15 Steps to Recovery from Hepatitis C Treatment

July 18, 2013 By Connie M. Welch

Here are 15 important steps to recovery from Hepatitis C Treatment.

1. Be on guard NOT to jump right back into your normal routine or take on more than your ready for right after you finish treatment. Just because treatment is finished does not mean your body is recovered yet. Pace yourself and give your body time to rebuild.

2. Keep up with your doctor's appointments for check-up's and blood work. This is important for your recovery process.

3. For Strength & Stamina: Slowly work back into exercise and strength training. Doing something active for 15 minutes per time, slowly working up to 30 minutes 3-5 times per week. Walking is good. Hand free weights and resistance bands are good to rebuild strength. Doing something even in small amounts each day to build back your strength will help restore your body.

4. Drink plenty of filtered water. 6 to 8 (8oz) to replenish what has been lost during treatment and restore function. It makes a huge difference in healing and energy.

5. Don't compromise your recovery progress with drinking alcohol, smoking or drugs. Your body has been through a battle and it needs all the help you can give it for good health.

6. Rebuild and Boost Immune System: Take a good multi-vitamin, extra dose of Vitamin C, B-Vitamins including B-12. Antioxidants help guard your body from infection and boost your immune system, plus helps your restore your energy level.

7. Make sure you have received your flu & pneumonia shot. These help protect you while your immune system and blood count are being rebuilt.

8. Eat non-processed foods, and plenty of fresh fruits and vegetables.

9. Rest & Sleep: Rest and get at least 8 hours of sleep are required to restore your body. If your body tells you, you need a break, take it and rest. Recovery will be better when you take rest stops.

10. Suggestion: If you have taken an anti-depressant while on treatment to help with side effects, consult your doctor before getting off of the medication. Some medications require you to step down slowly rather than stopping cold turkey. You do not want to have adverse effects from getting

off the medication too quickly. You may want to remain on the medication for 3 to 6 months after treatment to give your body time to get the treatment drugs out of your system as you recover.

11. Journaling your treatment recovery and/or making a Thankfulness journal is a positive way to keep you focused and mentality moving forward into recovery. Jot down 5 to 10 things per day that you are thankful for. This has a great affect on your attitude and outlook.

12. Listening to Christian music each day is very uplifting and nourishing spiritually and emotionally. What we listen, see, and exposed to has a powerful influence on our lives and recovery.

13. Reading the Bible, picking out one scripture to memorize each week will help your memory and concentration and also nourish and restore you spiritually, emotionally and mentally. God's Word helps you stay focused and on track. God's Word tells us in Deut. 32:47, "They are not just idle words for you, they are your life."

14. Prayer each day is important to connect with God and allow Him to lead you into full recovery physically, mentally, emotionally and spiritually balanced. Prayer and God's Word are powerful for healing and recovery for all area's in our life.

15. Plus. . . Be patient with the process. It takes times to rebuild, and restore your body from treatment. Hep C Treatment is a tough battle and something you don't get over quickly. Treatment did not happen quickly and neither will recovery, so don't be discouraged or impatient. Keep moving forward each day.

Are you recovering from Hep C Treatment? Do you have a helpful recovery tip that you can share?

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