

Nutrition: Complementary And Alternative Choices

Hepatitis C

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Note: to have optimal response, all recommendations begin with **Opti-Vites**, **Opti-PUFA**.
 (see A Basic protocol).

This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.

Nutrient	Product	Q/Day
Retard the virus		
Monolaurin	Ultra-Monolaurin	4 scoops
Curcuma longa	Turmeric	1
Support the liver		
Alpha Lipoic Acid, Cinnamon, GTF Chromium	Ultra-DM Complex	2am,2pm
Silymarin	Milk Thistle (4:1 Concentrate)	2am, 2pm
Milk Thistle, Yarrow, Papaya	Hepacleanse	2, 3x/day
Peony, Boswellia, Ginger, Lavender, Bergamot	Immunease	2, 3xday
General body support		
Good, broad spectrum, multiple vitamin mineral with high B Vitamins*	Opti-Vites*	2
High Essential Fatty Acids (w3 and w6)	Opti-PUFA	8
Vitamin E (mixed tocopherols)	Vitamin E-400	1
Additionally when under stress:		
Vitamin C, 1-10 grams	Ultra-C 1000	1-10

* use a multi without iron unless there is a known need for iron

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Hepatitis A, B or C viruses may respond well to a 1-2 punch - Nutritional approach.

Interferon and antiviral treatments have an impressive failure rate, severe adverse reactions, and often are not permanent. The use of the nutrients and herbs discussed here is very useful, is relatively inexpensive, and has few side effects.

1. Anti-Viral action

Ultra Monolaurin. Monolaurin works directly on the lipid envelope coat of the virus, preventing attachment to susceptible host cells. It helps retard viral invasion into the body. Monolaurin has been reported to have activity against many viruses, bacteria, protozoa, and fungi such as candida. It

does not interfere with or have any known reactions with drugs. *It is non toxic to humans.*

Turmeric is thought to retard the spread of the Hepatitis virus. It has antioxidant and anti-inflammatory properties which may prevent or reduce cell damage. It can suppress HCV in vitro.

2. Supplement your diet with liver-supporting herbs and nutrients like milk thistle, alpha-lipoic acid (ALA), artichoke leaf and burdock root.

Milk thistle helps support your body's ability to replace and repair damaged liver cells; Alpha Lipoic Acid helps reduce liver enzymes that can lead to liver damage; artichoke leaf encourages bile

secretion which makes the breakdown of fats more efficient; and burdock root neutralizes toxins in the liver.

A paper by Burton M. Berkson, MD, PhD, discussed the excellent response of Hepatitis C to treatment with the use of Alpha Lipoic Acid, Selenium, and Silymarin (milk thistle). These three antioxidants protect the liver from free radical damage, help regenerate other antioxidants, and interfere with viral replication. While only three patients with Hepatitis C with complications of cirrhosis, portal hypertension, splenomegaly, and thrombocytopenia were presented, it was extremely impressive that all three responded so well that all three returned to full time employment and a normal lifestyle. In addition, a good multi vitamin-mineral, stress-level vitamin B complex, vitamin C, and vitamin E were given.

Opti-DM Complex, which contains alpha lipoic acid, cinnamon and GTF Chromium, should be used. Alpha Lipoic Acid is an outstanding anti oxidant. It has been shown to enhance liver function. It also stabilizes blood sugar. Cinnamon and GTF Chromium have also been shown to stabilize blood sugar.

Renewal Alpha Lipoic Acid, another source of alpha lipoic acid, also contains vitamin C, Curcumin (Turmeric), Milk Thistle and Bilberry.

Milk Thistle contains 250 mg, a 4:1 concentration of carduus marianus - equivalent to 1000 mg.

Use **Opti-Vites**, which is high in the B Vitamins and additional necessary nutrients, including Selenium.

The addition of **Opti-PUFA** will modulate inflammatory response. Whenever essential fatty acids are supplemented at high levels, at least 400 IU of vitamin E as mixed tocopherols should be considered to prevent free radical lipid peroxidation at the cellular level.

Alpha Linoleic Acid (ALA) from Flax Seed Oil is the usual source of omega 3 supplementation in vegetarians. Less than 2 % of ALA is converted to Eicosapentaenoic Acid (EPA). Stearidonic Acid, a component of Black Currant Seed Oil, on the other hand, is rapidly and efficiently converted to Eicosapentaenoic Acid.

The Endobiogenic Concept™ herbal formula, **Hepacleanse** has milk thistle, yarrow, and papaya, nutrients which support the liver.

Immunease, another Time Labs herbal formula, has Peony and Boswellia extracts with Ginger, Lavwender and Bergamot essential oils for additional support.

Alcohol should be totally eliminated.

