

# Easy B Facts

## Natural and Alternative Medicine

When you get sick, you probably want to get well as fast as possible. You may see your doctor, try home remedies, or try natural or alternative medicines.

Natural means that no chemicals are used

to help you get well. Alternative medicine means trying something other than seeing your regular doctor. This could include using home remedies, as well as things like herbal and Chinese medicine.

**Everything** goes through your liver. Everything you put in your mouth, such as herbs, drugs and food goes through your liver. What you breathe and put on your skin goes through your liver. Hepatitis B (HBV for short) is a liver disease. So, if you have HBV you have to be extra careful – educate yourself as much as possible and always work with medical and herbal experts.

## Alternative Medicine...

- Some people use medicine from other traditions, such as Chinese medicine or folk healing. For example, *Curanderos* are healers in many Latin cultures. *Aryurveda* is commonly practiced by those from India. Massage, herbs, prayer and meditation are used by many folk healers.
- If you use folk medicine talk to an expert about whether it is right for you and always tell your regular doctor about everything you are taking.



HBV ADVOCATE

[www.hbvadvocate.org](http://www.hbvadvocate.org)

Hepatitis C  
Support Project

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