

# Natural and Alternative Medicine

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

Natural means that no chemicals or prescribed medicines are used to help you get well. Alternative medicine means trying something other than seeing your regular doctor. This could include using home remedies, as well as things like herbal and Chinese Medicine.

*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. So, if you have Hep C you have to be extra careful – educate yourself as much as possible and always work with medical and herbal experts.

## *Alternative Medicine.....*

- ◆ Many people use Chinese Medicine and Curanderos (Spanish for healer), which are very old forms of alternative medicine. They both use a lot of ways to help people stay healthy by massage, herbs, prayer and meditation.
- ◆ Talk to an expert about whether Chinese medicine or Curanderos is right for you and always tell your regular doctor about everything you are taking.

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 HEPATITIS C  
SUPPORT PROJECT

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