

Natural and Alternative Medicine

When you get sick, you probably want to get well quickly. You may see your doctor, try home remedies, or try natural or alternative medicine.

Natural means that no chemicals or drugs are used to help you get well. Alternative medicine means trying something in addition to or other than seeing your regular doctor. Some alternatives use ancient healing practices, such as folk healing, Chinese Medicine or

seeing a shaman or Curandero (Spanish for healer). Massage, herbs, prayer and meditation are other alternatives that may be used in addition to seeing a doctor.

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. Since hepatitis C (HCV or Hep C for short) is a liver disease, it is important to protect your liver.

Alternative Medicine.....

- ◆ If you have Hep C you have to be extra careful. Learn all you can about it and always work with medical experts.
- ◆ If you take hep C drugs, don't take herbs or anything else unless your doctor or nurse OKs it.
- ◆ Talk to an expert about whether alternative medicine is right for you and always tell your regular doctor about everything you are taking.

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 **HEPATITIS C**
SUPPORT PROJECT