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Photo Courtesy: Catherine Falls Commercial/Moment/Getty Images Vitamin C is crucial for the maintenance of well being. Hepatitis B usually causes short-term discomfort that many people recover from completely after about four to eight weeks. However, there are medications that can help keep this disease in check. Making lifestyle changes, such as reducing or eliminating alcohol from your diet, can also decrease your chances of experiencing complications. However, in most cases, treatments focus on proper hydration and nutrition. Hepatitis C occurs more commonly in people who engage in intravenous drug use. Vitamin C can also increase levels of nitric oxide, a compound that widens blood vessels and, in turn, lowers blood pressure. Therefore, if the main source of vitamin C is from naturally occurring foods, it is near-impossible for excess vitamin C to produce side effects. There are three primary types of hepatitis, and while their symptoms can be similar, they vary largely in the ways they're transmitted. Photo Courtesy: Violeta Stoimenova/E+/Getty Images Since vitamin C-rich foods are so readily available nowadays, symptoms of inadequate vitamin C intake are also rare in the United States. Nowadays, there are also numerous packaged food products, like cereals, that have been enriched and fortified with vitamin C, so that the nutrient can be easily obtained. Hepatitis B can be transmitted through sexual activity and exposure to infected blood. However, malnourished individuals can experience symptoms of vitamin C deficiency over time, including: Weakness Fatigue Anemia Easy bruising Joint pain Skin breakdown Weakened tooth enamel Gum inflammation Severe vitamin C deficiency is referred to as scurvy. Learning more about each type of hepatitis can help you better understand the condition as a whole. What is Hepatitis A? Hepatitis A is the most easily transmitted of the three viruses. In severe cases, hepatitis C may require a liver transplant. Vitamin C can also be labeled as "L-ascorbic acid" in the form of a supplement, and most over-the-counter multivitamins contain the recommended daily dose of vitamin. So, what's so magical about vitamin C? There's also a safe vaccine to protect you from hepatitis B. What is hepatitis C? Photo Courtesy: BSIP/Getty Images About 4 million people in the United States have hepatitis C. Doctors can cure hepatitis C? Severe chronic hepatitis B with antiviral drugs. It can also cause liver cancer. If you received a blood transfusion before 1992, you should also be tested for hepatitis C if you have never done so before. It also acts as a powerful antioxidant and can repair damage caused by free radicals, which are linked to the effects of aging and vulnerability to diseases. Scurvy can be easily treated with a dietary vitamin C boost or supplements. This form of hepatitis causes chronic disease in more than 50% of people who get this type of virus. Although there are no vaccines for chronic hepatitis C, the treatments available today offer a cure rate of 95%. Chronic hepatitis C can significantly affect the functioning of the liver. This virus is more common in places with underdeveloped sanitation systems. According to the Centers for Disease Control and Prevention, up to 2 million people in the United States are chronically afflicted with hepatitis B. Also known as ascorbic acid, vitamin C is essential for healthy living. It affects about 2,500 people every year in the United States. However, it can turn into a chronic condition that lasts for years; this is more likely in older adults. Hepatitis A causes a short-term acute disease from which most people recover without treatment. It can be transmitted from a parent to the infant during delivery. There is also a safe and effective vaccine available to protect you from hepatitis A. What is hepatitis B? Hepatitis B can occur in both acute and chronic forms. esod aL. satei e orafni emoc. iralocssavoidrac eittalam id oilcsir ronim nu a itaicossa itats onos C animativ id inoizartneecnoe etavele onognetnoc ehc inemilla ilig. ottefni eugnas noc ottatnoc il osrevartta isredhoftid "Aup e suriv ert jed elibissimart onem li A. elautta etuias id otats e ativ id elits. Ate, osses emoc irottaf id adnoces a ,ittut rep osrevid "A C animativ al rep otadnamoccar oreilanroig oigqasoD. enosrep etseuq ni ilamitto itallusir erenetto rep C animativ id iroiggam isod eirassecen eresse onossop ertla da ottepsir iroirefni C animativ id icitame illevil onnah ilaro ivittecartnoc onasu o onamuf ehc. onattalla ehc. ,aznadivarg ni emod el ©AñcioP. airassecen "A non odnauq enoiznim al osrevartta omsinagroállad aslupse etnemlicaf eresse "Aup ehc elibulosordi animativ anu "A C animativ al. airassecen "A non odnauq enoiznim al osrevartta omsinagroállad aslupse etnemlicaf eresse "Aup ehc elibulosordi animativ anu "A C animativ al. acisif atiref anu ad o erodderffar nu ad

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