Struggling With Your Hep C Treatment? Grab a Cup of Joe.

January 9, 2012 By Laura Whitehorn

Are you coinfected with hepatitis C? If you're battling daily to keep taking your HIV meds and the drugs for hepatitis C treatment, consider pouring on the coffee.

As we've previously reported, coffee has been shown to help slow the progression of liver disease and improve chances for some people to clear hepatitis C with treatment. Now it turns out that drinking three or more cups a day helps people overcome some of the treatment's nasty side effects too. Not to mention that the extra caffeine may give you an energy boost and put an extra spring in your step.

If you are having trouble taking your meds for either virus, ask your doctor or clinic for help. Good adherence is essential to fight both viruses. So treat yourself to a large cup of joe and keep your viruses at bay.

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http://beta.docker.poz.com/article/Coffee-HCV-HIV-21707-8074