HSV ERASER
Permanently Eliminate the Herpes Virus

☑️ Natural
☑️ Cost Effective
☑️ No side effects
☑️ See the results in just 21 days
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If you are under medication or have doubts following the advice given here, consult your doctor without delay.
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**Introduction**

The world of herpes is a much-misunderstood one. Fortunately, mankind’s understanding of the intricacies of herpes simplex viruses has substantially increased over the past years. A virus that is capable of developing a wide array of infections and remains incurable; thus, we are getting more aware of its psychosocial effects and how infected persons can successfully manage their condition.

This book is for people who wanted to learn more about the natural and medical ways of curing herpes simplex viruses. Curing herpes is something that anyone who has this lifelong illness is looking for. Most of the treatments available only stop the recurrence of future outbreaks but does not actually treat it. Hence, this book aims to provide you the most basic, yet most efficient ways of combating herpes and destroying the virus. The best herpes treatment is right at your fingertips. Sad to say, herpes is a subject that most people are not comfortable to discuss with. Surprisingly, there are more people infected of herpes virus than people with high blood and diabetes. The problem is, almost 90% of those infected people do not know they already have it.

Books and eBooks discussing herpes virus were only a handful compared to books about hypertension and diabetes. Thus, it led me to write this book to provide information that is easy to understand but compound enough to fulfill the readers’ need to get the details regarding herpes virus. We will start by taking a deeper look at the virus, the smallest disease-causing virus that remains in the body’s nerve cells for life.

Arming yourself with awareness, right knowledge and support on how to effectively manage herpes is the very first step towards total healing. As the chapter progressed, you will be able to re-establish your emotional issues as well as successfully coping with the various changes in your life. This book will provide you awareness so you’ll start to
become comfortable with your body and most importantly, how you will help yourself to get cured, to heal, learn to live a healthy and normal life after you were healed.

The most essential thing that this book can impart to the readers is how an infected person can cope up with the sudden changes. Probably, there are plenty of questions they have in mind – what the future would bring? How do people around me will react? What will I expect in the long run? Yes, we can’t easily change the negative notion of our society regarding this issue. Discussing herpes is more difficult than dealing with the medical condition itself. Hence, by acquiring the vital information, one can change his or her attitude about it. Instead of dealing with the negativity, here you will learn how to take responsibility on proper handling of the infection when you are meeting new partners. This book is about informing you and the rest of the readers about the virus and help you feel empowered and in-control of this contagious disease.

This is about the options a patient has in terms of treatments and most importantly, to help people learn to respect and accept themselves and other people with herpes. Moreover, you will learn healthy routines you can adapt to best manage the infection. You will find out the dos and don’ts in handling herpes and how lifestyle modification can benefit you in the long run.

More than just preventing herpes outbreaks and symptoms, you will soon realize that curing herpes for good is possible and attainable. This book, with clear facts and aims to give accurate information while addressing people’s feelings, is a book that you can talk with your “potential partner” and keep referring to in the future.

**Herpes: Meaning and Origin**

The word herpes varies in meaning of how people perceived it. For others, it refers to the troubling sores and blisters that frequently appear around the lips. For some, it is a dreaded sexually transmitted disease that gives painful aftermath to its victims. Both of
these usual afflictions are applicable to use the term herpes. However, medical personnel identify herpes on various body parts with different medical terms. Such illnesses were caused by two related herpes simplex virus type 1 and herpes simplex virus type 2. Both of these viruses are responsible for humans and animals’ sufferings on this infection.

Although most cases are not severe and treatable, acquiring herpes virus can be emotionally traumatic. The infection, if not treated immediately, may cause complications especially pregnant women and newborn babies. The effects can be life-threatening for individuals with weak immune system. Most of the newly diagnosed infections happened when sexual partners do not know they are shedding the virus, thus unknowingly spreading the infection. Furthermore, numerous carriers are totally unaware that they are carrying herpes virus.

So far, there were over 115 identified herpes viruses. Turkeys and pigs were commonly infected with herpes virus while species like snakes, rats, lizards, and toads can spread the herpes viruses in their company. Herpes virus infections are one of the most transmissible diseases all over the world. Millions of years ago, there was only a single herpes simplex virus. Over the years, the virus found a way to stay in the nerve cells through mutation and selection.

**Herpes and Other Related Infections**

Most people would associate herpes with genital herpes not knowing that herpes simplex virus refers to eight different viruses that have similar characteristics. There is some confusion in diagnosing these viruses, their symptoms, and treatments. Medical experts would make you believe that one thing is certain; once you acquire
the virus, it will stay in your body for the rest of your life but we don’t think so. Herpes can be cured. You can do so by just simply enabling your body to get rid of the virus which is the objective of this book.

**Herpes Simplex Virus Type 1 (HSV1)** oral or cold sores can be transmitted through oral (kissing), skin to skin contact, vaginal and anal intercourse, and naked genital to genital contact. It may cause recurrence of aseptic meningitis and in rare cases, blindness, encephalitis, neonatal herpes, and Bell’s palsy.

A more common type of genital herpes virus is the Herpes Simplex Virus 2 (HSV 2). It can be passed from a mother to her newborn, through skin to skin contact and oral (kissing and oral sex). It can cause similar complications like those of the HSV 1.

The third type is the Herpes Zoster (Varicella-Zoster Virus). It causes chicken pox that may shingle later in life once triggered. Once the rashes are gone, the virus becomes latent and does not actually go away. It can spread through airborne droplets through coughing and breathing and by skin to skin contact. The complications include pneumonia, encephalitis, or hepatitis for severe cases.

The fourth kind is the Epstein - Barr virus (EBV). Also known as the “kissing disease”, among its complications is AIDS-related lymphomas and nasopharyngeal carcinomas. This can be transmitted through kissing and airborne droplets.

The Cytomegalovirus (CMV) is occasionally associated with mononucleosis. Pregnant women who acquired the virus may bear children with various health problems. People with HIV, has compromised immune system, undergoing chemotherapy, or has transplants can also have the virus’ reactivation and may cause different problems. CVM may spread through blood products, transplanted organs, maternal-fetal intrauterine infection, and airborne.
Human Herpes 6 (HHV 6) can cause Roseola in infants. It is characterized with high-fever, body rashes, and pea-shaped bumps at the back of the head. In rare conditions, it may cause encephalitis and can be transmitted airborne.

Same with HH6, Human Herpes 7 can be passed through airborne droplets and may bring in body rashes.

The last in the family, the Human Herpes Virus 8 also known as the Kaposi’s Sarcoma causes blood-vessel related cancer, skin lesions, and uncommon types of lymphoma. HHV 8 can be transmitted unknowingly and tend to spread all throughout the patient’s body.

**Dealing with Herpes with Positivity**

Most people have special concerns regarding herpes; the risk of transmitting it to a baby during pregnancy, the ways to reduce the chances of spreading the virus to a sexual partner, or how effective are vaccines and drugs in treating herpes virus. An accurate fact and diagnosis of herpes is the key in answering all these concerns. Other concerns include psychological, emotional and relationship aspects, that sick feeling upon hearing the diagnosis, the bad jokes about it, and the endless wave of emotions that will follow; guilt, loss, shock, shame, isolation, acceptance, and moving on. Like a casual book, the facts presented here are easy-to-understand. We’ll try to simplify the terms as much as possible for readers to learn effectively.

*We hope that this book exhibits a personal experience for you and other readers and at the same time, provide reassurance and comfort when needed. After you finish the book, you are equipped with more relevant information about herpes, know new things your doctor hasn’t told you so far and finally, have the necessary tools to deal and fight this dreaded virus because you know exactly what to do to cure yourself, feel better, and live normally. This book presents new strategy on how you can cure the
disease that others believe, incurable. There’s no need for you to suffer long because you can treat yourself even at home.

The bottom line is – herpes won’t kill you and as long as you are knowledgeable enough in managing such infections, you can soon live herpes virus-free! The most painful element, however, are the psychological effects; but physicians do not consider this more often – that is the very reason why this book would greatly help you. Okay, maybe you are a little different (you can’t eat those foods and you can’t drink alcohol even in small amounts) but hey, it is not the end of the world. If you start keeping a positive attitude, you will soon realize the herpes virus is nothing but a nuisance and you can actually move on with your life. Moreover, as you read this book, you will find hope and confidence because you are not alone in this journey. What statistics won’t tell you is that there are millions of people who were infected with the virus and yet, they learn how to efficiently deal with it and are now living a normal and happy life. With the help of this book, you too, can be one of them.
Chapter 1 – Understanding your Enemy – The Herpes

What is herpes?

The Herpes virus infections are a result of the Herpes viridae which is a very broad family of deoxyribonucleic (DNA) that leads to infections in animals which obviously includes humans. The affiliated family members of this particular group are also referred to as herpes viruses. This name of the specific family is a derivative of herpein, which is a word of Greek origin that means ‘to creep’ or ‘creeping’. This meaning suits these viruses as they are very latent and rather recurrent infections that often lead to quite lytic contagions.

Viral composition of the herpes viruses

All herpes viruses have a very similar structure when put under thorough scrutiny. They are all made up of somewhat enormous, double stranded, deoxyribonucleic (DNA) genomes that are linear and encode up to two hundred genes that are encapsulated inside a cage of icosahedral proteins known as the capsid. The capsid itself is enveloped in a layer of protein referred to as the tegument that contains both the viral mRNAs and viral
proteins together with a bi-layer of lipid membrane known as the envelope. The name given to the whole detailed structure particle is a viron.

**Viral Families of the herpes viridae**

There are two main family viruses of the Herpes Simplex virus, which are HSV-1 and HSV-2 – the Herpes simplex virus 1 and the Herpes simplex virus 2 respectively. They are also referred to as HHV-1 and HHV-2 which are the abbreviations for human herpes virus 1 and human herpes virus 2. The HHV1 is a causative agent for most of the cold sores whereas the HHV 2 is the causative agent that leads to herpes of the genitalia. Each of the two viruses is very abundant and adversely communicable. These viruses spread as a result of production and shedding of the virus by an infected individual. This Herpes simplex virus can be spread from one individual to another though saliva contact, for instance, sharing of drinks.

**Species and types of the herpes viridae**

There are at least five species of both the families of the herpes are tremendously prevalent among human beings. Both the HHV-1 and HHV-2 can lead to both the genital herpes and the oral herpes. The species of both the two families of herpes viridae lead to a variety of infections, for example the Varicella zoster virus is the causative agent for shingles and chicken pox and the Epstein-Barr virus is the causative agent of mononucleosis disease.

There are a minimum of one hundred and fifteen species of herpes viruses and some are even from reptiles, fish, birds, and even reptiles! In summation there are eight types of herpes virus types that affect human beings. They are as follows: the main herpes simplex virus 1 and herpes simplex virus 2, the Epstein-Barr virus (EBV), varicella-zoster virus type, the human herpes virus 7, the human herpes virus 6, the human cytomegalovirus, and finally the Kaposi’s sarcoma-associated virus of the herpes viruses.
Herpes viruses in animals

In the virology of animals, the most significant of the herpes viruses is from the Alpha herpes virinae subfamily. There have been numerous researches on the PrV virus (pseudorabies virus) which is responsible for the Aujeszky’s disease in swine. The research on the PrV virus has brought up a method of controlling animal infections using the genetic modification of vaccines. Presently, there are undergoing wide-ranging studies of the PrV virus as a rudimentary model for fundamental progressions during the lytic infection of the herpes virus, and for the disentangling of the mechanisms of the molecules of the neurotropism of the herpes virus. On the other hand, the contributing factor of the bovine herpes virus 1, which is the infectious pustularvulvo vaginitis and the bovine rhinotracheitis is under analysis so as to illuminate the latency’s molecular mechanisms. There is another distant phytogenic relative of the two viruses known as the infectious avian laryngotracheitis virus of birds which aids to emphasize on the definite resemblance and at the same time the variety inside the Alpha herpes virinae.

How the herpes viruses evade the body’s immunity

The herpes viruses are largely given the reputation for their capability to institute infections that last a lifetime. One of the ways that the virus does this is by a mechanism known as immune evasion. There are a number of varying ways in which the herpes viruses have managed to avoid the system of immunity of a human body. One very effective way is by encoding of a protein that precisely mimics a human being’s hIL-10 (interleukin 10). Another equivalently effective way of adaptation is by the downward regulation of a specific property of the infected cells which is the MHC I and MHC II, an abbreviation for Major Histocompatibility Complex I and the Major Histocompatibility ComplexII of the cells that have undergone the infection process.
The Major Histocompatibility Complex Down regulation

This is the mechanism of encoding of the proteins that are viral and that keep the freshly produced MHC inside the endoplasmic reticulum abbreviated commonly as the ER. This leads to inability of the MHC to reach the surface of the cell, therefore making it impossible for activation of the responsiveness of the T cells. These MHCs might also be a target of annihilation in the lysosome or the proteasome. The down regulation is also enhanced by the TAP (Transporter associated with antigen processing) in the endoplasmic reticulum protein. The viral proteins impede TAP, subsequently thwarting the efforts of the MHC of picking up the antigen peptide of a viral – too much information, eh? Take it easy. You don’t need to absorb all these stuff right now. Later you will really get a good grip of this book as we tell you exactly how to cure herpes.

As clearly summarized by the deep detailed description of the herpes virus infections as well as its types and variations, we now know that it can be present not only in humans but in other animals too. Don’t you think than even animals have issues of being unfaithful with their partners? Nah! Just kidding. We actually don’t know and we are not in the position to judge them. The good thing is, animals don’t really care and never fret about them, having herpes virus. We’re not telling you to act animal-like. Geez. That’s creepy. What we want you to do is relax, don’t take things too seriously because more than just what the birds and reptiles can do, you are a rational, intelligent human that exactly knows what to do to get rid of the virus. You are indeed one lucky creature!

Types of Herpes Viruses

There are eight types of the Herpes virus that infect human beings namely:

- HSV-1 (Herpes simplex virus -1) which is transmitted by just close contact to an infected person
- HSV-2 (Herpes simplex virus -2) which is mainly transmitted through close contact and penetrative sexual intercourse with an infected person
• The VSV (Varicella Zoster Virus) which is mainly transmitted through contact and mostly the contagious breath of an infected individual
• The EBV (Epstein-Barr Virus) that is mainly transmitted through saliva of an infected individual for instance through kissing
• The CMV (Cytomegalovirus) and is transmitted via contact, sexual intercourse, organ transplantation, and transfusions of blood
• The Herpes lymphotropic virus that is transmitted through contact with an infected individual and the respiratory system therefore can be airborne
• The HHV-7 (human herpes 7), the only that its transmission from one individual to another is not clearly defined
• And finally, the KSHV (Kaposi’s sarcoma- associated herpes virus) also referred to as the HHV -8 (Human herpes virus-8) that is mainly transmitted through bodily fluids for instance saliva, semen, and blood.

All the herpes viruses can be transmitted through contact with an infected person. The most regularly occurring herpes infections are the oral and genital herpes.

**Oral Herpes Infection and the symptoms**

The causative agents of this oral herpes infection are either the HSV-1 (Herpes simplex virus -1) or the HSV-2 (Herpes simplex virus -2). It mostly signified by colds sores. Due to relationship of the HSV-2 (Herpes simplex virus -2) with penetrative intercourse, infants are mostly infected with the oral herpes as a result of the HSV-1 (Herpes simplex virus -1) causative agent. In the main herpetic gingivostomatitis, the clear wounds first develop then they are followed by ulcers that contain a whitish appearance. This infection which is previously only on the lips, is followed by spreading on the rest of the parts of the mouth and further to the pharynx. The recurrence of the infection from the trigeminal ganglia might lead to what are conventionally referred to as the cold sores. Time and again, herpes pharyngitis is associated with various distinct viral infections that are of
the upper section of the respiratory tract. This infection has a much more severe effect on
the people with immunosuppression due to other adverse diseases for instance the
dreaded HIV/ AIDS.

**Genital infection of the Herpes Virus and symptoms**

Typically, the causative agent of the genital herpes is the HSV-2 (Herpes simplex virus -2) but about ten percent of the recorded herpes related genital infections are as a result of
the HSV-1 (Herpes simplex virus -1). The main infection is usually asymptomatic or in
simpler terms, there are no visual observations of an indication of the disease, but as it
gradually develops, quite a number of aching lesions might come up on the male genital
glans or even the shaft of the male reproductive organ, the penis. In the females, the
painful lesions can occur on the vagina, the vulva, the cervix, and even the region around
the anus. The urethra can also be involved in both men and women. This infection in
women is likely to be accompanied by some discharge from the vagina.

The genital infections of the herpes virus that include a short-lived vermia can be
followed by a number of diverse infection – for instance fever and granular inflammation
of the area around the groin which is professionally known as the inguinal adenitis. The
myalgia infection can also accompany the genital herpes infections. The lesser episodes
of infection of the genital herpes virus usually occur due to the repeated activation of the
herpes virus in the ganglion of the sacral; these episodes are ordinarily a little less severe
and will also probably last for a very short period of time than the primary or main
episode. Frequently, the re-occurring episodes are mainly due to the causative agent from
a main HSV-2 (Herpes simplex virus -2) infection. The patients that are almost
experiencing a repeated occurrence normally at first have an experience of a prodrome,
where there is a sensation of burning in the region that is almost erupting. It has been
reported that in some herpes infected patients, the recurrence is not frequent whereas in
other patients that are infected with the herpes virus, the recurrence happens in as
frequent as after approximately every two to three weeks. It does not really matter whether there is a clear indication of an active disease, a herpes infected patient keeps on being infectious even with no obvious symptoms of the infection. Therefore, these individuals play a very important role in the dispersing of this hazardous infection of herpes.

The History of the Infection of Herpes
This disease has been very popular for at least about two thousand years. There are even some texts which have stated that the well renowned Emperor Tiberius had forbidden kissing for a while since there were so many individuals that had cold sores. This indicates that it has always been present among the human population for at least two millenniums. However, Herpes had not been established to be a virus till the mid-1900s, a more precise establishment indicates it to be in the 1940s. The antiviral therapy of herpes commenced in the early periods of 1960s with the trial medications that altered the replication of the virus inhibitors known as the DNA inhibitors (deoxyribonucleic acid inhibitors). The original application was against fatal illnesses for instance encephalitis in adults and keratitis in the patients that have undergone organ transplants. This gradually progressed until the present medication that is put in application.

Statistical Analysis of Herpes Infections in the US
The statistics of the infections of herpes in the United States of America are very crucial in the study of the impact of the disease in the population of the county, in order to have effective planning for the future on how to control the disease in a much more effective manner. The statistical analysis is also of significance as it will give details of who are affected most by the particular herpes virus and how they get or rather contact the virus, and from whom it is contacted from. The statistics also enable us to have more information and learn more about the herpes infections and their progression.
The overall statistics of herpes in the United States are quite surprising since the virus is actually much closer to us than we might have expected. It is important to assess the truth in order to improve our protection against the disease and take better care of ourselves. The latest statistical data about the disease in the United States was available in March 2010 established during a National Health and Nutrition Examination Survey research that was accomplished by the CDC in the period from 2005 to 2009.

