


William R. Bradley
presents

Cure Lipoma

 **How to Naturally Cure
and Prevent Lipoma Lumps**



Forward

Congratulations! By purchasing this book you have taken the first step to cure your lipoma lumps. You now have access to various methods that will help you cure your existing lipoma lumps as well as prevent any new lipoma lumps from forming.

The best part is that these methods are 100% natural and completely safe to use. Many people have used these methods to cure their lipoma lumps and to prevent new lumps from forming and I am confident that you too will benefit from this book and cure and prevent lipoma lumps.

You may notice the size of this book is relatively short. That is because I deliberately decided to keep the pages to a minimum and not fill up this manual with fluff and information that has little or no relevance in helping you fulfill your desire to cure and prevent lipoma lumps.

This book contains two parts. Part one teaches you why and how lipoma lumps are formed in the body. You need to know what causes lipoma lumps to form in the body in the first place before you can cure and prevent them. Part two teaches you the various methods you need to employ to first prevent any new lipoma lumps from developing in your body as well as how to cure your existing lipoma lumps.

For best results you should read this book from start to finish without skipping any chapters. You need to get a firm understanding as to what causes lipoma lumps and how the various methods prevent and cure lipoma lumps.

I am constantly researching this topic and this manual will be constantly updated. Any future updates of this manual will be mailed to you free of cost.

Now let us not waste any more time. It is time you learnt how to cure your lipoma lumps and prevent any new lumps from forming in your body.

Yours,



William R. Bradley

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My Story

I want to begin by telling you a bit about myself and where I am coming from with regards to my lipoma condition. Knowing that I too once went through all the problems that everyone with lipoma faces will help you better relate to what I am going to share with you in this manual.

I was 16 when I first noticed my first lipoma lump on my left forearm. At that time I didn't know what the lump was nor did I bother to go to a doctor to check it out. To be honest, back then that small lump on my forearm really didn't bother me all that much.

Over the next eight months the lump kept on growing to the point where it was very noticeable. One day while I was hanging out with friends, one of them pointed out to the lump on my forearm and asked me what was that on my arm. I told them I really didn't know but as they examined it I still vividly remember the disgusted looks on some of their faces and still remember a couple of them saying "How Gross" as they examined the squishy lump.

The next day I went to see a doctor who told me that the lump was a lipoma and that such lumps were mostly harmless. He told me that I shouldn't be too worried about the condition and that getting one or two lipoma lumps was fairly common.

Over the next two years I never developed any more lipoma lumps. The lipoma on my forearm never bothered me in anyway and I learnt how to answer questions from people regarding the lump on my forearm. As I grew older I slowly started developing new lipoma lumps all over my body. I developed one on my leg, then a couple more on my back, then two more on my hand. Initially these lumps never bothered me but as more and more lumps kept on forming I began to get a bit worried.

It reached a stage where I could count around 30 lipoma lumps all over my body. At that point of time I was told that surgery was the only option to treat lipoma lumps. What stopped me from undergoing surgery was the fact that each lipoma removed would leave a permanent scar.

I figured having 30 lipoma lumps in my body was more aesthetically pleasing than having 30 scars all over my body. However having the lipoma lumps in my body was still affecting me. For example I stopped

going swimming with my friends because I was scared that the lumps would be noticeable.

Apart from not being aesthetically pleasing, I also began to start getting worried as to why I was developing all these lumps. The fear of these lumps turning cancerous also started playing on my mind. My mother had been operated a few years earlier for breast cancer and kept playing on my mind and fuelled the fear of cancer in my head.

I started researching all I could on lipoma lumps. I spent hours and hours on the internet and visiting both public and private libraries. At that point I learnt that it wasn't established as to why lipoma lumps form. It was also disappointing to learn that most doctors and health sites online only recommended surgery as the best option.

Having established that there was no real allopathic cure for lipoma lumps I decided to turn to an alternative health care system like Ayurveda which is an ancient form of traditional medicine practiced in India. I was told that many people used Ayurveda to cure diseases that modern medicine had no cure for.

Over the next 6 months I read all I could on Ayurveda. I realized that Ayurveda cured each disease holistically and was a much better approach to modern medicine. It's amazing how doctors today make little or no mention about this form of medicine.

I combined whatever I learnt earlier on Lipoma lumps along with the new stuff I had found researching Ayurveda and I began my home treatment in my quest to rid myself of all the lipoma lumps in my body.

Initially nothing happened but I did notice that my body wasn't forming any new lipoma lumps. To be honest, just not developing any new lipoma lumps was a big relief. After just 20 days of self treatment I noticed that new formations had completely stopped and the size of many lumps had reduced.

I stuck on with this program for another six months and not a single lipoma lump formed. I then began to wonder if it were possible to step up my program and actually rid myself of all the lumps that I had.

I kept on researching on Ayurveda and tweaking the program continuously until I finally developed a program that worked for me. I

still vividly remember feeling over my fore arm one day and realizing that one of my lipoma lumps had nearly vanished.

Over the next month or so that lipoma lump completely disappeared and many other lumps began to shrink as well. Over the course of time a whole lot of lipoma lumps disappeared from my body. It is a great feeling to rid one's self of these lumps. I felt more and more relieved and less stressed out as one by one my lipoma lumps began to shrink.

I had always felt that my lipoma condition held me back from living life the way I wanted to live it. Many people who suffer from lipoma feel this way as well. There are times when people suffering from lipoma feel depressed about the condition and get stressed out as to what causes lipoma lumps to form in the body. I was one of these people.

If you're anything like me then you can only imagine how happy I felt to have learnt how to rid myself of lipoma lumps. After about 9 months of following the program I had chalked out I had only about five lipoma lumps left in my body.

Old habits die hard and over the course of time I found my self doing the very things that I had discovered what causes lipoma lumps to form in the first place. I started eating the wrong types of food. I started drinking excessively and did everything else that I knew I should have been avoiding because of my lipoma condition.

Steadily I started redeveloping lipoma lumps until a point where I had over 20 of them again. I finally reached a definite decision that I would get rid of them once again and never let my body form such lumps again.

I undertook the program I had developed for myself earlier and just like the first time around I was able to slowly rid my self of most of my lipoma lumps.

Once I cured most of my lumps I still stuck on to the program and today it has just become a part and parcel of my life. I no longer get any new lipoma lumps.

I still have around five lumps in my body but these are very small in size. I guess these lumps are more stubborn than the others but I am certain that these lumps will eventually completely disappear as well.

Over the years I have shared this program with many people who suffer from lipoma. All of them reported that once they started on this program they never developed any new lipoma lumps.

Many of them with a few lumps cured their condition completely and others with a lot of lumps in their body had a lot of these lumps disappear and the sizes of the other lumps shrink considerably after just a couple of months into the program.

Not too long ago I realized that the techniques I had formulated could be used to help a wide variety of people. I knew sharing what I learnt would help thousands and thousands of people.

I approached a number of publishers with my proposal and all of them were interested in releasing a book on a natural cure for lipoma. The only problem was that all these publishers wanted me to fill up the book with unnecessary fillers. My aim was to provide a manual that contained exactly what was needed to cure lipoma and nothing else.

I finally teamed up with an Internet Marketer and decided to sell the book digitally. I felt this platform gave me the greatest reach and that it allowed me to reach out to people from different pockets of the globe.

My short term goal is to get this book to as many people who suffer from lipoma as I possibly can. My long term goal is to invest a part of the proceeds that I generate from the sale of this manual toward more lipoma research.

I am constantly researching lipoma and their formation and any new findings will be mailed to the email address that you provided at the time of purchase of this manual. If that is not an email address you would like to receive this information on please inform us and we will send you any updates to the email address you provide.

I love to hear from you and about your success stories. Once you cure your self of your lipoma lumps do mail me and tell me about it. My email address is William@curelipoma.com.

Here is to a beginning of a journey that will teach you everything you need to know about lipoma and how to naturally rid your body of these lumps.

