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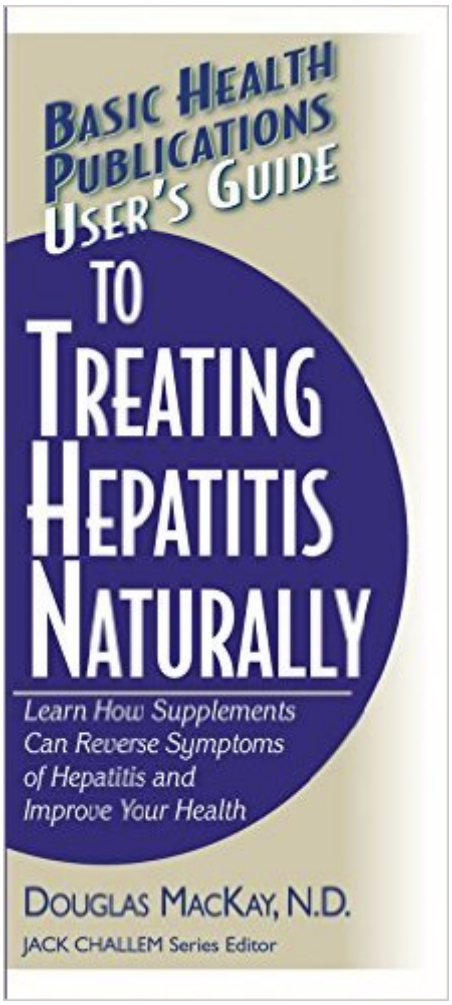

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Synopsis

Hepatitis is a common causes of illness and death. Many types of hepatitis are caused by viruses, whereas other types result from the liver being overwhelmed by toxins, including alcohol and drugs. In this User's Guide, Dr. MacKay describes the most common forms of hepatitis, their causes, and ways to reduce your risk of contracting or developing them. He also describes vitamins, herbs, and other supplements that can help you reduce symptoms of hepatitis, including elevated liver enzymes, so you can lead a healthier life.

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