# Hepatitis

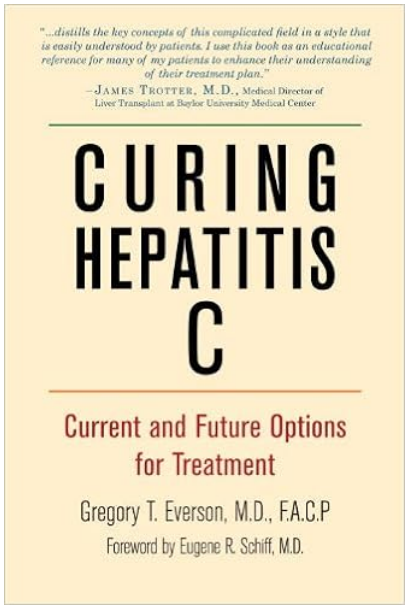
February 15, 2019

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The Hepatitis bookstore features books about hepatitis. Books are listed in alphabetical order by title. Click the title to read more about each book. Are we missing your favorite book? Click here to send us your recommendations.

- Curing Hepatitis C: Current and Future Options for Treatment
- Demon in My Blood: My Fight - and a Miracle Cure
- Free from Hepatitis C: Your Complete Guide to Healing Hepatitis C
- Hepatitis C Cookbook: Easy and Delicious Recipes
- Hepatitis C, Cured
- Hepatitis C Help Book: A Groundbreaking Treatment Program Combining Western and Eastern Medicine for Maximum Wellness and Healing
- Hepatitis C Symptoms, Treatment and Cure
- Hepatitis C Treatment One Step at a Time: Inspiration and Practical Tips for Successful Treatment
- The Liver Loving Diet
- Positive: A Story of a Hepatitis C Survivor
- Skinny Liver: A Proven Program to Prevent and Reverse the New Silent Epidemic—Fatty Liver Disease
- Triple Therapy for Hepatitis C: Strategies and Coping Tips for the Caregiver
- Undetectable

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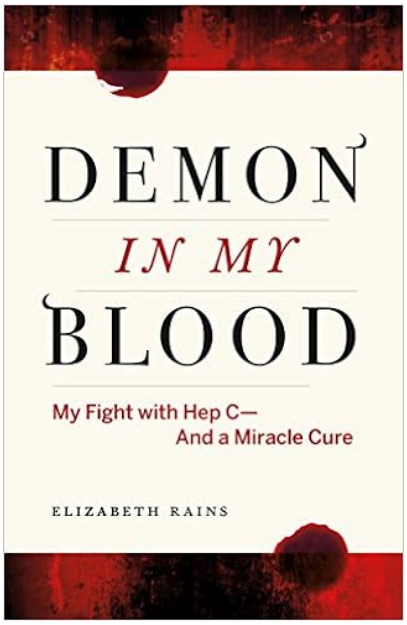

**Curing Hepatitis C: Current and Future Options for Treatment**
by Gregory T. Everson

Hepatitis C Doesn’t Have to Be a Lifelong Illness

Curing Hepatitis C provides the latest information to guide you through the diagnosis and treatment of hepatitis C. If you or a loved one has been diagnosed with hepatitis C, this book provides an indispensable and comprehensive overview of everything you need to know to take the right steps toward a cure.

For the nearly 160 million people worldwide and 4 million Americans diagnosed with hepatitis C, there is now hope. Although hepatitis C was once considered incurable, medical and technological innovations have made a cure possible. A new frontier of treatment options has improved upon previous methods by curbing side-effects more effectively and working to eradicate hepatitis C entirely.

Available at amazon



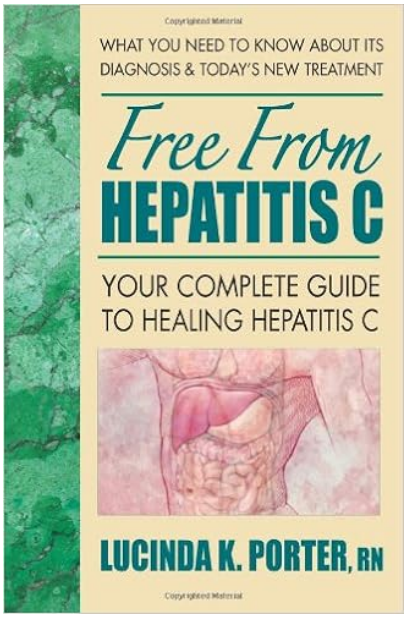

**Demon in My Blood: My Fight with Hep C - and a Miracle Cure**
by Elizabeth Rains

Until recently, hepatitis C—which infects 170 million people throughout the world—was always fatal. But today there is finally a remarkable cure.