Part one: The Basics

Important note:

As tempting as it seems, do not skip through the earlier chapters of this manual. Many people do so and only read through the techniques. You need to have a sound understanding of what exactly are lipoma lumps and what causes them to form in the body. Only once you fully understand the hypothesis as to the causes of lipoma will you then understand the techniques and comprehend how techniques and ideas in this book are designed to work and how they will help you cure your self of your lipoma condition.

Many people who read this book will feel that they know the stuff presented in the earlier pages of the manual. Many people may actually already know a lot of stuff on the topic but I would still advice everyone to go through the whole manual completely before putting anything that I am going to teach you in to practice.

Like I mentioned to you earlier I have spent a lot of time researching lipoma and I am sure that the earlier parts of this book can offer you insights on this topic that you have never heard of or come across before. For example the chapter on excessive masturbation and over sexual stimulation and their relation to lipoma formation in the body is something that I can guarantee that very few people who will read this book would have heard of before. Similarly there are a lot of other insights in this manual that you would have probably never come across before so it is best that you read the manual from start to finish before implementing what is taught.

Chapter One: Most Common Questions about Lipoma

A good starting point is to begin by reading through the most common questions that people with lipoma often ask. In addition to clearing your doubts, these questions will serve to give you a better understanding on the topic. You need to know the following before you can learn how to prevent and cure lipoma.

What is a lipoma?

A lipoma is a benign tumor composed of fatty tissue. Lipoma lumps are the most common form of soft tissue tumor. Lipoma lumps are soft to the touch, generally moveable and in most cases are painless although some people do experience pain when lipoma lumps are touched.

What is the size of a lipoma?

Most people who suffer from lipoma will have them in sizes that are less than one centimeter in diameter. However some lipoma lumps have been known to grow to very large sizes and these sometimes have to be surgically removed for aesthetic purposes.

On which parts of the body are lipoma lumps mostly found?

Lipoma lumps are usually found on the neck, back, thighs, and forearms. Lipoma lumps can appear anywhere in the body but are most common on the parts stated above. Apart from the above body parts a lot of people also develop lipoma lumps on the trunk of their bodies.

Who are more prone to developing lipoma lumps?

When I researched this out I found that many sources often stated that lipoma lumps only appeared in people after the age of 40. This is definitely not true as there are people all over the world who develop lipoma lumps at a much younger age. Lipoma affects both men and women but I have read that men are more likely to have multiple lipoma lumps as compared to women. An injury or a blow to the body is also believed to cause lipoma lumps to develop and hence ex sportsmen are often susceptible to developing lipoma lumps after they stop playing sports.

What are the different types of lipoma?

Most people aren't aware that there are actually many types of lipoma. I have noted the different types of lipoma below.

Angiolipeliomyoma
Angiolipoma
Chondroid lipomas
Hibernoma
Neural fibrolipoma
Intradermal spindle cell lipoma
Pleomorphic lipoma
Spindle cell lipoma
Superficial subcutaneous lipoma

I haven't explained each of them in detail as I felt explaining each one of them in detail would be out of the scope of this book. The natural treatment that I will teach you will prevent all the above types of lipoma and cure your existing lipoma lumps as well.

What causes lipoma?

The exact cause of lipoma has still not been definitely figured out. There are many opinions on what causes lipoma to develop in the body. Many experts believe that there is a genetic link to lipoma formation in the body. While this may not necessarily be true, hereditary conditions such as familial multiple lipomatosis may include lipoma development.

Genetic studies in mice have shown a correlation between the HMG I-C gene and lipoma development. These studies support prior epidemiologic data in humans showing a correlation between the HMG I-C gene and mesenchymal tumors. The HMG I-C gene was previously identified as a gene related to obesity. I have a different hypothesis on what causes lipoma in the body and you can read it immediately after this chapter.

What are the various treatments available for lipoma?

Usually treatment for lipoma is desired more for cosmetic reasons. In my opinion Ayurveda is by far the best treatment option for lipoma. Not only can one prevent new lipoma from forming but prolonged treatment can cure existing lipoma as well. Surgically lipoma lumps are removed by a simple excision. The drawback of surgery is that it

leaves scars and since some people have over a hundred lipoma lumps surgery does not become an option. Also lipoma removed by surgery can re appear even after excision. Liposuction is also an option if the lipoma lump is soft and has a small connective tissue component. However liposuction can prove expensive and hence most people do not make use of it.

Do insurance companies cover the cost of surgery?

As per my knowledge majority of the insurance companies will not cover the cost of surgery to remove lipoma lumps as they are not malignant tumors. However if lipoma lumps cause pain, become infected or restrict movement you should be able to claim insurance for the cost of surgery. It really depends on the terms of your health policy so it's better if you confirm this one with your insurance company.

Chapter Two: *My Take on What Causes Lipoma Lumps to Develop*

As you read in the preceding chapter, Lipoma lumps are nothing but benign tumors containing fatty tissue. My take on lipoma formation is that the body cannot deal with excess amounts of fat and due to this reason excess fat gets deposited in various parts of the body as lipoma lumps.

When I first started researching on what causes lipoma lumps to form in the body, the idea that the body was struggling to process fat never struck me. In hindsight I wonder why it took me so long to figure this out as according to me this is the main reason that lipoma lumps develop in the body.

To better understand this it is best that you first understand in layman's terms how your body digests fat and food in general. I have condensed the non important parts to as short as I can and elaborated more on the important parts that are actually responsible for causing lipoma lumps to form.

Your digestive tract is made up of a series of hollow organs joined from the mouth to the anus as well as other organs like the liver and the pancreas which help the body break down and absorb food. Organs that make up the digestive tract include the mouth, esophagus, stomach, small intestine, large intestine and the rectum. On the inside of all these organs is a lining called the mucosa which contains tiny glands which secrete juices that aid in digestion. For the purpose of this book it is not important for us to know in detail how these organs function.

Both the liver and the pancreas produce digestive juices that aid in digestion. These juices are secreted into the small intestine through ducts. The juice produced by the liver is called bile and it is stored in the gall bladder until it is needed by the small intestine to aid in digestion. Parts of the nervous system also help in the digestion of food in your body.

For the purpose of lipoma formation we only need to know about the liver, the bile it produces and the gallbladder. You see the bile produced by the liver is responsible for breaking down fat in the body. In layman's terms you can think of how detergent dissolves fat when washing a greasy frying pan. Think of bile as the detergent your body needs to dissolve fat. The bile secreted into the intestine dissolves fat

into contents that can be digested by the enzymes secreted by the pancreas and the lining of the intestine.

The problem arises when your liver cannot produce enough of bile or your gallbladder cannot secrete enough of bile to the intestine. If less than required bile is secreted into the intestine your body will not be able to digest all the fat which in turn will not be able to be digested by the enzymes from the pancreas or the lining of the intestine.

In such a case I believe the excess fat that is not digested properly due to lack of bile is deposited in various parts of the body and starts to form lipoma lumps.

If you really think about it the concept is very easy to comprehend. Your body needs bile produced by the liver to digest fat. If for whatever reason your liver does not produce enough bile to digest all the fat you are consuming then your body cannot digest all the fat. Whatever fat is not digested by bile cannot in turn be digested by enzymes secreted by the pancreas and the intestine and hence is deposited in the body and begins to form lipoma lumps.

So what causes the intestine to receive less amounts of bile than needed from the liver in the first place? There are two main factors according to me that cause your liver to produce less bile or to secrete less bile to your intestine than needed to aid in the digestion of fat.

The first factor could be that your liver is probably weak and just cannot produce enough of bile. It is important for you to understand the liver and how it functions before you can fully understand what weakens the liver and what causes it to produce less bile.

The liver is located on the right side of your body just under the ribs. The liver is the largest gland and the largest solid organ in the body. It weighs around 1.7kg in men and around 1.2kg in women. It is estimated that the liver has over 500 functions and at any point of time it has approximately around 12% of your total blood supply.

Here are some of the functions that your liver performs. Remember this is just a summary to give you a brief idea of how important your liver is to you:

- Controlling levels of fats, glucose and amino acid in your body.
- Combating various infections in the body.
- Clearing the blood of various infections including bacteria.
- Producing bile to digest fat.
- Protecting the body against harmful effects of drugs.

