HEPATITIS

Hepatitis is an inflammation of the liver, often caused b a viral infection, enlarging the liver so it can't function properly.

Hepatitis A is easily spread from person to person and through contact with food, clothing, bed linen and other items. Once you have had Hepatitis A, you normally develop an immunity to it.

Hepatitis B is spread through infected blood eg. Use of contaminated syringes, needles of drug users. It becomes a concern for gay men as well, as was AIDS in the last century. Hep. B is the 9th leading cause of death in the U.S.

Hepatitis C accounts for 20-40% of all hepatitis and up to 95% of hepatitis contacted through blood as in contaminated donor blood, intravenous drug use, sexual contact and broken skin or mucous membranes. Often Hep C is treated as a blood cancer.

Remedies:

- **Cleanse the liver and the blood with burdock, dandelion, milk thistle.**
- **Include Alpha Lipoic acid in your daily regime.**
- **Other herbs to help: black radish, goldenseal (not to exceed 10 day intake), green tea, red clover, yellow dock.**
- **Do a cleansing fast, then eat a raw veg. and fruit diet for 2-4 weeks.**
- **Avoid coffee, alcohol, smoking, any foods containing sugar, raw fish or shellfish, animal protein.**
- **Apply warm castor oil packs over the liver area which you can heat, but do not boil.**
- **For Hep A keep in isolation so it doesn't spread. Wash clothing and bedding often.**