Elizabeth Rains describes how she was likely infected with hepatitis C during her wild hippie days, how she was diagnosed more than four decades later, and how she became one of the early patients to be cured, including the obstacles she encountered in gaining access to the $100,000 drugs. She describes the symptoms—and non-symptoms—of hep c, the stigma that still accompanies a diagnosis, the grueling interferon treatments that many hep C patients have had to undergo, and the new antivirals that have exploded onto the pharmaceutical market and that provide a cure but at a tremendously high price.

Because most people who have hepatitis C have no idea they harbor the disease, Rains' riveting account will compel readers to get tested for this silent killer.

Available at amazon

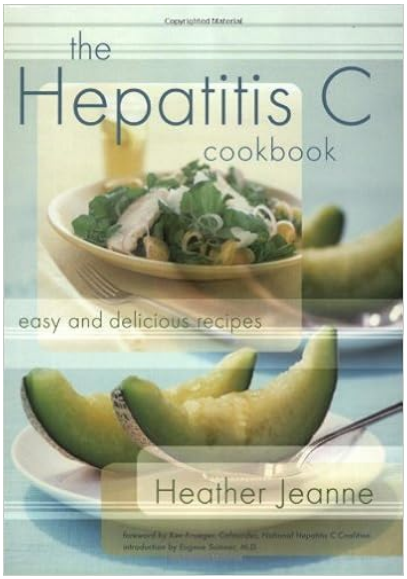



**Free from Hepatitis C: Your Complete Guide to Healing Hepatitis C**
by Lucinda K. Porter RN

For decades, a diagnosis of hepatitis C was the equivalent of serving a life sentence--with a dangerous liver disease. It left patients frightened, confused, and vulnerable, and they took little comfort in knowing that, at best, their condition could be managed but not cured. All of that changed with the discovery that the hepatitis C virus (HCV) could be defeated with new treatments. To shed light on these groundbreaking treatments, Lucinda Porter, a registered nurse, a passionate HCV advocate, and a Hep C patient herself, has written this all-important guide. This comprehensive volume is a must for anyone considering, undergoing, or just wanting to understand HCV treatment.

Available at amazon

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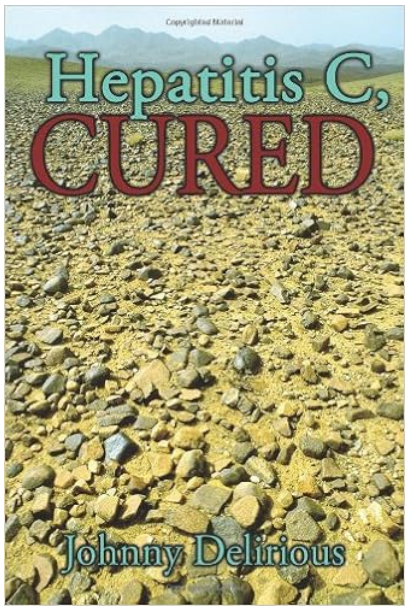



**The Hepatitis C Cookbook: Easy and Delicious Recipes**
by Heather Jeanne

Hepatitis C is a potentially fatal virus that attacks the liver. According to the Centers for Disease Control, Hepatitis C has already infected an estimated four to five million Americans, and worldwide it may have infected as many as 200 million. Most experts agree that if the rate of Hepatitis C infection isn't curbed soon, it will eventually kill more people each year than AIDS. However, Hepatitis C is not always fatal, and it can be fought successfully. For many who suffer from the virus, eating properly can delay the end stages leading to cirrhosis of the liver. It also can diminish the uncomfortable symptoms of the disease. The Hepatitis C Cookbook has been prepared with the special dietary needs of people suffering from Hepatitis C in mind. Hepatitis C does not have to make eating a miserable experience. By using medical guidelines, The Hepatitis C Cookbook provides a road map to healthy, tasty foods to eat and enjoy. Following these dietary changes can also make a significant difference in one's attitude as well as the variety, severity, and frequency of symptoms. All of these considerations can enhance the quality of life for anyone suffering from the disease. All of the recipes are based on the dietary guidelines provided by the medical profession for Hepatitis C. They also have been tested by Hepatitis C patients.