- Protects the body against various other toxins.
- Breaking down and regulating hormones including sex hormones.

Remember that the above list is just a small summary of the functions your liver performs. According to me the liver is by far the most important organ in the human body and one which undergoes the most strain. It is also an organ that people don't realize the value of and don't take enough care off.

Since only very few people understand the importance of the liver it is understandable as to why people don't take steps to protect their liver. Excessive use of drugs and antibiotics, excessive drinking and a bad diet all lead to a weak liver.

Later on in this manual I will teach you what exactly is bad for your liver and what is good for your liver but for now all you need to know is that even though your liver is a very strong organ it can still get weak and damaged. The good news is that your liver has a most amazing recovery capacity and can even regenerate if so required. Unless your liver is totally damaged in which case you would have known about it you can restore your liver to peak performance.

Having a weak liver can cause your liver to underperform some of its required functions. For example a weak liver can produce less bile than required by the body to digest fat and thus lead to the formation of lipoma lumps in the body.

As we go along, I will show you the exact steps you need to take to improve the performance of your liver. I will teach you exactly what foods are good for your liver and what foods are bad for your liver. I will also recommend some herbal supplements for those who find it more convenient.

Like I said earlier a weak liver is only one of the factors that cause your liver to secrete less bile to your intestine so that it can digest fat. The second factor is the presence of liver stones and gallbladder stones.

Liver stones or gallbladder stones:

Most people would have never heard of liver stones. The first time I came across this concept I too was stunned as I had never heard of such a thing before. Everyone reading this book has definitely heard of

kidney stones but I can assure you that very few of you would have ever heard of liver stones.

Liver stones and gallbladder stones block the amount of bile that is secreted out to the intestine. The best way to understand this is to think of a water hose pipe. Now if this pipe has no obstruction then the flow of water will be rapid and smooth as possible.

Now picture this hose pipe clogged up with numerous stones. The water flow will be disrupted and will not be as smooth as water flowing from an unclogged pipe. If you do happen to have stones in your liver or your gallbladder then this is what is happening.

The stones are blocking the bile from flowing smoothly from the liver to the gallbladder and finally to the intestine. Since the flow of bile is being stemmed by the stones the body cannot get enough of bile in time to digest fat and all the excess fat gets stored away in various parts of the body and begin to form lipoma lumps.

So what exactly are gallbladder stones and how exactly did they get in the gallbladder in the first place? Gallstones also known as choleliths are crystalline bodies formed within the body by accretion or concretion of normal or abnormal bile components. Gallstones can typically occur anywhere within the biliary tree and even in the bile duct.

The presence of stones in the gallbladder or anywhere in the biliary tree of the bile duct is referred to as Cholelithiasis (Chole meaning bile and Lithia meaning stone). The sizes of gallstones vary and can be very small in size as well as big as a table tennis ball. Researchers' believe that gallstones are probable caused by a combination of factors, including diet, body chemistry, body weight amongst other factors. I personally believe that a bad diet is responsible for stones forming in the gallbladder.

The good news if you are reading this book in a first world country in America or Europe is that thanks to our diet the chances of forming gallstones are much less than say a person from far east Asia where such stones are very common. However you should know that each year a lot of people are diagnosed with gallstones in America and Europe and you should keep in mind the hypothesis that gallstones may be the reason why your body is developing lipoma lumps.

In most cases the causes of lipoma formation is the result of a weak liver. Even if you have liver stones or gallstones these stones can be easily treated both through modern medicine as well as alternative health care systems.

How do you diagnose liver stones and gallbladder stones? Liver stones and gallbladder stones are difficult to detect initially as they rarely cause any discomfort until they reach a size of above 6-8mm. You may have gallstones but may not be aware of this fact because around 60% of people who have gallstones suffer from absolutely no pain or discomfort.

I do recommend you check for gallstones just to rule out the possibility of stones being the reason why your body is developing lipoma lumps. The best way to diagnose stones is to undergo an ultrasound test. An ultrasound test makes use of sound waves to visualize the bile ducts, the liver and the pancreas. When stones are present they are seen either in the gallbladder or bile ducts. The ultrasound is a safe and relatively cheap procedure to check for stones.

The other methods available for checking for gallstones include endoscopic ultrasound and CT scan. There are other methods available as well but according to me the ultrasound works well. If you do check for gallstones and your report is clear then this is great news as this means your lipoma formations are being caused due to a weak liver which can be easily restored to peak performance.

If gallstones are responsible for your lipoma lumps you will still be able to prevent and cure lipoma lumps by using the techniques taught to you in this manual.

When I first read about liver and gallbladder stones I decided to look for natural ways to rid the body of these stones. The good news is that there actually exist natural ways to flush your liver and gallstones out of your body. I will teach this to you a bit later on when I teach you the various methods you can use to prevent and cure your lipoma condition.

While I personally believe that a weak liver and stones in the liver or the gallbladder are the main causes of lipoma formation in the body do keep in mind that there are other causes as well. I have already mentioned these causes earlier in the manual so if you missed that section I suggest you go back and read that part. There are still other

causes like lack of exercise and over sexual stimulation which I will explain to you a bit later on.

You have now come to the end of this chapter. By now you should have a better understanding of lipoma. I hope the above chapter and the previous one have given you some new insights into the lipoma condition and what causes lipoma lumps to develop in the body.

We now move on to the second part of this manual. Here I am going to teach you what you can do to stop new lipoma lumps from developing in the body as well as cure your existing lipoma lumps.

Part two: How to Prevent and Cure Lipoma Lumps

Chapter Three: *Exercise and its Relation to Lipoma*

According to me there is a definite relation between Exercise and Lipoma lumps. If you look back you will realize that most if not all your lipoma lumps developed only after you stopped getting your doze of daily exercise.

By daily exercise I am not talking about a daily gym workout or a daily run or jog. I am talking about the basic activities that you used to do back then that burnt a lot more calories than your body burns now.

As people get older they start getting less of exercise and their bodies' burn less fat and calories each day. Also as people start getting older and start having more money in their pockets they start giving up the very activities that used to help their body burn fat and calories.

People will stop playing sports, give up cycling and stop walking as much as they used to do in the past. Added to this is the fact that as a person grows older he or she will start eating a lot more and in some cases a lot worse than when they were younger. So basically what's happening is that your body is now getting excess levels of fat each day and very little daily exercise to burn off this excess fat.

Now since your body already isn't very good at dealing with excess fat it starts developing lipoma lumps all over. If you really think about it the relation between exercise and lipoma is really simple. The less exercise you get the more your chances will be of keeping on developing new lipoma lumps.

Remember that your body isn't getting enough bile required to digest all the fat you consume. This excess fat gets stored in the body. You need to exercise to burn this fat or else lipoma lumps will start to develop in your body.

I mentioned earlier that lipoma may form due to a variety of reasons. What I have noticed with lipoma is that regular exercise prevents their formation. I don't know the exact science behind this but I can tell you exercising daily will help prevent the development of new lipoma lumps as well as cure existing lumps.

When I was in my teens and early twenties I used to play competitive basketball. I was a fitness freak and I used to get a lot of cardio each day running laps around the basketball court as part of my warm up routine. Throughout my basketball playing days I developed just one lipoma lump. As long as I was getting daily exercise and burning fat my body seemed just fine and I wouldn't develop any lumps.

If you really think about it your story and mine will be very similar. As soon as you stopped getting your daily doze of exercise your body started developing more and more lipoma lumps. I know what you're probably thinking or what your excuse for not getting enough exercise will be.

As you got older you got more and more caught up with work or family and you got less time to exercise. Well your thinking process about this is both right and wrong. While it may not be your fault that you kept on getting too busy to exercise it is your responsibility to find the time to exercise on a daily basis.

You should try to exercise on a regular basis. Not only because of your lipoma lumps in your body but because exercise in general is good for your overall well being. Just remember no to overdo it or it may end up causing more harm than good.

I now have a small exercise that I want you to perform. I want you to grab a piece of paper or open up a new document on your word processor. If you can do this on a word processor document it will be better as it is easier to save and review later on.