**Overall Statistics of the Country**

Annually, the statistics indicate that there is an average of four to five outbreaks of the disease and genital herpes is the most predominant viral infection that is sexually transmitted.

The study indicated that roughly 5 million Americans are infected with the herpes virus and that there are approximately half a million new infections of the disease in every single year. On average, about 80% of people that have experienced a first episode as a result of HSV-2 are likely to have a minimum of one more episode, whereas merely 50% of the infected people with HSV-1 are likely to experience a repeated episode. It is estimated that roughly 90% of the population of the United States are victims of oral herpes while only 20% of the people in the country have the genital herpes.

In case of an active stage, approximately 25% of the infected people have an active herpes virus presented on their skin. Majority of persons who have been infected with the virus, have not yet been diagnosed with the herpes virus and in fact, the cases of infection of herpes have risen by above 30% since two more people are infected by the virus of the genital herpes in every single minute. There have even been further stipulations that
indicate that at this rate of infection; nearly half the population of the United States will contact the virus in the upcoming future.

**Male to Female Statistics**

*It has been noted that the female population has a greater risk of infection than the male population. Nearly twice as many women as men have been infected with the disease.* This disease can become much more dangerous to women that are in their pregnancy periods and it is alarming to find that a quarter of the pregnant women in the United States have genital herpes. In the infection of women, in roughly 90% of those that have initial infections, there is a higher probability of occurrence of vaginal discharge. On the other hand, there are less infected men than women as only one in five men have contracted the disease whereas every one in four women have been infected. This is quite a significant difference.

**Infection rates with regards to the age**

*The prevalence of herpes was seen to increase with an increase in age of the population. However, the rate of infection in teenagers and young adults has been on a sharp rise as a result of increase in the sexual activities of the youth. Roughly two thirds of the persons who contact the disease are of the age of 25 years and below.* This is not an encouraging trend especially because it involves the youth; it is an indication of a future that is not good because genital herpes infections have doubled in the young population in the past 20 years. When it comes to the adults, approximately a quarter of the adult population in the United States is infected with the disease. In addition, it is estimated that a minimum of one in every four adults will contact the sexually transmitted infection at a given time in their life especially herpes.

**Infections with regards to Ethnicity**

*The highest number of infections that has been reported is of the women of African-American heritage. The statistical data indicates that the prevalence in African-American*
people is greater than that of white non-Hispanic Americans and even the Mexican Americans. The prevalence of the herpes virus is very high in the African Americans from the developing countries and the data also indicates that they have three chances higher of infection than the Caucasian Americans.

**Infection rates with regards to the number of sexual partners**

It is quite obvious even without a look at the statistic that the greater the amount of sexual partners you have, the higher your risk of infection and the faster the virus is spread.

As with the other sexually transmitted infections, the first and the most basic method of prevention is abstinence from sexual intercourse when it comes to the youth, especially those with multiple partners. If you feel that you cannot refrain from sexual intercourse even with a single partner, you should learn to use protection at all times to prevent both the spread and the contact of the disease. The statistics indicate a very sharp rise of infection rate among the youth and it is upon each and every young person to try and control this disease for a better future.

Those with only a single lifetime sexual partner have a minimal risk of contracting the disease because if their partner does not have the disease, there is no risk of sexual transmission and even if either of the partner has the disease, it will not be prominently spread to other individuals. It is therefore important to control the amount of sexual partners that you have in order to control the herpes virus.

**Why me, is it my fault?**

This disease can be contacted through a variety of ways, some of which are very simple especially when it comes to the oral herpes infection. You can have the virus of oral herpes by just simply sharing of a glass of water with a person already infected with the
disease. When it comes to kissing, minimal contact of saliva can easily lead to infection of this disease. It is actually not like other sexually transmitted infections whereby to get infected after kissing, it needs to be very deep or the host of the virus has to have open wounds in their mouth in order to transfer the infection to you. With herpes, simple contact is sufficient enough for contamination. It is not entirely your fault, after all. Your partner should have mentioned to you in the first place that he/she has it beforehand.

In adults, the most popular way of contact of herpes both oral and genital is through unprotected sexual intercourse especially with people having multiple sexual partners. Oral sex can also lead to transfer of the disease from one person to another.

**How you contacted the herpes virus**

Both the viruses are highly contagious and their best carriers are the body fluid. Human body fluids such as saliva, semen, and vaginal fluids are their best carriers. The sores that herpes causes produce a fluid and the blisters also produce a fluid that has the highest potential to infect others near you. The virus makes its way to our body through tiny injuries on our skin or through mucous membrane. Open parts of our body like our mouth and the genital area are the best way for this virus to enter.

After the virus makes its way through mucous membrane or skin wounds, it starts doing the same thing again. The virus makes their home at the root of our nerve cells and remains silent for a while. After some silent period, it starts to increase its number in our body. The victim will not get any symptoms of presence of the virus but the process is going on. This process is known as asymptomatic shedding. During this period, the virus will travel and affect other people through exchange of bodily fluids and getting in contact to open body parts.
Transmission of HSV-1

HSV-1 is known as the oral herpes. This is the most common type of herpes virus which can be easily spread through saliva and is typically passed by kissing. Touching the skin of an infected person can also start the transmission. Most people that get infected of HSV-1 are infants and children because of their frequent skin contact with adults.

Transmission of HSV-2

HSV-2 is also known as the genital herpes. It has got such name because it infects the genital area of a victim and it is widely transmitted through sexual activity. You may also get infected with the virus by other means like through the anus, skin, or other parts of our body. People who have multiple sex partners have the higher risk of getting infected by this virus. You will never know whether your partner is infected or not and if you have multiple partners, then you are most vulnerable to HSV-2. Who knows, may be one of your partners may have multiple partners too and this way, we make an easy cycle for the virus to spread among us. We often do not recognize the symptoms or we just avoid them. The virus also has it ability to spread in our body silently and this will show no symptoms, but it will get transmitted from one host to another.

What are the factors that increase the risk of outbreaks?

There are plenty of factors that can possibly increase the risk of outbreak of herpes. Below are just some of the common factors that are known by many:

**Stress** – For women, stress is considered a great factor that can trigger herpes. Studies show that the greater the stress, there are more chances of suffering an outbreak of herpes lesions. Aside from that, there are researchers who discovered that the more constant the stress is, the greater will be the likelihood of an outbreak in the succeeding week.

There are various forms of stressors that are reported. The short-term stressors include flying on an airplane, breaking a leg, and even bullying. The long-term stressors include worrying about things such as family, studies, friends, security, and job.
Unfortunately, people who are suffering from this disease have been dealing with every day stress. For them, they have to deal with anxiety and depression which eventually leaves their body helpless. They have to try their best to fight the disease.

**Menstruation** – According to the National Institute of Dental and Craniofacial Research, oral herpes can also be triggered by menstruation. Basically, it will appear in forms of fever blisters. Others would even be in forms of acne and pimples. Women are really susceptible to outbreaks whenever they have menstruation. In fact, it is common for girls to experience outbreaks in their menstrual period. Hormonal changes are probably to blame. Moreover, menstruation can also be considered a very stressful time because women experience mood swings and pain during that time.

There are studies that report tampons can aggravate herpes. Probably the reason is caused by friction during the insertion and removal. Aside from that, wearing of tight underwear and pads may irritate the skin and precipitate a possible outbreak. Hence, the use of feminine hygiene products that are non-chlorinated is definitely recommended.

Even if menstruation can trigger a herpes outbreak, this will not affect the cycle. Whenever there are changes in the entire cycle, you have to visit the doctor right away.

**Sunlight** – For people who are suffering from herpes simplex virus type 1, there is a possibility that flare-ups may develop after an exposure under the heat of the sun. However, this can also occur if a person is under emotional stress. The reason why flare-ups develop is that the ultraviolet rays from the sun can block some immune cells.

Sometimes, people who suffered chicken pox may also experience shingles. Since chickenpox is caused by another herpes virus, it will still live in the body. After a few years, it may potentially reactivate and trigger shingles.

**Sunburn** – Sunburn can greatly irritate the skin. Based on studies, this sort of skin irritation can possibly elevate and increase the number of outbreaks.
**Dehydration** – Dehydration can possibly cause an outbreak of herpes. Since your lips are very dry, it may crack. The virus will just follow the path that is vulnerable. Basically, the dried lips will make it easy for the virus to occur. When your lips are dry and irritated, this means that you have a poor immune system. Therefore, there are higher chances of having an outbreak of herpes. This normally happens during the cold months since this is the time when lips are dry.

**Extreme Environment** – The environment plays a crucial role in increasing the outbreak of herpes. It may come in different sorts; physical, emotional, and auditory. An extreme environment can most likely cause stress in the body. Hence, it can potentially trigger a nerve response that reactivates the HSV1 virus.

**Personal and lifestyle factors**
Basically, there are plenty of factors that can influence the increase of risk outbreaks for herpes. Each person has their own trigger. In the long run, they have to identify it and learn how to avoid it.
• **Strenuous Exercise** – Unluckily, strenuous exercise can potentially lead to an outbreak. The reason for this is that the immune system might be too weak. Therefore, it could not keep it in a good condition. Furthermore, some infected areas might be irritated as well due to the fact that perspiration and chafing is present. But, walking and jogging will have minimal effects and are not that capable of irritating the infected areas.

• **Foods** – There are foods that are reported to have an effect on the outbreak of herpes. These foods are coffee, nuts, alcohol, chocolate, soda, processed foods, dairy products, and popcorn.

What are the possible factors that increase the risk of outbreak of herpes caused by HSV2 virus?

The triggers of herpes caused by HSV2 virus is more or less the same with the one that is caused by HSV1. Herpes caused by HSV2 virus is commonly referred to as Genital Herpes.

**Stress** – Stress can really contribute in the outbreak of herpes, especially for girls. Similar to oral herpes, stress can weaken the immune system. There are different kinds of stress that can be associated in the outbreak. For some reasons, everything will all boil down to stress.

**Friction, rubbing, and sexual activity** – From the name itself, the infection occurs around the genitals. Therefore, people who engage in different sexual activities and penetration are more prone to having the disease. Moreover, those who use lubricants and condoms that contain nonoxynol-9 may possibly irritate one’s skin and later lead to outbreaks.

The use of water-based lubricants is known to help in reducing irritation as well. However, those lubricants that are based on oil are not advised. These will only weaken the latex and make the condoms break.
**Illness** – When you are ill, you are susceptible to different viruses and bacteria. Thus, herpes virus can potentially come and attack you.

**Surgery** – Because of the trauma it brings to the body, herpes symptoms are most likely to show off. Maybe the reason behind this is caused by a weakened immune system. Individuals who have gone through chemotherapy tend to have these outbreaks, as well as those with a normal immune system.

**Nutrition** – Foods that are rich in L-arginine such as chocolate, whole wheat bread, coffee, processed food, and peanuts can suppress lysine. Lysine plays an important role in preventing an outbreak. Hence, you can always eat one that contains it.

Acquiring the herpes virus doesn’t mean you have to stop living the life you deserved and wanted. You now know the many factors and risks associated with the virus and that only means you are now well-equipped to win this battle. You can be totally healed by just practicing a healthy lifestyle, pulling yourself together, and continuing your daily routine.

**Accepting the results of the diagnosis**

Once you have gone to a doctor or a clinic and the news is revealed to you that your tests have become positive, you might be having a lot of mixed emotions at that moment. First, you need to realize that one of the worst parts about the situation is already over. It is very important to note that the only worst part about having herpes is having the virus in your system without knowing that it is there. The fact that you already know about your condition is very good since you will now know how to take control and prevent the virus from spreading further leading to very adverse effects. An individual with the virus in his or her system without their knowledge is at a very high risk situation since their immune system will be breaking down slowly and they might realize that when it is too late, even maybe after a much worse infection has contaminated them as a result of
the deteriorating immunity of the body. Even a very treatable disease could have a very hostile effect on you due to your weakened immunity without your knowledge.

One of the first steps of healing is acceptance that you have the herpes. Accepting that you are in the condition will make you be even more psychologically prepared for the physical effects, and it is not going to be as tough to deal with them. Acceptance even gives you the emotional strength to keep on living your life without having to deal with a lot of guilt and shame about contact of the disease. Denial on the other hand will make you keep trying to wish it away. If you are having difficulties with coming to terms with this particular infection, one easy way to encourage yourself about it is to keep saying this to yourself, ‘I accept my condition and I am ready to deal with it!’ Even if you do not believe it at the moment, just keep on saying it to yourself and eventually, you will believe it. Only this will enable you to have your usual life even with the virus in your system as you will have the strength and will to do whatever it takes to fight it. Nevertheless, denial will be like digging your own grave. If you keep trying to wish it away, you will not have the ability to deal with it as it gradually progresses and some of the dire effects of the infection that might come will get you unprepared and this will worsen your situation as you try to cope with it later. Acceptance is the key to moving forward.

There is nothing wrong about contraction of the herpes virus.
Individuals with severe allergic reactions to certain atmospheric conditions are always in motion with their prescribed medications, for instance the Asthma patients carry with them their inhalers everywhere and anywhere they go and it does not prevent them from going on with their lives. Therefore, it is very normal to be diagnosed with herpes as it is just an infection like any other that is present in the world today.

It is crucial for you to realize that there is completely nothing wrong with having the infection. It is just like having any other disease. As long as you get the required medical help, you will be able to continue with your day to day life experiences. You might be confused at the beginning, but there is no need for that. There are so many people in the world today that have to take medication every day in order to deal with their other diseases. You are not any different from these people as you will all be undergoing meditational treatment to keep the infection in your body in check.

**Will herpes change who you are?**

The answer to this particular question is NO! Having the herpes virus does not change the individual that you are. You can even get bold enough to challenge the assumptions on which the negative feelings of living with the disease are based on. For example, does having genital herpes make you any less attractive and appealing as a person? NO! You will always be as attractive even when you have the infection, it does not make your hair any less beautiful, or your smile any less appealing, and the color and appearance of your eyes will still be as alluring. Whatever physical bodily attribute that you have will still remain the same. You will probably have episodes and even a number of sores in your genitals from time and again, but that will not alter whatever is
exceptional about you. You are just as adorable and delightful as you have always been. All the jokes that crack your friend’s ribs will still be as funny even with the disease. Therefore, the disease does not make any changes to who you are as a person and all your best characters still remain.

Your first episode for the infection might even be the worst that you will actually ever have, therefore there is no need for a lot of worries for the next subsequent episodes – there is even a chance of you just having a single episode throughout.

Definitely, you will have to make some changes in your life, for instance when your symptoms around the genitals appear, you should not engage in sexual intercourse especially if you have a partner but that is just that; you will still be able to have protected intercourse after the symptoms recede. You will still be as competent, for instance in your field, and you can still achieve your much deserved success. In the case of a student, you will still be as smart as you were even with the infection.

It is very vital to take control of the herpes infection and not let it take control of you. In addition, you are not the herpes infection; you only have the herpes infection.

**How does this change my life?**

**Diagnosis and Impact of Herpes in our Lives**
Herpes is among the most common sexually transmitted infections. Nevertheless, most of the people who have these sexually transmitted infections have no information about the infection and do not also know that they are infected with the disease. Probably, this is because it usually does not have any symptoms and therefore, you might be infected without even knowing. Again, when the symptoms of herpes occur, they are very easily mistaken for so many other things. In order to have the ability of controlling the disease, it is important for you to visit the nearest clinic so that you are tested. Without thorough medical testing, it is not possible to be sure whether you have or you do not have this
disease. If you have witnessed some sores on the genital area, you should rush to a health care provider and get tested so that you have information on how to proceed at least with a short-term relief in case you have the disease.

**Diagnosis of Herpes**

When you take a trip to a medical doctor for the purpose of testing for herpes, various tests will be done either to rule out or confirm the presence of the herpes virus in your body. The tests that are put to use in the diagnosis of the genital herpes are among the following:

- **The PCR blood Test:** this specific test can convey the information about whether you are infected with the virus or not even if your symptoms have not yet become visible. This test searches for bits of the DNA of the virus. This test is the most commonly used test in the diagnosis of the genital herpes. This is a very accurate method.

- **The Cell Culture:** During the diagnosis exam, the doctor usually takes samples of cells that come from a sore then under a microscope; the doctor then looks for the HSV (Herpes Simplex Virus).

However, sometimes these two tests might end up presenting you with a false negative result, if in case the sores are in the process of healing or even when you have recently been infected. It will take a few weeks at least in order for the antibodies to be able to appear in the blood. A false negative is an indication that comes up when the machine indicates that you are not infected and yet you are infected with the herpes virus. The PCR blood test and the Cell Culture tests are used to show if you have had the virus infection at a particular point but it is difficult to use the test to make certain estimations of when you had been exposed to the virus. You might have had an episode for quite some time or may never have had an outbreak of the virus but have a partner that can spread the disease to you.
There are also other types of antibody tests that are put to use in the diagnosis of the genital cases of herpes. Antibodies are the proteins which are produced by a body’s immune system as a result of the detecting of a potential infection. Using the direct fluorescent antibody test, a solution that has some HSV antibodies in a solution of dye that has fluorescence properties, is added to the cell samples. In case the herpes virus is present, the antibodies will tend to stick to the infected cell when observed under a special kind of microscope.

The tests of the antibodies can give an indication of the differences between the two types of the virus. If in any case you are contaminated with any of these, there is importance in the knowledge of the type of herpes that you have been diagnosed with. For instance, with the HSV-2, your outbreaks are likely to be more frequent than when you have the HSV-1. The knowledge of the type of virus that you have also gives you a rough idea on how you ended up with the specific virus. If it is the HSV 1, it would likely be as a result of oral sex and on the other hand, HSV-2 is majorly contacted either during vaginal or anal sexual intercourse.

Generally, when the symptoms of herpes come to being, they first start by taking a toll on your health. Your appetite will significantly drop, cases of fever will rise, and there will be a lot of associated muscle aches especially in the lower part of the back, the thighs, bottom, and even knees. Your tender lymph nodes in the groin area will also start swelling. As the symptoms of the disease further progress, as a patient, you will tend to have so many concerns and questions. You might also have instances of feeling ashamed and also embarrassed due to the stigmatization that is associated with the disease.
This disease might even lead problems of trust in case you are in a romantic relationship accompanied with a lot of guilt and low self-esteem due to fear of transmission of the disease to your partner and can also impair your sexual performance with your beloved partner. The physical pain and strain that comes with herpes causes a lot of bodily discomfort and the anxiety of anticipation of another episode of an attack is also a very distressing effect on a patient. In younger people, this disease can lead to isolation of a patient as a result of stigma that comes with the infection. Your very close friends who do not have adequate information about you might end up deserting you, further increasing your emotional distress.

