Basic Requirements for Living with Hepatitis C

February 22, 2013 By Lucinda K. Porter RN

Breathe in, breathe out. Forget this and enlightenment is unobtainable. ~ Author unknown

None of us is perfect, and thank goodness we don't have to be. All that is required of us is that we breathe in, and we breathe out--nothing more. Perhaps there is a wee bit more, because we need to stay healthy in order to breathe. Then of course, some of us seek joy, security, love, and other forms of fulfillment. Nevertheless, it comes back to "breathe in, breathe out."

What does this have to do with hepatitis C? Everything. It serves us well to keep life simple, particularly when trudging through hepatitis C treatment or end-stage liver disease. There are moments when life seems impossible. It is in then, when just existing requires more than we have, the secret of life can be distilled in this single practice, "Breathe in, breathe out."

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.hepmag.com/blog/basic-requirements-f