



## **INTERFERON TREATMENT PROTOCOL**

### **Optimum Plan Using Chinese Medicine w/ Western Medicine**

By Misha R. Cohen, OMD, L.Ac.

#### **PRIOR TO BEGINNING INTERFERON**

1. Twelve weeks prior to interferon treatment (minimum)
  - A. Run all labs (CBC w/ differential, Chemistry, Viral Load, AFP, etc.)
  - B. Begin Chinese herbal treatment and supplements for HCV
    - Hepatoplex One
    - Immune formula ( your choice according to diagnosis)
    - Marrow Plus
    - Silymarin
    - Supplement Plan
  - C. Begin Acupuncture Therapy
  
2. Two weeks prior to interferon treatment
  - A. Run all labs (CBC w/ differential, Chemistry, Viral Load, AFP, etc.)
  - B. Modify Chinese herbal treatment and supplements for HCV
    - Discontinue Silymarin
    - Discontinue St. John's Wort and other related formulas
    - Discontinue any Chai Hu containing formulas
  - C. Continue Acupuncture Therapy

#### **BEGINNING INTERFERON**

1. Week 1 of 1st interferon shot
  - A. Run all labs
  - B. Begin Acupuncture same day or day after 1st interferon shot
  - C. Two Acupuncture treatment for first 4 to 6 weeks
  - D. Increase or decrease herbs as necessary
2. Week 2 to 4 of interferon
  - A. Check labs (CBC only) for WBC, platelets, RBC
  - B. Check Viral Load Tests Week 2 and 4 (if possible)
  - C. Adjust Marrow Plus according to labs as well as Chinese diagnosis
3. Week 5 – 24 or 48
  - A. Treatment according to Chinese diagnosis
  - B. Treatment according to labs

## **POST INTERFERON TREATMENT**

1. Week 1 to 4
  - A. Run all labs (CBC w/ differential, Chemistry, Viral Load)
  - B. Continue Marrow Plus and all herbs taken through treatment
2. Week 5 to 24
  - A. Re-evaluate herbal formulas by practitioner
  - B. Possible discontinuation of Marrow Plus (according to labs and exam)
  - C. Continue all base formulas
  - D. May restart Silymarin and other herbs contraindicated during interferon TX unless continued by physician on any maintenance interferon
  - E. Continue Acupuncture on schedule determined by diagnosis
3. Week 24
  - A. Run all labs (CBC w/ differential, Chemistry, Viral Load)

**To Practitioners:** For more complete information on the above protocols please refer to [The Hepatitis C Help Book](#) and [The Hepatitis C Professional Certification Program](#) .

You may also contact [Health Concerns, Inc.](#) regarding the herbal formulas mentioned here