Generally, after infection by the disease, you will go through a lot of confusing emotions that will even make you be very secretive about your condition as a result of self-stigmatization since you will end up having a very negative view of yourself as a result of the disease. This disease really tears some people apart psychologically due to the overwhelming mixtures of emotional outburst that accompany the infection especially after the first diagnosis of the patient.
Confession of a herpes virus infected person

Life never looked so awesome, perfect, and hopeful until you feel the taste of freedom. I did, and I believe everyone does when they enter college – especially when they find a way to bring dreams to reality and enjoy the first spring of their long awaited summer. I was an ordinary girl. And now 10 years, after, I still managed to be one. It’s a mystery, though, how I was able to bring back myself after a heinous experience, a life shattering moment. My words may seem a bit poetic, thoughtful, and prettily done, because now I realize what life’s worth and can say that it is worth every single breath and every beautiful memory. It is worth to take out time and notice every existing thing around me in a new way. That is something which is hard to understand by someone who hasn’t experienced living under a constant death threat or who hasn’t practiced meditation or who has lived in the countryside.... Well, in a nutshell, who hasn’t understood yet how precious one’s body is.

From the title of my story, you can already guess what did happen to me; so instead, let me take you to the days when I was not aware. The naive me was excited for college life, probably too much. There was freedom for once and there were ways to maintain your freedom. They were friends to make, groups to socialize, books to test yourself, a job to scrape through, and guys to be with. Trying to be the hottest or the most popular, grabbing attention was not what I wanted... well, if you hear a girl saying that, it’s a lie. The urge to make yourself stand out lies in every woman’s nature, the intensity matters, a teeny weeny amount to a total outgoing and overdoing amount. My friend had been just the typewhere you wish you were her, but also wish you were not completely her either. As a friend, we clicked on the very first day. We swooned over the lovely drama hunks, bitched about every possible bitch out there, cried for hours over breakups, and finally became an immense support system.

When I was diagnosed with genital herpes, the whole world shook around me. It was as if God decided to punish me for the sins committed in every life of mine. Why me? Was the first question and it remained the first after a decade, after I have been saved too. I wasn’t the only one playing
around; in fact my friend was the one who had been active in this field. She could never even remember the name of any guy she went out with, she never had too and she never did. I admit I had been in wild relationships like her. Even I lost the count, but eventually I found the one and I remember him clearly in my memory, the first time we met and the feeling of actually falling in love and believing it could trespass all the boundaries. But, alas, when our love was tested after 2 years, it didn’t make it. It didn’t make it through the hardship we were facing – I was facing. When the shock over my recently diagnosed disease was stunning my entire self, was making me lose my mind, he just couldn’t be with me. A part of me knew that he would not be safe with me and a part of me wished he held onto me.

The accepting process was overwhelming, unbelievable, and cruel. No, I could not believe. Trying to trace the root of my problem and blaming it on others, that was what I had to do to be sane, to satisfy my conscience, to satisfy my family. I returned to them, without explaining a word, just because maybe they didn’t want to know or maybe because I shut them out. The life in my past is blurry, except for my depression, pain, and my inferiority complex – I could not guess whether I was deliberately distancing myself or whether no one was actually bothered about me. All I knew was the social isolation and the troubles I faced. The shame and awkwardness I felt, the treatments I had undergone, the doctor’s prescription changing every month, the food and vitamins I had to take during the treatment, and the staring eyes asking me questions. Needless to say, my other relationships didn’t last long either. A support, a comfort, I had to beg for that – a support system was too bold of a step for me. There was not a single part of my life that remained unaffected due to herpes.

Nothing was on my side, the doctors gave me hopes and I did trust them, but as the time passed by, the trust was lost. You would lose trust if you had been on prescriptions for 5 years. You would lose hope. Over the time, I realized that the medication did me more harm than good. There were all the side effects associated and no relief whatsoever. There was a point when I had enough of it, enough of my sloppy life, became depressed and suicidal. My job was affected, then my life had
literally no purpose, when the only solution I had was the one not working. The therapies were no use, none at all. Life came crashing, and every time it did, a little of me died with it. Well, then you came like a fairy to my rescue with a magic book that solved my problems, and every aspect of it.

I thought I was forgotten, but someone did rescue my day. A friend convinced me to take a look, go through this book, but I didn’t. What could save me if the greatest methods couldn’t? But, adamant, my friend never left my side and made me read the book. I thought it wouldn’t hurt to read a book, what it requires are two eyes anyway, which I have managed to save and doesn’t require me to swallow the drugs or anything for now. The amount of interest with which I had started to increase over time and over understanding. The Herpes project book was meant for me, it was designed for me, it was made to get me out back there and live my life. The “me” before was so worthless and now, two years after, is a living example of success and an inspiration for others like me. Though initially, after reading the book, I was unmoving despite being touched and encouraged, it was after all a condition I had lived for a decade, how would I believe the words? The promises, though looking true, were not ready to move me, but my friend took extra measures. She read the book, understood it, and finally saw some hope in it. She was convinced that the methods mentioned in the book were true and effective.

She made me read the book again and I started giving notice to it. Then, she convinced me to try out the methods in it. She made me do it and I had to do it. Some way down the line, maybe she blamed herself too when I shouted and put her in charge of the trouble in my life. That was our parting, with me swearing to destroy her if I ever see her again. I can understand the amount of strength she had mustered to face me after all these years. And she did not come empty handed; the key to my new life was with her. She religiously made me follow the program described in the book and once I got the hang of it, I could not let it go. The book had easy to understand steps and procedures which made me grasp them completely. Following the instructions given in the book, I started feeling better and confident day by day. And finally, the day came where I could look up
myself and feel proud for sticking to it and feel happy that I didn’t let my past experiences influence my judging over it.

Two years after, and I am feeling much better than I felt during my post herpes days. I feel it is the sense of accomplishing an impossible task and regaining the ability to trust again, the ability to love again, and the ability to find yourself again. I am at the best stage of my life where I have a job I love and a life I dreamed. I am getting married – even my dreams were not brave enough to deal with this possibility but yes, it did happen. The exhilarating feeling of accomplishment is enough to make me happy these days. It would not have been possible without my friend. It would not have been possible without the magic book in my friend’s hands – the book which gave me a new direction and gave me a life better than before.
Chapter 2 - Medical lies

What you have officially been told so far?

What happens in the doctor's office?

When you first visit the doctor's office in order for you to get tested for the herpes virus, there are quite a number of questions that the doctor might have for you. This is because just like any other disease, insight about the patient will come of very great help and will even lead to a simpler process in the diagnosis. Therefore, as a patient, whether or not you might be having the herpes infection, whatever information you give the doctor should be the absolute truth. False information might lead to unnecessary tests that might even cost you more money as well as more time. Honesty with the doctor should therefore be that is mandatory for you as a patient who is seeking diagnosis.

The CDC (Center for Disease Control) has given specific guidelines which have suggested that individuals who are going to get tested should undergo both of the typing cultures or all the serology tests which are type-specific in order to have proper identification of the type of herpes virus present in your body. When you get to visit the doctor, he might ask you why you feel that you have one herpes virus and not the other especially because of your sexual activity. Complete honesty will be of great assistance to the doctor as it will easily help him determine the first test you should undergo for your diagnosis procedure.
The type 1 and type 2 infections have a very precise distinction from each other, therefore it is crucial for the doctor to make the difference of the infections very clear to you. He will perform all the culture and serology tests to you if necessary since the means by which you will have acquired any of the infections are very different. Usually, the doctor will give you adequate explanation that you need to know how both the type 1 and type 2 herpes infections are transmitted from one infected person to another.

Type 1 herpes infection is often transmitted through contact of the oral and genital organs in simpler terms by performing of oral sex to your partner in case you have one. The doctor will sometimes inform you that you need not be alarmed as the infection can take place within your own particular monogamous relationship. Your beloved partner does not have to have been unfaithful to you to end up with transmitting the disease to you. The doctor can make this very clear to you especially by the test of typing cultures.

In case you are a teenager, the doctor can mention to you a few statistical facts about either of the herpes virus infections. For instance, in teenagers there is a much more likely chance of contact of the type 1 through performing of oral sex. The type 1 infection is rather obvious especially since it is most associated with penetrative intercourse whether vaginal or anal.

Depending on the type of virus of herpes infection that you have been diagnosed with, the instructions given by the doctor on how to cope with the disease will vary. However, one constant fact that will occur is that he or she will always advice you to inform your sexual partner or partners to also find some time so that they can be tested. It is highly likely that your sexual partner also has the infection and it will be important for them to also seek diagnosis.

Typically, the doctor will give you a little encouragement on how you can keep on living with the disease as it is not the end of your life since you have been diagnosed with the
disease. For instance, in the case of oral herpes infection, the doctor will inform you of the triggers that elevate the outbreak of the cold sores so that you can try and prevent the situations that can accelerate the outbreak for example: fever, irritants for example exposure to cold, wind, and even the sun, emotional and physical stress. When it comes to the triggers that you cannot have the ability to prevent for example, menstruation and immune suppression, the doctor will give you tips on how best to cope with the situation. You will also be given instructions on what to do and what not to do so as to prevent shedding and spreading the virus to other unsuspecting individuals, for example after the diagnosis of oral herpes, during an outbreak there are a few things you should refrain from doing, such as: sharing of towels, dental appliances like toothbrush, and even sharing of foods and drinks not forgetting the kitchen and dining equipment. There should also be no skin contact with other individuals as you will transmit the virus to them – especially by kissing.

On the other hand, the doctor will tell you that genital herpes is not easily transmitted just by bodily contact. Therefore, you will not be given a list of ways of contact with other individuals that you should avoid for instance; hugging, embracing, and cuddling will not lead to transmission of the genital herpes infection. The only main way that it can be transferred from one infected person to another is through penetrative sexual intercourse, both vaginal and anal, when performed without protection. The doctor will also tell you to avoid sexual intercourse when you experience an outbreak especially of genital sores.

Psychological support is also among the most important forms of help that the doctor will provide you with, apart from just the normal numerous prescriptions. The doctor will encourage you to refrain from all the types of emotional confusions that you might be feeling after the diagnosis. The feelings of guilt, anger, and shame might lead to clinical depression which will even make your treatment procedure much more difficult as they tend to trigger the episodes that come with the infection.
After diagnosis, you should pay keen attention to the doctor as this will help you a lot in dealing with the type of herpes infection that you have.

**Drugs Recommended by Doctors to Treat Herpes**

There are a variety of prescription drugs available in the market that have been developed in order to effectively deal with the infections of both the herpes virus types. The medications are able to be used for the purpose of relieving the symptoms of the outbreak episodes and even shorten the course of the outbreaks in order to conquer the repeated occurrences. These medications can also be used so as to bring down the amount of outbreaks of the disease and to further prevent it from spreading. Since this particular type of treatment is not for the curing of the infections, it might end up being very expensive particularly if it is put to use every day in order to subdue the recurrent outbreaks. Since there are no permanent pharmaceutical means to put an end to these viral infections, the medication is to be consumed continuously depending on your prescription so as to efficiently manage the disease.

The drugs that the doctors prescribe for you will depend on a lot of factors such as your age and whether or not you are allergic to certain components that are in the makeup of the drug itself. It is common for the doctors to ask about your medical history and the allergies that you might be having since there might be quite fatal consequences if you are allergic to the drug administered. Different drugs are also prescribed for different conditions of a body that are not related with the infection of the herpes virus; for example there is a specific type of medication that is recommended for the women that are pregnant.

The drugs that are recommended by doctors for the control of the herpes infections are usually FDA approved. This means that the drugs have undergone adequate tests and assurances to ensure that they are not harmful for the consumer patients and they are also effective enough for the treatment of the particular disease.
Creams – There are quite a number of anti-viral drugs that are prescribed to the patients and there are also some over the counter drugs and creams that are also used for the intention of controlling the infection. These particular creams are not recommended by most doctors and physicians as they provide either very little or no benefits when it comes to dealing with the outbreaks of the infection.

Antiviral medication – Usually, most people go for diagnosis of the herpes infections after they have seen the physical symptoms of the infections such as the sores and blisters. After the confirmation of the diagnosis, the doctor will often give a prescription of a short period which is often about a week of the antiviral medication to assist in the treatment of a preliminary outbreak in order to get rid of the symptoms and the sores. The following are the present FDA approved antiviral medication that are frequently used for the treatment of the herpes virus types and control the recurrent outbreaks:

- **Valacyclovir (Valtrex):** This is an antiviral medication drug that can be applied to diminish the ability of the virus to spread around the human body. It is also administered to moderate the harshness of the symptoms that will emerge in the course of an outbreak. This Valcyclovir drug is an excellent choice for treatment of women who have the viral infection of herpes. It is also advised to be administered to children who are of at least 12 years of age.

- **Acyclovir (Zovirax):** Acyclovir is designed to regulate the spread of the herpes virus and it does its work by restraining the rate of the multiplication of the herpes virus. However, it does not completely get rid of the virus and eliminate it from the human body. Nevertheless, it can be put into application to bring down the symptoms that are associated with the herpes infection. On average, the prescribed dosage of the Acyclovir drug is 5 tablets for every single day over a minimum period of five days.
• **Famiciclovir (Famvir):** This antiviral drug that is approved by the FDA can be administered in the treatment purpose of genital herpes. It is mainly recommended for persons with a compromised immune system. It can however also be used with those whose immune system is normal. For the patients that have been diagnosed with the recurrence of herpes, they are advised to fully sustain a dosage of exactly 1000 mg that has to be taken two times in a single day for treatment of genital herpes. For the treatment of the oral herpes, exactly 1500 mg of the drug should be taken once every day. This drug is excellent in the suppression of herpes infections that keep on occurring from time to time.

**In the severe cases of herpes infection, the intravenous (IV) can be used.**

The most important information to know about these drugs is that neither of them have the ability to fully get rid of the virus infection from the human body. You should never attempt to discontinue your prescribed dose since the recurrent episodes of attacks will resurface as the virus cannot be entirely eliminated.

When you are diagnosed with any of the viral infections of herpes, ensure that you strictly follow the medical prescription in order to have maximum control over the disease. If your symptoms persist even after following the prescription, you should make sure that you consult a doctor to seek further medical assistance. Herpes virus infection is a very manageable disease once you keenly take the advice given by the doctors. You should also ensure that you do not consume more medication than instructed because it might lead to an overdose and it may end up in very undesirable complications.

**How long do the therapies recommended by doctors usually last**

There are varying therapeutic methods that can be employed in the treatment of the infections associated with the herpes virus. The types of treatment therapies that are administered by doctors depend on a number of factors from one individual to another.
There are therapies recommended for only a certain specific age group of patients especially children since the amount of drug administered might end up overwhelming the immune system of the infant. The therapies are also dependent on the severity of your condition; severe cases of herpes virus infections need much more elaborate therapy as compared to the less severe cases. The therapy recommended by a doctor or physician also depends on the number of occurrences that a patient has; for patients with more frequent occurrences, the therapy recommended is not the same as that of a patient with fewer occurrences in a year.

Apart from the main therapeutic treatments that involve active consumption of antiviral medication, there are also some therapies which do not involve any of the expensive antiviral medication. They are often known as non-prescriptive treatments or alternative herpes therapies. Most of them deal with the diet of a patient and his or her daily physical activities and depending on the doctor or physician’s directions; a few non-prescription drugs can be used. Since the prescription drugs for treatment of herpes might end up being very expensive for you, you can decide to follow the alternative methods of therapy as they are very pocket friendly.

**Types of Antiviral Therapies**

There are three main types of antiviral therapies with reference to a patient’s age, severity of the condition, and even the stage of the infection a certain patient is in. The main types of these treatment therapies are as follows:

- **Initial treatment therapy** – This is a type of antiviral drug therapy that is administered to relieve symptoms, for instance sores, after your first diagnosis of the genital herpes. This is usually administered in a very brief period, normally for around a week to ten days. This antiviral therapy also assists in prevention of the symptoms from worsening after they start appearing. In case the sores do not
heal as fast as expected, your doctor might end up deciding to keep you longer on the medication to see the progress of the sores.

- **Intermittent treatment therapy** – This is a form of antiviral drug therapy that the doctor prescribes to you. Keep it close with you always in order to prevent further deterioration of your health in case of a sudden flare ups. These particular antiviral pills are to be taken for around two to five days whenever you notice an incoming outbreak. At that instance, the sores will begin disappearing themselves in response to the treatment. Taking the drugs assists in making the severity of the symptoms less pronounced and also, it enables them to vanish at a much faster rate. This specific therapy is suitable for you if you have mild recurrent infections of herpes which is roughly a maximum of six outbreaks annually. This antiviral treatment therapy is also known as the episodic antiviral treatment therapy.

- **Suppressive treatment therapy** – This antiviral drug therapy is administered to a person who has very severe and frequent cases of reoccurrence episodes meaning that the outbreaks are more than six in every year. This therapy treatment method is able to minimize the outbreak episodes to up to 80% annually. If you take the antiviral drugs for this treatment every day, there are chances that you might not even experience any outbreak episodes.

**Non-prescriptive treatment therapies**

If you feel that your financial situation is not enough to sustain your medication of the antiviral drugs for herpes treatment, this is a fine way to have control over your infection. This method of treatment varies widely depending on the doctor administering it. These treatments enable the patients to have the means of better management of the outbreaks. They include:
• If you are a patient who experiences frequent recurrence of outbreak episodes, non-prescription drugs for instance ibuprofen and acetaminophen should help you fight the fever and pain for short-term relief.

• Supplements in your diet can also be used to try and control the infection. Some of these supplements include vitamin C and E supplements, zinc, lactobacillus acidophilus and L-lysine.

• Some topical creams for example Abreva and Dynamiclear have been scientifically certified to have the ability to assist in treating an outbreak when they are gently applied on the lesions directly. These creams have the ability to dry the lesions and immediately relieve the pain discomfort and the itchy feeling. However, there are some doctors who advise their patients not to go for this method for it just relieves you for a very short time and the lesions might come again.

• Plenty of rest and sleep including management of stress will also prevent the adverse effects of the infections.

• Drinking of plenty of water for hydration purposes and also to help the body in the flushing of toxins.

• Excessive exposure to sunlight and UV light together with heat should also be avoided.

There is no exact number of outbreaks annually that doctors and medical practitioners use in order to make a decision on the administering of this specific therapy. The important factors that are put into consideration when administering the suppressive therapy treatment is how frequent the outbreaks and how severe they are, since they might even be life threatening in very extreme cases. If you take the daily suppressive therapy treatment, your chances of transmitting the virus to your sexual partner are minimal. This is because the antiviral medication reduces the shedding of viruses when it replicates itself on the surface of your skin.
The time taken for each patient’s therapy varies with the state or condition of the patient. Those with very frequent recurrences of episodes will be advised differently from those that have very minimal recurrences. Therefore, the type of therapy that will be administered to you will depend on your specific condition of the infection of the herpes virus.

