

Natural and Alternative Medicine

When you get sick, you probably want to get well quickly. You may see your doctor, try home remedies, or try natural or alternative medicine.

Natural means that no chemicals or drugs are used to help you get well. Alternative medicine means trying something other than seeing your regular doctor. Some people use alternative healing methods, such as folk healers, Chinese Medicine

and Curanderos (Spanish for healer), which are very ancient practices. They use massage, herbs, prayer and meditation to help people stay healthy.

Everything goes through your liver. Everything you put in your mouth, such as herbs, drugs and food goes through your liver. What you breathe and put on your skin goes through your liver. Hepatitis C (HCV or Hep C for short) is a liver disease, and everything goes through your liver.

Alternative Medicine.....

- ◆ If you have Hep C you have to be extra careful. Learn all you can about it and always work with medical experts.
- ◆ Never take St. John's wort if you take HCV or HIV medicines known as protease inhibitors.
- ◆ Talk to an expert about whether alternative medicine is right for you and always tell your regular doctor about everything you are taking.

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 **HEPATITIS C**
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