

Possible Treatment for Herpes

AVOID food containing arginine (an amino acid that supports the herpes virus) such as nuts and nut products (i.e. Peanut butter), chocolate, caffeine, untoasted grains, alcohol

EAT MORE OF THESE FOODS which contain lysine. Poultry, fish, meat, eggs, potatoes, dairy products (especially sour cream and yogurt)

Good nutrition is very important, along with reducing stress, and good hygiene. Herpes Simplex is most commonly transmitted via skin to skin contact. Good hand washing is a must after treating lesions, or using the restroom.

When an outbreak occurs, immediate action should be taken, the following treatments have been successful.

DAILY SUPPLEMENTS:

Lysine is an amino acid that helps to combat herpes outbreaks. 500 mg a day are recommended, increasing to as much as 5000 mg when prodromal symptoms appear.

Red Clover blossoms - 400 mg. taken 3 times a day

“Natures Way” Echinacea - 3 tablets

Tryptopan - 2 500 mg. tab. taken 3 times a day

Vitamin C - 300 - 500 mg. taken 3 times a day

Propolus (has anti-viral properties) 15 drops of the tincture 3 times a day

Chelated zinc - start with 25 mg. after meals and increase the dosage every few days up to 250 to 300 mg. Gradual increments are important because zinc causes nausea in some people.

Cal-amo and calcium lactate (by Standard Process lab) are supplements that help to coat nerve endings and increase resistance to outbreaks. Take 6 of each every day.

THIS FORMULA HAS BEEN SAID BY SOME PEOPLE TO CURE HERPES:

1. Add 1 oz. Echinacea and 1oz. burdock root to 1 qt. of boiling water and steep for 2 hours. ~ Drink 2 cups daily for 10 days.
2. Next steep 1 oz. of burdock root in 1 qt. of boiling water for two hours. ~ Drink 2 cups daily for 10 days.
3. Repeat step #1.

THE FOLLOWING HAVE BEEN USED TO HELP DRY UP SORES THAT APPEAR:

Apply L-lysine from a capsule directly to the lesions.

Gentian Blue Violet

Myrrh Gum Tincture

Zinc Oxide

A heat lamp may be used a few times daily, 5 minutes at a time, to promote healing.

FOR FAST RELIEF AND FASTER HEALING:

Apply Quantum - Super Lysine Plus + Cream, it contains the following:

L-lysine, Vitamins A, D & E, Goldenseal extract, propolis extract, calendula flower extract, Echinacea, flower, zinc oxide, cajeput oil, tea tree oil, gum benzoin tincture honey, homeopathic lithium carbonate 3x.

ALSO it is important to keep the affected area clean and dry as much as possible. Bathe the area with warm, salty water or use betadine. Check for outbreaks 3 - 4 weeks before due date.