# Is It Possible To Beat Hepatitis C Naturally?

In the years since 2014 I have spoken with many thousands of people who have done Hep C treatment and hundreds who have tried every possible way to avoid using pharmaceuticals. In all those years I have not met even one person who has cured CHRONIC Hepatitis C using natural methods.

April 25, 2022 By Greg Jefferys

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Often people ask if it is possible to beat Hep C naturally. There are actually two answers to this question, one answer is “Yes, your body can fight off Hep C with its own immune system; but only in the ACUTE phase of the Hep C infection.” Once the acute phase of the infection has passed and your Hep C infection has changed to a chronic infection, the answer changes to ” No, your body’s immune system cannot beat the Hep- C virus without the aid of antiviral medication.”

## Can Your Body Fight Off Hep C Naturally?

About 25% of people who contract Hepatitis C defeat the virus naturally with their own Immune System, but this only happens in the acute phase of the Hep C infection. The acute phase of Hepatitis C is the first 6 months of the infection. Once a person has had Hep C for more than six month it is called a Chronic Hepatitis C infection and there is no longer any chance of the virus being cleared by the patient’s own immune system, only a pharmaceutical treatment will remove the virus.

## Is it possible to cure Hepatitis C naturally?

Once a person has passed the acute phase of Hep C infection there appears to be no way to cure Hep C without pharmaceutical intervention.

When I learned that I had Hepatitis C, in 2014, the only treatment option available to me was the Interferon + Ribavirin regime. As this form of Hep C treatment had horrendous side effects I resolved not to use it and instead looked at all possible natural cures for Hepatitis C… None of them worked.

In the years since 2014 I have spoken with many thousands of people who have done Hep C treatment and hundreds who have tried every possible way to avoid using pharmaceuticals. In all those years I have not met even one person who has cured CHRONIC Hepatitis C using natural methods.

That said, the use of certain herbs and special diets may help improve liver's health BUT these things will not cure chronic Hepatitis C.

I certainly found that diet and milk thistle helped improve my liver health while I waited for generic Direct Acting Antivirals to become available. (In my case that was generic Sovaldi from India.)

If you look at this copy of my liver enzyme test results (below) you will see that when I was diagnosed with Hep C in 2014 my liver enzyme levels were extremely high. Then, after I learned that I had Hep C, I made certain lifestyle and dietary changes and the numbers improved significantly. They were still very high but the improvements meant that I could get through a day okay. You will see that six months after my initial Hep C diagnosis, my ALT went from 760 to 240, my GGT went from 692 to 227 and my ALP went from 125 to 85. This was before I did treatment and simply the result of changing my diet and lifestyle. It was a great improvement but I was still very sick! These significant improvements were solely the result of diet and lifestyle changes. If you look further at the results you will see that once I completed my Hep C treatment with 12 weeks of generic Sovaldi, in June 2015, my liver enzyme levels went back to normal except for GGT, which took about another 4 weeks to return to normal levels.

These are my liver enzyme test results from before I started treatment until after I completed treatment. The changes show the benefits of diet and lifestyle changes and of antiviral treatment of Hep C.

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