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# Healing Hepatitis C: A Patient And A Doctor On The Epidemic's Front Lines Tell You How To Recognize When You Are At Risk, Understand Hepatitis C Tests, ... C, And Advocate For Yourself And Others

## *Healing Hepatitis C*

A PATIENT AND A DOCTOR ON  
THE EPIDEMIC'S FRONT LINES  
TELL YOU HOW TO

- *Recognize When You Are at Risk*
- *Understand Hepatitis C Tests*
- *Talk to Your Doctor About Hepatitis C*
- *Advocate for Yourself and Others*

Christopher Kennedy Lawford  
and Diana Sylvestre, MD



## Synopsis

Get the facts about Hepatitis C Having hepatitis C can be a transformative, extremely tough experienceâ€”especially without the right information. Healing Hepatitis C remedies that by combining the personal story of Christopher Kennedy Lawford, who unknowingly contracted the virus during his years of drug use, with the medical expertise of Dr. Diana Sylvestre, who has devoted her career to treating hepatitis C sufferers. Together they deal with the stigma and misinformation, and the fears and frustrations of this illness. Healing Hepatitis C serves as a valuable sourcebook for medical and treatment information: from what hepatitis C is to what it does, and from what to expect during treatment to how to communicate with your physician, to finding the support you need. Most of all, it walks you through the process of facing the diagnosis and treatment head-on, showing you that it is possible to get through hepatitis Câ€”to be cured of itâ€”without surrendering your life to it. Together Lawford and Sylvestre offer hope, humor, and medical expertise to help patients, their friends, and families navigate the numerous challenges of hepatitis C virus education, testing, and treatment.

## Book Information

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## Customer Reviews

I've lived with this disease for over 36 years & have continually explored various methods of coping with it & eliminating it. Consequently, I am quite well versed on a "guinea-pig/patient" basis as well as having become a knowledgeable layperson. There are many things that make us ill as well as heal. There are also western medical approaches, eastern approaches, etc. Decades ago I elected to follow eastern approaches (acupuncture, herbs, etc.) when western (AMA-American Medical Association) told me there was no substantial cure since hepatitis c is a virus---just like the common cold. I felt that getting my own body & immune system it's most optimal state would give me the highest potential "boost" to rid myself of this disease. As the years went by I learned more & more about illness & healing. For me, stumbling upon the right acupuncturists after trying many others, was a turning point---it very well may have saved my life. But I've always been wise enough to try to keep abreast of all types of healing approaches---eastern, western, etc. & not have a closed mind. I accidentally found about a clinic with (free) ongoing seminars on the latest western/A.M.A. approaches to treating hepatitis c headed by Dr. Diana Sylvestre, co-author of this book. Dr. Sylvestre & her healing approaches are on the forefront of western treatment for this disease. I felt my visit was highly informative & beneficial. I still have the disease but am probably a classic example of a survivor in otherwise very good health--the symptoms have been substantially minimized over many years. I strongly encourage anyone with this illness to keep an open mind and continually try to learn about all approaches to healing--no matter where they come from. And I strongly recommend for those wanting a clear "snapshot" of the latest, down-to-earth hands-on knowledge of western approaches to buy this book.

Healing Hepatitis C is a refreshing change of pace from most other HCV books. Written by Diana Sylvestre, MD and Christopher Kennedy Lawford - the format is a dialog between the two while they simultaneously speak directly to the reader. Sylvestre provides a physician's perspective and Lawford offers good humored insight from the patient's side. This book is warm, honest, and refreshing. This book illustrates some of the turmoil that we experience over this disease, particularly regarding treatment. The strength of this book is that it is honest. Healing Hepatitis C is not highly technical yet it succeeds in getting across a lot of information without boring the reader. The Online Resource section provides tools for the reader wanting to know more about various aspects of HCV. If you are touched by hepatitis C and you need a hearty dose of help, hope and inspiration,

read Healing Hepatitis C.

Good job.

excellently written

Christopher Lawford has written a very powerful, informative book which deals with a serious disease. You'll want to read it - it's informative, easy-to-read, and simply a must!

What a smart idea, first you get a former drug addict to tell us how he got Hepatitis C and what he did about it, and then you get an informed doctor to break it down for us. What I once thought about Hepatitis C was that Hepatitis C is a death sentence. Now, Hepatitis C does not seem to be such a dark cloud, dead end. Too many times in our past medical issues have been swept under the rug because of moral issues, "they did it to themselves", "they are weak people," same with HIV. People think that God placed a curse on them for being wicked. What happened to, "Judge not,"? It's my opinion that Dr. Sylvestre writes this book in the mindset of, "Let's get on with the job of beating back this virus, no matter how someone got Hepatitis C." Thank God she saw a need and stepped up. If you ever get the chance to talk to the thousands of people Dr. Sylvestre has helped, one thing you will always hear is, "She didn't judge me, she helped me." My family has four people with Hepatitis C. My mom got hers from a blood transfusion, my sister did not know how she caught hers (but she was a nurse). I and my brother got Hepatitis C from being IV drug users. Dr. Sylvestre treated us all as people. My hope is that people read this book and become enlightened. I hope the doctors get off their high horses and help the people with Hepatitis C. I hope everyone who reads this becomes a strong advocate for themselves or anyone who has Hepatitis C.

I found this book captivating. Once I started it I could not put it down. I got so much information that stuck in my head because of the way it was written so true to life. Doctor Sylvestri and Christopher Lawford made me feel like I was right there with them. While I have read other books on Hep C like Melissa Palmers' 'Hepatitis & Liver Disease', I related to this book and retained so much more of the information, it left me wanting more. My only regret was I wish it was much longer. Please write another.

This book is a page turner. Excellent read for anyone who is Hepatitis C virus positive still, or

involved with people who have Hep C. There is a medical cure for a majority of people with this infection. This book provides much needed information about the disease and it's treatment. It is certainly an encouragement to people wondering if they too can beat Hep C.

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