs - 2023-01-18 07:26:11

Hello Renee, Tulsi leaves (Holy Basil) are a great replacement, as they're good both for low blood pressure and liver problems. Many blessings and good health!



The Lost Herbs - 2023-01-18 07:21:21

Hello Shirley, Turmeric and coriander are great replacements for milk thistle. Many blessings and good health!



Carol L - 2023-01-16 15:47:58

Suppose you wanted to use all herbs and grind them WITH your coffee? How would you do that and in what proportions? How much coffee beans, how much milk thistle seeds, ...or does it really matter? I'm just trying to find a way to make it in bulk, and the reasonable solution is to make a 'master blend' and use it everytime you make coffee. Thank you for this, I have FL and other issues that my Dr (naturopathic) and I are trying to figure out. If I can help by reducing the FL issue, it would help.



The Lost Herbs - 2023-01-16 10:04:07

Hello Lynne, The author of this recipe recommends drinking this elixir once a day, for 2-3 weeks. Many blessings and good health!



The Lost Herbs - 2023-01-16 05:12:51

Hello John, The author of this recipe recommends drinking the elixir once a day, for 2-3 weeks. Many blessings and good health!



The Lost Herbs - 2023-01-16 05:10:05

Hello Janet, Thank you so much for your valuable feedback regarding this recipe and for sharing this information about ALA. We will put it to good use! Many blessings and good health!



The Lost Herbs - 2023-01-16 05:07:18

Hello Colleen, The author of this recipe used organic ground coffee. Many blessings and good health!



Renee Nichols - 2023-01-12 12:25:22

Hi, I have low blood pressure, so what can I replace the milk thistle with? Thanks!



Janet - 2023-01-11 22:51:44

I don't agree with this recipe at all. A lot of people have a HOT liver because it is inflamed. The herbs you mention are too hot; you really need cool herbs to heal it like milk thistle, and fruite like apples. Also any dairy also inflames the liver as it is a preferred food of viruses and bacteria and it's one of the things that causes a fatty liver in the first place. There is a better way to nix fatty liver. It's called ALA (alpha lipoic acid) but you have to get the German made ALA and not Chinese made ALA (most ALA is from China and has little potency). MetabolicMaintenance.com has the German made ALA; it's one of the few places that do. I helped someone who was in stage 4 liver failure use ALA and in about 4-6 weeks time they went back to their doctor and had a normal liver again.



The Lost Herbs - 2023-01-11 10:06:35

Hello Chris, Thank you so much for sharing your recipe with us! This sounds amazing. Many blessings and good health!



The Lost Herbs - 2023-01-11 08:39:48

Hello Vicki, Thank you for your comment. Let us know how the recipe turns out! However, you should combine herbal remedies with a healthy diet and regular exercise for optimal weight loss. Many blessings and good health!



The Lost Herbs - 2023-01-11 08:18:08

Hello Deanna, If you're allergic to dandelion, you are probably allergic to the other plants in the daisy family as well, such as: lettuce, daisies, sunflowers, chrysanthemums, asters, goldenrod, coneflowers, thistles, artichokes, sunflowers, dahlias, marigolds, zinnias, asters, chamomile, chicory, sage, tarragon, ragweed, thistle, sagebrush, and yarrow. It's best to avoid herbal remedies made from these plants, or use them with caution. Many blessings and good health!



The Lost Herbs - 2023-01-11 07:49:08

Hello Kat, Yes, you can leave out some of the ingredients and make a blend with ingredients of your choice. Please feel free to substitute the non-dairy/ raw milk with coconut milk. Coconut milk is thought to have a hepatoprotective effect. Many blessings and good health!



The Lost Herbs - 2023-01-11 07:32:21

Hello Ingrid, Thank you for your interest in our article! You can leave out the bitters and milk thistle and still have a potent remedy. Regarding fresh milk thistle, we recommend reading the article below, where you can find extensive information about it: <https://thelostherbs.com/milk-thistle/> Many blessings and good health!



