



What is Hepatitis?

Hepatitis is an inflammatory process of the liver, caused by a bacterial or viral infection, drugs, alcohol, toxins, or parasites.

It is not uncommon for the liver to become enlarged and jaundice to set in. Hepatitis may be acute or chronic.

Acute Hepatitis

This type of Hepatitis can occur from ingesting carbon tetrachlorides, arsenic, and certain drugs, including sulfonamides. Other less threatening forms of hepatitis can be caused by the herpes virus, cytomegalovi-

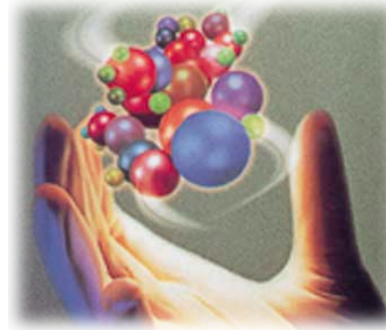
rus and Epstein-Barr.

Chronic Hepatitis

Chronic Hepatitis does not always produce symptoms. On the flip side, it is capable of causing liver damage and cirrhosis. Chronic means that hepatitis has caused on-going damage to the liver and created significant inflamma-

tion in the meantime. Being unable to excrete excess copper makes an individual more vulnerable to acquiring this virus. Medically, the only way of confirming the presence of liver damage is to perform a biopsy. Steroids are sometimes used to treat certain cases of chronic hepatitis

when it is suspected that they are of non-viral origin but their prolonged use in itself creates liver damage. This is not a position anyone would like to be in!



Fats and the

ingesting bad fats suppresses the immune system therefore subduing the ability of the white blood cells to do their job. Oils such as soy and canola contain alcohols and glycosides that alter the inner terrain therefore shutting the immune system down. The alcohol component is a reactive chemical that is as toxic as alco-

holic beverages. The difference is that the damage from bad fats takes years to show up. **The terrain is everything!** Add this to the cacophony of immunizations, fluoride, chlorine, antibiotics, junk food, poor water, toxic air and stress.

Remember that viruses are opportunists. They will take advantage of a

Immune System

suitable environment, replicating themselves with great speed. Their one and only mandate is to take over.

Good oils in your diet promote a healthy liver. The Wolfe Clinic's excellent **coconut oil**, olive oil, or grape seed oil provide essential nutrition for strong immune systems.

Some Interesting Statistics

- 2.7 million Americans are chronically HCV infected.
- An estimated 240,000 children have been exposed or are infected in the U.S.
- 68% of new cases occur because of drug use by injection
- A blood test can identify HCV in the blood within 7 to 14 days of being exposed
- Up to 45% of healthy individuals that become infected will recover spontaneously. Up to 85% become chronically infected.
- 37% of liver transplants are due to Hepatitis C

How Do You Get Hepatitis? What Causes It?

GUT HEALTH

Hepatitis A and E - If the inner terrain is deficient, then your chances of being susceptible to hepatitis increase significantly. Poor gut health means that the virus enters the gut and immediately begins reproducing, and in no time spreads to the liver where it continues to multiply. Both these types of hepatitis are acute rather than chronic meaning that they typically rectify without aggressive intervention.

Hepatitis B, C, D, and G enter the bloodstream and then pass through the liver. The presence of the virus and the antibodies that fight it cause the inflammation of the liver. The incubation period for Hepatitis B and C is up to six months before any real symptoms begin to surface. Viruses



such as Epstein-Barr and Cytomegalovirus can cause Hepatitis as a secondary effect.

Co-factors and Causative Agents

We acquire such diseases as Hepatitis because the pieces of the puzzle

fit together. Life style, stresses, depleted immune and digestive systems, along with numerous other co-factors comprise the recipe for disease. It is not singular in nature, but rather, multidimensional. Body, mind and spirit.

There are basic reasons why we get sick:

- Nutritional deficiencies
- Toxins from water, air, food, vaccines
- Poor diet
- Poor attitude

The good news is that you can do something to change all of these .

Hepatitis A, B, D, E, and G

Hepatitis A was formerly called infectious hepatitis, which is spread by food or drinking water that has been contaminated by hepatitis infected human feces. It can survive in raw or undercooked foods, especially shellfish. It is an acute infection that lasts for less than six months and is not fatal.

You can acquire this virus from household or sexual contact, places of employment, daycares, international travel or infected food handlers.

Hepatitis B can be acquired through unsafe sexual practices, hemodialysis, exposure to blood or blood products, needle stick injury, IV drug use, tattooing, body piercing or through birth from an infected mother.

Hepatitis D only occurs with a Hepatitis B infection. Having both creates a more serious condition

Hepatitis E is acute and much

like Hepatitis A. It occurs mostly in South America and Asia.

Hepatitis F and G are related to Hepatitis C, although scientists are not sure of their impact.

Just remember that a sick and unhealthy liver is at the bottom of any disease from a simple cold to Hepatitis. Hepatitis is a liver condition as is Epstein-Barr and Chronic Fatigue Syndrome. All of them represent excess waste overload in the system and hormonal imbalance.

It is not difficult to remedy the situation by focusing on cleansing and rebuilding. Clean up the liver, bowel, lymphatic system, kidneys and eradicate any parasitical presence.

