

Low Sodium Cooking From the Heart

by Pam Vivian

EXCERPT

It is quite shocking to be given the news that you have hepatitis C and cirrhosis of the liver. Yes, you know you have not been feeling up to snuff lately: tired, lethargic, not sleeping well and your stomach has been a little off but nothing you feel you should really go and bother your doctor about. Doesn't everyone go through these stages once in a while?

Then all of a sudden your belly swells and there is a war going on in there and off to Emergency you go. Next comes the diagnosis of hepatitis C and cirrhosis.

After that, all chaos breaks out in your body. For those that also suffer with this and are wondering what symptoms other people have, the following are some of mine:

Inability to think

Pain in muscles, joints and bones

Dizziness and poor balance

Reduced vision

Hair loss

Terrible skin and nails

Itchy skin and stinging red spots

Muscle cramps and twitching

Restless legs

Shaky

Weight loss

Not sleeping

Extreme tiredness

No energy

Cold

Inflammation especially in pelvic area at night

Upset and very noisy stomach (Oh the agony sometimes, sharp pains, dull ache, etc.)

Nausea and vomiting

Fluid retention and swelling

Memory loss - forget people, places and things.

The whole world revolving when you lay flat in bed - holding on so you don't fall off.