

A Doctor Shares the Best Teas To Manage—and Even Help Reverse—Fatty Liver Disease

By Cailey Griffin, 2025-09-14

If you've recently learned you're dealing with excess liver fat or have been diagnosed with non-alcoholic fatty liver disease (NAFLD) after routine bloodwork, you're not alone. Nearly 100 million people in the US have NAFLD, according to the [*American Liver Foundation*](#). The key to reversing it is lifestyle change. And surprisingly, the right kind of tea for fatty liver can deliver powerful health benefits. We spoke to an expert on teas that help protect the liver to find out which ones are worth adding to your cart.

What is fatty liver disease?

“NAFLD is a serious and unfortunately common condition in which fat accumulates in the liver, impeding its function and eventually causing damage in the form of scarring, cirrhosis and even liver cancer,” says [**Stacie Stephenson, DC, CNS**](#), is a pioneer of functional and integrative medicine and board member of The American Nutrition Association.



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As the name suggests, NAFLD is not caused by alcohol consumption. So what triggers it? “It is likely caused by a combination of an unhealthy lifestyle and genetics,” says Dr. Stephenson. “Risk factors include obesity, diabetes and [high cholesterol](#), but not everyone with these conditions develops excessive liver fat.”

Symptoms of fatty liver disease

“In the early stages, there are usually no symptoms, which is one reason why NAFLD is so dangerous—it can advance without warning,” says Dr. Stephenson. “In later stages, the symptoms are often vague.” They may include:

- Fatigue

- A general feeling of unwellness
- Pain in the upper right abdomen

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"If you have diabetes, high cholesterol or obesity, however, you can assume you are at risk," Dr. Stephenson says. Ask your doctor to test your liver function at your annual physical, and check out more [early symptoms of fatty liver disease here](#).

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When there's too much fat buildup in the liver, it filters toxins and aids digestion—it can get bogged down and trigger symptoms like fatigue and abdominal swelling. The good news? Fatty liver doesn't have to be a lifelong diagnosis. In fact, even if the condition has progressed to nonalcoholic fatty liver disease (NAFLD), it can typically [...] [Open in NewsBreak](#)

How tea can improve liver health

At first, the idea of changing your lifestyle for liver health may sound overwhelming, especially if you're unsure what that means. But it doesn't require drastic changes, like going from no exercise to signing up for a 5k. Small steps, such as adding tea to your daily routine, can make a difference.

"Some teas can help to promote liver health by stimulating bile secretion, which can help the liver to detoxify naturally and provide antioxidant and anti-inflammatory action," Dr. Stephenson explains. "This could help reduce liver inflammation and oxidative stress in the body."

The 5 best teas for fatty liver

Dr. Stephenson recommends these teas for supporting liver health and managing fatty liver disease.



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Artichoke tea

“Thought to target liver fat and promote liver cleansing, artichoke tea helps stimulate bile secretion through a compound called cynarin, and is also a natural diuretic,” says Dr. Stephenson.

Green tea

“My go-to tea, [green tea](#) contains EGCG, a powerful antioxidant that can help to reduce oxidative stress in the liver and may aid in releasing liver fat,” says Dr. Stephenson. “It also reduces oxidative stress and inflammation all over the body, which can help all systems work more efficiently.”

Milk thistle tea

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"This tea contains a powerful antioxidant called silymarin that might target liver cells, but it is more likely to provide general antioxidant action, neutralizing free radicals and reducing the burden on a compromised liver," says Dr. Stephenson.

Dandelion tea

"This tea is thought to enhance bile secretion, which can help the liver to clear out toxins more efficiently," says Dr. Stephenson, which may head off potential liver damage.

"Dandelion tea is also a natural diuretic, flushing water out of the body to aid in natural detoxification."

Curcumin or turmeric tea:

"Curcumin, an ingredient in the spice turmeric, is a potent anti-inflammatory, which can help reduce overall inflammation that may be occupying the immune system," says Dr. Stephenson. "Less inflammation means more immune activity available to target problem areas, such as a fatty liver."

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It works whether you lose weight or not.

How often should you drink tea for fatty liver?

While tea can have protective effects thanks to its antioxidant properties, it's important not to go overboard. You also want to be aware of the potential health risks and talk to your doctor before adding tea to your daily regimen.

"With any herbal tea, you can have a cup or two a day, but don't be extreme," Dr. Stephenson cautions. "Many natural compounds are therapeutic in small doses but toxic in large doses. More is not better. A cup or two of any of these teas every day over time will have a more therapeutic effect than drinking large amounts all at once."