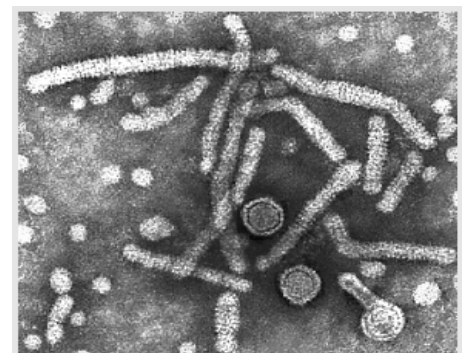
Let's face it. We are all at risk some of the time. If you eat out, travel, go to the movies or interact in any way with other people,

you are potentially at risk. If your immune system is low and your inner terrain toxic then the odds increase significantly.

Cleansing is preventative work! Hepatitis, Chronic Fatigue, Irritable

Bowel Syndrome, Bloating, Gas, Bad Breath, and Insomnia all spell toxicity and are not normal. Attend to your body's filtration systems. It's the only answer. One step at a time puts you in the drivers seat.

Any disease or condition is a reflection of Internal Toxicity. It's time to clean up!



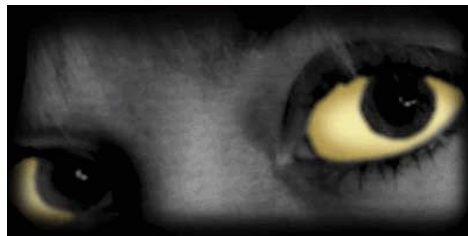
Hepatitis C

Hepatitis C is perhaps the most feared of all the types one can acquire and affects about 4 million Americans annually. It becomes a chronic condition in 85% of all infected patients.

Fortunately, most people with Hepatitis C have no outward signs or symptoms. Some people recognize that it all started innocently with flu-like symptoms, including chills, fever, joint pains and fatigue. Some of the other symptoms are:

- Indigestion
- Diarrhea
- Irritable bowel syndrome
- Night sweats
- Depression, mood swings
- Seasonal Affective Disorder

- Attacks of exhaustion
- Abdominal bloating
- Itchy skin
- Mental fatigue, recurrent headache, brain fog
- Chest and muscle pains
- Blood sugar disorders
- Unrestorative sleep
- Irregular periods
- Decreased libido



These symptoms may seem universal to many conditions but it is the enduring nature of such manifestations that begins to incite attention. Less frequently experienced symptoms include dark urine and yellowing of the skin and eyes. If left untreated, the chronic form of HCV has more of an opportunity to result in cirrhosis, liver cancer or liver failure. Hepatitis C is the leading cause of liver transplants in the USA.

If you are an intravenous drug user, or have received blood transfusions or blood products prior to 1992 your chances increase significantly.

Even though you may test positive for Hepatitis C, you may not suffer the symptoms of liver damage.

Vaccine Insanity - Avoid the Hepatitis B Shot!

Politics. In May of 1999 Jane Orient, MD. submitted a document from the AMA for the purpose of giving testimony at a hearing on the Hepatitis B vaccine. It is clear that the physicians' hands are tied. If a physician advises against a required vaccine, he risks legal liability should that person contract the disease. In other words, he is not going to necessarily give you the goods on the Hepatitis B shot or any other vaccine for that matter.

Dr. Classen testified that the Hep B vaccine is suspected in diabetes mellitus, autism and ADD/ADHD. The life long implications of such vaccines are mind-boggling. The prevalence of the diseases are exaggerated and it can be argued that the solutions to controlling such diseases are highly unsuitable. In fact, vaccinating proves only to sensitize us to the very disease it claims to eradicate, says Dr. Viera Scheibner in her response at the Hearing on the Safety of Hepatitis B Vaccine in 1999.

The question remains: what are we doing to ourselves and to our children? Being that the most common method of transmission of Hepatitis B is from unprotected sex, it seems

absurd that we should feel the need to vaccinate our children.

*A Vaccine is not the answer.
Taking responsibility for your
wellness is!*

Make informed decisions. Educate yourself as to the risks of the disease versus the risk of the vaccine. Many who have received the

Hepatitis B shot have not enjoyed good health since. This is alarming! Exercise your right to choose!

Ask us how to build your immune system so that the threat of disease never becomes a reality.

Medical Solutions

To date, medical therapies to treat Hepatitis have proved ineffective. Vaccinations are not the solution. Current drug therapies are proving impotent and are fraught with serious side effects. The most recent treatment combines Ribavirin with Alpha-Interferon and has been effective in less than half the cases. It also comes with a hefty price tag and is dangerous to the unborn fetus.

Damage to the liver occurs as a result of the system attacking liver cells in order to destroy the virus.

Alternative therapies must include support for the liver, coupled with support for the immune system. Viruses are relentless in their attempt to proliferate. Health must be restored in order to win the battle against all viral and bacterial conditions.

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Dear Readers,

The products listed above have been shown to support the body against Hepatitis. The ones needed, though, will depend on the condition. Please call me if you have any questions or would like a consultation.

Visit our web site and read the following articles that will aid you in the journey to better health. You'll be glad you did!

- **Reclaim Your Inner Terrain**
- **Spoiled Rotten**
- **Cleansing For Life**

Set your mind free from fear that you are doomed to a life of pain and suffering.

If you have any health questions, do not hesitate to call.

We are here to help.

Sincerely,

Dr. Darrell L. Wolfe, Ac, PhD



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