I want you to introspect for a bit and list down what activities you used to do when you were younger that resulted in you burning fat and calories. As I said earlier I am not talking about hardcore sport or working out at the gym or anything of that sort.

I want you to list down at least five ways on how you used to burn fat and calories when you were younger. Maybe you used to play sports or maybe some of you would take long walks, or some of you would cycle to college and so on. Just list down at least five ways on how you used to burn more calories back in the day.

It should take you around 5-10 minutes to think and write this stuff down and when you're done come back and start reading the manual. It's great if you can actually write this stuff down instead of just

thinking about it. So write the points down now and then continue reading the rest of the manual.

Good work! If you look down at what you have written you will realize that when you were younger you used to burn a lot more calories each day. You probably ran more, walked to college, played some sport and performed a host of other activities that resulted in you burning more and more calories and fat each day.

Now I want you to ask yourself? Is it still possible for you to perform those same exercises at this point of your life? Can you physically perform these exercises and do you have the time to perform them at this point of time?

For most people time would be the number one constraint to performing exercises and for others perhaps they are not in the physical condition to perform the same exercise routines as before. Say for example you used to run cross country races in your teens. Fast forward 20 years and you probably aren't in a position to start running cross country races at this point of time.

Like I said earlier, it is probably not your fault that you stopped getting your daily exercise but if you really don't want to get any more lipoma lumps and you want to reduce the size of your current lumps and even completely cure most of them then you got to make daily exercise your responsibility.

Even if you are really busy you got to find ways in which your body will be forced to burn fat and calories each day. You can start using the stairs instead of the lift. You can probably walk a bit more. If you think about it there are really tons of ways that you can burn fat and calories each day even if you don't have a lot of time on your hands.

Not only will you be preventing and curing lipoma lumps but you will also be living a healthier lifestyle as a whole. Think of it as win, win, win.

Remember that you really only need to focus on cardio type of exercises to burn fat and calories. The best part of cardio is that you don't have to go to the gym. You can come up with your own set of exercises that are formulated to suit your lifestyle.

When you do start exercising remember to take it slow at first. You aren't going to cure lipoma or prevent it by running 10km on the first

day. That is not how the body works. You need to do a little each day so that your body burns of the excess fat consumed in the day.

When you come to the chapter on diet you will learn how to adjust your diet so the amount of exercise you need everyday is really very little. Just remember once again that you need to do a little exercise each day instead of a whole lot of exercise once in a while.

I often get a lot of mail from people stating that they really can't come up with ways to burn calories and fat at work or at home and if I could help them out. Most people seem to confuse exercise with gym workouts.

I am going to list the cardio exercises that I personally use as well as some others that I think may be useful to you. Remember to perform only those exercises with which you're comfortable with and those which you enjoy doing. As you become exercise conscious you will soon find your self coming up with your own clever ways to burn fat and calories.

IMPORTANT: Even though these exercises appear simple they may cause serious harm if you are suffering from any other conditions. You should first consult your doctor before performing these or any other exercises.

Following are the exercises that you should try and incorporate in to your daily lifestyle. You need to incorporate any of the first three exercises into your daily lifestyle.

Walking: Walking is the most natural way for the body to burn fat and calories. Try to walk as much as you can each day. If possible try to go for a daily walk. The key to walking is to not walk too fast or too slow but rather maintain a speed at which your body is most comfortable with. Try to walk an hour a day minimum.

A lot of people believe that brisk walking is more effective than a slow walk. This is probably true because you will end up burning more calories but in my experience people who take up brisk walking feel that it is unnatural and they give it up quickly. It is best you stick to

your regular walking style at a pace your body is most comfortable with.

You don't have to do this at a stretch; you can break this up along the whole day. The total amount of walking you do each day should equal an hour minimum. Here are some great ideas on how to incorporate walking in to your daily routines.

If it's possible try to walk or cycle to work or college. If this is not possible then leave each morning from home 15 minutes earlier than usual and park your car or get off the bus half a mile to your destination and walk it out.

This ten to fifteen minute walk will not only make up around 25% of your daily walking requirements but will also get you charged up for the day ahead.

Instead of phoning or texting colleagues at work or college why not walk to their cubicle or office.

Walk during your lunch hour. If you eat out at lunch then you can choose an eating joint that makes you walk a little. If you use your lunch break to run small errands like visiting the bank or the post office try to walk instead of using your car or the bus all the time.

Use the stairs. If you have stairs at home or at the office use them more often. Walk up and down the stairs for five minutes at a stretch. Once in a while walking up the stairs two at a time will also be of great help.

*Tip: Since you will now be walking an hour a day it's important that your shoes are comfortable or you could end up hurting your self. You don't need expensive sports or leather shoes just make sure whatever you wear is comfortable. Shoes shouldn't be too tight or too loose.

Running: A run or a jog will end up burning more calories than a walk. However if you are not in a position to run don't worry about it. Just keep walking and you will do fine. For those of you who are fit enough do try to jog or run at least once a week. I personally run around 4-6 laps around a basketball court once a week as I don't get much time to do so during the weekdays. During the rest of the week I walk, cycle and employ other methods to burn calories.

Remember while running to wear comfortable shoes and not to overdo things initially. Like I said earlier, your goal is to burn fat and calories

daily so it's pointless over running once a week and then not getting any exercise throughout the week. Daily exercise is the key.

Cycling: Now I know that it is not very practical to suggest that one cycles to work or to the market and stuff like that. I also know that very few people will actually own a cycle and I am not going to suggest that you pick up one. However why not invest in an exercise cycle? You could place this in front of the television at home and cycle slowly for about ten to fifteen minutes daily.

It is also a great family investment and the other members of your family could make use of it as well. An exercise cycle is also a great way to get your children to exercise daily. Remember since lipoma could be hereditary you want to get your children used to cardio as soon as you can.

*Tip: Instead of purchasing a new exercise cycle purchase a second hand one. There are literally thousands of people who buy cycles for weight loss and never end up using them. You can literally get untouched exercise cycles for half or quarter of the price.

Squats: Squats are easy to perform and should be done by everyone. You just need to perform basic squats without any added weight. Your goal isn't to gain muscle on your legs but rather to supplement your daily calorie burning routine. Squats should be used to supplement any of the three exercises mentioned above. If you have weak knees or you find it uncomfortable to do squats then its best that you avoid this form of exercise all together.

Housework: Doing some good old fashioned house work will not only help you burn fat but it will also make you feel really good about yourself. Here are the following house chores that I personally do and what you could do as well:

- Sweeping and vacuuming the floor.
- Washing the utensils when I can instead of using the dishwasher.
- Washing the car yourself on weekends.
- Washing your own clothes instead of using the washing machine.

I know this seems like a lot of work but you don't have to do all the above everyday. Whenever possible just use house work to burn excess fat. Trust me; occasionally doing house work makes you feel really good about yourself.

For some of you the above exercises may seem elementary. Many of you may still be into active sport or some of you may have your own exercise routines. If you are someone who knows what he/she is doing with regards to exercise then feel free to follow your own exercise program.

Why most people should focus on the simple exercises.

At first glance it may seem to you that the exercises I have mentioned are most elementary. The thing is when it comes to exercise the key is consistency. You need to exercise daily and burn fat and calories on a daily basis. Fancy exercises at the gym may have a greater perceived value but in reality are difficult to perform daily.

The exercises taught in the manual are easy to perform, require little or no equipment and after sometime become a habit. Most importantly they are effective when it comes to burning fat, calories and ultimately curing your lipoma lumps.

A word on the use of protein supplements.

A lot of people who read this manual will find it most feasible to work out in a gym. Most gyms will have physical trainers who are paid to help you out with your gym routine.

Many people at gyms are often advised to take a few protein supplements or to consume more supplements to aid in the process of gaining muscle. When I first started reading up on lipoma and their formation in the body I read a lot of instances where people who started on protein supplements noticed their bodies developing lipoma lumps.

While I was researching the topic I came across hundreds of people who stated that they noticed their lipoma lumps increasing rapidly all over their body after they started consuming protein powders.

While protein in moderate amounts will not hurt you, an excess of protein will definitely over work your liver. An overworked liver cannot flush out toxins and other impurities and I guess these collect overtime and as a result weakens your liver and your body forms more and more lipoma lumps.

