Crashing into Windows with Hepatitis C

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Hold fast to dreams, for if dreams die, life is a broken-winged bird that cannot fly. ~ Langston Hughes

On a recent morning, I happened to stare out a window just as a grosbeak slammed into the glass. Pursued by a hawk, the grosbeak escaped its predator, dying instead from an encounter with a closed window.

Sometimes living with hepatitis C feels like being pursued by a predator. Hepatitis C has been described as being chased by a dragon. Our job is to stay ahead of hepatitis C and to avoid crashing into windows.

Many of us, myself included, use herbs and other dietary supplements to help us stay ahead of hepatitis C. Supplements offer hopeful alternatives, and quite frankly, when I read about them, I feel incredibly optimistic. However, before taking anything, no matter how great it sounds, I do my research; natural does not mean safe.

A recent report from the Drug Induced Liver Injury Network, states that dietary supplements accounted for 18% of liver injuries in the U.S. from 2003-2011. Before taking supplements, be sure they are safe. The bottom line: do not inflict further damage to the liver.

Don’t fly into other problems when trying to escape the jaws of hepatitis C.

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http://beta.docker.hepmag.com/blog/crashing-into-window