

most will recover, but more than 10% will find that the virus will persist in their bodies and they will be permanent carriers for the rest of their lives, meaning they can spread the virus. There is vaccination against this virus and also a combination vaccination for hepatitis A and B is available.

Hepatitis C – is becoming more common. It is in some ways similar to hepatitis B but is harder to catch. This type is very common among intravenous drug users, and some acquired the infection through blood transfusions before the virus was known about. Currently there is no vaccination for this form of hepatitis.

On the program

For those clients who have listed Hepatitis as a medical condition, it is recommended that if possible, they should consume raw foods especially salad vegetables with every meal. This has a cleansing effect and will improve the digestion of the meal.

References:

<http://health.ninemsn.com.au/article.aspx?id=2932&print=true>

http://www.hepatitisaustralia.com/pages/ABOUT_HEPATITIS.htm

hepatitis

The term Hepatitis means inflammation of the liver. This can be caused by alcohol, chemicals, drugs and viruses. Hepatitis is an illness that can cause permanent and life threatening damage. Hepatitis will interrupt the vital roles that the liver is required to carry out and can produce symptoms that range from mild to severe. There are several different viruses that can cause Hepatitis, these being Hepatitis A, Hepatitis B or Hepatitis C. All can produce similar symptoms and can all infect or inflame the liver.



Hepatitis A – is usually the mildest form and can also be called infectious hepatitis or acute infective hepatitis. This virus gets into the bowel and then into the liver. It spreads through direct contact and through contaminated food, eating utensils and the like. There may be mild flu-like illness, loss of appetite and nausea and jaundice. Protection through vaccination is available, and in most cases a full recovery can be expected. Most commonly, those who are travelling to countries where the hygiene standards are poor are most at risk.

Hepatitis B – a more serious illness, and is common in many parts of the world. This virus is found in all body fluids, including blood, breast milk, saliva, semen, vaginal secretions and sweat. This spreads very easily and caught through direct contact with body fluids of an infected person, for example, through sexual intercourse and needle sharing, and other less obvious activities like sharing razors or toothbrushes. Some individuals will show no signs of the illness, and