**What is left unsaid?**

**Herpes can be cured: no doctor will tell you this**

After your diagnosis of the herpes simplex virus, doctors will keep informing you on how to strictly adhere to the specific prescriptions that they have prescribed for you. You will be having so many questions running through your head. For instance, ‘Is herpes curable?’ ‘Will I ever get better?’ It is very devastating for you as a patient especially after your first diagnosis. Sometimes, you might even feel that your life, as you know it, is over. These are very common feelings when it comes to patients that are already dealing with having the virus. You will undergo so many elaborate tests so as to come up with the correct diagnosis of the type of infection that you have to avoid cases of misdiagnosis which might be very severe when it comes to the potential effects of that. The medical antiviral drugs prescribed sometimes end up being very expensive for the patients that are not well off or rather, financially stable.

These medical prescriptions might even end up in addictive situations in your body. What we mean by this is that your body will become too dependent on the antiviral drugs such that a single miss of a dose will cause extreme effects to you, since your body is not used to function without these specific drugs in your system. The doctors in their offices will help you as much as they can, but this is only because they are paid to do so and they might even not give you absolutely all information about the infection after they write down for you their prescription.
Herpes Is Indeed Curable!

This is very surprising information since in all your visits to the hospital offices, no doctor will ever tell you about this! Therefore, all the information that you have been told about herpes not being a curable disease are not correct.

You might even be told that the belief in herpes being curable is just a myth; do not take that seriously as there are valid scientific researches that have proven the potential of herpes being a curable disease. Most doctors will want to help you with the psychological support and the medical support but they will tell you that there is definitely no cure. Not that this help from the doctor is not important, but you are just being fed with just half the help that you actually need to fully deal with your situation.

If you make your own adequate research about the disease in all materials that you can get your hands on, you will probably find out something that you did not already know about the infection. For instance, if you conduct thorough research in the internet, you might come across a lot of blogs dedicated just for this herpes simplex virus – do not restrict yourself only to those that are approved, unapproved websites will also end up very handy. For instance, there are some sites which suggest that herpes as a virus is not able to be cured, but herpes as a fungus is truly curable. This is because even the medical researches that indicate that herpes is a virus are said not to be one hundred percent accurate therefore, with regards to that, there is a chance that herpes might actually be a fungus, according to the opinion of some researchers.

With that in mind, the chances that herpes can be cured if treated as a fungus and not a virus are very high. There are even very reliable sources that have reported cases of patients that had severe cases of herpes infections being cured as a result of treating it as
a fungus and not as a virus. However, this information is not very easy to find out since even if you try to approach certain doctors, they will inform you that it is just a mere speculation and very hopeless.

There are also some natural herbs that you can opt to go for in the treatment of this disease. These also have been proven to work especially when in combination with a specific number of supplements that help in boosting of your immunity. Therefore, extensive research can give you a number of ways in which you can find a permanent solution for the disease.

Be patient when trying to find a solution!

You should be very patient in your journey to find an alternative for the cure of herpes. If you are not a great fan of constant reading, it is important to try and make effort to do so. Hope will also get you a long way because it takes time especially when you try out new things. There is even an available publication that will enable you to opt for more natural ways to deal with the herpes infection. Ensure that you follow the procedures that are given patiently in case you are willing to try out a new cure for the herpes infection.

It is therefore upon you not to give up and do all that is within your effort in order to find a solution for the infection. There are ways in which you might try out that will make you uncomfortable especially when it comes to the ancient traditional herbs. What you should know is that even the modern types of medication that are available today have some elements of this traditional medicine that you tend to be uncomfortable with.

You should never let anyone discourage you by telling you to stop wasting your time when you are conducting your research on the ways that can put an end to your disease. You are the only person who can empower yourself to make the required effort so that
you can deal with the infection. In all your visits to the doctor, they will never admit to you that herpes is an infection that can be cured permanently.

**The drugs mentioned and their side effects**

One of the main problems with the herpes related antiviral treatments are their side effects. Some of them are just common side effects but others are very adverse. Some of them are even life threatening effects. When you are undergoing medical treatment using these antiviral herpes treatment drugs, you need to ensure that the doctor has all the information about your medical history, allergies, and even any other drug related problems that you may be having. Some of the conditions that you need to inform your doctor beforehand before he or she writes you a prescription include: a weakened immunity especially as a result of the HIV / AIDS virus, galactose intolerance, liver disease, and severe deficiency of lactase in your body or even glucose- galactose mal-absorption. This information will enable your doctor to write the best prescription or rather dosage for you depending on your condition.

In case you are pregnant or plan to attempt to get pregnant soon during the treatment procedure, you should also inform your doctor adequately as this infection can be passed from a pregnant mother to an unborn child.

There are quite a number of side effects as a result of consumption of the herpes antiviral medication. Some are most common whereas some are very rare. In addition, some side effects are mild while others are very severe that may even lead to hospitalization. These side effects are as a result of mainly the active ingredients that are present in the drugs.

**Side effects of Herpes Antiviral medication Treatment**

The most common and also the rare side effects of these antiviral medication treatments for herpes are:
- **Famvir medication** – the most common side effects are cramps, stomach pain, nausea, heavy bleeding, headaches, and diarrhea. However, there are a few less common side effects which include: redness of the skin, rash, passing of gas, vomiting, unusual fatigue, itching skin, mood swings or mental changes, confusions regarding locations and even people, hives or welts, hallucinations and unusual nervousness, excitement, or even restlessness.

- **Valacyclovir medication** – this drug may lead to some unwanted side effects although not all of them are going to occur. Some of the common side effects include: feelings of emptiness and sadness, loss of interest and even pleasure, loss of appetite, trouble in concentration even when it comes to sleeping, lack of appetite, irritability, cramps, ear congestion, loss of your voice, muscle aches, pain and stiffness, sneezing, sore throat, and a stuffy and runny nose. Some rare side effects associated with this particular drug include; constipation, diarrhea, fever, severe head-aches, black and tarry stools, yellow skin and eyes, shortness of your breath, chest pains, chills, and even decreased frequency or the output of urine.

- **Acyclovir medication** – some side effects are just associated with administering of this drug through injection for instance pain, redness, and swelling of the place of the injection. More common side effects of general administering of this particular medicine include abdominal and or pain in the stomach, increase in thirst, unusual fatigue and weakness, losing of appetite, and drop in the frequency and amount of the patient’s urine. Rare side effects of acyclovir are among these: trembling, hives, hallucinations, unusual bruising and even bleeding, confusion, black and tarry stool, pinpoint reddish spots on the skin surface, convulsions, chills, fevers, and sore throats.

The side effects of all these herpes medication treatments are somewhat the same but not all the side effects are similar, some have a sharp difference.
Some of these side effects the drugs that tend to occur usually do not require any medical attention as some of the side effects fade away as your body gradually adjusts to the medication. Your doctor or medical practitioner may advice you on how you can lower some of the side effects or even ways of preventing them. If some of these symptoms persist, you should make quick effort to contact your doctor for further assistance. The side effects of all these drugs depend widely on the patient himself and the way the body respond to them. Some of the patients tend to take in the medication very well and the effect of the drugs is seen a lot quicker than others. In some cases, a lot of time is needed in order for these drugs to gradually start working but in the end, they help in the fighting of the disease in the patient’s body.

**Severe Antiviral Medication Side Effects**

There are a few isolated side effects of these herpes medications especially if the patient is undergoing two simultaneous medication treatments; these are the cases which mostly result in complications during the treatment procedures of this particular illness. In case of any complication, doctor’s medical advice should be sought.

There have been some severe cases of acute renal failure as a result of these antiviral drugs, for instance, in some cases the acyclovir medication ends up crystallizing in the renal tubes therefore leading to the renal failure. Fatalities have also been reported with the patients that are undergoing HIV/AIDS treatment and also patients who had undergone a recent organ transplant, for instance the bone marrow transplant. Sometimes, very aggressive behaviors have been reported for instance psychosis, delirium, and mania. Prolonged use of the antiviral medication can lead to
cardiovascular effects for example hypotension and when it comes to the hepatic system, they can lead to liver failure.

Most of these drugs also have very long term effects as a result of continuous medication for long periods of time. Some of these effects include prolonged stomach complications for instance cramping; there might even be complications in the renal system as a result of the crystallization of the drugs in the kidney. Sometimes, there are intense psychological effects of the drugs that lead to hallucinations and even mental disorders and instabilities.

Prolonged use of the drugs also leads to very unpredictable behavioral disorders; for instance very severe mood swings with extreme cases of repeated anger, sadness, and emptiness of the patient. These drugs can also lead to acute clinical depression as a result of trying to deal with both the drug and the current situation about having the disease itself.

Some patients might even end up losing hair due to the active ingredient of the drug which might even worsen their case of stigmatization and low self-esteem. These effects are similar to the effects of most of other medication especially when they are used in very long periods.

For instance, Aspirin has been associated with destroying of the liver and especially due to prolonged use; it has even been linked to other illnesses like cancer. Various pain killers also lead to side effects due to prolonged use; for instance there are many cases of abuse of the pain killers as a result of addiction after they have been used for a very long time.
The effect of these drugs is also prominent in long term users who are also in the process of treating other terminal illnesses. The drugs lead to a lot of complications especially with their immunity.

During medication period, in case you forget taking your prescription, take it as soon as you remember or seek medical assistance from a doctor or medical practitioner for it is better being safe than sorry. Overdose of these drugs should also not be taken lightly since the side effects can also be quite critical to your overall health.

In summation, these drugs might be effective, but they have a very wide range of side effects and if you are prescribed to any of these antiviral medications, you should always be aware of the effects since some of the ones you experience may have might not be related to the medication at all.

**Why the doctors are not giving real solutions?**

The herpes antiviral medication is usually administered on a regular basis such that depending on your condition, sudden stopping of your dosage may lead to increase in the recurrences of your episodes. There have been so many questions as to why these herpes medication treatments are designed just to try and keep the infection in check, instead of producing a drug that is a permanent solution. Frequent consumption of these particular antiviral drugs has quite a number of other varying side effects apart from those that are caused due to the medicinal property of the drug or rather the active agents in the drug. Continuous usage is sometimes very harmful to some patients as it may end up interfering with the normal functioning of the body.

The herpes drugs are not designed to completely destroy the infection in your body; their function is to try as much as possible to prevent the infection from growing inside your body system. Patients who are in constant consumption are quite used to having the drug components in their body and once they try to take a pause from the drug even for just a
short while, the effects and symptoms tend to reappear as their bodies’ immunity has probably weakened even more and has probably lost some of its ability to fight the infections naturally. This is as a result of the presence of drugs in the systems constantly. There might even be some effects that are not related to the disease itself that might come up since the body’s immune system is trying to adjust to this new condition of the body that has no medication in it. This makes the body have dependency upon the drugs as it can no longer further function on its own without them.

**Expenditure that Comes With the Drugs**

One of the most discouraging facts about these drugs is also due to the fact that they are very expensive and yet they are not able to completely cure the infection. The drugs may end up putting you into very undesirable financial situations as they are not cheap. It is for this reason that most people even decide to look for alternative methods of treating the disease – some that are not even recommended by medical professionals.

Although there are still some scientific researches that are ongoing about a better production of the antiviral medicine for treatment of herpes, there are still no pleasing results about the pharmaceutical companies finding a permanent solution for this infection. These drugs are taking a toll on our day to day lives especially health and finances. Not forgetting the different direction that our social life might end up taking as a result of the emotional effects that come with the drug – for example, the feeling of emptiness and loneliness.

**It is indeed very disappointing when it comes to the elaborate medication treatment therapies and prescriptions that come with the herpes infection, for the drugs are just designed to get a hold of your body’s immunity just to prevent the infection from**
spreading and becoming much worse. It is not thrilling to have to deal with medication for the rest of your life.

There should be at least measures that ensure that much more effort and pressure is put on the pharmaceutical companies that keep informing the public about the thorough research being conducted to find a permanent solution. This is because rather than treating the infection permanently, the drugs keep the infection just from spreading and in the process, they simultaneously have other effects that keep your health in wanting conditions as a result of their long term uses.

In the long run, it is evident that the medication provided for the herpes patients today somehow tends to make our health situation much worse in many cases instead of performing their primary function which should be putting an absolute end to the herpes infection once and for all. Therefore, there should be better medication to fight against this threatening infection other than the ones that are present in the market because in addition to keeping the virus from multiplication, as they sometimes end up causing a lot of damage to a patient’s immune system and his or her body as a whole.

**Why doctors expose herpes patients to unnecessary risks**

With regards to the elaborate treatment of herpes that a patient usually undergoes, all the daily prescriptions, antiviral drug therapies that are lifelong, the side effects, and the long term effects, it is evident that the herpes patients undergo a lot of risks in order for them to try and find a way to cope with the disease. A keen observation regarding the patients’ visits to the doctors and the number of times a herpes patient visits the chemists for the antiviral medication is that these rounds that the patient makes increase as from the first diagnosis, especially those that will end up having acute cases of recurrence episodes. Patients also regularly pay visits to the doctors for psychological treatment in order for them to have the ability to deal with the emotional effects and psychological effects that are accompanied with the infection of herpes. This raises many questions as to why the
doctor keeps the patients on the medication even when sometimes, it might not be absolutely necessary. There are quite a number of ways that this might be looked at in order to try and understand this situation completely. This should be viewed in both the doctors’ and the patients’ perception, and finally the truth beneath the whole matter especially with regards to the drugs that the pharmaceutical companies provide that are to be taken for a lifetime.

The Doctors and what they say

Most doctors, if not all, will absolutely deny the fact that there is a way in which herpes can be dealt with permanently. The doctors keep saying that the permanent solution or rather cure for herpes is still trying to be discovered by researchers who are working effortlessly to research more and more about the particular infection night and day. In fact, there is a lot of money that is being spent by professionals for the funding of these researches.

Most doctors will keep insisting that most of the alternative treatments out there are very fraudulent and further say there are so many false advertisements that are popular in the World Wide Web about having the real, final cure of herpes. For sure, a good number of this information about the permanent solution for herpes might be false but there are still some very reliable sources that have testimonies of patients that have managed to permanently deal with the herpes infection – some of them by non-prescriptive medications, and some by the very alternative methods that doctors term as fraudulent.

In fact, even most the elaborate forms of research that have so far been made by various medical professionals that have gained credibility are also not one hundred percent. Almost all the scientific research available has a slight error of margin, therefore there should still be questions raised about the research. Insinuating some methods as
fraudulent is not very accurate as the antiviral drug therapy methods have not been able yet to fully put down the disease.

It can also be assumed that the fact that a herpes infected patient keeps going to a doctor for prescription therapy and also psychological therapy is that all the time a patient makes a visit – that is a plus in the financial account of the specific doctor.

**The Pharmaceutical Companies**

The have been a lot of speculations about why these companies are not making the ultimate effort to come up with a permanent solution for the herpes infection. Instead of giving an absolute treatment, the treatment that is currently being offered is just to be able to adequately suppress the infection and not to completely put it down. Sometimes, there are even some unconfirmed sources that say this is indeed their market strategy so as to increase the profit margin that the company will have. It is alleged that they have the ability to come up with a combination of drugs that can be an answer to the disease and yet, what they just do is provide medication that gets you ‘hooked’ to the antiviral therapy treatment in your entire lifetime once you have been diagnosed with the infection.

What the antiviral drugs do is basically just hide the real symptoms of the infection and give the patient an illusion of well-being without any hope of ever being permanently cured. The pharmaceutical companies are therefore not providing real solutions for this particular illness but just mere illusions of treatment that will keep the patients going back for the drugs after their prescription is finished.
There are even a few bold authors who have even made very thorough publications exposing how these particular pharmaceutical companies operate. By discrediting most of the available non-surgical and non-drug based cures, the companies tend to try and boost their profit margin for the patients will refrain from going for alternative methods and stick to the drugs that are being provided by them.

Herpes is among the most dangerous infectious diseases that has the ability to maintain its presence in a human body for a very long time without any noticeable symptoms and so far, no one has been given the credit of coming up with an absolute cure and yet there are individuals with tangible claims that they have managed to permanently deal with the infection. **With regards to the many effects that patients face when dealing with treatment of the disease, some of them even fatal, it is clear that these antiviral prescriptions sometimes end up doing more harm than good for after a patient undergoes initial side effects, there are still long term effects that a patient still has to deal with as a result of the long term use of the drug that is definitely not possible to escape.**

**Oh, no! Not again!**

**Disadvantages of using “classical” herpes treatments**

As of today, such technology has been introduced into the world that has modernized ways in remedies for the illnesses. These modern treatments in the medical world have brought huge benefits to hundreds of companies within the industry. Since new types of diseases have been discovered, the business keeps expanding whether we talk about research or production. Thinking inside the box, everything seems impressive with scientists and medical professionals coming up with great medications to cure even the slightest of sickness. However, it has come with a stringent price to pay by people which they are being oblivious to.
There are many such illnesses or misbalance that occurs to people but they can be cured without having to take medications. For example, swelling of gums can be cured by taking mild or hot water and using it like a mouthwash at least 5-6 times daily. If the swelling is greater, you would need to do that for a longer period of time such as a week. This is one very general treatment with absolutely no side effects as one might question themselves, what harm can water do to them? On the other hand, some doctors prescribe their patients an antibiotic named Augmentin for around a week.

The fact that people have started taking treatments even if they have a little headache is not good for their health and immune system. The problem is that over protection is harmful and that is what these medications do to us. We take them when there are other ways to go for because it’s much easier, effortless, and acts as a fast cure. The same is the case with the very popular in today’s date disease: herpes.

At one point, no doubt, when nothing works, one can have to turn to medications but that point comes along a lot later than people believe. A medication can alter our immune system, for the time-being curing the illness but leaves its mark within our body. The traditional treatments offered by doctors are mainly creams, medicines, therapies, etc. specifically for herpes. In terms of antiviral medications, three drugs are existent for curing it – namely acyclovir (Zovirax), famciclovir (Famvir), and valacyclovir (Valtrex).

All medicines have some kind of side effects, during the intake of the treatment and/ or after full recovery. There is no escape from it once you get into the course. Only a few people might not experience any kind of side effect at all, but mostly everyone faces some kind of disadvantage due to the treatments, maybe less severe than the others. To give a clear idea of the side effects you may face through such medical treatments of herpes, below is a short list of the most likely effects one might get.