Available at amazon

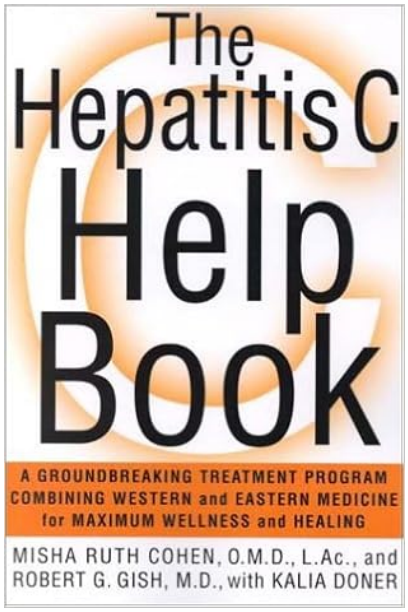
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**Hepatitis C, Cured**
by Johnny Delirious

This book shows the journey that Johnny Delirious took to battle Hepatitis. Like any war, you have to size up your enemy first before you begin your fight. In this partial biography, Johnny brings you to the front lines of his conflict with Hepatitis C where he will show his step by step recovery journey. When you read this book, you will take a ring side seat to view his personal, emotional and therapeutic strategies that helped him eliminate this dreaded disease. For more information about Johnny Delirious, please go to: www.johnnydelirious.com

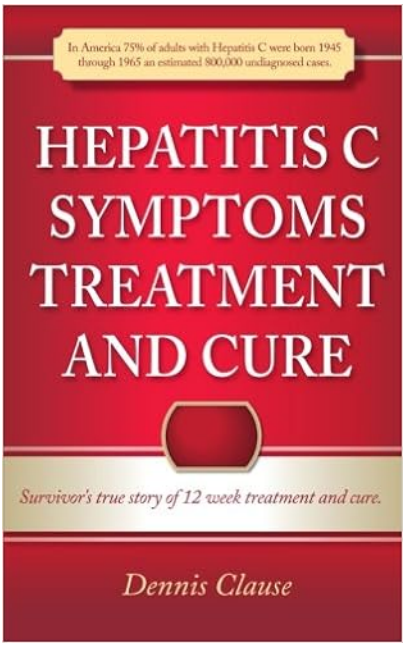
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**The Hepatitis C Help Book: A Groundbreaking Treatment Program Combining Western and Eastern Medicine for Maximum Wellness and Healing**
by Robert Gish, Misha Ruth Cohen and Kalia Doner

A fully updated and revised edition of an important health guide, including the latest information on optimum interferon protocol. Hepatitis C has been called “the emergent and preeminent public-health problem of the twenty-first century--surpassing HIV.” It has also been dubbed “The Shadow Epidemic,” because it is one of the most clandestine of viruses and infects healthy people who have no idea they are being attacked by something they can’t even detect. Now, the two experts on Hepatitis C who teamed up to write the first comprehensive guide to orthodox and alternative treatment options have revised and fully updated the book to include recent findings in the field. Along with programs for self-care, nutritional and fitness plans and a comprehensive Western and Chinese medical treatment program, the revised edition also includes important new self-help information for the growing number of people who are considering or undergoing interferon treatment, including updated information on vial load and the optimum interferon protocol.

Available at amazon

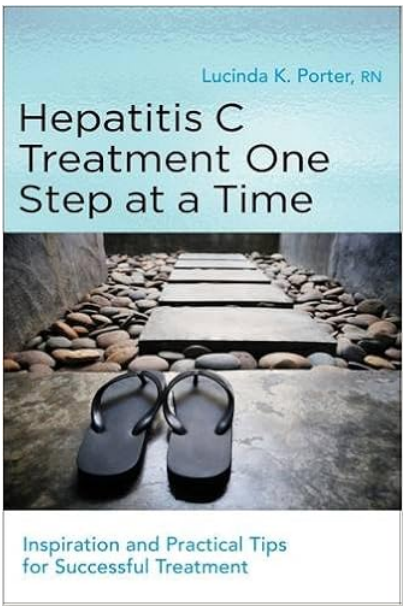



**Hepatitis C Symptoms, Treatment and Cure**
by Dennis Clause

Most people don't know that there are symptoms of Hepatitis C that go undiagnosed for many years because it rarely causes symptoms in its early stage. Actually, someone who has been carrying Hepatitis C for decades may not have any symptoms until it has caused a significant liver damage. Even then, the symptoms typically appear and disappear.

