Develop Your Program for Recovery After Hep C Treatment

Here are 15 important steps to help you get better after undergoing hep C treatment.

December 3, 2020 By Connie M. Welch

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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-ups 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. Stretching and Flexibility exercises are also excellent 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) glasses a day 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, an extra dose of Vitamin C, B-Vitamins including B-12. Antioxidants help guard your body against infection and boost your immune system, plus help you restore your energy level.

7. Make sure you have received your flu & pneumonia shot. These will help protect you while your immune system and blood count are being rebuilt. Be sure to ask your physician about you're taking the shingles vaccine if you have not had one.

8. Eat non-processed foods and plenty of fresh fruits and vegetables. A good rule of thumb to go by is, "If it was made in a plant DON'T eat it. If it was made by a plant eat it." Wholesome foods of fresh vegetables and fruits, quality protein, nuts, and seeds are best to help nourish and rebuild your body. Try to eliminate processed foods, sugar, and high carb foods that deplete your body.

What you put in your body goes a long way in helping your recovery and health.

Juicing or blending fresh fruits and vegetables are another excellent way to boost your body with super recovery nutrients.

If you have cirrhosis, be sure to check with your physician for counsel on the right protein and sodium intake for your condition.

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. Rest Stops are good physically and mentally. 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 effect 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 to full recovery physically, mentally, emotionally, and spiritually balanced. Prayer and God's Word are powerful for healing and recovery for all areas in our life.

15. Plus...Be patient with the process. It takes time 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?

Share your comments below.

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