**Gastrointestinal side effects** – Herpes medications can lead to gastrointestinal disorders such as functional disorder, constipation, and irritable bowel syndrome (IBS), anal
disorders, etc. These are just a few examples of what gastrointestinal disorders really are but there are other ways of categorizing it too. This happens because the use of medicine irritates the organ lining as a result of which the stomach or intestines secrete excess fluid and consequently get inflamed. The symptoms of this disorder normally include vomiting, nausea, diarrhea, abdominal pain, and upset stomach. One can imagine that even if he/ she face only one of the many side effects of Herpes medications, life would become really distressful for them. Research has shown that the most popular drugs for Herpes which are very efficient in curing Herpes such as famciclovir has this possibility of side effect.

**Adverse skin effects** – Our point is obviously not to say that most of the side-effects are life-threatening, rather they just hinder our daily activities much more than anything else. Medications of herpes might evoke effects on skin such as it might develop a red rash causing itchiness and dryness. Furthermore, severe effect can lead to blisters and hives covering the entire body. If concurrently, one finds much swelling on their body and difficulty in breathing, it is probably an indication that body is experiencing an allergic reaction to the medication and therefore, it is imperative that you report to your doctor without any delay. The allergic reaction comes under a lower probability but the less adverse effect such as itching is more usual.

**Headache and fatigue** – Headache is the most common side effect of herpes medication, whether oral or applicative. Research has shown that approximately 40% of the people face headaches. Some experience a lighter effect whereas others have to go through severe migraine attacks at regular intervals, not just during the intake of the medicine but as after effects as well. Mild headaches gain higher probability than severe migraines, but the percentage of people affected by it is not negligible and therefore, strictly mentioned to the patients before prescribing it to them. On the other hand, fatigue is found in less of the patients as oppose to headaches. Fatigue, in general words, is tiredness and laziness
with difficulty in carrying out the routine activities – might be as a simple task as carrying garbage outside the house.

**Dysmenorrhea** – One of the three drugs used for treatment of herpes, famiciclovir, causes this condition which is described as pain caused during menstrual period. Women usually feel uncomfortable during this period and this condition worsens the effect. The pain is felt deeply in the lower abdomen and sometimes, may also cause stomach cramps leading to obstruction in any regular activity. The possibility of such condition has been seen in quite a few women and since it also causes stress, headaches might be another result of it as well.

**Other side effects** – Other side effect testimonies include weight gain, confusion, hallucinations, problems with speech and vision, depression, feeling of unsteadiness, drowsiness, mood swings, seizure and many others. Such kinds of side effects have been reported by different people at a rate which cannot be considered as minute and therefore are all mentioned during prescription. These are the small risks but still do count as a risk if you take the o path of traditional medications. To give a better idea, let’s talk about one particular medication which every herpes patient must have heard of: Valacyclovir.

The common side effects of valacyclovir are categorized as muscle pain, stiffness, speech impairment, bleeding, body aches, insomnia, decrease in level of concentration, and nasal congestion. To remind you once again, these are just the “common” effects of taking this medication which is one of the three medications very popularly prescribed by the doctors for herpes treatment. Doctors obviously warn the people of the possible side effects but since people are very eager to resolve their issue as soon as possible with the least effort, they undertake the risks in good faith. Very severe or serious side effects which are harmful to the red blood cells in our body is the likelihood of fever, bloody diarrhea, weakness, fainting, and urinating less than usual or in some cases, not urinating at all.
The greatest disadvantage lies in the light of how often one needs to prolong their treatment. The fact is that the medications or therapies do not guarantee a permanent cure for herpes. It’s only for stopping the outbreaks until it comes again. Usually, the initial treatment which is of 10 days is given just to prevent the condition from getting worse but one may have to use it for even longer time if they don’t heal. On other cases, doctors might prescribe you to take the medicines every time for a few days when an outbreak occurs or you see the symptoms of it. In worse conditions, doctors prescribe what is called by them as a suppressive therapy in which they recommend the patients to take the drug on a daily basis.

Now, considering each of the stage, the threat of an occurrence is always there and so will be the possibilities of side-effects. One might not get a side-effect by one time use but eventually at some point, there will be a high chance that they’ll be under the minority of experiencing the several side effects mentioned. Other than that, it usually becomes a nuisance to keep the drug to oneself at all times. This irritates the patients because one obviously wants a permanent cure and not where they have to keep checking for symptoms and be constantly reminded of the continuous threat they are in. Usually, even a slightest rash which might not be due to herpes will scare them as a possibility of herpes attacking again.

Medications should not be considered as an ever-lasting solution to any problem although they lessen the effects like suppressive therapy makes sure that the outbreaks are decreased to 70%, yet, it’s not the 100% solution with no disadvantages.
Price is a cost one has to pay for treatments whether they like it or not. Treatment for herpes is no different and the medications are also not cheap. The oldest of the three drugs is to be taken five times a day as oppose to the other two which can do its job by intake of 3 medicines to maximum. The point is, if it was just a one-time thing like for example the doctor would prescribe it for a week and then there would be no possibility of it occurring again, that would sound economical. However, with herpes, that’s unfortunately not the case. Person with severe herpes have to take it daily for almost a year or even longer as per the doctor’s judgment and that might be very difficult for a person who is struggling. The cost is a factor which cannot be undermined as herpes is a disease which doesn’t see who can afford the pills or not.

The traditional treatments have to be taken only under normal conditions since there are some illnesses which do not go along with the medication of the herpes and instead, cause a severe alternate effect. The medications are mostly seen as dangerous for the kidneys and if a person takes another medicine in near future whose one of the side-effect is also harm to the kidneys, then they work together and the effects are highly increased. Other than that, one also has to be very careful during pregnancy as the body is already very delicate and might not be able to take the burden of even the slightest chance of any side effect. The treatment has to be scrupulously thought upon and you should talk to your doctor in terms of all the risks involved. This shows that there are many risks involved and how careful one has to be before taking the medications. Even the slightest of ignorance would lead to massive destruction to the body in some way or the other.

In midst of all these possibilities, one should take a road which is not only a long-term solution but also a healthy one. We live on possibilities and risks but exposing oneself to risks with consent is not a very expert way to handle things.

**Medications and therapies might offer short-term solution, although with other consequences, they do not provide the ultimate solution. People continually take**
medications for herpes but at the same time, pay no heed to their food intake, exercise levels, stress management, and safety precautions which is exactly why the outbreaks come back to haunt them over and over again.

It is essential that a person takes care for his/her own body duly to prevent any kind of illnesses. Even the slightest ignorance to not drinking enough water can cause so many illnesses to the body. When you then visit the doctor, they’ll obviously prescribe you medicines and maybe warn you of the lack of water intake too. However, if you will still be oblivious to the warning, the illness is bound to come back. Herpes works in the same manner and therefore, you should be stringent on yourself in the precautions to undertake and maintain a healthy lifestyle to cure yourself rather than take a daily dose of medication with harmful side-effects.
Chapter 3 – The Strategy

Why has nobody ever told me this before?
In this digital age, scientists have discovered many tools used for experimenting ways in preventing and curing many diseases. As years gone by, the lifespan of an average person is decreasing because of serious and fatal diseases caused by many factors. Many serious illnesses can now be cured, but others cannot.

But what if scientists have already discovered ways in curing a serious disease but doctors are hiding it to the public, and only using more expensive alternatives to receive more money for prescriptions and their medications? This is exactly the case of HSV – Eraser.

The best and fit disease for these topics is the herpes – one of the most mentioned diseases that affect millions of people in the world. It is also known for the fact that it is not curable. But, will the nature produce ways to cure such diseases? Or some professionals would take advantage in treating it by using modern and expensive health facilities?

Herpes is a disease that can be transmitted from one infected person to another person through skin-to-skin contact. A person with this virus is then required by doctors to take their prescribed drugs; but, the fact must be considered that that those prescribed drugs cannot cure the existence of virus all together, but only designed to stop it from growing inside a herpes-positive person.

It was almost proven that stopping or reducing the intake of drugs can increase the risk of serious illness. Thus, doctors and pharmaceutical companies both generate revenue for treating this kind of disease.
Lack of financial resources can be hard for people with herpes. Let us be honest, a serious disease like herpes requires time, patience, and money. Relief can only be prolonged when continuous use of prescribed drugs is done.

**Doctors’ prescription is always a professional prescription. Doctors’ recommendations are always professional recommendations. Whatever happens next – positive or negative – are not the doctors’ faults nor the drugs and chemicals used in the medication, but herpes’ itself.**

**Possible Effects of Herpes Diagnosis**

Diagnosing a disease has never been easy. It is said that taking medications in the long term process can bring relief to a herpes patient, but it somehow has bad effect to the body. Our body is composed of millions of different cells that should be maintained well naturally.

Drugs with strong chemical content, though helpful for most of our body cells, can also destroy other healthy cells. Just like cancer diagnosis, hair loss could occur. That is why balanced diet is recommended and important for continuous maintenance of different healthy cells. Drug overdose may also occur because of so many intakes of medical drugs.

**Most people have very sensitive body parts. It only means that our body is very reactive when drug chemicals have reached particular parts of the body. That is why allergic reactions, aching of most body parts, possible mental disorders, and mood swings occur. Our body can have either positive or negative reactions in every drop of drugs we are taking.**

Most herpes patients are having difficulties in accepting their situation. They wanted no one to know that they are suffering with this kind of disease. Adjustment can also be difficult because there are many limitations that will come when suffering from herpes. Knowing that you have herpes can be depressing at the same time stressful that is why
herpes patients tend to become sad and lonely. Out of all herpes patients, only few are considered strong people. They have the capability in accepting their situation and they disregard what other people say about them and their condition. They depend on the prescriptions of their doctors and take notes for the possible ways of temporarily relieving themselves from pain. Herpes is already there, medicines only give temporary relief, and a person with this disease should know how to accept this fact to live better and longer.

**Doctors’ prescription is what those affected people are looking for when it comes to their medication.** Most of the doctors recommend taking medication using mild to strong medicines. While herpes can be temporarily cured by different treatments, most of those medicines only cure the pain temporarily. Also, there are strong medicines composed of chemicals and drugs that make herpes to replicate inside the body. The more effective the medicine, the more expensive it gets. However, medicines, no matter how strong it is, it must be taken daily for short relief.

Doctors are earning money through their profession, that is, to help patients cure their disabilities. Some doctors will recommend a herpes patient to undergo long term medications to temporarily cure their patients, but the real reason is for them to earn more. That’s why there is a big part of pharmaceutical companies in making it possible for doctors to cure diseases. The medicines that are widely produced by those pharmaceutical companies have the possibility to be used at many hospitals and especially by doctors; therefore, it is very beneficial to both parties.

Many disagree about the effectiveness of doctors. It is because of their personal or relative’s experience with doctors who only give many prescriptions of expensive medicine but still do not cure the disease. In today’s situation, it is not far that those beliefs are close to reality.
Millions of people around the world are suffering from herpes. Medication to prevent and cure this disease is their top priority. In every treatment, doctors will have to make decisions that makes a patient choose. Often, the best choice will be chosen, and the best are always the most expensive.

Disadvantages of short term medications may include shorter relief for this unbearable disease. Although a person with short term medication can save money, he will definitely suffer so much pain and a higher risk of more serious infection to the body. The only way to avoid it is for the patient to take long term medication.

That is why herpes is very irritable disease. It will make someone who has it choose on how he/she will treat the disease. Will it be long term or short term medication? Will a patient choose to save time and money or choose to spend time and money for longer relief? But in the end, terrible consequences may occur.

Herpes is a serious disease affecting millions of people around the world. Therefore, science has recent explanations about these factors and how to use natural resources to develop medicines that will cure any serious or fatal diseases. Most people believe that cure in these diseases can be found in our nature, but in today’s situation, nature has been underestimated.

The time will come that our natural resources will lose its value. It might be because it is underestimated by many. When that time comes, people will realize the real value of nature. All we have today came from nature’s power to reproduce its resources for food, lodging, as well as medicine. Today, everything we use is discovered mostly by science. Unlike hundred years ago, traditional healing is done and is considered to be effective. Today, traditional healing only occurs at some places. Hospital treatment is now more recommended because modern facilities are discovered and designed to cure in utmost convenient way. But haven’t we noticed that these ways of curing nowadays are very expensive?
Most doctors are not really helping their patients to recover quickly but make them spend much money for their own sake. It can be true that sometimes, doctors never told a patient that his disorders are curable. It might be because long term medication is very beneficial to the doctor but very difficult for a patient. This world can produce many professionals, especially the doctors that are able to treat serious and fatal diseases. But as a nature of man to be wealthy, many unprofessional ways can be used.

The Solution for Herpes
There is a list of vitamins, supplements and organic compounds that are very vital in the combating of this dreadful infection. There is a high probability that you might not have heard of quite a number of these compounds and vitamins before, but they are very easily available in the conventional supermarkets and grocery stores. The following strategy will enable you to effectively battle and take down the herpes infection once and for all.

HSV-Eraser is the result of a year of medical research, testing, and analysis. It takes less than 3 weeks to complete, works for both HSV-1 and HSV-2, completely natural and side-effect free and won't require further medications. The program is broken up into two parts...

Step I: Uncloak the Herpes Virus
To uncloak this infection, you first need to start by strictly following a diet that contains specific nutrition content for the first 10 days:

1. **Milk and dairy products** – these will assist in the fast curing of the sores as they contain Lysine which is an amino acid that will strengthen your immunity and prevent the infection from further damage. 2 glasses of milk a day will provide
enough lysine – try one after breakfast, and one in the evening before going to sleep to determine you to fall asleep faster and get rid of fatigue.

2. **Foods with high Vitamin C content** – 2 servings of citrus fruits (2 medium oranges) and 2 servings of vegetables rich in vitamin C everyday will help in boosting of your immunity (one at lunch, one at dinner – peppers, broccoli, tomatoes, peas)

3. **Carbohydrates** – A meal of unrefined carbohydrates at least once every day will play a vital role in proper functioning of the immune system (7 oz, preferably at lunch, around 12:30-2:00 pm).

4. **Protein** – Mostly found in meat and poultry products are Lysine. They should be consumed in lean cuts for healthier living; about three ounces of meat are enough for a day.

5. **Fats** – Fatty acids and Omega oils will maintain your nervous system in good health. 1,000 mg of omega 3 fatty acids is required daily.

**After strict following of the above diet for about 10 days, you will have propelled the internal reaction necessary to unbind the virus from your cell therefore giving way for the immune system to launch its attack.**

**Step II: Healthy daily routine**

Here, you now need to take a second group of vitamins and supplements and other dietary inclusions to work to supercharge your immune system. This regimen will last for about 11-13 days.

1. **Olive Leaf Extract** – contains elenolic acid and elenolic salt which is known as calcium elenolate that causes a large reduction of the virus. Dosage is conventionally calculated by its oleuropein content. Two 500mg capsule 4 times a single day with meals for adults (two in the morning, four at lunch, two in the evening, after dinner, if you don’t have enough time to eat a four o’clock snack at
slit the dosage equally), and two 500mg capsules for children (after breakfast and lunch).

2. **Drink plenty of purified water** – this is for general body detoxification and transportation of essential nutrients. At least 8 glasses of water a day are needed. The more you drink, the better. Water will help you eliminate toxins much faster and will also detoxify your liver and kidneys.

3. **Kombucha tea extracts** – it is very rich in bacterial acids and enzymes that enable in-depth detoxification, boosts immunity, rich in antioxidants, and enhances energy levels of the body. It also suppresses anxiety and depression. 2 glasses of Kombucha tea for adults and 1 glass for a child everyday are required.

4. **Supplements** – Lysine (1500mg daily) and Vitamin C supplements (250mg per day) will enrich your immunity by improving the serum levels. The whole combination of Vitamin B supplements (100mg for B1, B2, B3, B5, B6 and 1500 micrograms B12 daily) get rid of outbreaks especially cold sores, sustain proper neurological, cardiac and cognitive function, and aid our bodies to cope with stress.

This second stage requires only a maximum of 13 days.

You now know what to do. When to take what and what to do when. Keep in mind or even print the daily dosages of each of the recommended products. In the following pages you will be given more details about every step that you should make to cure your herpes forever.

**The first step: Uncloak the herpes virus**

Herpes simplex virus type 1 and 2 has similarities but are biologically and antigenically unique from each other. HSV can cause extreme infections on one’s nervous system such as encephalitis and meningitis. Newborns who were exposed to the virus can develop multi-organ function while people with compromised immune system can develop
severe pneumonia and other generalized infections. Despite decades of studies and researches worldwide, there is still no cure for HSV or a vaccine to prevent transmission of the herpes virus.

There are antiviral drugs available but they can only slow down the reproduction of the virus and lessen the symptoms but cannot totally get rid of the virus. Fortunately, our bodies have its own line of defense known as the antibodies. Antibodies are proteins that our body produces in reaction to a foreign substance such as herpes virus. A person infected with HSV will develop antibodies that will stay in their body for the rest of their life. A blood test should be conducted on these antibodies to determine if the person has been infected with HSV in the past. The result of the antibody test may be negative at the onset of the infection since it takes weeks for antibodies to form. However, antibody test stays positive for life.

Instead of going for the pharmaceutical companies’ antiviral medication, you should go for the many available alternative treatment methods. These methods are very effective in comparison to the available medication drug therapies in the market. Their results are usually very noticeable after a very short while. On the other hand, the antiviral herpes treatment drugs are very slow acting with so many adverse side effects that eventually end up worsening the health situation of the whole body. In fact, the treatment drugs even have stages for the treatment process thus meaning that they are never meant to provide permanent solutions for the patient. This therefore makes the patient very dependable on the medication drugs and a slight skipping in the prescribed medication makes the patient end up in utterly painful and undesirable conditions. The natural remedies, however, tend to be fast active with virtually no harmful and life threatening side effects that are accompanied with the pharmaceutical antiviral medication.
All the recommended methods of alternative treatments on the other hand offer a permanent way of treating the disease. Even in the numerous forms and types of research that have been carried out, at least some offer conclusive tangible truth about the effectiveness of the treatments. All the supplements that are to be consumed in order to boost our body’s immunity have had very great success especially by scientific researchers who have actually put them into tests. No adverse side effects were recorded whatsoever. So many tests subjects have even confirmed that indeed, these methods really do take down the herpes infection. Not only do these methods have scientific backing but also, some of them have been put to use for quite a number of centuries by some cultures to cure many other illnesses. The scientific research also confirms that so many other illnesses are able to be cured by the help of these methods. An excellent instance is the use of the Kombucha treatment.

By following this simple plan, which includes nothing but buying certain types of food and some health supplements that cost $100 total and that can be found in the vitamin section of almost any supermarket, you can supercharge your immune system and generate enough antibodies to destroy the herpes virus forever.

