

# Nulean Cleanse vs. Medical Treatment for Lowering Liver Enzyme Levels and Losing Weight

By Suhail Al-Sahli DC

A medically supervised clinical study was performed in a weight loss clinic in Houston Texas, over a period of several months whereby subjects participated in blood analysis specifically to evaluate liver enzymes levels and thyroid stimulating hormones. The participants originally entered to enroll in a medical weight loss program primarily using a *prescription appetite suppressant drug to achieve targeted decreases in body weight*.

Subjects with elevated SGOT and SGPT levels were not permitted to participate in the prescription weight loss program if their values were approximately double or greater than the maximum normal range, as it is considered unsafe to take the drugs under those stressed conditions. Max normal SGOT value is 35 and patients were excluded if the levels were greater than 65. Max normal SGPT value is 55 thus patients were not allowed to participate if the results obtained were more than 100. The patients with abnormally high results ranged from 75 up to 735 for the SGOT and 110 up to 265 for elevated SGPT. These individuals were given three options in order to bring down their SGOT and SGPT levels:

- OPTION 1. Use a *dietary liver cleansing product*, which contains a blend of aloe vera, a multivitamin complex and a specific blend of amino acids. Their blood tests would be repeated after two weeks of this all-natural supplementation.
- OPTION 2. Follow up with their primary care physician, undergo medical care through their primary care physician, and obtain a clearance from their primary care physician in order to participate in the medical weight loss program.
- OPTION 3. Do a home program by drinking only water and avoid all alcoholic beverages and any over the counter medications.

Twelve patients agreed to participate in Option 1 while sixteen chose Option 2 and fifteen agreed to Option three. It was noted that twelve out of the thirteen subjects who did Option 1 were able to reduce their SGOT and SGPT levels to the *normal range* after using *dietary liver cleansing product* for only one week and following a standard healthy diet for the second week. While only six of sixteen patients who were sent to their primary care physician were able to obtain a clearance after undergoing a medical treatment lasting four to six weeks.

Only seven of the fifteen patients who choose to follow Option 3 were able to reduce their enzymes by about 10 to 15 %, which marginally allowed them to participate in the prescription weight loss program, while the other participants in the third group failed to significantly lower their enzymes.

Also it was noted that the participants who did Option 1 were able to lose between 10-15 lbs within the two weeks period while participants in the home program (Option 2) dropped an average of only 1-2 pounds over the two week period.

The outcome of the study reveals that using a natural liver cleanser with a proper blend of amino acids and multivitamins can help lower liver enzymes and rejuvenate the liver while helping the patient to achieve their original purpose of losing significant weight. None of the participants who did Option 1 chose to peruse prescription appetite suppressants as a means of losing weight (which was their original intention), since they were pleased to have already achieved the targeted weight loss in a 100% natural manner.

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The all-natural cleanse Dr. Al-Sahli used in the study is the NuLean Weight-loss Cleanse. You may contact Dr. Al-Sahli at [dralsahli@yahoo.com](mailto:dralsahli@yahoo.com)