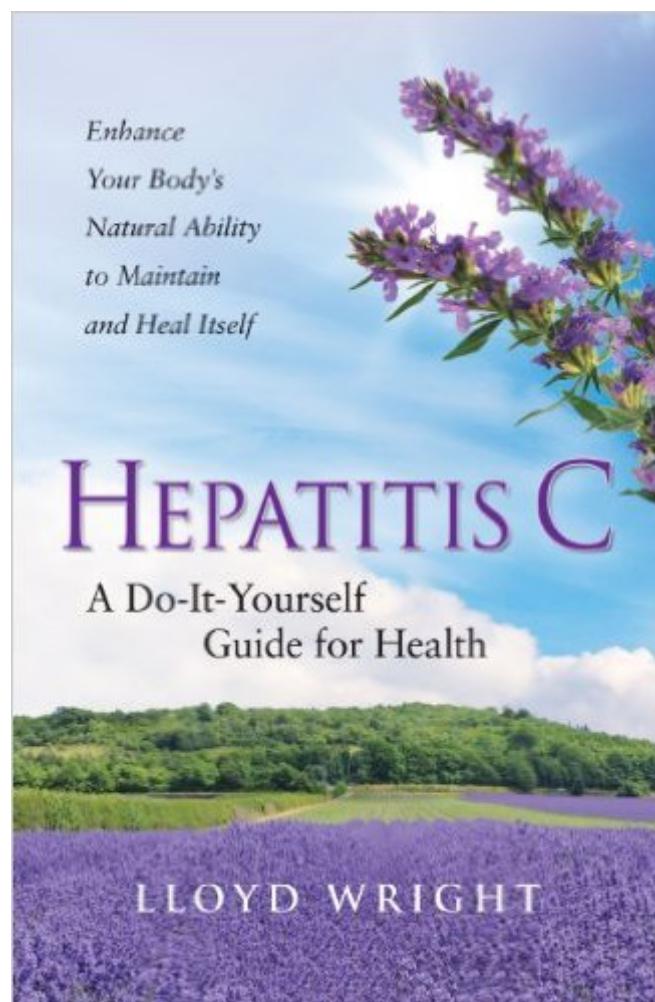


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# Hepatitis C A Do-It-Yourself Guide For Health



## **Synopsis**

Hepatitis C: A Do-It-Yourself Guide for Health is the newest information I have compiled over the last 17 years. I have listed the supplements I have seen work best in over 200.000 hepatitis c sufferers. I have cited numerous studies that show what works and what does not. I have listed the common drugs and vaccines that raise the viral load, ast and alt. You will learn what foods to eat, which are the best supplements for you to take and how to take them. Answers to your frequently asked questions, blood tests you will need. How to treat the common complications of hepatitis C, Fibrosis, Cirrhosis, Varices, Ascites and Liver Cancer. How you can enhance your body's natural ability to maintain and heal itself.

## **Book Information**

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## **Customer Reviews**

This book contains useful information for the management of hepatitis C. It lists and discusses alternatives to the "standard" interferon-ribavirin pharmaceutical treatment. The most controversial recommendations are glandular products from Natcell (thymus, adrenal, liver) sold exclusively by the author. A more reliable source for glandular products would be from US based Standard Process. The book reads more like notes rather than through discussions with references (the book does provide some references). Another recent and more useful book would be Hepatitis C Survival Secrets by Ralph Napolitano (sold by ). The author does have many years of experience working with hepatitis C patients - and has helped thousands of people over the years. The book is worth reading for the author's perspective on hepatitis C management.

I own all 3 of Lloyd Wright's Hepatitis C books, and this one is different from the others and is worth getting. I like that Mr. Wright has condensed his useful knowledge regarding supplements, what bloodwork to get done, which foods to eat or not eat, etc., and put that info in this smaller volume that is more accessible than his other longer books. I really did learn some new things from this book, and am glad I bought it. The blood tests section is especially useful, I love that he lets us know that beyond the usual ALT/AST/Viral Load, there are other tests we can have done to monitor our liver progress. Most of these tests are ones that doctors will not routinely check for unless asked. I gave it 4.5 stars because even though I like that the book is shorter (140 pages), it was so good that I was left wanting more info! I would have liked it to be a little longer. Also there is no index. I do realize that due to the size of the book, for some an index may not be necessary, but it's so much easier for me to look in an index and go right to the page I want. Overall, a good and very useful book. Thanks Lloyd Wright for continuing to share what you've learned. :-)

This book is crammed with vital information for anyone who has, or knows someone who has HCV. Although some information is repeated from his earlier books, there is enough new information in this one to justify the (very low) price. Wright has done a lot of research, and those of us who either have HCV or have watched as friends suffered (and sometimes died) with this disease truly appreciate all he's done. The book is easy to read and well-formatted for the Kindle. It covers many of the older known remedies, plus some interesting new ones that offer new hope. Many of the new ones are the result of research done overseas, where apparently interferon does not have a lock on the market as is the case in this country. Oddly enough (or not), most medical "professionals" are not aware of the research that is done internationally, so you won't find this information at your doctor's office--but not to worry, Wright includes a lot of this data right here in this book. I highly recommend this book. I originally borrowed it, thinking it might be mostly a rehash of his older books. It is not. I plan on buying a copy to keep once I've returned this one. It's a book I'll want to go back to again and again.

I purchased this book for my friend Alex who was told he should get his things in order, and that short of a liver transplant there was nothing further that could be done. His family was witnessing his failing health and felt only helplessness and desperation as they knew he would not live long enough for a transplant. I searched the internet until I found references to Lloyd Wright's book. After adopting the lifestyle changes to diet, and the supplementation (alpha-lipoic acid, milk thistle,

proanthocyandin and naringenin) described in this book, Alex has made a complete turn-a-round in his health. He no longer experiences his previous symptoms and looks healthier and more vibrant. What the future holds is a mystery, but it no longer looks so bleak. Hepatitis C - A Do-It-Yourself Guide for Health helps to teach that treatment of this disease has more options than Alex's doctors had led us to believe. This is a must read for anyone wishing to investigate and learn how to incorporate an alternative approach to current mainstream medicine's treatment of this disease.

This book starts of with an irrelevant story of the writer and some of his personal experiences with hospitals that are not applicable for other parts of the world. The nutritional advise is more interesting but quite a few supplements are not available in every country, but you can easily find a few other suggested supplements and natural items that could help you with your health. I found 35 % of the information that I was looking for usefull and I am satisfied with the results.

Just what I needed. Needed to know there was more info out there for treatment other than dangerous drugs they offer now. I found it to be very informative. Thanks for the good book.

This book is better than the authors first work. It is more serious in the approach. He gives good suggestions for those who do not trust medical dosctors to help with the serois problem.

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