Available at amazon

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**Hepatitis C Treatment One Step at a Time: Inspiration and Practical Tips for Successful Treatment**
by Lucinda K. Porter RN

Hepatitis C Treatment One Step at a Time provides the practical advice and daily inspiration you

need to help you successfully make it through hepatitis C (HCV) treatment.

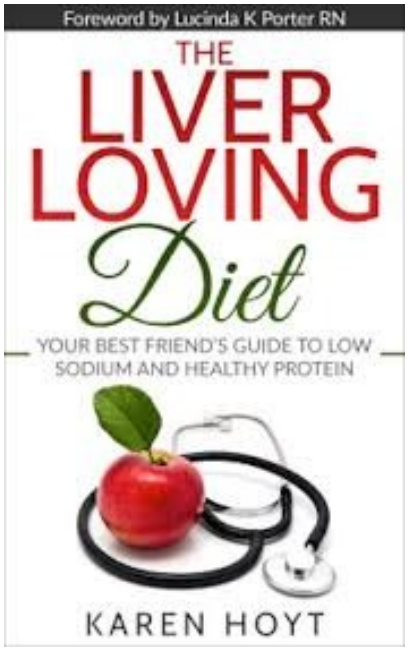
Deciding to undergo hepatitis C treatment is one of the bravest and most important steps toward health you ll ever make. As a former Stanford nurse in the HCV field and a patient who was treated twice for HCV, Lucinda K. Porter understands how physically and emotionally challenging treatment can be.

In Hepatitis C One Step at a Time, she provides entries for each day of treatment, offering you a daily dose of relief, encouragement, and tips to help you stay on treatment. From dealing with fatigue and nausea to nosy co-workers and lab results, Porter provides everything you need to know to ease the process, including how to:

- Prepare for treatment, mentally, physically, and financially
- Manage side effects
- Set up a support system
- Keep your spirits up with daily inspiration and humor
- Celebrate your strength and acknowledge your milestones
- Find additional community and up-to-date information with an extensive resources section

Available at amazon

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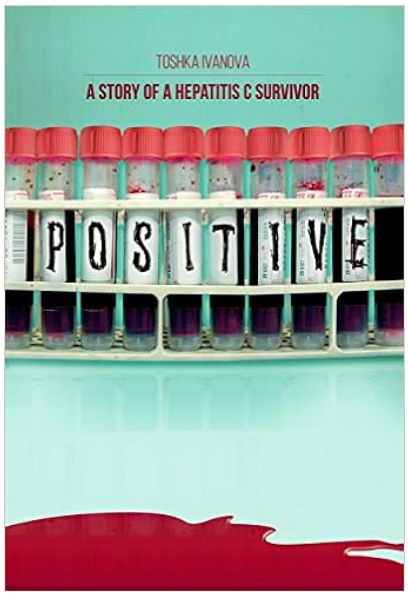

**The Liver Loving Diet**
by Karen Hoyt

The Liver Loving Diet book is a big picture peek at liver disease that helps you understand how

valuable it is to eat well during treatments, cures, setbacks, cancer, and transplant. I've been told that my diet played a huge role in helping me stay alive and active. Now I'm handing all that power to you in one tidy package – tied up with love. I worked extra hard to give you a simple book with bunches of information.

The Liver Loving Diet is a 314-page PDF book for Kindle, ebook, etc. and sells for $4.99. Click here to buy.

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**Positive: A Story of a Hepatitis C Survivor**
by Toshka Ivanova

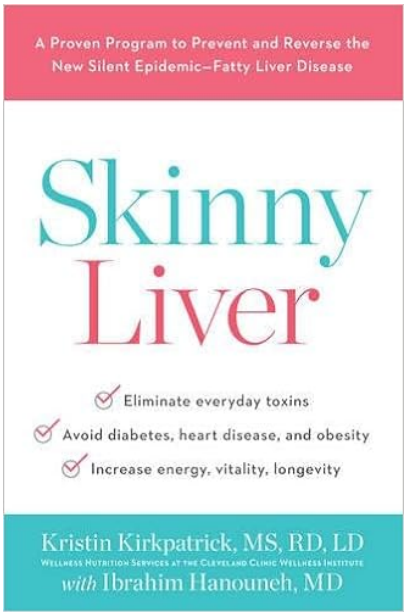
Hello, my name is Toshka. You might have met me somewhere online as 'altair'. That was the alias under which, at the beginning of 2010, I started the blog 'hepatitis-minded', sub-titled 'Various thoughts of an infected person'. My aim was that the blog should function as the journal of a disease. Not of all the tests I had to do but of the way I felt. And of how my life changed.

