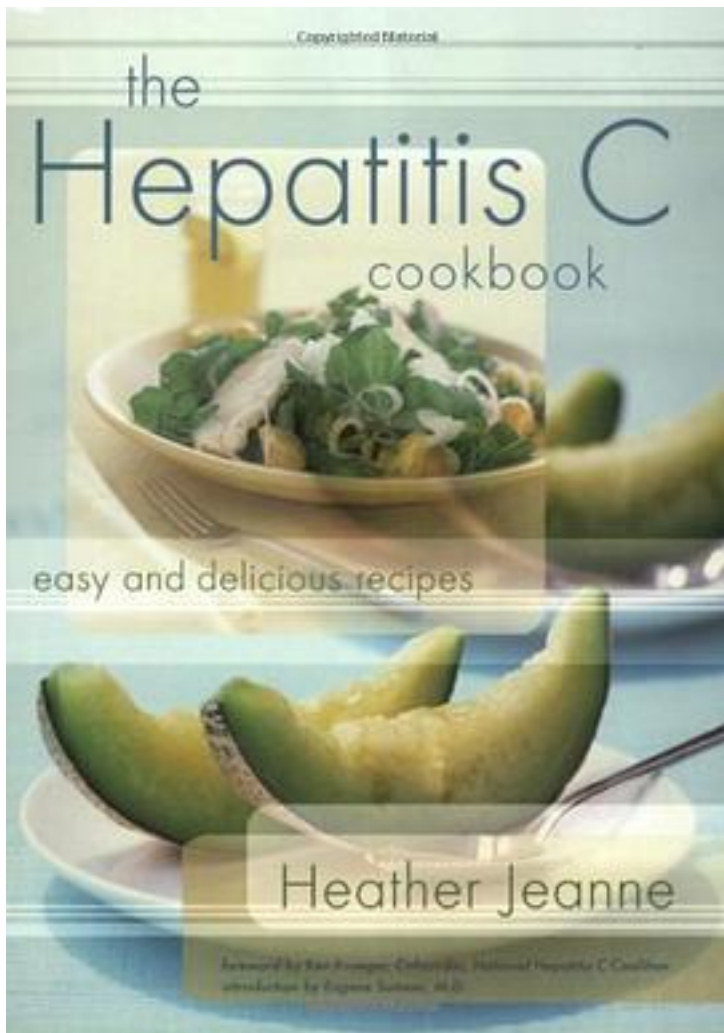


The Hepatitis C Cookbook



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著者:Jeanne, Heather

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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.

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目录:

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