The Lost Herbs - 2023-01-11 07:17:06

Hello David, Thank you for your interest in our recipe! Let us know how it turns out! Many blessings and good health!



The Lost Herbs - 2023-01-11 07:12:34

Hello Linda, Thank you for your interest in our article! If you are not a coffee drinker then you can leave out the coffee for this liver elixir, it is completely optional. You could make a tea out of the powdered extracts of your choice. Alternatively, you can try a mushroom coffee blend. Recipe below: <https://thelostherbs.com/diy-adaptogenic-herbal-coffee/>
Many blessings and good health!



The Lost Herbs - 2023-01-11 07:10:56

Hello Krysti, Thank you for your interest in our article! If you are not a coffee drinker then you can leave out the coffee for this liver elixir, it is completely optional. You could make a tea out of the powdered extracts of your choice. Alternatively, you can try a mushroom coffee blend. Recipe below: <https://thelostherbs.com/diy-adaptogenic-herbal-coffee/>
Many blessings and good health!



Vicki - 2023-01-11 01:01:19

I tried the turmeric powder, garlic powder and black pepper for a few months in my coffee to help loose weight and I did not notice any discernable difference. So I gave up. Maybe I'll have to try it with cayenne pepper and cacao instead.



Linda - 2023-01-10 20:47:29

I don't like coffee in any form. Is there something to substitute with the coffee? Green tea?



Rebecca Morrow - 2023-01-10 20:47:18

Same...I came to the comments to find this out as well!



Colleen - 2023-01-10 17:38:09

Do you mean 12oz of coffee with liquid? How much instant coffee?



John Barton - 2023-01-10 17:00:22

How often do you use this elixir



Chris - 2023-01-10 16:24:02

I add ground turmeric, additional cacao, and usually turmeric and black pepper, when I put the ground coffee in the percolator



Chris - 2023-01-10 16:18:03

This looks cool. I have been doing something like this, by adding coffee alternatives to my morning coffee. I grind up cacao nibs, milk thistle seeds, dandelion root, yellow dock, dried ginger and red pepper flakes with my coffee beans. I did not realize I was making a LFD Elixir. I will have to tell my husband I am not crazy.



Kat - 2023-01-10 14:39:19

Can some of the ingredients be omitted if not on hand and still have some benefit? Could coconut milk be substituted for the non-dairy or raw milk?



Margo - 2023-01-10 13:28:31

I found some yellow dock on a supplements website...



Shirley - 2023-01-10 13:18:35

I am allergic to milk thistle. Is there a substitute or just leave it out.



Ingrid Lindsay-McCarthy - 2023-01-10 12:43:29

If I cannot get the bitters or milk thistle extract can I still add the other ingredients??? I hope that even if I get 80% of the things its better than nothing?????..... If I find milk thistle growing in the neighbourhood is there a part of that I can eat or make a tea of? I live in NZ so not sure if shops have milk thistle extract and bitters but I can go look. Thank you.



Lisa - 2023-01-10 12:21:04

I was thinking the same thing. I wonder if we could use a tea of some sort.



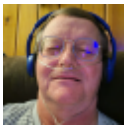
Carol L - 2023-01-10 11:49:34
Mountain Rose Herbs is a god place.



C - 2023-01-10 11:26:25
Where do you buy liquid bitters and milk thistle? I never know what products to trust.



Deanna - 2023-01-10 11:09:24
I'm allergic to dandelion. Do you think I'll be allergic to the other plants in the dandelion class?



DAVID - 2023-01-10 10:52:30
Sounds good. I have fatty liver due to high dose steroid therapy for Lupis. I will try this



Krysti - 2023-01-10 10:47:04
Are there alternatives to the coffee base? I'm one of the few people in the world who really dislikes coffee.



Lynne Sauvé - 2023-01-10 10:42:41
How amny times a week does one take this?