This particular treatment method has had very exceptional success in the treatment of many other illnesses and even including the two main types of herpes infection. The numbers of individuals who have attempted using it have reported very positive results when it comes to dealing with the herpes infection. Other alternative forms that have been proven to be effective in treatment of the disease include the propolis which is a waxy resin that is manufactured by bees; herbal extracts for example Echinacea, Prunella Vulgaris, and a specific type of an edible mushroom known as RozitesCaperata. Their results have reportedly been very successful during the scientific researches.
Managing Herpes with the Right Foods

Until now, herpes virus has no cure but keeping its outbreaks at bay can be simple. There are foods known to be helpful in fighting herpes and there are certain foods that can trigger outbreaks. Dealing with the virus efficiently means being knowledgeable with the worst and the best food for herpes, know what foods to avoid, and what foods to eat frequently.

What to Eat: Foods High in Lysine

**Lysine** is found in so many readily available food substances that can be incorporated in a patient’s diet to ensure optimum health and to prevent the herpes infection from further spreading up to an eventual end of the infection. When this particular nutritional component is consumed as a supplement, it tends to act very fast in upgrading the immunity of a herpes diagnosed patient. There are quite a number of studies that have proven that this specific supplement helps the immunity of the body system of a patient by reducing the amount of recurrent outbreak episodes that are accompanied with the infection of herpes. There are also some studies which have proven that this particular supplement has thoroughly assisted in the shortening of the outbreak periods of an individual patient. Taking the supplements of lysine or consumption of much more lysine nutrients in your diet will have a very positive effect in the boosting of your overall body immunity. This therefore tends to significantly reduce the length and periods of outbreaks and also there is a very high chance in the permanent healing of the herpes infections. All these will eventually lead to very fast healing and recovering of your body and therefore also the time it will take for the herpes infection to die out.

**Milk and dairy products** – consuming these products will help a person cure their sores fast. A diet that is high in lysine effectively helps you control the outbreaks and even to fight against the virus. Lysine, an amino acid, can cut the occurrence, extremity, and the frequency of herpes outbreaks. Foods that are rich in lysine strengthen the immune
system and help prevent viruses from damaging your health. Brewer’s yeast is also high in lysine and helps neutralize arginine. Arginine stimulates the growth and reproduction of herpes virus. It is best to avoid foods that are high in arginine or acidic. Acidic foods also weaken the immune system, making a person prone to infections.

However, for the individuals with very high cholesterol levels and heart related diseases or fats in the blood systems, caution should be taken since lysine tends to elevate the levels of cholesterol and fats in the blood circulatory system. Lysine also improves the amount in which your body absorbs calcium, therefore high doses should be avoided.

**Foods High in Vitamin C** – Foods rich in Vitamin C help boost the immune system and reduce the occurrence of severe outbreaks. These include strawberries, kiwi, peppers and broccoli, orange, lemon, papaya, garlic, spinach, pineapple, cabbage, etc. Vitamin C is also beneficial to the organism. It helps prevent gout by lessening the blood levels of uric acid. The right amount of Vitamin C may help prevent gout attacks.

Vitamin C is also linked with reducing a person’s risk of hemorrhagic stroke. Compared to ischemic stroke, hemorrhagic stroke is rare but more deadly. It happens when a weak blood vessel ruptures, allowing the blood to leak around and into the brain. Studies show that Vitamin C deficiency is considered a risk factor for this type of stroke. Moreover, Vitamin C is known effective in treating and preventing common colds. It serves as antioxidant to keep our bones, blood vessels, and muscles stay strong and healthy.

Vitamin C acts as an antioxidant in the body. It is an important vitamin to keep the digestive system healthy by helping our body produce adequate collagen, a protein that holds tissues together in our digestive tract. Typically, Vitamin C reacts with reactive oxygen species’ oxidants like the hydroxyl radical. This radical is damaging and can initiate chain reactions. Thus, Vitamin C is known to prevent this chain radical reaction.

Foods that are high in carbohydrates, fats, and proteins
Although lysine is beneficial for patients with herpes, it is not the only nutrient required to ward off the virus. Foods that are high in carbohydrates, fats, and proteins are essential nutrients to resist infection.

- **Carbohydrates** play a vital role in our immune system’s proper functioning. A deficiency of this nutrient may lead to impaired functioning of such system. It can be found in whole grains, oats, barley, flour, sugar, and corn. For people with herpes, it is best to avoid refined carbohydrates such as white sugar and white rice as it may contain high ratio of arginine.

- **Proteins** can be found in meat, fish, and poultry products. These foods are high in lysine which promotes the production of enzyme known as arginase. Arginase breaks down arginine and counteracts its effects on the herpes virus. Although these foods can help fight herpes, it is essential to choose only lean cuts of poultry and meat to avoid other health problems.

- **Fats** – these include essential fatty acids and Omega oils that are extremely beneficial to our health. These are considered good fats which are critical in maintaining the nervous system in good shape. Avoid foods that contain hydrogenated oils as they have trans-fats that are toxic and damaging to the body. Also, stay away from high-fat and processed foods.

Proper diet and taking nutritional supplements can significantly reduce the frequency and severity of herpes outbreaks. A strong immune system is the foundation to keep herpes outbreaks in check. Eating a healthy, balanced diet including drinking plenty of water will help you to fight herpes naturally and efficiently. **Furthermore, having a good rest, managing stress, and exercising are all contributing factors to our overall wellness.**

**Propolis** – This is a certain resin that is manufactured by bees and it is loaded with the necessary flavonoids which are essentially the antioxidants that assist in the ability of a
body to fight the various available harmful viruses and bacterium. Tests have been carried out to prove that it can indeed prevent both the types of herpes from further reproduction in the body. In fact, the specific tests have also shown proof of this resin working much better and faster than the pharmaceutical antiviral drugs that are made available through prescriptions. The patients that were used as the test subjects reported that the lesions healed much faster than of those patients who used the pharmaceutical medications. There are also more studies which further proved the medical abilities of the propolis resin as it showed much better success in the reduction of the pain accompanied by the cold sores. However, asthmatic patients should not use this resin. Patients allergic to bees are also in restriction.

**What Not to Eat: Sugar and processed foods with sulfites**

**Sugar and industrially processed foods** – sugar is known to lessen the white cells’ ability to fight microorganisms from viruses. It interferes how white blood cells utilize Vitamin C to fight infection. Nonetheless, sugar restricts the body’s absorption of B vitamins, an essential nutrient that help the body to manage stress.

**We always prefer fresh foods over processed foods. Processed foods such as canned meat, bottled and canned drinks, pre-packaged foods, and packet foods contain food preservatives, artificial sweeteners and sugar, colorings, gelatin, and flavorings that have Sulfites.** Sulfites contain sulfur dioxide that helps reduce spoilage, inhibits bacterial growth, and increase the shelf life of food products. For wine products, it helps end the fermentation process quickly and prevent white wines turn to brown.

Although Sulfites naturally occur in foods, it can also be added to enhance other food products. Some of the products that have sulfites are baked goods, jams, soup mixes, pickled foods, canned vegetables, potato chips, dried fruit, trail mix, gravies, bottled lemon juice, wine, beer, vegetable juices, condiments, tea, fresh and frozen shrimp, molasses, and de-hydrated or peeled potatoes.
**Sulfites in medications**

Aside from processed foods and beverages, Sulfites can also be found in some medications. It keeps the drug effective and stable due to their antioxidant properties. It also helps prevent the browning of medications such as the injectible epinephrine which lessens the drugs effectiveness. There are inhaler solutions used in treating asthma that includes Sulfites. Thus, people with Sulfites allergy must be careful in using medication with Sulfites.

The effects of Sulfites in our digestion and immunity

While Sulfites act as preservatives and enhancer, various health implications are associated with the presences of Sulfites in food and beverages. Many people experience minor irritations and rashes while asthmatic persons have extreme reactions. Other reactions include restricted breathing, hives, asthmatic attacks and anaphylactic shock. Sulfites cause the food to become less nutritious. It destroys thiamine and Vitamin B1 which are present in dairy, meat, and cereal products. Thus, it should be avoided by persons with asthma and kidney and liver dysfunction.

**Arginine-rich foods** - these include peanuts, almonds, protein shakes, nuts, gelatin, grains or rice, and chocolate. Like lysine, arginine is one of the eight essential amino acids but too much arginine can trigger a herpes outbreak as the virus requires the latter to grow and reproduce and become active. Our body produces Arginine naturally so we cannot totally eliminate it but people with herpes should be mindful of foods that have high amino acid to reduce the symptoms of herpes. For healthful alternatives to refined grains, brown rice, barley, oats and quinoa are advisable to take. Thus, these foods should have a balanced lysine whenever herpes are inactive and eliminate it during outbreaks.

**Stress Can Trigger Herpes**

Not only that stress can weaken the immune system, it can also trigger the recurrence of herpes symptoms. The more stressed a person is, the more likely they will suffer from
outbreaks. Usually, it is mental stress that affects the immune system but physical stress can be a contributor as well. Stress alters the body’s chemistry that hampers the functions of the immune system. People that are under stress produce stress hormones that are responsible in suppressing one’s immunity. Aside from a balanced diet, strive for balancing the other aspects of your life. Calming the nervous system through the ancient practices of yoga, tai chi, and other kinds of meditation have been found to be effective in maintaining the immune system. Such practices not only offer tranquility but also reduce negative feelings and thoughts. Practicing everyday will make a big difference in a person’s physical and mental aspects.

Another effective way to boost the immunity is by having regular exercise. A 30-minute aerobic or brisk walking helps reduce stress. Weight lifting and running, exercises that work on major muscles, usually have the effect of building the body by tearing it down. However, over-exertion may have adverse effects so instead of heavy exercise, mild exercises are more advisable as it allows a person to let off the steam and the same time, tones the internal organs. Physical activity is an effective stress reliever.

Proper body fitness
Body fitness is also a worthy way of dealing with the herpes infection. Your workout should however not be too vigorous as it is just to enable our body relieve the tension that it might be having and improve your whole body’s circulation. Body fitness procedures will enable you as a patient to have enough strength required by the body to perform its functions. The herpes medication treatment therapies will make your body have very unusual experiences of fatigue and weakness. With this pharmaceutical medication, you will not have adequate energy for your body. It is for that reason that you should neglect the conventional antiviral therapy drugs as they tend to work slowly and in addition, cause weakness spells. Alternative treatment methods will tend to work very fast and without these very uncomfortable side effects.
Say No to Antibiotics!

Apparently, antibiotics only work and targets bacteria and herpes are caused by a virus known as Herpes Simplex Virus so taking antibiotics won’t help. Antibiotics, a powerful medicine, are designed to break in bacteria’s important structures. Viruses are different from bacteria so taking antibiotics can actually cause harm to people with herpes instead of treating them; they can develop rashes and irritation and can experience other side effects. Plus, taking antibiotics for conditions where they are not good can only deplete the immune system by killing the good bacteria as well. It will make the bad bacteria in your body become resistant and may not respond positively when you really need them in the future. Thus, resistant bacteria may spread and antibiotics may not cure them so only take antibiotics if you really need them.

Reduce your Alcohol Intake

Consuming large amounts of alcohol frequently can trigger herpes outbreak and may weaken a person’s immunity. Alcohol can also have a high impact on the digestive system. Excessive alcohol consumption can cause havoc and increases the risk of developing mouth cancer and gum disease. Heartburn is another problem caused by alcohol abuse. For more severe problems, it can damage the stomach’s lining that may lead to gastritis.

Others developed cancer of the small intestines and inflammation of the pancreas that may cause life-threatening complications. Most importantly, the alcohol’s bad effect on the liver is very common. Excessive drinking more often results to alcoholic liver disease causing severe damage and organ malfunction to one of the most vital organs in our body.

Aside from the many damages and side effects of excessive alcohol in our body, alcoholics also fail to have enough nutrition that lead to serious health conditions. Due to nutritional deficiencies, they can acquire problems like peripheral neuropathy and
alcoholic dementia. This is because alcohol has empty calories and offers very little nutritional value. They do not feel hungry and alcoholism may cause them to lose interest in food. Hence, chronic alcoholics usually suffer from malnutrition. Alcohol addiction may further lead to various mental and physical problems.

As a herpes patient, it will be a very wise decision to make a choice of the alternative non prescriptive treatments like supplements and vitamins which are readily available in close supermarkets and come with no negative side effects. They are even as cheap as about $50 which is not even comparable to the cost of the antiviral prescription drugs presently available. In addition, the results of the alternative methods are very quick to notice in comparison to pharmaceutical medication.

It has been proven that the alternative methods of treatment work better and faster than the pharmaceuticals and this is one of the many reasons among which you should choose the natural methods of treatment and disregard all prescription medical drugs. These alternative treatments have even been known to work for as fast as a just a week or two and all the herpes related symptoms disappear with all the lesions dried up and the pain completely subsided. Therefore, it is not even sensible to struggle with all the herpes related pharmaceutical medication with so many side effects. The remedy is simply in a well-balanced diet in nutritional value, and complete avoidance of all the substances that increase the occurrences and episodes. The alternative methods are very effective with practically no reported side effects unless a specific patient has very special medical condition, which is not the case with antiviral drugs. Antiviral medication therapies for herpes on the other hand have very severe side effects even if you have no specific allergic reactions related to the active agents in the particular drugs.
The second step: It’s all about a Healthy Daily Routine

Those changes you applied to your lifestyle and attitude will help you cope up easier. If people would have done their homework, they would also know that herpes won’t kill them and with proper care, it will not cause them serious health problems. Depression, anger, and sadness are valid feelings a person with herpes may encounter but one must learn how to get back to normal and overcome those negative feelings.

Triggers and frequency of outbreaks are not the same for everyone, but you already know the possible causes of it so it’s easier for you to prevent herpes symptoms. Continue doing the above mentioned techniques. When you are stressed, socializing with people can help you forget it for a while. Talking about your problems to someone close to you and whom you trust is also good. In addition, relaxation techniques and exercises may reduce the outbreaks so continue doing them. Listening to music, painting, or knitting are some of the activities you might also want to try. They are less strenuous and relaxing at the same time. Rest is also very significant so take adequate time to rest.

The stronger your immune system, the lesser the herpes outbreaks. Strive for a healthy lifestyle by doing physical activities and eating a balanced, healthy diet and drinking lots of water. Organic meats and greens are a good source of antioxidants. Avoid foods and beverages mentioned that may trigger outbreaks. If possible, keep a food journal to check what you eat. Moreover, promote cleanliness and sanitation to prevent herpes symptoms from coming during the therapy. You are close of getting rid of the herpes virus...
What is New: Olive Leaf Extract Can Fight Herpes

Olive leaf is known to provide a wide array of health benefits but it has one more effective use. Recent studies show that olive leaf can fight herpes viruses. It not only helps prevent outbreaks, it can also prevent the virus from spreading and can kill it on the spot. The olive leaf contains anti-viral properties that are beneficial to herpes outbreaks. According to research, elenolic acid, the leaf’s salt known as calcium elenolate, causes the biggest reduction of the herpes virus. The dosage for olive leaf extract is typically calculated by its oleuropein content. It is a rule of thumb method used to achieve a balanced extract. The dosage given for curing herpes is often given in a range. For adults, a minimum of 20% oleuropein per capsule is required due to the reduced absorption. Take two 500mg capsules, 3-4 times a day with meals for long standing infections. For health maintenance and disease prevention, you can still take one to two 500mg capsules twice a day with meals.

You can use olive leaf extract also as preventive measure and to control and lessen the occurrence of outbreaks. This extract works best when combined with antiviral supplements to fight against herpes. Nonetheless, it can aid you in improving your health in various ways.

Eliminate Toxins, Drink Plenty of Purified Water

Toxins are part of our body’s intake of oxygen and food. We can actually detoxify toxins with the use of liver, kidneys and lungs. However, when the body is bombarded with too many unfamiliar toxins or is not eliminating toxins properly, the build up can lead to health problems. **Tea, coffee, and other sodas can cause more problems so taking more water is needed to flush these fluids from the body. Most of these beverages have**
unnatural sweeteners and ingredients which add to the toxins in our body. Thus, drinking water is significant in a detoxification process. Drink at least eight glasses of purified water daily to increase your kidney’s activity, speed up your metabolism, and easily remove toxins.

Water flushes wastes and toxins from the body. It also transports essential nutrients. It acts as natural lubricant which softens tools and prevents the colon from drying that may cause constipation. The kidney system is also dependent on water to fulfill its filtering function of wastes from the blood and excreting toxins through the bladder. Daily fluid intake is vital for our organs to function well; however, not all water is safe to drink.

Toxins can also be found in unsafe water. Water treatment facilities offered by the government may not totally remove toxins from water. Drinking bottled water is not enough since various sources of bottled water are contaminated with chemical toxins. What others may perceive as “safe water” may also contain amounts of arsenic, lead, mercury and other radioactive particles. These chemical toxins can impose serious health risks to human, plants, and animals. Hence, a water purification unit can eliminate chemical toxins from tap water to as much as 99%. You may also consider acquiring inexpensive purifying units and ensure the maintenance of water filtration. Purification and distillation safely remove all water contaminants so it is best to take advantage of these technologies at your home. It kills pathogens and bacteria and leaves the waste material behind. Distillation system is the only purification system known to remove organic and inorganic chemicals, pesticides, herbicides, and heavy metals. As an additional benefit, having a distiller is being able to distill water from a pond, river or lake in the event that the supply of tap water runs out. Whilst this process takes longer compared to other process
of filtration, rest assured that your purified water is safe to drink.

**Kombucha: The Immortal Health Elixir**

Have you heard about Kombucha? It is an ancient Chinese beverage also called as the “Immortal Health Elixir”. This drink has been around for more than 2,000 years and is known in history as effective drink to prevent and combat arthritis, cancer, and other various degenerative illnesses. Kombucha is made from sweetened tea that has undergone fermentation through a bacteria and yeast’s symbiotic colony. It gained popularity in the West just recently. An extensive, scientific research was done in Russia and Germany for the demand of cure for cancer. They conducted a series of experiments to verify the benefits of Kombucha.

The rising popularity of Kombucha and the research from Russia and Germany has been available in English for Westerners. Some anecdotal surveys were also sponsored by Kombucha manufacturers. Although there are very limited studies done with the tea and the lack of its scientific evidence, this beverage of more than 2,000 years is said to be effective and has many health benefits.

**Kombucha’s Various Benefits**

The most common of the benefits of Kombucha is detoxification. It promotes cancer prevention and healthy livers and digestive tract. The tea is rich in bacterial acids and enzymes our body produces to detox the system. Thus, lessening the pancreatic load and cleaning the liver. Also, it is a probiotic beverage for improved digestion. It fights harmful yeast and reduces the symptoms of depression, anxiety and fibromyalgia. Kombucha is beneficial to overall health as it is rich in antioxidant that is known for boosting the immune system and increases energy levels. With regular consumption, a person can notice improvement on their immune system and healing of illness.

**Kombucha’s Restrictions**
Although Kombucha tea promotes good health and offers many benefits, there are certain conditions that taking it is not advisable. Kombucha tea has alcohol and though the amount is small, alcohol may impose risks to pregnant women. Exposure to alcohol may lead to developmental delay, fetal alcohol syndrome, mental retardation, poor motor skills of the newborn, and bone disorders according to the American Pregnancy Association. Furthermore, there’s a possibility that the tea is contaminated with bad bacteria.

