HERPES

There are over 1,000 strains of Herpes, it is a huge viral family. The most common are Herpes simplex type 1 (cold sores, skin eruptions), and Herpes simplex type 2 (is a sexually transmitted disease). In our later life, Herpes simplex 1 can erupt into a form of shingles, and can cause herpes keratitis – inflammation of cornea of the eye which can cause scarring and loss of vision.

Herpes simplex 2 affects over 30 million Americans. If a mother has herpes, it is dangerous to have natural birth which can cause brain damage, blindness, death to the baby, so usually caesarian birth is usually done.

For more information about Herpes Zoster (see shingles)

DIET: (avoid food high in arginine, concentrate on foods high in lysine)

*** Best to do: a cleansing diet and short 3 day fasts using green drinks like parsley, spinach, wheatgrass, spirulina, green magma. Carrot juice is also good for all nerve problems. Dilute carrot juice with 25% distilled water.**

*** Too much sugar will irritate the nerves and cause fatigue.**

*** Remaining on a vegetarian diet will aid in preventing the recurrence of infections. B vitamins are necessary for the proper functioning of the nerves.**

*** Best Foods to eat: parsley, sprouts, bee pollen, brewer's yeast, sunflower and sesame seeds, garlic, apples, celery, carrots, lemons, wheat germ, coconut, oats, carob, onions, kelp, dulse, chives, limes, wild rice, watercress, millet, sprouted grains, almonds, all ripe fruits and melons.**

*** Avoid these foods: refined sugars, starches, jams, ice cream, eggs, red meats, potatoes, fish, fowl, foods which have preservatives in them, fats, oils, fried foods, sesame seeds, chocolate, milk, cheese, all white flour products, nicotine, coffee, tea, alcohol etc. - anything that irritates the nerves, or provides arginine which aggravates.**

*** Use only small amounts of citrus, and it must be tree ripened or avoid them.**

DAILY SUPPLEMENTS:

___ 2 grams Lysine (very important)
___ 100 Vit. B1 for 6 weeks
___ 100 Vit. B6 for 6 weeks
___ 1200 mg Calcium (relaxes, alleviates pain)
___ 100,000 IU Beta Carotene for 3 weeks, then 30,000 IU.
___ 4,000 mg Vit. C
___ 400 IU Vit. E decreases pain, shortens healing time
___ 2 tablets Thymus extract 3 times daily.
___ 5-6 acidolphilus caps every hour for two days (enteric coated may be best, eg. PB8)
___ 15-25 mg Zinc
___ Zinc sulphate solution (.25% solution 3x/day (15mg)
___ Breaking open a capsule or two of E-400 and apply topically.

HERBAL HELP:

- **Aloe vera gel used topically**
- **Burdock is a good liver cleanser and stimulator, also a good blood cleanser. Relieves fevers and glandular swellings**
- **Feverfew relieves fevers, inflammation and pain**
- **Gentian is a good blood cleanser, liver cleanser and relieves fever**
- **Horsetail relieves itching and painful urination**
- **Hyssop relieves inflammation**
- **Lavender oil can be used externally for itching and inflammation**
- **St. John's Wort relieves swollen lymph glands (oil used externally)**
- **Tea tree oil can be used directly on the lesion**
- **General Blend for herpes and immune: goldenseal, olive leaf extract, red clover, sage, sarsaparilla**
- **Blend for Genital Herpes: chaparral, olive leaf extract, St. John's Wort, Hyssop**
- **Blend for Shingles: Olive leaf, St. John's Wort, Red marine algae.**
- **For cold sores: Lavender, Lemon Balm, Myrrh, Olive Leaf Extract**

OTHER:

___ Remove Syphilis miasm (homeopathic Syphilinum 3 taken 2 times a day for 14 months)
___ Remove Chickenpox miasm
___ Rhus Tox homeopathic for pain
___ Ranunculus homeopathic
___ Black Walnut Tea
___ Glycerrhizinic acid ointment 3 times a day
___ Ice packs 10 min. on, then 5 minutes off, will also relieve pain and itching during early stages.
___ Salve: marigold, goldenseal, myrrh. (equal parts)
___ If eruptions are not bothersome, do not apply anything, just keep them dry.
___ Keep the bowels clean daily with warm water enema every day for the first five days, then once a week until the condition clears.
___ With venereal herpes, refrain from sexual intercourse and do not wear tight pants, pantyhose or synthetic underpants. Wear cotton clothing, especially to bed at night.
___ Grind up 1325 mg aspirin into two tablespoons of Vaseline intensive Care Lotion or similsar and applied it to inflamed area 3-4 times a day.