Most of the entries in the blog were about the things that were happening to me at the time. Undergoing hepatitis C treatment can be quite an adventure at times. Other items were in the nature of retrospectives.

This book is a reworked, chronologically arranged and most importantly updated version of that blog. It's my story and it's one I'd like to share with you. 30 cents of each book will be donated to Bulgarian patients organisation HepActive.

Available at amazon

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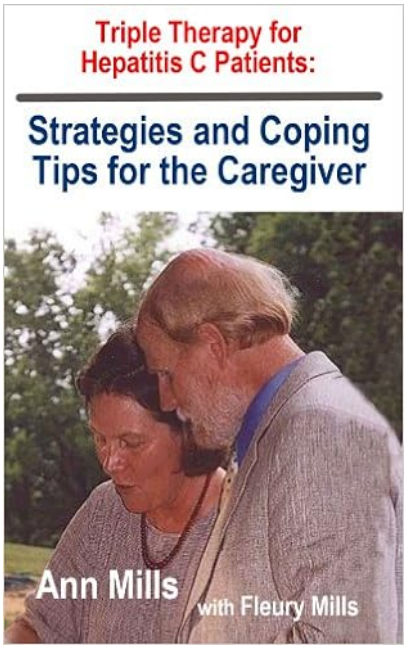

**Skinny Liver: A Proven Program to Prevent and Reverse the New Silent Epidemic—Fatty Liver Disease**
by Kristin Kirkpatrick and Ibrahim Hanouneh

The liver is the seat of our overall health and wellness and the health of nearly every organ is intimately connected with our liver. A healthy liver is essential to a fully functioning body, but our modern sedentary lifestyle and unhealthy eating habits can truly damage the liver--and damage our health overall.

A silent health crisis is impacting one-third of the American population---nonalcoholic fatty liver disease (NAFLD). Because its symptoms often don't manifest until the liver is seriously compromised, many people are not aware that they are at risk. Did you know that if you have fatty liver disease, you are more likely to develop cardiovascular disease (heart attack and stroke), and potentially several devastating conditions such as liver cirrhosis and liver cancer? Did you know that fat is as dangerous as alcohol to the liver?

Award-winning dietitian Kristin Kirkpatrick and hepatologist Dr. Ibrahim Hanouneh have teamed up for a life-changing program that will help you achieve optimal health. Skinny Liver's four-week program shares the steps you can take to get your liver health back on track, with everything from exercise to healthy eating and other lifestyle changes--along with delicious liver-friendly recipes. Written by two experts in the field and based on the latest research, Skinny Liver is an authoritative, easy-to-follow guide to health and wellness, not just for your most essential organ, but for your whole body.

Available at amazon




**Triple Therapy for Hepatitis C: Strategies and Coping Tips for the Caregiver**
by Fleury Mills and Ann Mills

A book for caregivers of hepatitis C patients undergoing “triple therapy” with Incivek or Victrelis in combination with peginterferon and ribavirin. Practical and actionable strategies and tips to help patients complete the grueling therapy demanded to achieve sustained virologic response, the therapeutic goal. The strategies and coping techniques described in the book are based on the experience of the primary author while caring for her husband.

Available at amazon

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**Undetectable**
by Kim Goldberg

Undetectable, a lyrical journey through illness, wellness, Hepatitis C and virus as metaphor. I lived with Hepatitis C for 45 years before being cured in 2015 with the breakthrough new drug Harvoni. I wrote Undetectable in the Japanese literary style of haibun – a travel diary paired with haiku – as I wandered the streets and forests of Nanaimo, BC, during my 84 days of treatment, meditating on all things undetectable.

Undetectable is published by Pig Squash Press, is 159 pages, and sells for $19.00. Click here to order.

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