# Postscript - Quercetin Update

April 4, 2011 By David Weiss

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In January of 2010 I posted an entry regarding an article that I'd read concerning Quercetin - a bioflavonoid that was reported to block Hep C viral reproduction. After reading the article I began taking 500mg per day as a nutritional supplement because I'd failed to respond to the conventional therapy of pegylated interferon and ribavirin (my hep c is genotype 4.)  When I had my liver biopsy back in 2005 my liver was in between stage2 and stage 3 (stage 4 is cirrhosis.)

I had my liver biopsied again two weeks ago and the results are in: my liver actually improved and is now down to stage 2. My results are anecdotal and you should always consult with your doctor before trying an alternative medicine, but needless to say, I'm a very happy camper. If you've failed conventional therapy or cannot tolerate its side effects, look into Quercetin taken with milk thistle. It worked for me!

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