

HERPES HSV-1 AND HSV-2

SUPPLEMENT	DOSAGE	INFO
Immune 7	4 caps 3 x per day	A powerful immunomodulator
BSF – F3	4 caps 3 x per day	Unwinds the virus from cells, supports strong immunity
L-Lysine	1,500 mg per day	Amino Acid known to inhibit the growth of virus and counteracts effects of L-arginine
Olive Leaf Extract Truehope	4 caps 3x day	Inhibits the growth of viruses
Vitamin B	50 mg 3 x per day	Combats the virus and helps it from spreading. Works with Lysine to prevent outbreaks.
Vitamin C	Up to 10,000 mg per day	Prevents sores, helpful with immunity
Zinc	50-100mg. no more than 100mg per day	Use chelated form with herpes
Acidophilus	As on bottle	Needed for production of B vitamins.
Structured Silver	Liquid - 1 tbsp. 4 x per day during outbreak Also apply gel to area.	Destroys pathogens and aids healing
Garlic	As much as you can handle	An immune supporter
SOD	As on bottle	Antioxidant that reduces infection and speeds healing.
Vitamin A	25,000 IU per day	Aids in healing and spreading of infection
Chlorella	5 caps 5 x per day	(do not use spirulina, as it promotes dampness)
DMSO (good quality only)	Apply topically	Relieves pain and promotes healing
Topical	<ul style="list-style-type: none"> ▪ Treat area with ice packs. ▪ VERY helpful: During an outbreak, place six ounces of common black tea leaves in a mesh bag and steep in very hot bath water. Soak for one hour. ▪ Licorice root tea – drink 2 cups per day ▪ Structured Silver: apply gel as often as needed to affected area. Insert vaginally using a tampon or inject. <p>TOPICAL APPLICATIONS MAY ALSO INCLUDE:</p> <ul style="list-style-type: none"> • 1/3 cup charcoal powder • 2/3 cup raw, organic, unrefined coconut oil • Peppermint essential oil (good quality) 3 drops or more 	

	<ul style="list-style-type: none"> ▪ OPTION: add black walnut and/or goldenseal coconut oil to affected area. **Golden Seal can only be taken for one week internally. <p>Apply liberally. You can soak a tampon with this mixture and/or Structured Silver Gel.</p> <p>DMSO (high quality ONLY): use for pain and discomfort as you wish. Using DMSO can produce a strong garlic smell through your skin. It is temporary.</p>
AVOID:	<p>Alcohol, processed foods, sodas, white flour products, sugar, refined carbohydrates, coffee, drugs.</p> <p>Almonds, barley, cashews, cereals, chicken, chocolate, corn, dairy, meat nuts, seeds, oats, peanuts (contain L-arginine. Avoid citrus fruits and juices. Rest and reduce stress.</p>

Traditional Chinese Medicine - characterizes Genital Herpes as dampness combined with heat in the "lower burner". Use a decoction of the roots of **sarsaparilla, dandelion and gentian** in equal parts. If stools become loose, use only sarsaparilla.

Acupuncture is an excellent to use at this time.

The above includes modifications from Prescription for Nutritional Healing 5th Edition by Balch, Phyllis A., p496-499; and Healing with Whole Foods by Pitchford, Paul, p439-440