CLAIMS

1. A composition comprising phosphatidylcholine (PC) at a concentration of 1 mg/ml - 100 mg/ml in a liposome or nanoparticle for use in the treatment of fibrosis in a subject in need thereof, wherein the liposome or nanoparticle comprises 1,2-dilauroyl-sn-glycero-3-phosphocholine (DLPC) or a choline head with a phospholipid tail of 12 carbons at 10%-50% composition by weight and 1,2-dipalmitoyl-sn-glycero-3-phosphocholine (DPPC) or a choline head with a phospholipid tail of 16 carbons at 10%-50% composition by weight.

2. Use of a composition comprising phosphatidylcholine (PC) at a concentration of 1 mg/ml - 100 mg/ml in a liposome or nanoparticle in the manufacture of a medicament for the treatment of fibrosis in a subject in need thereof, wherein the liposome or nanoparticle comprises 1,2-dilauroyl-sn-glycero-3-phosphocholine (DLPC) or a choline head with a phospholipid tail of 12 carbons at 10%-50% composition by weight and 1,2-dipalmitoyl-sn-glycero-3-phosphocholine (DPPC) or a choline head with a phospholipid tail of 16 carbons at 10%-50% composition by weight.

3. The composition for use of claim 1 or use of claim 2 wherein the liposome or nanoparticle further comprises i) an antioxidant; ii) vitamin E; iii) a factor that can stimulate new cell growth; iv) a protein or peptide that can stimulate new cell growth; and/or v) cholesterol.

4. The composition for use of claim ~~1 or~~ 3 or use of claim ~~2 or~~ 3 wherein the peptide is a GHK peptide that can stimulate new cell growth.

5. The composition for use of any one of claims 1, 3 or 4 or use of any one of claims 2-4 wherein the phosphatidylcholine binds to LRH-1 and/or PPAR alpha.

6. The composition for use of any one of claims 1 or 3-5 or use of any one of claims 2-5 wherein the liposome is to be administered by injection, transdermally, orally, via depot, or inhalation.

7. The composition for use of claim 6 or use of claim 6 wherein the liposome is to be administered intravenously.

8. The composition for use of claim 1 or 3-7 or use of any one of claims 2-7 wherein the subject is suffering from a fibrotic disease, non-alcoholic steatohepatitis (NASH), non-alcoholic fatty liver disease (NAFLD), hepatitis, liver cirrhosis, lung fibrosis, chronic obstructive pulmonary disease (COPD), or interstitial pulmonary fibrosis.

9. The composition for use of claim 8 or use of claim 8 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.

10. The composition for use of claim 8 or 9 or use of claim 8 or 9 wherein the subject is suffering from NAFLD or NASH.

11. The composition for use of claim 1 or 3-10 or use of any one of claims 2-10 wherein the liposome or nanoparticle is to be administered weekly, once every two weeks, once every three weeks, monthly, or once every two months.

12. The composition for use of claim 1 or 3-11 or use of any one of claims 2-11 wherein the subject is human.

13. The composition for use of claim 1 or 3-12 or use of any one of claims 2-12 wherein the liposome further comprises a pharmaceutically acceptable excipient, carrier or diluent.

14. A composition comprising a liposome or nanoparticle comprising total phosphatidylcholine (PC) at a concentration of 1 to 100 mg/ml in the liposome, wherein the liposome or nanoparticle comprises 1,2-dilauroyl-sn-glycero-3-phosphocholine (DLPC) or a choline head with a phospholipid tail of 12 carbons at 10%-50% composition by weight and 1,2-dipalmitoyl-sn-glycero-3-phosphocholine (DPPC) or a choline head with a phospholipid tail of 16 carbons at 10%-50% composition by weight.

15. The composition of claim 14 wherein the liposome or nanoparticle further comprises i) an antioxidant; ii) vitamin E; iii) a factor that can stimulate new cell growth; iv) a protein or peptide that can stimulate new cell growth; and/or v) cholesterol.

16. The composition of any one of claims 14 to 15 wherein the DLPC is in the liposome at 10%-50% composition by weight.

17. The composition of any one of claims 14 to 16 wherein the DPPC is in the liposome at 10%-50% composition by weight.