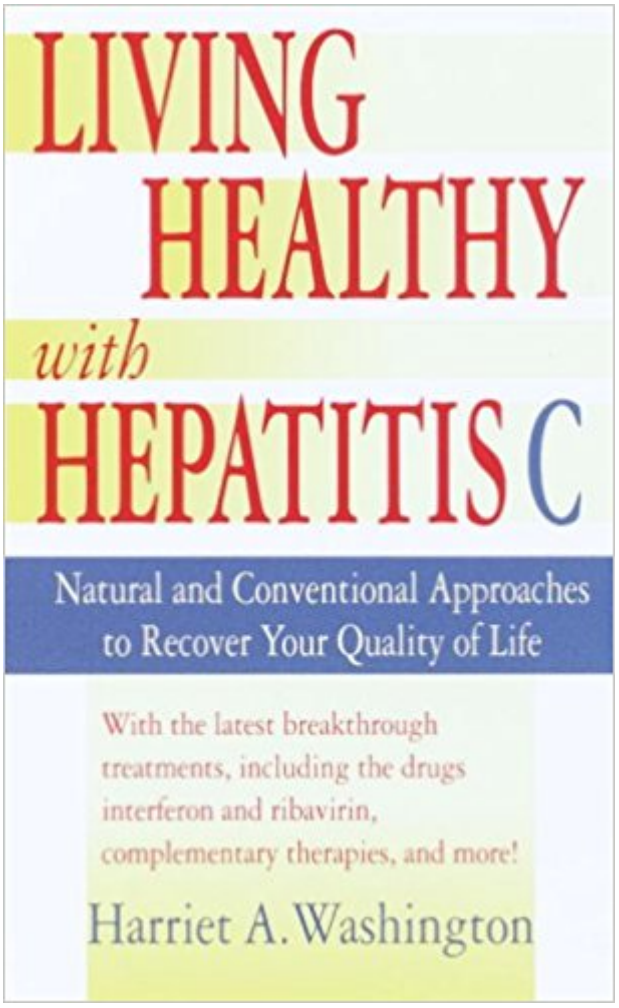
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Living Healthy With Hepatitis C: Natural And Conventional Approaches To Recover Your Quality Of Life



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Synopsis

As many as four million Americans suffer from the hepatitis C virus (HCV), but most don’t even know they’re infected. Here at last is the unprecedented book that smashes the myths about the disease as it offers authoritative, lifesaving information you won’t find anywhere else. Living Healthy with Hepatitis C is your ultimate weapon against the biggest killer of all: fear. Discover new hope and help in its pages as you learn a comprehensive approach that puts you back in control of your life!Protect yourself from acquiring HCVProtect your loved ones from contracting it if you are infectedBenefit from the latest medical treatments, including interferon, ribavirin, and other drugsLearn the pros and cons of alternative treatments, including herbs, supplements, and acupunctureUse diet, lifestyle, and exercise as potent weapons against HCVAvoid its worst consequences, including cancer and liver failureUnderstand HCV, the medical treatments, lab tests, clinical trials, and much moreTake advantage of the latest breakthroughs, including a possible "magic bullet" leading to a curePLUS extensive resources, including books, organizations, websites, periodicals, and more

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Customer Reviews

As many as four million Americans suffer from the hepatitis C virus (HCV), but most don’t even know they’re infected. Here at last is the unprecedented book that smashes the myths about the disease as it offers authoritative, lifesaving information you won’t find anywhere else. Living Healthy with Hepatitis C is your ultimate weapon against the biggest killer of all: fear. Discover new hope

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Harriet A. WashingtonÃ Â is the author ofÃ Â Medical Apartheid, which won a National Book Critics Circle Award, the 2007 PEN Oakland Award, and the 2007 American Library Association Black Caucus Nonfiction Award. She has been a fellow in medical ethics at the Harvard Medical School, a senior research scholar at the National Center for Bioethics at Tuskegee University, a fellow at the Harvard School of Public Health, and the recipient of a John S. Knight Fellowship at Stanford University. She is the author of Infectious Madness, Deadly Monopolies, and Medical Apartheid.Ã Â

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If you or a loved one has Hep-C, this book is a good one to add to your library. It’s been several years since I bought it, so some things have changed. But when a close family member was finally diagnosed, this book....and others...helped us understand what he was coping with.

Helped me with understanding my illness.

I began reading the book tonight and couldn’t put it down. This paperback is packed with solid, scientific information that’s not oversimplified, but is easy to understand. The chapters cover the history of Hep C, risks, diagnosis, conventional treatment, food and dietary supplements to armor your immune system, herbs, emotional and psychological issues, extreme remedies and liver transplants, as well as healing resources, etc. I appreciated the author’s distinctions between fact and fiction, her clear dietary strategies, and recommendations on who should try certain remedies and who should avoid them. The section on how to understand lab results was especially useful and

will help prepare the person diagnosed with Hep C for medical visits. The statistics were appreciated and actually helped quell some of my own anxieties about the course of this disease. There is hope, especially for those who are willing to take care of themselves. I highly recommend this book for anyone who wants to learn more about Hepatitis C.

This book struck exactly the right chord for the hepatitis C sufferer who is feeling overwhelmed but wants scientifically rigorous information in a form that he or she can use. It is full of clear, factual answers to the question every hep C positive person has, with the scientific bases explained well but in a nonintimidating way.But it also tackles those thornier questions of how to find a doctor who shares your personal style, how to avoid the "snake oil" faction of alternatives while making sure your lifestyle supports your chances for getting well and how to increase your chances of a successful liver transplant if you need one It’s pragmatic and positive.

GiftÃƒÂ Ã Å¸Ã ËœÃ Å

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