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Tired with Hep C? Avoid These 5 Foods!



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Do you know what common foods are likely to exacerbate fatigue – the most common symptom of Hepatitis C?



As the most frequently reported symptom of Hepatitis C, fatigue saps the energy of a majority of chronic liver infection sufferers. Although there are several valid physiological reasons that being infected with the Hepatitis C virus causes fatigue, being tired can be exacerbated by eating the wrong foods.

As most with this virus are already aware, the liver is responsible for detoxifying the blood – including the purification of everything ingested. The food we eat can either support or hamper the liver's detox duties. As such, individuals with Hepatitis C can impact the course of their illness with their daily food choices. Fatigue adds another layer of culpability to the foods we choose to eat. Besides potentially aiding or impairing liver detoxification, certain foods can also drain energy levels.

Hepatitis C and Fatigue

Fatigue has been reported in nearly 70 percent of individuals with chronic Hepatitis C, making it this virus' most frequent extrahepatic (outside of the liver) manifestation. Although there are many possible reasons those with Hepatitis C tire easily, two of the most likely physiological explanations include:

1. *Cytokines* – Those with the Hepatitis C virus have demonstrated an increase in cytokines in their bloodstream. Cytokines are a key part of the immune response, which typically leads to fatigue similar to having the flu.
2. *Glucose Impairment* – The liver helps break down carbohydrates into glucose, store that glucose, and release it when quick energy is needed. A liver burdened with Hepatitis C may have a reduced ability to produce glucose and less space to store it.

People with more advanced stages of Hepatitis C – especially those with permanent scarring of the liver – are more likely to have fatigue than those with a mild case.

Food and the Liver

Saddled with many vital responsibilities, the liver is required for us to live. One of the liver's most important jobs is to remove toxins from the blood. The liver is the blood's filter, extracting chemicals, toxins and cellular waste so that our circulation is free and clear of substances that might weigh it down.

Researchers, clinicians and nutritionists have found that some foods assist the liver with detoxification while others contribute to clogging up the liver's filter.

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- *Assisting* – Foods that are rich in antioxidants (like brightly colored produce) are ideal for protecting the liver from harm. Antioxidants are substances that neutralize free radicals, molecules that irritate and injure nearby cells.
- *Clogging* – Foods that are high in saturated fat (like deep-fried foods) hamper the liver's ability to detoxify. This is because saturated fat causes an inflammatory reaction in liver cells and can cause injury – reducing the quantity of functioning, detoxifying, liver cells.

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