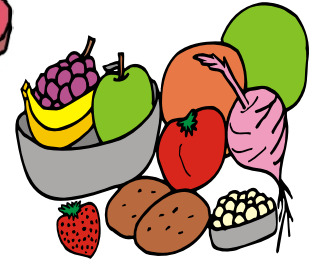
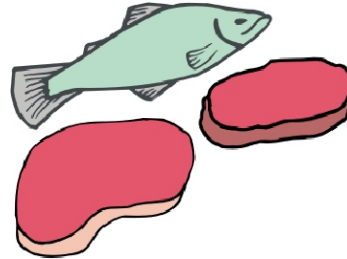
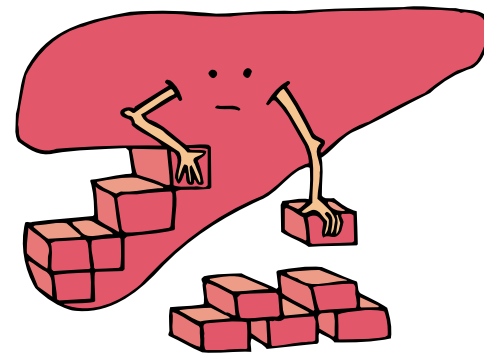
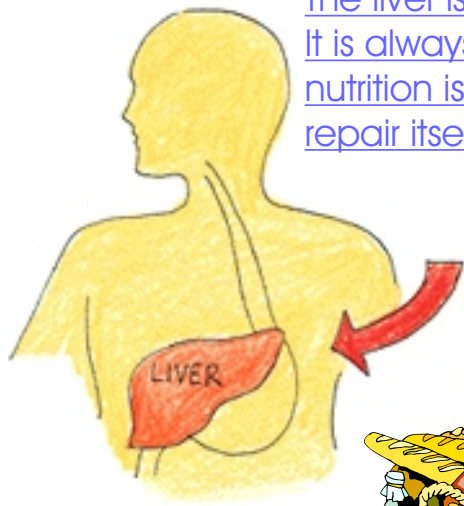


The liver is the largest internal organ  
It is always rebuilding itself and our bodies. Good nutrition is very important in helping the liver to repair itself and our bodies.



A diet with plenty of fruits and vegetables, lean cuts of meats and dairy products for calcium is helpful to keep you healthy. Following Canada's food guide is a great way to go.



Water is very important, it removes toxins from the body 8-10 glasses per day is a good amount.

# Look After That Liver



Get vaccinated for hepatitis A & B  
You don't want to have another type of hepatitis with hepatitis C as it can make your liver really sick.  
You may also want a vaccination for pneumonia

NO!!  
NO!!  
NO!!



Alcohol use is not good for people with hepatitis C. It can increase the rate at which the liver is damaged



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