



On a Healthy Vegan Diet, I've Healed My Liver, Reversed Type 2 Diabetes, and Lost 35 Pounds

By Patricia S. Spratt
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Prior to going plant-based, my diet consisted mostly of fatty, fried fast food I could quickly grab on my lunch breaks. Dinner was anything I could cook up quickly, always with some form of animal protein as the main course.

On December 24, 2021, I had an appointment with a hepatologist, arranged by my primary care physician after blood work revealed that my liver enzymes were in the cosmic range. The hepatologist ordered more tests, the results of which showed that I had nonalcoholic fatty liver disease (NAFLD), likely the result of a nasty gene in my family: alpha-1 antitrypsin deficiency. Imaging showed a median liver stiffness score of 13.2, which indicated “severe fibrosis/cirrhosis.”

I was also obese, weighing 184 pounds; had Type 2 [diabetes](#), with an A1C (a measure of average blood sugar) of 7; and had [high cholesterol](#). The doctor told me that if I did not change my diet and sedentary lifestyle, I would be a candidate for a liver transplant within three to six years. Well, that was a lovely Christmas present!

Discovering a Vegan Diet

When I told one of my stepdaughters the news, she told me to [watch the *Forks Over Knives* documentary](#). So I did—three times. After that, I immediately became a

vegan. My focus was on repairing and keeping my liver healthy. I was pleasantly surprised when, a few weeks into my new diet, I found myself losing weight.

As for my liver, I went for another checkup in April 2022, and imaging showed a much improved liver stiffness score, of 4.3. Imaging in March 2023 showed a liver stiffness score of 3.7. And my most recent imaging, in January 2024, showed liver stiffness of 2.7, which indicates “no significant fibrosis,” or “normal/inflammation.”

No Longer Living in Fear

It's been more than two years since I adopted a healthy vegan diet. Along the way, I have lost 35 pounds (I need to buy a new wardrobe!) and reversed my diabetes, with my most recent blood work showing an A1C of 5.6 (normal). I've lowered my cholesterol to the normal range, as well. And I did it all with a plant-based diet—which, by the way, is delicious!

Because I have never met a vegetable or spice that I don't like, I have really enjoyed making stews and soups with spices from North Africa, [India](#), Asia, and Central America. There are some really great vegan cookbooks out there (including those [from Forks Over Knives](#)).

To minimize my exposure to toxic chemicals, I also stopped coloring my hair, as you can see from the photos. I actually like the silver look better than the dark brown!

I am so very grateful to my stepdaughter for telling me to watch *Forks Over Knives*. I no longer live in fear of liver failure, transplant surgery, or having to take immunosuppressant drugs for the remainder of my life. I tell everyone who asks how I did it to watch *Forks Over Knives*. For me, food is medicine—so, as a dear friend says, I am self-medicating!

Ready to get started? Check out [Forks Meal Planner](#), FOK's easy weekly meal-planning tool to keep you on a healthy plant-based path. To learn more about a whole-

(continued)

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food, plant-based diet, visit our [Plant-Based Primer](#).