14 Ways to Take Care of Your Liver

If you've been diagnosed with hepatitis C or liver disease, there are proactive ways to care for your liver to help it function better.

August 4, 2021 By Connie M. Welch

Hepatitis C is an infection of the liver caused by the hepatitis C virus. It is transmitted (in many ways) by contact with hepatitis C infected blood. Hepatitis C can be active in the blood, and cause liver damage without the person having any symptoms.

It is important to note that no amount of self-care or supplements will cure hepatitis C. There are highly improved treatments for hepatitis C with high cure rates and few side effects. Treatment can be done in as little as 8 to 12 weeks. Proactive care will help your liver as you seek treatment and recovery.

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- Get tested for hepatitis C. Do not assume you do not have hepatitis C even though you may not have symptoms. Hepatitis C is known as the silent disease.
- Seek care with a liver specialist; hepatologist, gastroenterologist, or infectious disease doctor. These doctors specialize in testing and treatment of liver disease.
- Seek treatment for hepatitis C.
- Get vaccinated for hepatitis A and B. There is no vaccine for hepatitis C.
- Avoid alcohol and chemicals that harm the liver.
- Talk to your doctor and pharmacy about all over the counter, prescription medication, vitamins, herbs, and supplements before taking them.
- Eat a nutritious liver healthy diet. Avoid processed foods.
- Lose weight if you are overweight.
- Drink at least 64 ounces of filtered water daily or water infused with citrus.
- Mild exercise helps boost the immune system, increased blood flow, and aids in losing weight as well as boosting energy.

- Get at least 8 hours of sleep per night. Take rest breaks during the day if needed.
- De-stress. High stress can depress the immune system. Make time to relax. Pray, meditate, journal, and enjoy an activity.
- Talk to your pastor, professional counselor, or life coach to help you with anxiety, fear, or concerns you may have.
- Connect with a hepatitis C or liver disease support group.

Do you have a question or concern about hepatitis C or liver disease?

Share your comments below.

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