

Hepatitis

Hepatitis is termed as a liver disease that generally results from prolonged exposure to infections, chemical drugs, alcohol abuse, and prescription drugs.

Possible Causes and Contributing Factors:

- Adverse reaction to drugs and other toxins
- Viral infection
- Alcohol
- Weakened immune system

Suggested Dietary Changes:

- 8 ounce glass of water every two hours
- Avoid alcohol, sugar, fruit juice, honey, maple syrup, saturated fats
- Best to restrict solid foods to brown rice, steamed vegetables, fish
- Eat high fiber, high sulfur foods – garlic, onions, eggs, pears, oat bran, apples
- Eat all cabbage family – broccoli, Brussels sprouts, beets, carrots, turnips, cinnamon, licorice

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*