

## Hepatitis C

NAME/H.Y.	AGE/45	SEX/Male	AREA/Japan
<b>History of Past Diseases and Treatments</b>			
<p>In 1999, the patient was found to have AST and ALT levels of more than 100 in an annual health exam. He had a complete medical checkup and was diagnosed with hepatitis C. He experienced significant fatigue and low energy. He was recommended interferon therapy, but refused for fear of adverse effects. Regular injections of Stronger Neo-Minophagen (an injectable glycyrrhiza) were the only alternative treatment he received. After six months, the level of liver function enzymes increased gradually. AST increased to a maximum of 215 and ALT to a maximum of 408, so he decided to try interferon therapy. Before starting interferon therapy, he was given Rice Bran Arabinoxylan Compound (RBAC) at 3g per day and was put on a vegetable-based diet for one month as an effort to enhance immunopotency. After one month of RBAC treatment, AST and ALT were 20 and 28, respectively, therefore interferon therapy was cancelled. He continues taking RBAC at 3g daily and the AST and ALT levels are maintained within normal ranges.</p>			
<b>Evaluation</b>			
<p>Initial treatment was unsuccessful partly because he was in the habit of smoking and drinking. Therefore, he gave up smoking and drinking and switched to a diet centering on vegetables, and eventually RBAC quickly showed a significant effect. The immunopotentiating (activation of NK cells and production of interferon) and liver-protecting effects of RBAC resulted in a decrease of the viral count and eliminated liver inflammation.</p>			