Drinking kombucha for lactating mothers is also not recommended. It is highly acidic and has different types of bacteria and yeast. Lactating mothers and their babies can pass the yeast infection back and forth. Thrush or the yeast infection can affect the baby’s mouth and can also infect the mother’s nipples. It may cause reddened, swollen, and peeling nipples with burning pain. Thus, medical practitioners do not recommend the tea for breast-feeding moms. Moreover, Komucha tea is known to cause extreme acidosis that could be fatal for both the mother and the baby. Its high acid content can also cause lead poisoning.

And because Kombucha contains acid compounds and is alcoholic in nature, it is not recommended for persons with irritable bowel system or has a problem with alcohol. These people may experience difficulty in releasing the byproducts the tea creates daily. Thus, it can result to acid build up and uric acid buildup that can eventually lead to various medical problems like lactic acidosis and gout. The body will then be forced to eliminate acids a person consumed with this drink before eliminating stored acids.

Kombucha can potentially result in life-threatening allergic reaction making it not suitable for people with allergy to penicillin-based medicines. Although Kombucha tea has many health benefits, it also imposes risk for specific health groups. It is vital to understand a person’s current health status and needs to determine if the tea may have negative effects.
Supplements

If you find it difficult to find the required foods that have the adequate nutrients to help in fighting against the virus, you can as well just go to the vitamin section of a supermarket and you will find all the supplements that you need to be able to boost the immunity of your body. This health supplements have just the same amounts of benefits as the foods that have the nutrients therefore you will be able to get the whole nutritional value needed that comes with the supplements. The most commonly used supplements in connection to herpes are the Lysine supplements and vitamin supplements especially vitamin C. Lysine helps in boosting the immunity of your body by improving the serum levels of your body. There have been so many thorough medical researches that have led to positive results with associating strong body immunity with Lysine. There are even some countries where some of these supplements have been approved for official medicinal uses.

Lysine has been known to work in combination with up to fourteen other natural healing ingredients that help in upgrading the immunity of a body therefore helping in fighting certain specific infections. Medical supplements enable increase in the strength of your antibodies to enable total destruction of the virus.

Herbal extracts

There are a certain number of herbal extracts that have also been of great help to the general immunity of a human being and therefore, assist in the fighting of any infection including herpes. Extracts from the Echinacea plant hare a very excellent example. The extract of this particular plants have been proven scientifically to increase the body systems’ ability to fight against various infections. Further research even concludes that when it is used to fight against herpes, there have been significant reductions in the severity of the genital herpes outbreak episodes. There is also an herb known as the prunella vulgaris that has been known to have capabilities of treating of herpes.
Among the plants with healing properties, there is a specific type of edible mushroom which has been known to contain essential chemicals that fight both two types of herpes infections. This type of mushroom is known as Rozitescaperata and is commonly referred to as the gypsy mushroom.

**Antioxidant rich diet**

Nature has presented us with quite a number of remedies that give potential to help in fighting off of diseases which include the herpes infection. Some of these cures that are provided by nature include foods that are very rich in antioxidants. **Antioxidants help in the neutralization of free radicals in the body that might be caused by a lot of things for example, toxins present in our food and the general environment and even other harmful chemicals.** These particular toxins are the ones that are responsible for the process of aging and body deterioration due to the damage of our tissues. The foods rich in antioxidants include: spinach and kale, parsley, soy, garlic, tea especially green tea, carrots, whole grains, red grapes, tomatoes, apricots, dates and prunes and artichokes, sprouts, Brussels and broccoli.

**Stress reducing and relaxing foods**

It may sound absurd but there are actually foods that help in weathering of body and mental stress.

The B vitamin groups are also very significant when it comes to the health of the nervous system. They also help the body when it comes to production of the hormone serotonin which helps the body to feel happiness and encourages the state of being at ease and relaxed. The particular foods are very productive when it comes to the B vitamins include: Salmon and tuna, turkey and other poultry products, dairy products, whole grain foods including brown rice, mushrooms and leafy green vegetables.
**B-Vitamins and Supplements**

Although there is still no known pharmaceutical cure for herpes virus, there are anti-viral, vitamins and supplements that may help reduce the appearance of outbreaks and symptoms but one should discuss it with their doctors. Supplements with Vitamins B1, B3 and B12 are most recommended.

- **Vitamin B1** – also known as Thiamin, is essential in cellular reaction, prevents fatty deposits in the arteries and responsible for the proper functioning of the heart, muscles and nervous system. Deficiency of Vitamin B1 may cause constipation, loss of appetite, weight loss, heart problems and gastrointestinal complications. Also, it is an essential nutrient for treating Alzheimer’s disease, addiction issues, serious mental illness, lead poisoning and overactive thyroid.

- **Vitamin B3** – or the Niacin is effective for treating circulatory problems and high cholesterol. Lack of Vitamin B3 can cause indigestion, fatigue, skin outbreaks and dry and rough skin. Deficiencies may be due to alcoholism, cancer, inadequate protein intake and oral contraceptives for some women. Vitamin B3 is critical for optimal circulation, heart health, and energy production. It also promotes relaxation and is also used to treat schizophrenia and other mental problems.

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Diets that contain Vitamin B5 and B6 in combination with magnesium are said to enhance a body’s chance to have recovery from situations that are very stressful. However, when Vitamin B is consumed in form of a supplement, it should be taken in conjunction with all the B complex accompaniments for they are very co-dependent. If they are not taken in the complex formula, there is a risk of imbalance in the body. The constituents of the Vitamin B complex are as follows, B1, B2, B3, B6, B9 and B12. These are also referred to as thiamine, riboflavin, niacin, pyridoxine, folic acid and cobalamin respectively.
• Vitamin B12 – also called Cobalamin is the only vitamin that has cobalt, an essential mineral. This vitamin is necessary for proper metabolism and maintenance of the nervous system. It is also involved in the DNA’s synthesis and for effective calcium absorption and helps the bone marrow cells to function properly. Vitamin B12 also contributes to the storage and dissemination of foliate in the entire nervous system. People with inadequate Vitamin B12 experiences weight loss, pale skin, weakness and psychological imbalance. Such deficiency may lead to brain damage, neuritis, anxiety, poor appetite, and spinal cord degeneration for severe cases.

B-Vitamins in supplements are known to help persons with herpes get rid of outbreaks such as cold sores. These vitamins support the nervous system and keep the immune system working appropriately as viruses are known to hide in the nervous system. Studies show that B-Vitamins are one of the best treatments for herpes virus.

All of the members of B-Vitamin family possess unique properties but they have something in common, they occur naturally and are responsible for energy production from fats, proteins and carbohydrates in our foods. B-Vitamins are also essential in our energy cycle as they support proper neurological and adrenals, cardiac and cognitive function, and helps maintain the myelin sheath. They also help lower homocysteine levels and aid our body to cope with stress.

Because B-Vitamins are water-soluble, they are low in toxicity. Excess can be easily excreted through the urine. Nutrients that are water-soluble are not stored in our body; hence, supplements should be taken in 3 or more doses daily.
What now?

Taking Care of your Diet

It is very clear that consumption of herpes related antiviral medication does more harm than good in the long run. Therefore, instead of going for prescription drugs that are very expensive and will have a lot of drastic side effects on your body, you can turn to the many alternative methods that are out there. These alternative methods are very cheap especially in comparison to the herpes antiviral medication treatment. It is thus of very high significance to your body as it will not have to cope with the many side effects that come with herpes pharmaceutical medication. These other alternative methods will even end up working better than the herpes antiviral drugs and they also have minimal or no effect on you. If you perform your research well enough, you will be able to find a lot of various alternative treatment methods. Mostly, what you just need to do is take very good care of your diet and ensure that you consume the right amount of necessary vitamins and leafy green vegetables in your diet.

Kombucha

This is one of the most effective alternative treatment methods of herpes infection. Kombucha is a kind of tea-based drink or rather beverage. It has a very wide variety of medicinal benefits to the body system for those who drink it. There is very tangible scientific research data that has supported the numerous health benefits of this particular tea extract. A lot of research has however not been done on it as a result of the very high cost that will be accompanied with the whole research process. There are also some several centuries ago that have given a lot of credit to the benefits of this tea. One of the most amazing benefits of Kombucha is the ability to offer treatment for the herpes infection that most doctors will keep insisting that it is incurable. Kombucha is readily available in a number of stores but also very easy to come up with at home. What you just need to do is ferment tea using a very spongy mass of a combination of bacteria and
yeast which is popularly known as ‘scoby’. This hence comes up with the popular Kombucha culture that is always traditionally referred to as the mushroom. This is however just a nickname for it is absolutely not a real mushroom. Its growth occurs on the tea surface during the fermenting period and it looks like a pancake with almost a whitish color.

Therefore, if you are very tired of the expense of modern medicine and their many side effects in their treatment of herpes, this is among the best remedies for treatment that you can turn to.

**Balanced Diet**

Foods that contain lysine are also very important for your body especially when you are trying to get rid of herpes. Lysine is an amino acid that assists in stopping of the causative agent of herpes. Consuming a diet that is rich in this type of amino acid will enable you to gradually reduce the symptoms that come with the recurrence of an episode and therefore, accelerate the rate of your healing process. Foods with very rich deposits of lysine include: dairy products for instance, milk, cheese and yogurt, brewer’s yeast, eggs, sprouts, lamb, beef and chicken, fish especially cod and sardine, not forgetting most vegetables like tomatoes, fruits, especially mangoes, apricots, mangoes, avocados, papaya and figs.

Lysine is very valuable but it is not the one and only necessary nutrient. You should also make a selection of foods that help in the nourishment of your skin as well as resist infection and boost the skin’s ability to repair and regenerate itself. This is where Vitamin C, zinc, and bioflavonoids come to play. Plenty of food with these nutrients should be included in your diet in order to strengthen and provide nourishment to your skin. They therefore help in the resistance of outbreak symptoms when they are trying to surface. A well-nourished skin also tends to recover and heal faster during the outbreak episodes. The particular foods that are very rich in Vitamin C and the skin nourishing nutrients are:
parsley, cauliflower, broccoli, bell peppers, fresh fruits especially citrus fruits like oranges, papaya and leafy green vegetables for example spinach bokchoy and lettuce.

Avoid Foods that accelerate outbreaks in your diet

You need to ensure that you get rid of all the foods that might lead to increase in the outbreak episodes. This would usually help you reduce the amount of annual outbreak episodes that you will experience. For that reason, the number of times that you will try to deal with the disease is also going to significantly reduce. Take a diet into consideration even if you are not going to try the HSV Eraser. You will soon see the effects.

In your strict following of a balanced diet, it is rather obvious that you should also increase your intake of fresh purified alkaline water. The amount of water is as important as the quality of water that you drink. Chemicals for instance chlorine that might be present are very harmful to your overall health

In summation, you should strictly adhere to your diet and in case you are not sure about a certain type of food, you should make adequate effort and do some research about it to have the necessary information. This will thoroughly reduce the amount of your outbreaks and in the event of severe ones, Kombucha tea is always a great remedy to keep returning to periodically.

It is therefore obvious that all the pharmaceutical medication is not necessary if you want to effectively deal with your infection especially because there are available remedies that will not have to put you through very agonizing side effects, both long term and short term. If you have been sticking to medication and are weary of dealing with its adverse effects, there is a better solution for you that will make you feel as good as new.
The Natural Methods of Treatment have Scientific Backing

As much as the doctors and the pharmaceutical companies warn herpes patients against the use of the alternative methods of treating the disease, all these methods have very reliable scientific research that actually supports them. Most doctors will give you stern warnings about all the alternative methods that are available out there and even go to an extent of terming them as very much fraudulent. However, it is very ironic that the methods they advise herpes patients to keep using are also not working perfectly. Even the research that has been undertaken to try and approve the methods they advise us to use is sometimes referred to as having a certain margin of error. Therefore, it is not 100% efficient and this is even very evident in the way this particular kind of medication keeps working. It does not offer a solution that solves the problem once and for all; the only thing that the method does is keep herpes patients dependent to the medication for the rest of their lives.

There is actually no tangible explanation that has ever been given by any doctor as to why the methods of alternative treatment are to be avoided. What is actually said is that they are very fraudulent means of wasting our time and money. However, the truth of the matter is vice versa, the pharmaceutical drugs that we are recommended to purchase are the ones that are a clear waste of time and money. This is because they are very expensive and in addition, they are not able to completely cure the infection. They just provide a patient with an illusion of a treatment that is going to last the rest of a patient’s life. With respect to that, there is no actual proof that the alternative methods to be wished against by doctors. There is no patient who has ever reported having any adverse or even fatal effects of these methods.

These herpes antiviral medications are among the products that lead to the very high profit margins of the pharmaceutical companies. One of the reasons is because they are very expensive even at the first purchase. Another reason is that once the herpes patients
start taking the drugs, their prescription and the drug therapies lasts a lifetime. This
definitely means more profit for them especially when your body gets very used to
having the drugs in the system; it is impossible to stop since the occurrence episodes start
getting back. Most of the medication is used to suppress the infection, therefore, it is
meant to be used repetitively by patients. This means that the patient will keep improving
the pharmaceutical companies’ profit margin significantly as he or she continues to
purchase them. The doctors also get a cut in this profit for they play a very important role
in the administration of the pharmaceutical antiviral medicine by writing of the elaborate
prescriptions and drug therapies. Without permission from a doctor, this medicine will
not be administered to you.

With all the scientific researches that have been deployed to prove the efficiencies of these
alternative therapies, the pharmaceutical companies do not want us to gain the
information about them for they want to keep making profits in the sale of their drugs.
The pharmaceutical companies even go to an extent of warning of patients against the
alternative methods. This is because the moment the population finds out about the
effectiveness of these alternative treatment methods of herpes, they might end up
running out of business as there is a much more competent means of treating the illness
that they term as incurable.

If you have been having doubts about the alternative and natural treatment methods, you
need to know that they have very concrete scientific backing. The alternative methods for
herpes treatment are very effective, and they are readily available in supermarkets and
grocery stores.

**Plan To Eliminate Herpes Infection Forever**

As a result of following very simple but strict dietary plans, you will completely manage
to permanently deal with the herpes infection. Simple personal care is enough to deal and
get rid of most discomfort that is caused by the herpes infection. For instance, you can
just soak the affected region in warm or lukewarm water, as long as the region is dry most of the time. If using a towel to dry an infected area turns out to be very uncomfortable, a hair dry can be of great use. However, if you need to reduce or even stop undergoing these types of uncomfortable situations without having to use the expensive prescription and antiviral medication, you should look for proper alternative treatment method. But before going for the alternative medication you have to try and avoid a few harmful methods; for example your dress code especially of the inner parts. Some dressing habits should also be permanently neglected, for instance using polyester and nylon or even a combination of both for your underwear. Instead, cotton made inner clothing should be adopted for it absorbs moisture better than any available synthetic fabric clothing.

By just following the simple plan of your diet and avoiding foods that could potentially harm you, you have the adequate necessities that your body requires in order to fight against the dreadful herpes infection. Supplements also come to very great lengths in the strengthening of our bodies’ immunity to make it stronger and much more prepared to conquer the infection. The situation even gets better since all these requirements are present in either your nearest grocery store or the supermarket.

Have a very strict-nutrient sensitive diet, take plenty of the required supplements and avoid foods that will lead to recurrence episodes. In addition, the herbal extracts and other forms of natural medication like Kombucha should not be left out. Your body will be up and running in no time!
<table>
<thead>
<tr>
<th>Day</th>
<th>What to eat/drink</th>
<th>Supplements</th>
<th>What to avoid</th>
<th>Hours to sleep</th>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-10</td>
<td>A. Drink: at least 8 cups of purified water, whenever you feel thirsty &lt;br&gt; B. Drink: 2 glasses of milk, one at breakfast, one about half an hour before going to sleep &lt;br&gt; C. Eat: 2 servings of citrus fruits (2 medium oranges) &lt;br&gt; D. Eat: 2 servings of vegetable rich in vitamin C (peppers, broccoli, tomatoes) &lt;br&gt; E. Eat: a meal of unrefined carbohydrates (7 oz., preferably around 12:30-2:00 pm) &lt;br&gt; F. Eat: lysine rich products, three ounces of meat per day</td>
<td>A. 1,000 mg Omega 3 fatty acids daily &lt;br&gt; B. 500 mg propolis daily</td>
<td>No alcohol! &lt;br&gt; No antibiotics! &lt;br&gt; No sulfites! &lt;br&gt; No arginine! &lt;br&gt; No hydrogenated oils! &lt;br&gt; No fast food! &lt;br&gt; No sugar!</td>
<td>At least 8 hours of sleep per night, preferably between 11 pm and 7 am</td>
<td>30 minutes exercises per day, preferably 2 hours before lunch or in the afternoon, after 4:30 pm</td>
</tr>
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<td></td>
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<td></td>
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<tr>
<td>---</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. Drink: at least 8 cups of purified water, whenever you feel thirsty</td>
<td>A. Olive leaf extract, 2 capsules of 500 mg four times a day, with meals for adults, 2 capsules of 500 mg two times a day (breakfast and lunch) for children</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B. Drink: Kambucha tea, 2 glasses for adults and, one in the morning, one after lunch and 1 glass for children, in the morning</td>
<td>No alcohol! No antibiotics! No sulfites! No arginine! No hydrogenated oils! No fast food! No sugar!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C. Eat: antioxidant rich diet for lunch (spinach, parsley, soy, garlic, green tea, carrots, whole grains, red grapes, tomatoes, apricots etc)</td>
<td>At least 8 hours of sleep per night, preferably between 11 pm and 7 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>30 minutes exercises per day, preferably 2 hours before lunch or in the afternoon, after 4:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Diet examples

Lysine helps people absorb calcium. A 2-cup bowl of chopped cantaloupe, with nearly 3 grams of protein, has about 100 mg of lysine. For your herpes treatment you would want to have around 7-9 grams of lysine every day. Roasted venison or deer meat is rich in lysine, providing 2.2 grams of lysine for a 3-ounce serving, about the same amount as a pork chop. Compared to pork, deer meat contains only 3 grams of fat, while the same amount of pork has 12.5 grams.

