

## Hepatitis

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Disorder that is gastroenterological. Occurs when the liver becomes inflamed. There are eight different types of hepatitis. Being able to tell which type of hepatitis an individual has depends on the cause. Most of the types, however, are caused by a virus.

**Artichoke- Internal Purposes:** In earlier times, artichoke was almost used as a tea to treat multiple ailments. Now, standardized extract is actually considered to be better for supporting a liver that is not working up to par.

**Beets- Internal Purposes:** Normally, the root of this plant is used to assist the body in resisting body ailments. Ayurvedic medicine has traditionally chosen beets to foster the liver's capability to regenerate cells.

**Burdock & Dandelion- Internal Purposes:** Burdock and dandelion may be beneficial in ensuring that the liver and the bloodstream are flushed free of toxins.

**Licorice- Internal Purposes:** There have been studies that suggest that licorice can treat viral hepatitis, especially chronic active hepatitis because of its prominent write-ups on antiviral activity. **Cautions:** Stop using licorice after seven days. If your physician has advised you that you have high blood pressure, choose a different herb.

**Olive Leaf- Internal Purposes:** The olive leaf extract can be very powerful in treating fungi.