CLAIMS

1. A composition comprising phosphatidylcholine (PC) in a liposome or nanoparticle for use in the treatment of fibrosis in a subject in need thereof.

2. Use of a composition comprising phosphatidylcholine (PC) in a liposome or nanoparticle in the manufacture of a medicament for the treatment of fibrosis in a subject in need thereof.

3. The composition of claim 1 or use of claim 2 wherein the phosphatidylcholine is polyene phosphatidyl choline (DPPC) or a choline head with a phospholipid tail of 16 carbons or wherein the phosphatidylcholine is di-linoleoyl-phosphatidylcholine (DLPC) or a choline head and a phospholipid tail of 12 carbons.

4. The composition or use of any one of the preceding claims wherein the liposome or nanoparticle further comprises i) an antioxidant; ii) vitamin E; iii) a factor that can stimulate new cell growth; a protein or peptide that can stimulate new cell growth; and/or cholesterol.

5. The composition or use of claim 4 wherein the peptide is a GHK peptide that can stimulate new cell growth.

6. The composition or use of any one of claims 1 to 5 wherein the phosphatidylcholine binds to LHR-1 and or PPAR alpha.

7. The composition or use of any one of the preceding claims wherein the liposome is to be administered by injection, transdermally, orally, via depot, or inhalation.

8. The composition or use of claim 7 wherein the liposome is to be administered intravenously.

9. The composition or use of any one of the preceding claims wherein the subject is suffering from a fibrotic disease, non-alcoholic steatohepatitis (NASH), non-alcoholic fatty liver diease (NAFLD), hepatitis, liver cirrhosis, lung fibrosis, chronic obstructive pulmonary disease (COPD), or interstitial pulmonary fibrosis.

10. The composition or use of claim 9 wherein the administration ameliorates one or more symptoms of a fibrotic disease selected from the group consisting of liver fibrosis, fat content of liver, incidence of or progression of cirrhosis, incidence of hepatocellular carcinoma, increased hepatic aminotransferase levels, alanine aminotransferase (ALT) levels, aspartate aminotransferase (AST) levels, increased serum ferritin, elevated levels of gamma-

glutamyltransferase (gamma-GT), and elevated levels of plasma insulin, cholesterol and triglyceride.

11. The composition or use of claim 9 or 10 wherein the subject is suffering from NAFLD or NASH.

12. The composition or use of any one of the preceding claims wherein the liposome or nanoparticle is to be administered weekly, once every two weeks, once every three weeks, monthly, or once every two months.

13. The composition or use of any one of the preceding claims wherein the subject is human.

14. The composition or use of any one of the preceding claims wherein the liposome further comprises a pharmaceutically acceptable excipient, carrier or diluent.

15. A composition comprising a liposome or nanoparticle comprising total phosphatidylcholine (PC) at a concentration of 1 to 100 mg/ml in the liposome.

16. The composition of claim 15 wherein the phosphatidylcholine is polyene phosphatidyl choline (DPPC) or a choline head with a phospholipid tail of 16 carbons or wherein the phosphatidylcholine is di-linoleoyl-phosphatidylcholine (DLPC) or a choline head and a phospholipid tail of 12 carbons.

17. The composition of any one of claims 14 to 16 wherein the liposome or nanoparticle further comprises i) an antioxidant; ii) vitamin E; iii) a factor that can stimulate new cell growth; a protein or peptide that can stimulate new cell growth; and/or cholesterol..

18. The composition of any one of claims 14 to 17 wherein the DLPC is in the liposome at 10%-50% composition by weight.

19. The composition of any one of claims 14 to 18 wherein the DPPC is in the liposome at 10%-50% composition by weight.