And while tea can support liver health, Dr. Stephenson warns it's not a cure-all. "It is a life-style behavior that can support health in general and the liver specifically," says Dr. Stephenson. "However, without also changing your diet, moving more, managing your stress and addressing underlying disease processes like diabetes and high cholesterol, tea alone will not be very helpful."

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[**'Not All Sugar Is Created Equal': 4 Fruits That Heal a Fatty Liver, According to a Dietitian**](#)

[**Statins and Fatty Liver: What Experts Say About the Best Options for Liver and Heart Health**](#)

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'I Reversed My Prediabetes Naturally With Berberine—and Finally Got My Energy Back!'

Lori Baniette, 58, found herself struggling with prediabetes and exhaustion, something that made enjoying her favorite everyday activities a challenge. While she tried the usual strategies, such as following a healthier diet and exercising more, her blood sugar and ener...

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Doctors Warn: Over 500,000 Bottles Pulled of Popular Blood Pressure Drug for Increased Cancer Risk

Testing found elevated levels of a potential carcinogenic impurity in several lots of Prazosin Hydrochloride capsules. AI was utilized for research, writing, citation management, and editing.

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The 4 Best Foods and Drinks for Constipation—Plus What To Avoid When You're Backed Up

We all know what it feels like to be, well, stuck. Constipation is frustratingly common and tends to become even more so as we age. The good news? There are natural, research-backed ways to get things moving again—and a lot of them are probably already on your...

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'Why Do I Keep Burping?' a Doctor Reveals the Top Cause and Simple Pencil-Trick Fix

You're in the middle of dinner with your in-laws (no mean feat!) when it happens: A sneaky, ill-timed belch bursts past your lips, and you find yourself blaming cruel fate—as well as what you thought were innocent mashed potatoes just minutes ago. It's not the first time a bout o...

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Tia and Tamera Mowry Share Their HomeGoods Holiday Must-Haves and Why They Always Decorate Early (EXCLUSIVE)

It may only be October, but HomeGoods and Tia and Tamera Mowry are already counting down the days until Christmas. Along the way, the actresses are partnering with the home décor store for their third annual Deck the Everything Day, which gives all holiday lovers the...

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The Skillet Trick That Keeps Pork Chops Perfectly Tender

If you've ever been disappointed by dry pork chops, this recipe changes everything. These Boneless Pan-Fried Pork Chops are seared to a perfect golden brown in a hot skillet, then basted with butter and thyme for a juicy,...

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The Secret to Juicy Meatloaf Is Hiding in Your Pantry

If you're headed to a cookout, potluck, or just craving some good old-fashioned comfort food, this Perfectly Moist Meatloaf Made With Oatmeal is about to become your new go-to recipe. It's hearty, flavorful, and stays juicy...

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How To Stop Snoring Tonight With 7 Simple Tricks That Actually Work

Plus learn what sleeping position blocks overnight sawing — and which makes it worse

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Should You Store Bread on the Counter or in the Fridge? Food safety experts weigh in

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Fridge? Food

If you bake or buy bread often, you've probably noticed the tradeoff: the counter keeps a loaf tasting great for a couple of days, but mold shows up faster; the fridge slows that mold, yet the crumb firms up and tastes "stale"...

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The Little Blue Pill Too Dangerous to Take

They look harmless — small, blue tablets stamped "M" and "30." But what many think are prescription oxycodone pills are often counterfeit and laced with fentanyl, the synthetic opioid behind a growing wave of fatal overdose...

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Yes, Those 'Worms' in Strawberries Are Real — But Here's Why You Don't Need to Panic

When fruit is submerged in salt water or mild vinegar, these larvae may float or crawl out. AI was utilized for research, writing, citation management, and editing. The author has no affiliation with any companies mentioned.

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'Better Than the Name Brand': Devoted Fans Love Kroger Dupes—7 Must-Try Grocery Items

Remember food shopping with your mom as a kid, getting frustrated when she'd buy the generic store-brand cereal as opposed to the brightly colored, alluring name-brand box? Growing up is realizing that the generic brand often tasted exactly the same and sometimes...

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Ozempic, Wegovy, Trulicity, Victoza, Mounjaro, and Zepbound - Which is Better for Weight Loss (NIH)?

