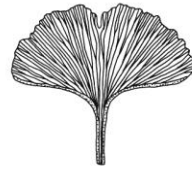


COASTAL NATUROPATHIC CENTER

4 Fundy Road
Falmouth, ME 04105
www.CoastalNaturalHealth.com
Phone (207) 781-4447
Fax (207) 781-4487



Richard K. Maurer, N.D.
Doctor of Naturopathic Medicine
Sarah P. Kotzur, N.D.
Doctor of Naturopathic Medicine
Alexandra S. Maurer, L.Ac.
Licensed Acupuncturist

Bastyr Protocol for Hepatitis C

The following chart includes therapies used in a study supported by the National Institute of Health that took place in Seattle under the guidance of Bastyr University. This list is meant for informational use and not to be used for treatment.

PRODUCT NAME	AMOUNT	DESCRIPTION OF ACTION
Siliphos® 360 mg	1 cap tid	Anti-inflammatory, antioxidant, anti-fibrotic, iron chelator, increased mitosis of healthy hepatocytes.
Glycyrrhiza 800 mg (Licorice Root Extract, 6% Glycyrrhizin)	1 cap tid	Anti-inflammatory, antioxidant, stabilizes hepatocyte membranes.
Actigall™ 300 mg (ursodeoxycholic acid)	1 cap bid	Restores damaged bile ducts, induces choleresis, stabilizes hepatocyte membrane by preventing solubilization of cholesterol and phospholipids, increases hepatic blood flow.
Colchicine 0.6 mg	1 cap bid 5 days / week	Enhances collagenase expression, stimulates collagenase secretion, inhibits collagen synthesis by hepatic fibroblasts, dec. IL-1.
Phosphatidylcholine (1200 mg soy phosphalid w/420-mg phosphalidylcholine)	2 cap tid	Protects and stabilizes hepatocyte membrane Hepatoprotection against xenobiotics. Primary source of choline.
Vitamin E 400 IU (d-alpha-tocopherol)	1 gelcap bid	Hepatoprotective by directly inhibiting lipid peroxidation.
Selenium citrate 200 mcg	1 cap bid	Antioxidant, incorporated to selenocysteine, a component of glutathione peroxidase,
Thiocid (alpha-lipoic acid) 100 mg	2 cap tid	Chelates iron, antioxidant, free radical scavenger. Helps maintain hepatic vitamin C and E levels. Increases reduced glutathione.