



# Health Prescription

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## Predicted Disease: Viral Hepatitis

### Symptoms:

- unusual color or odor to urine
- nausea
- joint pain
- fatigue

### Precautions:

#	Precaution
1	Avoid Sharing Needles or Razors
2	Get Vaccinated as Required
3	Practice Safe Hygiene and Sanitation
4	Avoid Uncooked or Unhygienic Food

### Diet:

#	Diet Item
1	Immune-Boosting Diet
2	Citrus Fruits
3	Nuts
4	Green Vegetables
5	Lean Protein

### Medications:

#	Medication
1	Antiviral Medications (Tenofovir)
2	Interferon Therapy
3	Hepatoprotective Agents
4	Immunomodulators
5	Pain Relievers (as needed)

### Doctor to Consult:

- Hepatologist