Taking Care of Your Liver with Hep C

October 26, 2016 By Connie M. Welch

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Manage Your Medications

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Be discerning when taking vitamins, minerals, and supplements. Certain cholesterol medications can affect liver raising liver enzymes, be sure to talk to your doctor if about these. A good rule of thumb to remember, everything you take has an effect on your liver and immune system.

Vitamins, minerals and supplements if taken correctly can play a part in good health, but when taken incorrectly can harm your liver. Be especially careful with herbal and alternative liver treatments.

Certain herbs can be dangerous and toxic to your liver and can increase your liver damage. Just because something says its natural doesn't mean it's safe. Talk to your doctor before taking anything.

Exercise and Hep C

Exercise plays an important role in liver health and boost's the immune system. Regular exercise will increase energy levels, decease stress on the liver, and in many cases even delay the onset of certain complications associated with liver disease. See additional information about Hepatitis C and Exercise.

Your energy levels can be boosted by even 10 minute walks or other exercise. Start with small blocks of time and continue to add extra minutes when you can. Small changes make big differences!

Avoid Environmental Pollutants/Toxins and Smoking

Toxins can injure your liver cells. Avoid direct contact with chemicals from cleaning products, insecticides, fumes from paint thinners and aerosol sprays. DO NOT Smoke. And avoid second hand smoke.

Remember, everything you are exposed to, breath, skin contact, and ingest passes through your liver. Eating a diet of whole foods (avoid processed as much as possible), drinking lots of pure water (avoid soda's and high sugary drinks), exercise, fresh air, cutting down on stress and getting plenty of sleep are the best ways to help your liver be healthy. See additional information at 4 Key Dietary Steps for Hep C and Liver Disease, and 12 Healthy Diet Tips for Hepatitis C and Liver Disease.

Talk to your doctor about all medication, vitamins, minerals, and any herbs you take, also tell your doctor if you smoke, been taking drugs of any kind (past or present), or drinking alcohol of any type. Be proactive with your liver health.

How are you being mindful with taking care of your liver?

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