The amount of protein you get from these supplements is too much for a weak liver to handle and my guess is this is why people who take protein supplements experience a faster development of lipoma lumps in their body.

Chapter Four: *Sex and Masturbation with Regards to Lipoma*

Most people who have developed lipoma generally try to read up as much as they can on the topic. Many of you who are reading this manual must have spent a lot of time reading various articles on the net trying to find out what causes lipoma and what can be done to cure existing lipoma as well as prevent the body from developing lipoma lumps in the future. I am pretty confident when I state that most of you will have never come across any material on sex and masturbation with regards to lipoma formation in the body.

When I first started researching lipoma and why they develop in the body I too only kept on finding the same articles over and over again presented in different manners. Most of these articles were really redone only so that you would visit different sites so that the sites could end up making money through ads. Basically none of the sites really cared about providing a cure or prevention technique for lipoma lumps in the body.

When I first turned to Ayurveda to see if I could find a natural cure for lipoma I realized that Ayurveda always approached each cure to any disease holistically. That means that to cure most diseases Ayurveda will recommend changing your lifestyle until you get your body to a natural state that will create conditions within the body that will be conducive to realize a permanent cure to the disease being treated. If what I have just said seems heavy to comprehend don't worry about it. Just know that in order to treat lipoma you will have to start incorporating all the methods taught in this manual if you want to completely cure your lipoma lumps in your body as well prevent any new lipoma lumps from forming.

As I started researching what caused lipoma the easy to spot culprits were lack of exercise, bad diet, bad sleep patterns and alcohol. However in order to find a holistic cure one must really try to eliminate all the causes of a disease in order to completely cure oneself. It took me over a year to figure out the relation between sex, masturbation and their relation to lipoma lumps developing in the body.

Important note: Sex and masturbation per se do not cause lipoma lumps to form in the body. **Excessive** sex and masturbation will however cause lipoma lumps to start forming in the body.

As I have mentioned in the box above; Sex and masturbation by themselves do not cause lipoma lumps to form in the body. In fact sex or masturbation in moderation is actually good for the body. Sex and masturbation is a natural biological function and apart from feeling good it is also a great stress buster. The benefits of sex and masturbation are well documented but the perils of excessive sex and masturbation appear to be known by very few people.

In order to understand how excessive sex and masturbation can cause lipoma formation in the body you will first need to understand what happens internally every time you reach an orgasm whether through sex or masturbation. You will notice that throughout this chapter I will stress the word "excessive" This is because I want to make sure that you realize that only excessive sex and masturbation will lead to lipoma development in the body.

Before I explain the chemical changes that take place each time you bring yourself to orgasm I am going to ask you to open a new page on your word processor and answer the following questions. Be as honest as you can. Remember that you are going to be the only person who ever reads whatever it is you write down so there isn't any point of lying to yourself. Spend about five to ten minutes maximum and get back

Questions:

- 1) What was the frequency of masturbation or sex when you first started developing lipoma lumps?
- 2) Currently how many times a week do you orgasm?
- 3) If you look back do you now realize that quite a few of your lipoma lumps developed when you were over stimulating yourself sexually?

Once again I congratulate you if you actually took the time to type down the questions to the above questions. Typing them down is so much more effective than just mentally answering the questions.

You will now have realized that many of your lipoma lumps actually developed at a time when you would excessively bring yourself to orgasm. I get a lot of mail asking me what defines normal and excessive. It really depends on age. If you're in your teens then your body probably could handle sex or masturbation even once a day. As you grow older you probably want to reduce it to about 3-4 times a week. Again it's all relative to each individual. As you read the rest of

this chapter you will be in the best position to decide how much is normal and how much is excessive for your own body.

Frequent masturbation and orgasm leads to the stimulation of acetylcholine/parasympathetic nervous functions. Excessive orgasms will result in the body over producing hormones and neurotransmitters such acetylcholine, serotonin and dopamine.

Having these hormones and neurotransmitters in excess is really harmful for the body and can cause the brain and adrenal glands to perform excessive dopamine-epinephrine conversion and turn the body and brain functions to start being extremely sympathetic. The liver and body as a whole cannot flush out these hormones fast enough and my take on things is that it's these excess hormones play a big part in lipoma lumps forming in the body.

The other side effects of excessive sex and masturbation include:

- Lower back pain
- Lack of concentration
- Feeling tired, exhausted or fatigued all the time
- Depression
- Thinning of hair or loss of hair
- Eye floaters and fuzzy vision

Excessive sex and masturbation not only leads to lipoma formation in the body but as you can see above will also result in a variety of other side effects.

With regards to lipoma formation in the body it is mainly because the liver cannot flush out all the excess hormones and neurotransmitters being secreted in excess by the brain. One way to look at your liver is to view it as an organ whose purpose is to pump out harmful toxins from the body. When you over stimulate yourself sexually your liver cannot flush out these toxins from the body fast enough.

You should look to detoxify your liver once every two months and you should really take a few herbal supplements daily to protect your liver. Like all the other methods contained in this manual not only will taking care of your liver help you cure and prevent lipoma formation in the body it will also help and prevent a number of other diseases.

Later on in the manual I will teach you how to detoxify your liver safely and effectively but for now know that you will have to reduce

the frequency of sex or masturbation. Ideally you should look to bring yourself to orgasm only twice a week.

As you reduce the frequency of your orgasms you will notice that the number of lipoma forming in the body will gradually reduce. Once again don't forget that this whole chapter referred only to excessive sex and masturbation.

Chapter Five: ***Diet and its relation to Lipoma formation in the body***

What you consume has a definite role in lipoma formation in the body. Eating the right types of food and avoiding the wrong ones can really prevent formation of any new lipoma in the body. In fact consuming the right type of food can actually cure your existing lipoma as well.

Like I have mentioned in the chapter on exercise you will have noticed an increase in the lipoma formation in your body around the same time you started to gain weight. In most cases this is either because you started consuming more food each day or your daily exercise reduced as you gradually got older. In some cases it will be a combination of both an increase in food consumption as well as a decrease in daily exercise.

This chapter is going to take you through exactly what you need to eat, what you need to avoid. Not only will this chapter help with your lipoma condition but it will also help you improve your health overall.

When I first started researching about lipoma lumps and their formation in the body I found no evidence of any relation between what you eat and lipoma lumps. However by experimenting with my own diet my hypothesis is that what you eat plays a major role in lipoma formations.

Like I said earlier, I believe the principle reason that people suffer from lipoma lumps is because of a weak liver. Now when the liver is weak, eating a lot of junk or foods that are known to be especially bad for the liver puts a lot of pressure on the liver and hence increases the chances of lipoma lumps forming in your body.

When I first started out I was clueless as to what foods were helpful or what foods were harmful for the liver. I researched the subject a lot and by just tweaking my diet and avoiding certain types of food I was able to prevent any new lipoma lumps from forming in my body.

Before you learn what foods are good or bad for your liver, you have got to know a few basics with regards to calories, carbohydrates, proteins and fats.

Calories: Everything you eat and drink contains calories. With the exception of water everything else has calories. While anything you eat and drink contains calories, anything that you do burns calories. Even

when you sit and sleep your body is constantly burning calories. Your body won't burn as many calories when you're sleeping or sitting as it would if you were running but it is still constantly burning calories none the less.

Everybody needs a certain amount of calories each day. This depends on your sex and age as well as other factors. When you consume more calories than you need and you don't burn these calories then you end up putting weight. When you consume less calories than you need or burn calories in excess of your daily requirement you end up losing weight.

All the fancy diets and weight loss plans are based on this simple truth. For the purpose of this manual this is all you need to know with regards to calories.

A simple search online will find you dozens of free calorie counters that will help you figure out how many calories you need each day.

Protein: Protein needs to be an important part of every diet. Some really high sources of protein are:

- Chicken
- Fish
- Lean cuts of meat
- Turkey
- Eggs and egg whites
- Milk

Proteins are also found in nuts, seeds and pulses. You can also get protein supplements from powders and bars but I don't really recommend protein from such sources.

