



# Hepatitis Battle Plan

## What is hepatitis?

Hepatitis is inflammation of the liver associated with damage or death of liver cells. There is acute hepatitis (attack that eventually heals) and chronic hepatitis (ongoing progressive liver problems). In most cases, a virus causes hepatitis. The most common viral types of hepatitis are A, B, and C.

## Causes and statistics of hepatitis:

E.g.: Hepatitis A:

- Transmitted primarily through fecal contamination.
- Groups most at risk for contracting hepatitis A are international travelers to areas with poor sanitation or regions with endemic hepatitis, persons living on Native American reservations or Alaska Native villages, homosexually active men, and injecting drug users.
- 125,000-200,000 infections with hepatitis A occur annually in the US, approximately two thirds of which are symptomatic.
- Although hepatitis A does not evolve into chronic infection, it is responsible for 100 deaths each year in the US.

E.g.: Hepatitis B:

- Shed in saliva, semen, and vaginal secretions.
- Transmitted through sexual contact and also through infected blood or blood products.
- Hepatitis B can live on dry surfaces for at least seven days; it is one of the most communicable diseases and the ninth cause of death worldwide.
- 1.25 million Americans are carriers of hepatitis B
- 140,000-320,000 new cases are reported each year, about half of which are symptomatic, and 70% of which occur in individuals between the ages of 15 and 39 years.
- 22,000 pregnant women are infected with hepatitis B and can transmit it to their newborns.
- About 93% of adults who contract hepatitis B recover within 6 months, but approximately 5-10% of adults and 75-90% of children who are infected are unable to clear the virus within 6 months and are considered chronically infected.

E.g.: Hepatitis C:

- Primarily blood-borne but can also be transmitted sexually and by infected mother to her newborn.
- Hepatitis C is responsible for roughly 90% of all cases of hepatitis contracted through blood transfusions.
- 60% of cases are due to illegal intravenous drug use.
- 3.9 million Americans have been infected with hepatitis C, of whom 2.7 million are chronically infected. Of this group, 70% will develop serious liver damage, and 20-30% of these will develop liver cancer or liver failure requiring a liver transplant.
- Hepatitis C contributes to the deaths of 8,000-10,000 Americans each year. This number is expected to triple by 2010 and exceed the number of annual deaths due to AIDS.
- The number one cause of liver disease. Sclerosis.

## Signs and Symptoms:

As noted above, a large percentage of hepatitis infections are asymptomatic.

Early Stages (symptoms occur 2 weeks to 1 month in advance of liver involvement, depending on the virus's incubation period):

- Flu-like symptoms
- Fatigue
- Intermittent nausea
- Abdominal pain
- Vomiting
- Loss of appetite

Several days later:

- Jaundice (yellow eyes and skin) caused by a buildup of bile in the blood
- Dark urine due to elevated bilirubin levels
- Light, clay-colored whitish stools
- Tender, enlarged liver
- Fever

Chronic Hepatitis B or C:

- Symptoms may be virtually non-existent
- Chronic fatigue
- Serious liver damage, cirrhosis of the liver, or liver cancer

### **Treatment and Prevention:**

#### 1). Diet

Acute Phase:

- Do not drink alcohol. Alcohol stresses detoxification and can cause liver damage and immune suppression.
- Consume a minimum of 8 glasses of fluid per day: water, vegetable broths, diluted vegetable juices (diluted by half with water), and herbal teas.
- Restrict solid foods to brown rice, steamed vegetables, and moderate intake of lean protein sources, e.g. legumes, fish. (*Use our Master Amino Complex™ – take 1 tablet for each 20 lbs of body weight*)

Chronic Phase – Avoid the following:

- Alcohol – the most common cause of impaired liver function.
- Saturated fats (animal products) – these increase the risk of fatty infiltration of the liver or cholestasis, a condition in which the excretion of bile is inhibited.
- Simple carbohydrates (sugar, white flour, processed foods, fruit juices, honey, maple syrup) – these suppress immune function.
- Fried foods, refined oils – these contribute to cholestasis.

Instead choose:

- A high-fiber diet based on plant foods. (*Use our Daily Fiber Blend™ - Take 3 tablets before bed daily*)
- Consume foods high in sulfur including garlic, legumes, onions, eggs, which help protect the liver from damage and improve liver function.
- Foods containing water-soluble fibers – pears, oats, bran, apples, legumes.
- Cabbage family vegetables.
- The herbs and spices turmeric, cinnamon, and licorice. (People with high blood pressure should avoid licorice).

#### 2). Nutritional Supplements

- C From Nature™ – Helps detoxify the liver and strengthen the blood. (*Take 3 servings daily*)

- More Greens™ – Contains vital carotenoids and also oxygenates the blood while boosting the immune system. *(Take 3 servings daily)*
- 40x Aloe Vera Concentrate™ – Helps block the proteins that destroy liver cells. *(Take 3 servings daily)*
- Vir-u-sure™ – Contains the most potent anti- viral foods from nature. *(Take 2 servings daily)*
- N-acetylcysteine (NAC) – a key component of glutathione
- Revive-It-All™ – an extremely potent antioxidant that fights cellular damage from free radicals. *(Take 2 servings daily)*
- Alpha-lipoic acid: an extremely powerful antioxidant that destroys free radicals, removes heavy metals, recycles other antioxidants, and promotes production of glutathione.
- Glandular extracts - Thymus extracts improves the activity of the thymus gland, the master gland of the immune system

### 3). Herbs

- Glycyrrhiza glabra (licorice) – protects the liver, enhances the immune system, boosts interferon (the body's own antiviral agent), and promotes the flow of bile to and from the liver.
- Silybum marianum (milk thistle) – contains silymarin, one of the most potent liver-protecting substances known. Effective in treating both acute and chronic hepatitis. *(Take 200 mg daily)*

### **Recommendations:**

1. For individuals in high risk occupations, such as members of the medical and dental fields who are regularly exposed to blood and other body fluids, and persons traveling to disease-endemic areas or areas with poor sanitation, a vaccination is recommended.
2. In case of acute exposure to hepatitis B, HBIG, a concentrated solution of immune globulins specific to hepatitis B, should be administered by injection. HBIG provides immediate but short-lived immunity. Two doses given within two weeks of exposure confers protective immunity in 75% of exposed individuals.
3. Anyone sexually exposed to someone with hepatitis should seek medical advice about receiving HBIG injections.
4. Wash hands thoroughly and often, when infected with hepatitis or caring for someone with hepatitis, especially after bowel movements.
5. A person with hepatitis should have separate eating and drinking utensils or use disposable ones.
6. Use green juice enemas three times a week to remove toxins from the body.
7. Never drink alcohol as it converts to a protein that destroys liver cells.

\*\*\*We do not intend to diagnose, treat, cure or prevent any disease\*\*\*