Your Story of Liver Disease

April 25, 2019 By Karen Hoyt

Karen Hoyt is a blogger who has a story about hepatitis C, cirrhosis, end-stage liver disease, liver cancer, and liver transplantation. This excerpt first appeared on Karen's I Help C blog.

Your story of liver disease is unique, and your way of coping with it is too. You may have had a shocking diagnosis from Hep C or to could have come on slowly if you have NASH, fatty, or autoimmune illness. "It's your body. No one knows it better than you. With all of its moles and creases, and poking out places, from top to toenails it's all yours. Many times, we forget that we are our own best friend when it comes to our health. No one else lives in our skin. The breath that you just took? It's yours.

Now is the perfect time to study your symptoms and find the clues to the best diet for YOUR body. You've learned by now that liver disease is definitely not a one-size-fits-all illness. Your complaints and symptoms may be the total opposite from someone else. Our bodies all respond differently to food and drugs. In addition to that, our level of tolerance for certain foods can change depending on blood lab levels, energy output, and even stress. Finally, we can't ignore hereditary factors. Each of us has a special set of genes that can cause our liver to function in a unique way.

An easy way to start is to look into the habits that create your lifestyle. You can detect little clues to discover your style of cooking and eating. Once you are aware, it is simple to make small changes."

Click here to read the rest of this blog and hear Karen's insights on why your story is different than her story.

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