GLP-1-based medicines now dominate diabetes and medical weight-loss headlines—but they're not all the same. Some are approved for type 2 diabetes only, others for chronic weight management, and a few carry...

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Dermot Mulroney Talks 'Long Shadows,' 'Hunting Wives' and 'My Best Friend's Wedding' Sequel (EXCL.)

If Dermot Mulroney's face looks familiar, that's because he's stolen hearts across nearly every genre for decades. Maybe you swooned over him opposite Julia Roberts in *My Best Friend's Wedding* (1997), rooted for him through his *Shameless* arc, felt all the feels during *The Fam...*

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Get A Sneak Peek At the Aldi Advent Calendars: Wine, Cheese, Barbie and More, Plus When and Where to Buy

'Tis the season to snag a picture-perfect Advent calendar. Whether you prefer something with a little bit of pop culture or a more traditional option, Aldi has everything you could want and more. The beloved holiday tradition is a staple at the supermarket chain and they just...

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Doctors Warn: Ozempic Horror Stories Shocking America

Over 2,800 lawsuits have already been filed against Novo Nordisk. AI was utilized for research, writing, citation management, and editing. The author has no affiliation with any companies mentioned.

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This Jiffy Cornbread Casserole is the Easy, Savory Side Dish Everyone Will Rave About!

This Jiffy Cornbread Casserole is an easy and delicious casserole recipe perfect for any occasion! Made with simple ingredients, it's a crowd-pleasing dish that everyone will love! Using just seven ingredients, this savory dish is...

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Dietitians Reveal the Best Sugar-Free Candy for Weight Loss—and They're Delicious

Weight loss doesn't have to mean giving up the fun foods and snacks you love—yes, even sweets. In fact, dietitians say you can absolutely enjoy candy while reaching your health goals. The secret? Choosing the right kind. Sugar-free candy can satisfy cravings, support...

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5 Classic TV Halloween Episodes That'll Have You Screaming With Delight—Perfect for Cozy Nights

Spooky season is almost over, and while most people are beginning to pack up their pumpkins, at Woman's World, we're trying to savor every little bit of coziness and comfort. To do this, we began binge-watching a bunch of classic TV Halloween episodes, and below are...

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Ted Danson's Wife Mary Steenburgen Joins 'A Man on the Inside' Season 2 in Romantic Role

When it comes to sitcoms, no one does it better than Ted Danson. Between his comedic timing, effortlessly cool demeanor and impeccable style, he truly is one of the greats. And something that he's currently great in is the hit Netflix show *A Man on the Inside*. Below, we...

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The Cost-of-Living-Adjustment (COLA) for 2026 was finally announced after a delay

Today, it was announced that the cost-of-living increase (COLA) in Social Security and Supplemental Security Income (SSI) benefits for 2026 is set at 2.8%. Social Security average retirement benefits are said to increase by \$5...

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Treat Yourself to These Sweet Halloween Food Deals—From Free Donuts to \$5 Jack-O'-Lantern Pizzas!

Eating out on Halloween doesn't have to be scary for your budget! You can savor burgers, pizza, burritos and sweet treats without spending a fortune. Whether you're fueling up for trick-or-treating with the little ones or simply looking for a reason to indulge in take-out at...

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'I Finally Have My Life Back!': How Bone Broth Healed Mia Taylor After Years of Gut Issues

After years of suffering from debilitating digestive system issues such as bloating and gastrointestinal upset with no relief in sight, Mia Taylor, 38, decided it was time to take matters into her own hands. While diving into research on holistic remedies for her ulcerativ...

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The End of the Middle Class? 25 Items Many People Will Struggle to Afford Soon

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'She Stole Every Scene': The Remarkable Real Story of Alice Pearce—TV's Gladys Kravitz

There are scene-stealers and then there are the actors who don't just steal a scene, they walk off with the whole show when nobody's looking. You may have tuned in to Bewitched for Elizabeth Montgomery and Dick York's Samantha and Darrin Stephens, but you couldn't help...

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Doctors Warn: This Common Juice Can Make Your Prescription Deadly

It sounds wholesome – a glass of grapefruit juice to start the day. But for millions of people on prescription drugs, that glass could silently transform a safe dose into a dangerous one.

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"Can't Get to Sleep?" The Nighttime Supplements That Could Kill You

Millions of Americans pop a "natural" sleep aid before bed – unaware that the same pill that promises rest could stop their heart before morning. AI was utilized for research, writing, citation management, and editing.

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