



# What Lifestyle Changes Can Help Liver Cancer Patients?

Maintain a healthy diet 🥗 with fruits, vegetables, lean proteins, and whole grains while avoiding processed foods and alcohol. Engage in regular exercise 🏃 like walking or yoga. Avoid smoking and alcohol 🚭 🍷 . Manage stress 🧘 through meditation or therapy. Follow medical advice 🏥, attend check-ups, and protect your liver.

👉 Watch Our Video:- <https://youtube.com/shorts/hKyZKjPGoOI?feature=share>