# Hepatitis C is not the Whole Story

January 16, 2013 By Lucinda K. Porter RN

*There's lots of people who spend so much time watching their health, they haven't got time to enjoy it.* ~ Josh Billings

Here is a scenario I have seen many times: Someone with hepatitis C has an ailment, let's say a stomach or back ache. The first cause that springs to mind is hepatitis C. Perhaps they are tired, and in the process of blaming this on hepatitis C, they don't explore other causes of fatigue, such as sleep apnea, thyroid problems, or depression. I have done this myself. When we blame everything on hepatitis C, a door of opportunity slams shut--a door that may lead one to relief.

The reality is, that we have an entire amazing and complicated body--not just a liver and a virus which has taken up residence in us. It is tempting to focus on having a disease, such as hepatitis C, and in the process, forget the rest of the body, a body that may break in other ways. We may even forget that we have an entire life, with invitations to health, joy, and freedom calling us at every moment.

When forget the rest of the body, or the rest of our life, we live in cramped quarters, unable to open the door wide and step out into freedom.What parts of your body or life are needing more attention from you? What can you do about that today?

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