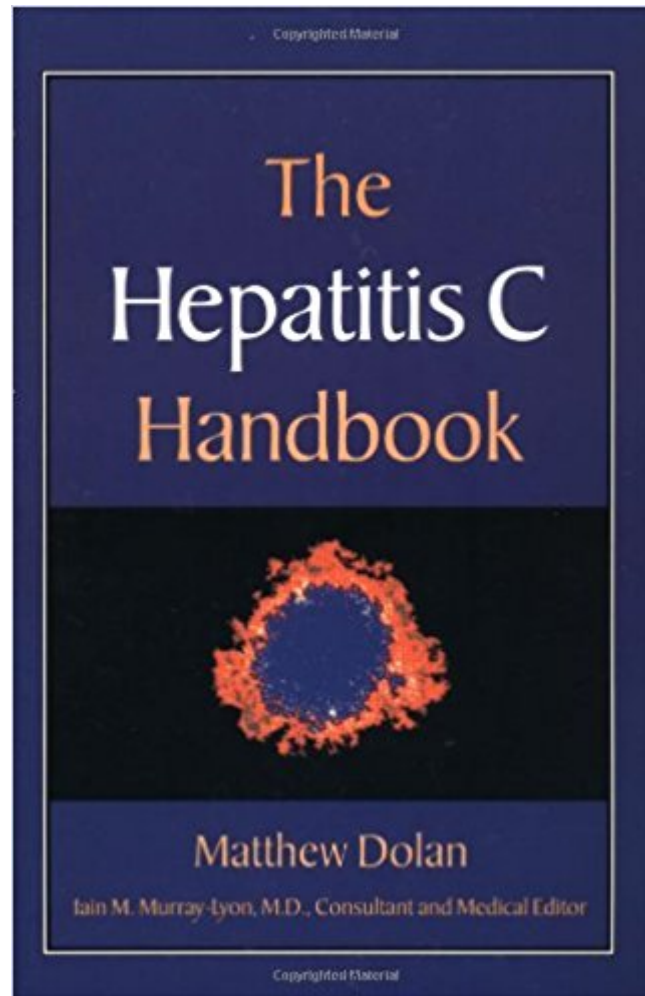




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# The Hepatitis C Handbook



## Synopsis

This definitive guide explains clearly what Hepatitis C is, outlines the course of the disease and the associated symptoms, and describes how it is transmitted. The author discusses available treatments as well as lifestyle changes that may help. Extensive sections on herbs, vitamins, and nutritional supplements are also included.

## Book Information

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## Customer Reviews

"To read this book is to help gain a sense of control and involvement in defeating hep C. As a proponent of Integrative Medicine, I applaud the book's inclusion of holistic therapies. This is a comprehensive and well written book that I highly recommend."-Naomi Judd, R.N."Excellent reading, filled with many ideas and thought-provoking concepts which will help all involved with this health issue."-John Tindall

Matthew Dolan is a professional systems analyst and the cofounder of the first Hepatitis C support group in the U.K.

When I was first diagnosed with hepatitis C, there weren't any books written on the subject. Eventually some came out, and although Matthew Dolan's book wasn't the first to be published, it was the first to tackle the subject in a new way. Dolan discussed the virus itself while exploring both Western and non-Western treatment options. He also discussed lifestyle issues, such as diet,

exercise, and stress-reduction. The book is mostly out-dated now, having been replaced by a flood of newer ones. However, Dolan's book will always have a special place in my heart and some of his message remains relevant today.

To much info and history a big book that you have to dig thru to get the information you may be seeking. I won't be reading this much probably sell it to a book store.

I cannot recommend this book any stronger to anyone dealing with Hep C, directly or indirectly. This book changed everything I thought I knew about this horrible disease. It will help me save the life of someone very close to me that battles with this biological terrorist everyday. The only appalling thing about this book is that it is so cheap. The author was so thorough it almost seems like a steal. **YOU MUST BUY THIS BOOK...**

LOTS of technical information provided, textbook like format, Looks NEW or HARDLY used!! Even better than described! VERY pleased with this purchase!

The Hep C handbook gives an extensive medical perspective for anyone dealing with hepatitis C. Though somewhat more technical than other books available on this subject the book is a comprehensive resource including many testimonials from those living with this disease.

This seems to be a well written book with a lot of research put into it but, is any of it worthwhile for someone who has had HCV for many years and now cannot tolerate medical industry treatments with Interferon? I read several pages online and checked the index for herbal treatments with mixed findings. Liver Rescue 4: most of the ingredients in this product I found mentioned in the index. Himalaya Liver Care: none of the herbal ingredients in this product were listed in the index. Both of these products have good reviews by users so I was expecting to see mention of the herbs used in the index of this book. I'm not interested in reading 500 pages about the virus and it's small size. I have been living with extreme pain and fatigue for many years. I am looking for alternate treatments with herbs or anything that will improve my quality of life. I know that this virus will be the reason I leave this world if I don't get hit buy a car or some other accident first. I am going to hold off on this book for now and see what else is out there.

I work as an acupuncturist and herbalist with a speciality in hepatitis C. I also give continuing

education classes to other acupuncturists in California for the use of Chinese Herbs with hepatitis patients. In addition I spent a month in Beijing, much of which was studying their treatments of chronic hepatitis. This book is first book I suggest for both patients and practitioners to read. It is well written and offers a broad range of approaches. For those who are scientifically minded it gives the specific answers without talking down to those who aren't. For those who are "consumers" it gives practical advise without being condescending. It is apparent that the author has interacted with many, many patients and his relaxed and comforting attitude shows in the book, as well most welcomed, a sense of humor. Highly recommended.

In 1997, my Hep-C virus stirred (after 30 years of dormancy!)and began to seriously impact my life. A friend in London sent me Matthew Dolan's book. At the time I was seeing several medical specialists, most of whom gave advice that conflicted with the advice of all the others. I read Mr. Dolan's book and found a little peace. Here at last was a clear, sensible assessment of the disease, the medical profession's ignorance of it, and a thorough, sane, easily understood series of chapters on available options for living with Hep-C. Mr. Dolan gave no advice, pushed no preferences, he simply stated what was out there. He literally saved my life, not by holding out hope of a miracle cure, but by giving me the comfort of knowing that I was not alone. I cannot recommend this book highly enough to anyone with Hep-C, or anyone who lives with a Hepper. Thank you, Matthew Dolan!

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