While everyone knows that they need protein in their diet most people do not know how much protein is required each day. Most people consume protein in excess of what is required each day. Excess protein has been thought to be bad for people who suffer from lipoma so it helps to know how much of protein you really need each day.

The amount of protein you need depends on your body weight as well as how much you exercise each day. If you plan on following the exercises laid out in this manual then you only need to consume 0.5 grams of protein per pound of body weight each day. So for example if

a person weighs 160lbs then that person only needs to consume $160 \times 0.5 = 80$ grams of protein each day.

Try not to consume more than this amount because the excess amount of protein consumed could be putting a lot of pressure on your liver and may be contributing to lipoma formations in your body. You should try to get protein from mainly white meats like fish or chicken and try to avoid red meats unless its lean meat.

Fats: Forget everything that you have heard about fats. There are two types of fats. Good fats (polyunsaturated fats and monounsaturated fats) and bad fats (saturated and trans). Everybody needs a little fat in their diet each day but it is important that the fat comes from the good sources. Good fat can be found in fish, nuts, and olive oil while bad sources of fat can be found in junk food that you already know you shouldn't be eating.

You should look to consume only good fat and that too in moderate amounts until you cure yourself of your lipoma condition. You need to limit your consumption of bad fats as bad fats lead to rapid formation of lipoma lumps in your body.

Carbohydrates: Like fats there are two types of carbohydrates. Good carbohydrates that are known as complex carbohydrates and bad carbohydrates that are known as simple carbohydrates.

Some sources of good carbohydrates are:

- Beans
- Brown rice
- 100% whole wheat bread
- Whole wheat pasta
- Sweet potatoes
- Oatmeal
- Fruits and vegetables

The bad types of carbohydrates are mostly found in foods like biscuits, white bread, chips, white potatoes, pasta, white rice and candy.

It is easier for your liver to process good carbohydrates than bad carbohydrates.

Now you know about calories, proteins, fats and carbohydrates. The easiest way to prevent lipoma lumps from developing is to eat right.

Proteins: First calculate the amount of proteins you need each day. Excess protein is bad and will result in lipoma lumps forming in your body. Make sure this protein comes from only the good sources of protein as I have mentioned earlier in this chapter.

Fats: Even though fats are bad for your liver remember that you need a small amount of fat in your diet each day. Make sure you consume only good fats. If you have to eat something fried try to fry it in olive oil. Get your fats only from the good sources of fat as mentioned earlier.

Carbohydrates: You should look to consume only good carbohydrates. Try your best to stay away from bad carbohydrates as they are bad for your liver and for your lipoma condition.

Try as best as you can to avoid fried and oily foods. I have seen that consuming food that is deep fried or very oily leads to formation of lipoma lumps in the body. I know asking you to limit fried and oily food is a difficult ask but if you are really serious about preventing any more lipoma lumps and curing your existing lumps then you have to try to limit fatty and oily foods as much as you can.

Foods good for the liver: You should try to consume the following food:

- Berry fruit
- Sugarcane
- Guava
- Bran
- Cabbage
- Carrots
- Celery
- Cottage Cheese
- Green tea
- Brown rice
- Brown bread
- Fruit juice (orange, pineapple, apple, sugarcane and carrot)

Foods bad for your liver: You should try to avoid or limit your intake of the following foods.

- Pork
- Fried or fatty foods
- Junk food

- Hard boiled eggs
- Canned and processed food
- Cheese products
- White potatoes
- Sweets
- Foods high in cholesterol
- Alcohol
- Sweets (candy and chocolate)
- Vinegar
- White rice

The above two lists are not the last word when it comes to foods which are good or bad for your liver and there will be other types of food that may be either good or bad for you that I have missed out. If you can stop or at least avoid or limit the intake of the bad foods I have mentioned above then you will effectively prevent the formation of any new lipoma lumps.

Chapter Six: How to Detoxify the Liver Naturally and Cure Existing Lipoma Lumps

While the best method of detoxification is actually an all year round healthy diet it's really not possible to eat healthy 365 days a year. I have tried and I can tell you it really is not possible to eat healthy all the time. However if you can eat healthy most of the time then a weekend detoxification of your liver every two months will be more than sufficient in making sure your liver is healthy and pumping out all the toxins and poisons from your body.

For the weekend starting from Friday afternoon up till Monday morning consume only freshly squeezed fruit or vegetable juice. If you find squeezing juice too much trouble then you can have raw fruits or vegetables. To go with this diet make sure that you get plenty of water throughout the weekend. It also helps if you are relaxed and not carrying any baggage from work. Also make sure that you get at least eight hours of sleep at a stretch while undertaking the detoxification. Since energy levels will be down make sure you do not exert yourself too much. It is advisable not to drive or perform any task that needs a lot of mental attention. Apart from cleansing your liver the detoxification will also increase you energy levels.

This is by far the most simple, the safest and one of the most effective ways to detoxify your liver. This detoxification process is enough to help strengthen the liver and help the liver flush out any toxins and sediments that are present in the liver.

*Important – If you have any other health problems make sure you double check with your doctor if it is okay for you to undertake the detoxification program. Also when having fresh juices make sure it is freshly squeezed and not store brought as packaged juice contains preservatives which will defeat the whole purpose of the detoxification diet.

Apart from a detoxification once every two months you should also try to take some natural supplements every day to protect boost up your liver performance. Three herbs that work wonders for the liver are:

1) Milk Thistle (*Silybum Marianum*): Milk Thistle seeds are well known for their ability to cure and boost up the livers performance. The use of Milk Thistle seeds by herbalists and traditional healers to cure liver problems has been documented since the 4th century B.C. The active

ingredient in Milk Thistle is a compound called silymarin. Silymarin is actually a group of flavinoids which are antioxidants that protect the cells of the liver against damage as well as boosts up performance of the liver. The recommended daily doze is about 30 milligrams three times a day. You need to take this dosage for about three months at a stretch in order to get your liver to function at optimum levels.

2) Eleuthero (Eleutherococcus Senticosus): This herb is also known as Siberian ginseng. This herb is a well known natural remedy to boost the performance of the liver. It has been used for a long time in Asia as a remedy against a weak liver. The recommended dosage is 3 grams of dry Eleuthero root per day for one month's time.

3) Turmeric (Curcuma longa): This herb is the easiest to find. It is widely used in Indian cooking and can be picked up from any Indian store. It is not expensive and it is commonly referred to as "Haldi". The herb should be purchased in powdered form and is orange in color. Turmeric improves levels of bile in the liver and also boosts the overall performance of the liver. The recommended dosage is half a teaspoon a day mixed with a glass of skim milk and some honey. If you can take turmeric for at least three months you will find that the many of the smaller lumps will completely disappear and the size of the bigger lumps will have greatly reduced.

From the three herbs mentioned above, I mostly consume turmeric as I find it works the best and is also very cheap as compared to the other herbs mentioned above.

I know that sometimes getting these herbs and consuming them can be a bit of a pain. I often get people asking me to recommend some natural supplements in tablet form. There are a number of companies that make natural supplements to boost the liver system and I am only going to recommend the ones that I feel are worth your money. While buying the herbs is a cheaper alternative it is much more convenient to buy natural tablets and pop the required dosage daily.

Liver care/Liv.52: If you are going in for a natural supplement to protect your liver then the mother of them all has to be Liv.52. It is also known and sold as Liver care. It's produced by a company in India known as Himalaya Drug Company and the tablets have been exported to all parts of the world for the last couple of decades. There is a good chance that you have already seen these tablets at your local shopping centre. The tablets are 100% natural and are the flagship product of the brand. The recommended dosage is two to three tablets thrice

daily. I have been taking these tablets for the last three years. I personally will recommend that one takes two tablets twice daily for about three months to boost up your liver levels.

Silymarin Milk Thistle tablets: Wonder laboratories make Milk Thistle tablets and are available at around \$10 a bottle. The tablets will save you the trouble of looking out for the herb and is easier to consume.

I personally recommend "Liver care" tablets but if they aren't available then you can go in for Silymarin milk thistle tablets.