Since you are looking for products that are rich in lysine and low on arginine, this list of the U.S. Department of Agriculture will be helpful when you go shopping:

<table>
<thead>
<tr>
<th>Product Description</th>
<th>Weight (mg)</th>
<th>Lysine (mg)</th>
<th>Arginine (mg)</th>
<th>Ratio Lysine/Arginine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Margarine</td>
<td>14.1</td>
<td>9</td>
<td>3</td>
<td>3.000</td>
</tr>
<tr>
<td>Plain yogurt</td>
<td>227</td>
<td>706</td>
<td>237</td>
<td>2.979</td>
</tr>
<tr>
<td>Fruit yogurt, low fat</td>
<td>227</td>
<td>810</td>
<td>272</td>
<td>2.978</td>
</tr>
<tr>
<td>Plain yogurt, skim</td>
<td>227</td>
<td>1160</td>
<td>391</td>
<td>2.967</td>
</tr>
<tr>
<td>Plain yogurt, lowfat</td>
<td>227</td>
<td>1060</td>
<td>359</td>
<td>2.953</td>
</tr>
<tr>
<td>Swiss cheese</td>
<td>28</td>
<td>733</td>
<td>263</td>
<td>2.787</td>
</tr>
<tr>
<td>Gruyere cheese</td>
<td>28</td>
<td>768</td>
<td>276</td>
<td>2.783</td>
</tr>
<tr>
<td>Edam Cheese</td>
<td>28</td>
<td>754</td>
<td>273</td>
<td>2.762</td>
</tr>
<tr>
<td>American Cheese spread</td>
<td>28</td>
<td>427</td>
<td>155</td>
<td>2.755</td>
</tr>
<tr>
<td>Gouda Cheese</td>
<td>28</td>
<td>752</td>
<td>273</td>
<td>2.755</td>
</tr>
<tr>
<td>Whey, dry, sweet</td>
<td>7.5</td>
<td>77</td>
<td>28</td>
<td>2.750</td>
</tr>
<tr>
<td>Blue cheese</td>
<td>28</td>
<td>526</td>
<td>202</td>
<td>2.604</td>
</tr>
<tr>
<td>Papaya</td>
<td>454</td>
<td>76</td>
<td>30</td>
<td>2.533</td>
</tr>
<tr>
<td>Brie Cheese</td>
<td>28</td>
<td>525</td>
<td>208</td>
<td>2.524</td>
</tr>
<tr>
<td>Camembert Cheese</td>
<td>28</td>
<td>501</td>
<td>199</td>
<td>2.518</td>
</tr>
<tr>
<td></td>
<td>Portion</td>
<td>Portion</td>
<td>Food</td>
<td>Food</td>
</tr>
<tr>
<td>----------------</td>
<td>-----------</td>
<td>---------</td>
<td>---------------</td>
<td>------------</td>
</tr>
<tr>
<td>Parmesan Cheese</td>
<td>28</td>
<td>937</td>
<td>373</td>
<td>2.512</td>
</tr>
<tr>
<td>Parmesan Cheese, grated</td>
<td>5</td>
<td>192</td>
<td>77</td>
<td>2.494</td>
</tr>
<tr>
<td>Gjetost Cheese</td>
<td>28</td>
<td>231</td>
<td>93</td>
<td>2.484</td>
</tr>
<tr>
<td>Goat milk</td>
<td>244</td>
<td>708</td>
<td>291</td>
<td>2.433</td>
</tr>
<tr>
<td>Mango</td>
<td>300</td>
<td>85</td>
<td>39</td>
<td>2.179</td>
</tr>
<tr>
<td>Apricot</td>
<td>114</td>
<td>103</td>
<td>48</td>
<td>2.146</td>
</tr>
<tr>
<td>Apple</td>
<td>150</td>
<td>17</td>
<td>8</td>
<td>2.125</td>
</tr>
<tr>
<td>Pear</td>
<td>180</td>
<td>23</td>
<td>12</td>
<td>1.917</td>
</tr>
<tr>
<td>Avocado</td>
<td>272</td>
<td>189</td>
<td>119</td>
<td>1.588</td>
</tr>
<tr>
<td>Salmon</td>
<td>85</td>
<td>1550</td>
<td>1000</td>
<td>1.550</td>
</tr>
</tbody>
</table>

Recommended and not recommended food products according to the lysine concentration:

<table>
<thead>
<tr>
<th>Mg. excess lysine</th>
<th>Food</th>
<th>Portion</th>
<th>Portion</th>
<th>Food</th>
<th>Mg. lysine deficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>930</td>
<td>Fresh fish</td>
<td>4 oz</td>
<td>½ cup</td>
<td>Hazel nuts</td>
<td>-2,250</td>
</tr>
<tr>
<td>880</td>
<td>Shark</td>
<td>4 oz</td>
<td>½ cup</td>
<td>Brazil nuts</td>
<td>-2,110</td>
</tr>
<tr>
<td>810</td>
<td>Canned fish</td>
<td>4 oz</td>
<td>½ cup</td>
<td>Peanuts</td>
<td>-2,060</td>
</tr>
<tr>
<td>740</td>
<td>Chicken</td>
<td>4 oz</td>
<td>½ cup</td>
<td>Walnuts</td>
<td>-810</td>
</tr>
<tr>
<td>720</td>
<td>Beef</td>
<td>4 oz</td>
<td>½ cup</td>
<td>Almonds</td>
<td>-710</td>
</tr>
<tr>
<td>520</td>
<td>Goat’s milk</td>
<td>1 cup</td>
<td>½ cup</td>
<td>Cocoa powder</td>
<td>-650</td>
</tr>
<tr>
<td>420</td>
<td>Cow’s milk</td>
<td>1 cup</td>
<td></td>
<td>Peanut powder</td>
<td>-510</td>
</tr>
<tr>
<td>420</td>
<td>Lamb</td>
<td>4 oz</td>
<td>½ cup</td>
<td>Sesame seeds</td>
<td>-450</td>
</tr>
<tr>
<td>410</td>
<td>Mung beans, cooked</td>
<td>½ cup</td>
<td>½ cup</td>
<td>Cashews</td>
<td>-420</td>
</tr>
<tr>
<td>380</td>
<td>Pork</td>
<td>4 oz</td>
<td>½ cup</td>
<td>Carob powder</td>
<td>-310</td>
</tr>
<tr>
<td>130</td>
<td>Soy beans, cooked</td>
<td>½ cup</td>
<td>½ cup</td>
<td>Oatmeal, cooked</td>
<td>-130</td>
</tr>
<tr>
<td>120</td>
<td>Egg</td>
<td>1</td>
<td>½ cup</td>
<td>Raisins</td>
<td>-130</td>
</tr>
</tbody>
</table>
You can take up to 2,000 mg of vitamin C per day, though we advise you to stop at around 1,500 mg.

Here are the foods rich in vitamin C:

<table>
<thead>
<tr>
<th>Product</th>
<th>Portion</th>
<th>Mg. vitamin C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cantaloupe</td>
<td>1 cup</td>
<td>59</td>
</tr>
<tr>
<td>Orange juice</td>
<td>1 cup</td>
<td>97</td>
</tr>
<tr>
<td>Broccoli, cooked</td>
<td>1 cup</td>
<td>74</td>
</tr>
<tr>
<td>Red cabbage</td>
<td>½ cup</td>
<td>40</td>
</tr>
<tr>
<td>Green pepper</td>
<td>½ cup</td>
<td>60</td>
</tr>
<tr>
<td>Red pepper</td>
<td>½ cup</td>
<td>95</td>
</tr>
<tr>
<td>Kiwi</td>
<td>1, medium</td>
<td>70</td>
</tr>
<tr>
<td>Tomato juice</td>
<td>1 cup</td>
<td>45</td>
</tr>
</tbody>
</table>

You should eat about 150 g of carbohydrates per day. If you go above 150 g daily, you could start to gain weight.

<table>
<thead>
<tr>
<th>Product</th>
<th>Portion</th>
<th>Mg. carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato, backed with skin</td>
<td>1, medium</td>
<td>36.7</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1, medium head</td>
<td>30</td>
</tr>
<tr>
<td>Papaya</td>
<td>1, medium</td>
<td>29.8</td>
</tr>
<tr>
<td>Banana</td>
<td>1, medium</td>
<td>26.7</td>
</tr>
<tr>
<td>Onion soup mix</td>
<td>1 package (4 tablespoons)</td>
<td>24</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>½, medium</td>
<td>22.3</td>
</tr>
<tr>
<td>Apple</td>
<td>1, medium</td>
<td>21.1</td>
</tr>
<tr>
<td>Peas</td>
<td>1 cup</td>
<td>20</td>
</tr>
<tr>
<td>Arugula</td>
<td>1 pound</td>
<td>17.7</td>
</tr>
<tr>
<td>Endive</td>
<td>1 head</td>
<td>17.2</td>
</tr>
<tr>
<td>Salsa</td>
<td>1 cup</td>
<td>16</td>
</tr>
<tr>
<td>Onion</td>
<td>1, large</td>
<td>15</td>
</tr>
<tr>
<td>Apricot</td>
<td>3, medium</td>
<td>11.8</td>
</tr>
<tr>
<td>Yogurt, plain</td>
<td>1 cup</td>
<td>10.6</td>
</tr>
<tr>
<td>Blueberries</td>
<td>½ cup</td>
<td>9.2</td>
</tr>
<tr>
<td>Asparagus</td>
<td>1 pound</td>
<td>8.9</td>
</tr>
<tr>
<td>Salmon</td>
<td>1 serving</td>
<td>8.2</td>
</tr>
<tr>
<td>Wheat germ</td>
<td>2 tablespoons</td>
<td>8</td>
</tr>
<tr>
<td>Item</td>
<td>Quantity</td>
<td>Price</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>-------------------</td>
<td>-------</td>
</tr>
<tr>
<td>Oysters, medium size</td>
<td>10 ounce</td>
<td>8</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1, medium stalk or spear</td>
<td>7.9</td>
</tr>
<tr>
<td>Eggplant, raw</td>
<td>1, medium</td>
<td>6.4</td>
</tr>
<tr>
<td>Carrot, raw</td>
<td>1, medium</td>
<td>6</td>
</tr>
<tr>
<td>Wasabi, powder</td>
<td>¼ ounce</td>
<td>4.9</td>
</tr>
<tr>
<td>Ham, cured (butt, lean)</td>
<td>3.5 ounces</td>
<td>3.3</td>
</tr>
<tr>
<td>Egg</td>
<td>1, medium</td>
<td>1</td>
</tr>
</tbody>
</table>

Try eating antioxidant-rich foods. Introduce in your diet berries – raspberries, blueberries, strawberries, choose what you like most. You can sprinkle them over your yogurt or enjoy them as an afternoon snack. Broccoli is a nutritious vegetable. It has diseases-fighting chemicals, called phytonutrients. Sulforaphane, a phytonutrient found in broccoli, can lower the risk of many types of cancer. Steam broccoli or boil it with seasons such as basil, lemon or salsa to use it as a delicious side dish. Garlic is another antioxidant food product. It’s a flavoring agent for many dishes. It has a great effect on decreasing blood pressure and cholesterol, removing heavy metals from your body, preventing cancer and acting as an antifungal and antiviral agent. Garlic contains vitamins A, B, C, selenium, iodine, potassium, iron, calcium, zinc and magnesium. Tomatoes are also one of the richest antioxidant products. Add to the list spinach, carrots, whole grains, artichoke heads, sweet cherries, apples and plums.
**Conclusion**

The herpes infection is a very dreadful infection that can be very difficult to deal with most medical professionals insisting that it is not curable. There is very conclusive evidence that totally disagrees with that notion. There are quite a number of ways to deal with the disease without having to experience any pain whatsoever. **It is also very important to know that it does not exactly change who you are as an individual once you have been infected, it is just an infection like any other and it is not as dire as you might think.** There might be a few occurrence episodes before you are able to manage it fully with all the available methods but in the long run, you will have a permanent solution especially with the alternative methods that have scientific backing. There have been a number of confirmations that have proven the effectiveness of these available alternative methods.

After diagnosis, you might feel like nothing else matters. This is not true, in fact now that you have been diagnosed, your health matters even more. You should make sure that you take very good care of your whole body so as not to let the infection pull you down with it. Especially if you are on the alternative medication treatments which will not take a toll on your physical strength, you need to at least perform regular exercise to help your body retain its physical strength. In case you have any occurrence symptoms like lesions, you should gently clean the infected area and use some form of alternative treatment methods that will enable your lesions to heal and dry faster. In addition, a proper diet that will boost your immunity and help in faster healing should be adapted. Foods that contain harmful substances need to be absolutely avoided as they tend to increase the occurrence frequencies.

**Once you are infected, seek as much reliable advice as possible for you will always discover something new about the herpes infection that you did not know about.** Fellow herpes patients can help you out in dealing with the infection as they are
experiencing the same agony. Healed herpes patients will also give you a lot of strength in terms of patience for that is clear evidence that there is a permanent means. The healed patients especially those that had given hope at first but kept on pressing will give you the required courage to keep pushing with fighting the herpes infection. You should however ignore all the information that tries to insist that there is absolutely no cure. This kind of information will not push you to dig deeper into finding ways of adequately dealing with the herpes infection permanently. Instead, they will make you end up in a lot of despair that will affect you as a whole and make you give up your urge for further information on how to deal with it. Friends can also assist you in your research as they can support you and be there for you and even give you helpful information that will help you deal with the infection.

Support groups tend to be meeting with individuals who are also going through the same situation as you. Here, you can also find valuable information and get to meditate on other people’s experiences which might give you the encouragement that you need. In support groups, most people give accounts of how they were infected and how they have been able to cope with their situation so far. This really helps in building your positive attitude as it will help you know that you are not alone and that someone else somewhere is going through the pain and emotional struggle. Members of your support groups will even help in supporting each other and not subjecting you to stigmatization. Testimonies of those who are successfully managing to deal with the infections will also help you build on yourself and have required patience that will also lead you to the ultimate success of dealing with the infection. You will also know where to go to when you need to purchase something that is related to the infection, for example a supplement for boosting your immunity. If you have been diagnosed with the infection recently, the support groups can help you with a chance of fitting in and being able to deal with the
infection in general as you will have interacted with individuals who have lived with the herpes infection and some who have even managed to treat it.

Both physical and emotional stress can be affecting you very negatively when you are indeed trying to deal with the infection. Stress tends to trigger the occurrence of episodes that are associated with the infection. There are so many ways in which you can find a way of dealing with the stresses. Support groups can encourage you and make you feel much more comfortable with yourself. You can even adapt body relaxing practices, for instance yoga and Pilates, that will help you to channel your inner energy and therefore make you keep calm. Stress is very dangerous as it can make you have further complications. Your diet can also include foods that are rich in vitamin B which will help you a lot in the relieving of the stress that you might be having. You can also include taking of the vitamin B supplement combinations that will enable you to keep calm even under very tense conditions that might arise with the infection. Stress is also harmful as it might end up increasing the amount of time that your lesions need to recover. It is of very much significance to have the ability of properly dealing with your stress as it will create an environment that will enable your body to recover faster and even prevent the adverse effects that are related to the herpes infection.

There is a wide range of ways of improving your diet that will make your body much stronger and much more prepared in dealing with the herpes infection. Without proper diet, all your efforts will not be very fruitful as something in your diet might be working against the alternative medication treatments that you are putting into practice. There are a wide range of foods that will help in boosting your immunity that should be consumed to make the body able to fight the infection better. Some foods help in making your skin much less vulnerable to the lesions and in case they occur, they heal very fast. Some particular foods give your body the much required strength for your overall wellbeing and this will help in staying fit and fighting the infections. Harmful foods that lead to
increase in the herpes related occurrences should be permanently neglected for they will deteriorate the whole body system and significantly slow down the healing process. With regards to this, what you consume should be strictly selected so that you do not end up working with the infection in destroying your health instead of working against the permanent putting down of the infection. Research can be undertaken in whatever that you are not sure about so that you do not harm yourself out of ignorance.

The Kombucha treatment plan, the Echinacea herbal extracts, and all the other scientifically tested naturally occurring medications will come in handy when you are fighting the infection. They are very fast in dealing with the infection and you do not have to depend on them for the rest of your life since after a while, they are able to permanently deal with the infection once and for all. However much you might be discouraged against them and told never to use them as they are fraudulent, you have to just ignore that ill advice as they have been scientifically proven to work much better and faster than the available pharmaceutical medication treatments. If you have never tried them, you should find a way in which you can get a hold on them and enjoy the very visible benefits of the alternative medications that will not even cost you a lot of money.

It is only upon you as a patient to have the required enthusiasm to thoroughly deal with the whole herpes infection. It is only you who can make the needed effort to combat the disease that will negatively affect your body if you are not careful with the treatment process. All the strict diets should be followed; adequate exercise should be performed to give you the much needed body strength. The diet you follow is very significant as it improves the body’s immunity and assists in the healing procedure. The diet will also help in dealing with stressful situations depending on the types of food you consume. Your fitness practices can also help you in the relieving of stress. Supplements should not be forgotten in case you do not find the adequate amount of nutrients needed in your
diet. The available suggested alternative treatment methods should be tried as their credibility has been scientifically backed.

**Do not Lose Hope!**

Hope is a very significant virtue when it comes to dealing with the infection as it will keep you going even when it feels like your methods of treatment are not bearing any substantial fruits. Your physical state of encouragement really helps in treatment of the disease as you will keep feeling like there is still something you can do to have the ability to deal with it. On the other hand, losing hope will mean that you let the infection take total control of your whole body and being as you will not make the required adequate effort to try and protect yourself from the infection. There a lot of testimonies of patients who have managed to deal with the disease, however long it took for them because eventually, there is a solution that will be good enough. Therefore, you should try to become hopeful especially immediately after diagnosis as you should not let it take control over your life – this can lead to very dire consequences. However tough or difficult things may seem, there is always light at the end of the tunnel.

Above all, a positive attitude towards all these procedures for is the only thing that will enable you not to give up hope in the middle of the treatment journey. Even after contacting the herpes infection, you can still have your usual life even though a little change might have to be made as a result – but this should not be a cause of alarm for in the long run, you are protecting your body against the devastation of the infection. If you strictly follow all the available healthy tips, you will still manage to live a very full life as you will have a good enough solution for the herpes infection.
There is always a silver lining irrespective of the claims of there being no permanent solution of the infection. This particular book has all the required factual information that you need to have a final and definite solution, as it has clear step by step instructions that will help you get your life back together.

The purpose of this writing is to give the herpes infected patient all the necessary available and accurate scientific material about the infection. All the crucial insight that the doctor at the clinic hesitates to give you is expounded on giving you a comprehensive and in-depth understanding of the infection that will enable you to deal with it fully.

As a patient, your search for the herpes cure has come to an end as you already have the effective solution with the alternative treatment methods that have actually been precisely approved. You do not have to go through any more excruciating and expensive pharmaceutical treatments as the solution is quite simple and it also takes a very short time. The three week regimen is a very simple yet effective approach that is going to enable your body to be strong enough to overpower the virus and win the battle against herpes. You will have no more outbreaks and weakness spells and you will no longer have to dig dip into your pockets for medication that is not really meant to treat you but just to make you have an illusion of treatment. All the necessary means to deal with herpes are just at your closest supermarket, grocery store, and drug store, where you will spend very little money to give herpes a final blow.