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My name is Debra Elkin and I am a mother of two and a grandmother of three. My children and grandchildren are the joy of my life and I am so thankful I can watch them grow. But a couple of years ago it seemed that my time is up and I will have to say my goodbyes as I was diagnosed with advanced fatty liver followed by inflammation. My liver was so heavily impaired that my doctors predicted imminent cirrhosis or cancer and a need for a liver transplant.

This website is where I share the story about how I got back from the verge of "the other side" and how thousands of people are doing it every year following the principles of the holistic breakthrough protocol known as the Ezra protocol.

The man on the picture on the above right is Dr Alfred Pischinger and his work is crucial for what is today known for as the Ezra protocol. The man who I have to thank for my blessed salvation, Mr Jacob Ezra implemented a lot of the principles Dr. Pischinger's work into his holistic protocol for fatty liver reversal. Before I found out about Mr Jacob Ezra and his little practice in Reims specializing solely in liver disease I suffered for years failing with every doctor that tried to help me with my terrible liver condition and the obesity. Later on I will share more about my story...

I suffered for years, trying pretty much anything you can think of. I would get my liver enzymes under control, loose some weight but then this thing would come back with a vengeance. I was desperate. I felt alone and I thought nobody understands. I felt them thinking that my obesity is because of the weak will power and...

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