The supplements mentioned in this chapter will help boost your liver performance and help your liver pump out various toxins in your body. I don't recommend one take turmeric tablets as the amount of turmeric contained in each tablet is far more than what is required for the body.

However do remember that merely popping these tablets is not enough. You also now need to make sure that you are getting regular exercise, eating and drinking right and controlling the number of times you bring yourself to orgasm each week.

Chapter Seven: *Liver Flush*

A popular remedy to clear the body of liver stones and gallstones is a liver flush. There are thousands of people who claim to have expelled stones from both the liver and the gallbladder with the help of a liver flush. Over the years dozens of different variations of liver flushes have sprung up and each one claims to be more effective and safer than the other. In this manual I will lay down a popular liver flush that I have used.

A liver flush is nothing but a home remedy to clear the liver and gallbladder of stones and other sediments. It mainly involves drinking a couple of glasses of organic apple juice every two hours for two days while consuming only fruits and vegetables. At the end of the second day people undergoing a liver flush take one or two tablespoons of Epsom salt dissolved in water, followed by half a cup of olive oil with lemon juice at bed time. The next day numerous stones and sediments are expelled from the body along with the stools. This is the core formula of the various liver flushes that people have developed over the years. Later on I will tell you the fundamentals behind the liver flush.

Ingredients for a liver flush (Half amounts for persons below 18)

Epsom Salts	3 tablespoons
3 cups of water	Each cup/glass of water = 200ml
Olive Oil or Sunflower Oil	1/2 cup
Grape fruit or any other sour fruit as long as the fruit is sour	To make 1.5 cup of juice

Depending on your work or college schedule you should choose a day before a holiday to perform the liver cleanse. This is because the following day you may feel a bit weak and it helps if you can rest at home instead of having to go to work or college. Most people who perform a liver flush prefer to do so on a Saturday.

For best results you should try to consume organic apple juice every four hours and eat only fruits and raw or boiled vegetables two days prior to the flush. Also if possible also stay away from any supplements or vitamins for two to three days as well.

Start the day by having a low fat breakfast. Something very light for example plain bread or toast spread with very little jam for taste. A cup of black tea or coffee is fine as well but it's preferable to have one or two glasses of fruit juice instead. Stay away from anything fatty as well as milk or butter.

Around **12:00** in the afternoon have lunch. Like breakfast, lunch should be free from any fatty foods and devoid of any dairy or meat products. Lunch should be ideally made up of boiled vegetables, boiled rice and Juice.

1:00 PM -You must not consume anything after 1 o'clock. Mix the Epsom salts with 3 glasses of water. This mixture will have to be consumed in four servings. A lot of people don't like the taste of this concoction and if you think the taste will be too unpleasant you can mix the Epsom salts with three cups of freshly squeezed juice of an orange, apple or a grapefruit. Mixing the Epsom salts with freshly squeezed juiced helps negate the unpleasant taste of Epsom salts.

5:00 PM -Consume one glass of the Epsom salts mixed either with water or juice. Remember that the total mixture prepared has to make four glasses. Don't consume water after this glass as you will dilute the mixture in your system and reduce its effectiveness.

7:00 PM -Consume another glass of the Epsom salts mixture. At this point you should have another two glasses left. Again remember not to drink any water as you will only end up diluting the mixture in your system.

8:30 PM -Pour the 1/2 cup oil into a tumbler. Take the two grape fruits or whichever fruits you prefer and squeeze the juice into another container. Then strain the juice and add it to the olive oil. Some people prefer to add a few drops of lime to this mixture and mix well.

8:40 PM -Visit the bathroom and pass stools if possible. For many people the Epsom salts consumed earlier should do the trick but if you are still constipated don't worry about it. Don't try to force yourself.

9:00 PM -Consume the concoction of oil and juice prepared earlier. It is to be noted that downing this mixture is not an easy task. Don't be surprised if you find yourself taking around five minutes to get the mixture down. If you must, you can have some freshly squeezed juice from an alternate glass between sips. For the next hour or so do not lie down or go to sleep. A lot of liver flushes advice that the person lies

down immediately after consuming the oil but doing so can make you feel quite ill.

10:00 PM -At this point of time you are ready to go to sleep. Lie on your back with your head on the pillow and gradually fall asleep. You will definitely feel some rumbling in your stomach and many people actually claim that they can feel liver stones moving out from the liver like a train of marbles.

The next day you should set your alarm for **6:45 AM**. Get up at this time and be upright for the next 15 minutes.

7:00 AM -Have the third glass of the Epsom salt mixture and after being upright for about 5 minutes or so you may go back to bed and rest if you wish. Since you haven't eaten much the previous day you may find yourself feeling a bit weak but this is expected at this point of time.

9:00 AM -Have the last glass of the Epsom salt mixture and go back to bed. At this point of time it is normal to feel very weak and dizzy. A lot of people don't feel weak or dizzy at all. However it is advisable to go to bed and rest for the next two hours.

*Warning: **The Liver flush isn't recommended for everybody. You should read the next chapters to determine if the Liver flush is safe for you to try it.**

11:00 AM -You are now ready to start eating again. Start with a glass of freshly squeezed juice or a glass or two of water. After 15 minutes you can have fruit and cereal with a little milk. You can also have bread or toast with a little jam or preserve for taste. You still shouldn't have any butter at this point of time.

12:00 AM -You should be really hungry by now and the good news is that you can have a good meal for lunch. It is preferable you keep it light and make sure the food isn't excessively oily or fatty. Some people still feel weak at this point and in such a case it is better just to eat fruits and consume juice for lunch. By dinner time you should be completely fine and ready to eat as normal.

You can eat dinner at any time you feel convenient. While you can eat what you please it is advisable if possible not to overdo it with regards to fats and oils.

You can expect diarrhea in the morning and you should look into the toilet with a flashlight to see stones that have been expelled along with the stools. These stones can vary in size from small sand sediments and pebbles to larger stones. Proponents of a liver flush will advise you to look out for the green color stones as according to them these stones are mixed with bile from the liver which is green in color.

You can expect to expel a minimum of 50-100 stones after the first liver cleanse. Proponents of the liver cleanse will advise one to do a minimum of 5 to six liver cleanses with a gap of three to four months between each cleanse.

Before you undertake a liver flush it is important that you know the fundamentals behind a flush and how the flush is able to expel stones from the liver and the gallbladder. You also need to know the possible side effects that can occur from a liver flush. Only once you read through the whole manual should you take a call on whether or not a liver flush is for you.

Chapter Eight: The Fundamentals Behind the Liver Flush

A lot of people write to me stating that they would like to know the fundamentals behind a liver flush. For many it seems strange that with just apple juice, a couple of glasses of dissolved Epsom salts and some oil the body is able to expel stones from the gallbladder and liver.

When I first read about the liver flush I was a bit skeptical as well. I didn't want to try something without understanding how all these ingredients worked in my system to flush out stones from the gallbladder and liver.

So what is so special about these ingredients?

We will now take a closer look at each of these ingredients and examine how each of them individually helps the body naturally expel itself of liver and gallbladder stones.

Apple Juice: Apple juice is extremely high in malic acid. It is thought to act as a solvent to weaken adhesions between solid globules. Apple juice has traditionally been viewed as good for the body as a whole and more specifically the liver in many cultures across the world.

Epsom salts: Epsom salts or magnesium sulfate are used because it is thought that magnesium sulfate or Epsom salt as it is commonly known relaxes the organs of the body and will dilate the bile duct to enable larger solid particles like gallstones and liver stones to exit the body.

Oil: is used to stimulate the gallbladder and cause the bile ducts to contract thereby resulting in the body expelling stones.

The fundamentals behind a liver flush are very easy to comprehend and once understood seem to make a lot of sense. Liver stones result in hampering the amount of bile that is secreted to the body in order to digest fat. When the body doesn't get enough bile it finds it difficult to dissolve fat and thereby lipoma lumps are formed. You can think of the bile duct as a hose pipe and the stones as marbles. Imagine trying to pass water through such a hose pipe. Difficult isn't it? Also the absolute amount of water that will pass through is less and less forceful compared to an unblocked pipe.

