When Nature Calls Hepatitis C Away

September 3, 2013 By Lucinda K. Porter RN

In every walk with nature, one receives far more than one seeks. ~ John Muir

Hepatitis C has a way of connecting me to life. This virus awakened my senses, and because of this, I always feel a bittersweet joy when September rolls around. The realization that summer is nearly over is apparent, but the still warm weather coupled with the change in light spurs me on to relish every moment that nature provides. Nature supplies the antidote to hepatitis C's ravaging effect. This virus may be apprehending my liver cells, but a walk among trees erases all thoughts about dying cells, and I am renewed.

And if I can't go outside, even a picture renews me...

Standing under redwoods in Muir Woods, I'm not thinking about hepatitis C. Yes, there are ways to be free of hepatitis C, and nature provides one way.

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