

Herbal support treatment of Hepatitis “B”

Prevention

1. Hepatitis B is similar to HIV in that it is spread by sexual fluids and blood. Prevention therefore is about safe sex: ABC: Abstention, Be faithful, Condoms.
2. Nor must unsterilized needles be used, and no cutting as sometimes practised by traditional healers.
3. Remain as healthy as possible, observe good hygiene, eat a balanced diet, drink plenty good water and tea and have exercise.

Other notes

Mother to child transmission can also occur.

Long term complications are much more common in children & include cirrhosis and liver cancer. For this reason the government has a programme of vaccination. It is thought that 90% of healthy adults will recover, less than 5% will get a chronic infection and 1-2% will get cirrhosis or cancer

There are drugs that suppress the virus in those with long term infection but like HIV are taken for life

Recipes / herbal ingredients:

Artemisia annua, Centella asiatica, Cinnamon, Shea oil, Fresh Honey.

	Herbal components & doses	Notes & Recommendations.
Alternative 1	Pour 400mls of boiling water over one teaspoon of Artemisia tea and one teaspoon of <i>Centella asiatica</i> tea. Prepare and drink this twice a day for 2 weeks.	After the two weeks, viral loads have to be tested to check progress.
Alternative 2	Mix 8 table spoons of shea oil with 16 table spoons of honey. Take a tablespoon of the mixture orally at 8 hour intervals for 8 days. Repeat the mix for the following week and take it as usual.	It is important that alternative 2 treatments have to be immediately continued after alternative 1 treatment. After the four weeks viral loads have to be tested to check progress.
Alternative 3	Sprinkling equal part of cinnamon powder on equal part of honey and taking with hot water as tea regularly strengthens the white blood cells which combats the hepatitis virus.	(Details of cinnamon powder with honey is provided in another attachment)

We recommend that people go to the clinic to be tested, for monitoring and for reliable vaccines. Fake vaccines are around and are of course very dangerous: Some people including medical personnel have tested negative, but after completion of the three recommended doses of the vaccine, they became positive to the retest and contracted the disease.

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