This is precisely what is happening in the body. The body needs bile in order to digest fat. If the amount of bile that is secreted from the ducts is blocked the body has a limited supply of bile to digest fat and in many cases the excess fat isn't dealt with and thus form lipoma lumps.

For some reason this does not happen to everyone. There are millions of people whose liver contains stones and sediments and whose supply of bile is limited but whose body will still manage to deal with fat. The exact reasons for why everyone whose liver is clogged with stones don't form lipoma lumps isn't known. For the people who are reading this book and whose body develops lipoma lumps the good news is that the methods discussed prevent and cure lipoma lumps safely and effectively.

Bile is normally secreted by the body to deal with fatty and oily food. While bile is produced daily it is mostly only secreted when needed by the body. By having only boiled vegetables and fruits two days prior to the liver flush you are giving your body a chance to accumulate bile. Boiled vegetables and fruits are easily digested by the body without the help of bile.

So what happens two days before the flush is that your body is stocking up bile. Consuming boiled vegetables and eating fresh fruit results in resting the liver as these foods don't contain a lot of toxins. Consuming apple juice two days prior to the liver flush helps the stones loosen up as well as starts weakening the adhesions between solid globules.

When the flush is being performed the Epsom salts help the body relax and dilates the ducts. It is important that the ducts are relaxed and dilated so that the bigger stones can easily pass through the ducts without any pain or discomfort.

Now when the oil is consumed the body is immediately flooded with oil and needs bile to help digest this oil. The ducts automatically contract and all the bile that has been stocked up over the last couple of days is expelled with force to help digest the oil. The force at which this stocked up bile is expelled causes stones and sediments to be flushed out as well. Since the ducts are already dilated thanks to the Epsom salts the stones and sediments are able to pass through without any discomfort.

Once these stones are expelled from the ducts of the liver the next day they are expelled from the body along with stools during the bowel movements.

Chapter Nine: *Is the Liver Flush a Hoax?*

When I first began my research on why lipoma lumps form in the body, I was led to the hypothesis that the lumps were formed due to a either a weak liver or stones in the liver or gallbladder. I had heard of herbal remedies like "liver Care" tablets to help out with a weak liver but I had never heard of liver stones before let alone a natural remedy for it.

As soon as I started researching liver stones in the local libraries as well as online I was led to a number of popular liver flushes. Most of these liver flushes were based on the same principle so I chose the one that had the most testimonials and decided to give it a try.

I did the same liver flush that is prescribed in this manual and if I remember correctly my body expelled close to 70 stones after the first flush. On one hand I was ecstatic that my body expelled the stones that I believed were causing lipoma lumps to form in my body. On the other hand I was a bit perplexed by the size of these stones. Some of them were really quite big and it shocked me to think that such stones were lodged in my liver all this while.

I decided to do some more research on liver flushes and I found a lot of support for and against liver flushes. In the previous pages I explained to you the fundamentals of a liver flush. In essence the liver flush seems sound and the fundamentals behind a flush seem very strong but there are a lot of people who claim the liver flush is a hoax. It is my duty to explain to you not only the liver flush and its fundamentals but also the various counter arguments against liver flushes and the possible side effects one could experience from such a flush. You need to be informed about both the pros and cons of the liver flush before you can decide whether a liver flush is right for you or not.

The first argument against the liver flush is that there hasn't been any scientific controlled study to prove that liver flushes can expel stones from the liver or that a liver flush can even detoxify a liver. Most people against natural remedies normally use such an argument to discount any natural remedy so when I first came across this argument I didn't read too much into it. However their other arguments against the liver flush do seem to make sense.

People against liver flushes state that the stones passed out are too big to be real gallbladder stones or liver stones. They might have a valid point here because when I researched liver stones and gallbladder stones I found that most of these stones in most cases grow only to a maximum of a few centimeters and not to the sizes of stones that are expelled after a liver flush. A few liver stones and gallstones in some cases do grow to large sizes but these cases are rare and not very common.

So if the stones expelled from liver flushes aren't gallstones and liver stones then what are they? People who claim the liver flush is a hoax believe that the stones expelled after a liver flush are nothing but globules of saponified oil that are formed due to the large amount of olive oil mixing with the other ingredients consumed during the liver flushing process. They believe that these stones are actually formed inside the intestines as the body tries to process this unusual mix of nutrients.

When I was researching the liver flush I came across a case in the British Medical Association's journal "Lancet". Clinicians performed a chemical analysis of a few stones of a woman who underwent a liver flush. The clinicians found that the stones contained 75% fatty acids. The olive oil had been saponified into carboxylated acids and when combined with the potassium in the lemon juice formed potassium carboxylates. Apparently these stones are also called soap stones.

There have been a couple of other cases I came across that suggest that when tested the stones that were expelled after a liver flush were nothing more than fatty globules of fat. These claims aren't really substantiated so I am not going to go into them into detail.

I have undergone the liver flush around four times in the past and each time I kept on expelling around 70-80 stones. This really seemed odd to me that there could have been so many stones in the liver without causing any pain or discomfort.

I decided to tweak the liver flush process to see if I could get similar results. I performed the liver flush as prescribed but I skipped the olive oil. Instead I ate a medium size steak for dinner along with fries. The introduction of this fatty food should have had the same effect as olive oil. The next day I expelled no stones and I decided that I would quit the liver flush process for good.

I personally don't use the liver flush any more and I don't advice anyone to use the process either but because so many people all over the globe swear by it I included the process in this manual. The choice is yours. If you feel the liver flush will help you then go ahead with it. If you feel the liver flush isn't for you then skip it. You can easily prevent lipoma lumps and cure your lipoma lumps by using the other remedies taught to you in this manual.

I have personally seen people prevent and cure some of their existing lipoma lumps in their body by following the other techniques taught in this manual without ever undergoing the liver flush.

Biggest danger of a liver flush:

The biggest danger of a liver flush is that of a stone getting stuck in the duct. When a person undergoes a liver flush and consumes the olive oil the gallbladder contracts with great force. At this point of time any stones are expelled out of the gallbladder.

Now if the stones are big in size. You run the risk of these stones getting stuck in the ducts. This can be very painful and may even require surgery. My frank advice is to stay away from a liver flush. As I have mentioned before you can prevent and cure you lipoma lumps by using all the other techniques laid out in this manual.

Chapter Ten: *Preventing and Curing Lipoma Lumps: A final word.*

It is very easy to prevent the formation on new lipoma lumps. Follow the steps outlined in this manual for a month or so and you will find that no new lipoma lumps will form in your body. The lumps that form during the first month will be of a result of your previous lifestyle and diet.

The important thing to remember is that you need to follow all the steps laid down in this manual. Many people will give up fried and fatty foods but will not get any exercise done or will continue to indulge in over sexual stimulation. Controlling just one or two areas will not help. If you really want to prevent lipoma lumps from forming in your body then you will have to try and follow everything taught to you in this manual except for the liver flush which is left up to your discretion.

Curing lipoma lumps takes a little while longer and it depends on the size of the lumps. Small lumps are easier to cure and bigger lumps take a while longer to get cured completely.

If you persist with all the techniques taught to you in this book for a period of five to six months you will notice that all of your smaller lumps will have vanished and the bigger lumps will have reduced in size. If you continue with this regimen over a longer a period of time you will notice that most of your lumps will completely vanish.

To cure your existing lumps you will also have to consume half a teaspoon of turmeric powder each day. Turmeric works wonders on lipoma lumps but the key is to have only half a teaspoon each day.

The reason I advice you to take only half a teaspoon of turmeric each day is because turmeric is known to increase the amount of bile the body produces. Too much bile in the body is not advisable especially if your lipoma lumps are caused as a result of gallstones and not a weak liver.

Half a teaspoon of turmeric powder is safe and if consumed everyday will work wonders for your lipoma lumps. Once your lipoma lumps start shrinking and disappearing do send me a mail. I love to hear from people who have used this manual to prevent and cure their lipoma lumps.

Here's wishing you all the best.

Yours,

William R. Bradley

William R. Bradley

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presents

Cure Lipoma

 **How to Naturally Cure
and Prevent Lipoma Lumps**

