Hepatitis C and Healthy Thanksgiving Dinner Recipes

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Healthy Thanksgiving Dinner Recipes are easier to make than you think. Many who are trying to fight liver or heart disease assume that Thanksgiving is a day off from healthy eating. Or if you are like me, with a failing liver, you try and avoid the whole food and family scene altogether. Changing traditions and recipes can be hard.

I was a downer that first year after being diagnosed with hepatitis C and end-stage cirrhosis. I didn't even watch the Thanksgiving Day Parade on television. As a matter of fact, I let go of all of my traditions. There was more than a little anger and sadness mixed.

Some things are hard to let go of. Gosh, I miss a spiral sliced ham with the bone in. For you, it might be letting go of drinking beer while watching football, or eating yourself into a food coma. However you CAN keep some traditions, including food. You may just have to change the way you prepare them.

I am happy to say that things have certainly changed since that first Thanksgiving after the diagnosis. I completed hepatitis C treatment, and now eat a liver loving diet, and enjoy many of the same traditions that make Thanksgiving great! How do I do it? You, dear friend are going to get an insider's look at Healthy Thanksgiving Dinner Recipes that will fill your heart with gratitude and your tummy with mouthwatering food!

For some of Karen's mouth-watering recipes and to read this entire blog, click on IHelpC.com

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