



Second
Edition

The HERPES CURE

**OBLITERATE
THE WORLD'S MOST ANNOYING
AND EXAGGERATED VIRUS
AND FINALLY CURE HERPES**

By C.K. Thomson

The Herpes Cure

Obliterate the World's Most Annoying and Exaggerated Virus and Finally Cure Herpes

Second Edition

By C.K. Thomson of www.developedlife.com (Master Yourself, Master Life)

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philosophies. This is an important resource to have alongside this book.

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Introduction

First of all, congratulations for picking up your **second edition** copy of The Herpes Cure. Now, I understand there's a lot of books on Kindle about curing illnesses, sometimes by quack fake-medical professionals. These guys annoy me as badly as they do you.

I don't make any claims to be a doctor. The information in this book, however, has been researched from reliable sources.

The reason that writing a book about a medical condition like this is something that means a lot to me is because herpes, more than almost any other disease, carries with it the **worst** social stigmas imaginable. People often hear the herpes diagnosis and enter states of morbid depression; that their love lives are effectively over.

I would really like to help clear some of these myths up. In this second edition, I devote an extra chapter (chapter 5) to discussing more of these painful herpes social taboos.

Herpes is more than just an annoying virus, but it's a potential cause of mental stress, depression, and ruined relationships. As a life coach at www.developedlife.com, it therefore becomes a topic that's very important to me.

Finally, I do ask one thing of you, my dear reader – **if you received this book during the free promotion, please leave an Amazon review after you're finished reading it.** This is a great way to give back, and it greatly helps me.

Now, let's begin the program:

The Herpes Dilemma

Herpes has, unfortunately, been stigmatized as one of the worst things that can happen to you. In the media and pop culture, carriers of the virus are ridiculed. And, often people with genital herpes are afraid to let even close

friends and family know about their illness out of a fear of being ostracized.

Even medical professionals have been known to make outrageous claims such as: “You need to take this expensive anti-retroviral drug the rest of your life” and “You should never have sex again”!

This is unfortunate, because the reality is that herpes is a GREATLY misunderstood illness that requires much better education. The idea that you have to stop having sex, or take some potentially dangerous anti-viral medication for years, is rubbish. HSV-1 (common oral herpes) and HSV-2 (genital herpes) are among the world’s most common illnesses, and it’s not something to panic about.

In addition, there is a herpes cure in the form of a specific, natural strategy that can be implemented and it will not only improve the quality of your life, but it will likely stop breakouts from ever occurring again.

In this book, we are going to discuss how the virus operates, some of the mainstream solutions for dealing with herpes, and the natural alternative strategy that we hope will greatly reduce the amount of stress caused by the virus.

Yes, herpes is annoying, but a diagnosis is not the end of the world. In fact, it’s hard to find somebody who’s NOT infected with some form of HSV.

Don’t believe the hype about herpes. Instead, get the facts about the disease, and create an effective strategy to obliterate it.

Chapter 1: Understanding Herpes

Herpes is a latent, dormant virus that can enter the body through simple skin-to-skin contact, which is because the opportunistic bug can take advantage of even microscopic points of entry. Condoms can prevent infection, but not always. In truth, unless you become a celibate monk and move to a monastery by yourself, you'll never be 100% safe.

There are two types of herpes simplex virus: HSV-1 and HSV-2. Both viruses have different forms of behavior. HSV-1 embeds itself (usually) in the trigeminal ganglion (facial nerve cells), while HSV-2 prefers the sacral ganglion—going after your private parts (genital herpes).

The virus is extremely nimble, and has been reported in various parts of the body. Although these are its preferred areas to inhabit, it's certainly possible to acquire HSV-1 in your genitals, and HSV-2 on your face. However, such incidences are uncommon.

The virus “stashes” itself into these nerve cells, and when the conditions are right it starts to replicate itself again, attacking your healthy cells and traveling upward, emerging as a red pimple-like sore before your body fights it off. Sometimes, when the virus “wakes up” you'll experience mild flu-like symptoms, including a fever and sore throat, which is why cold sores are called “cold” sores.

In addition, herpes typically creates onset symptoms upon initial infection. So, if you contract herpes the first time, you'll not only come down with a herpes sore (on your genitals or your mouth) but you'll also feel sick for several days.

This, however, does not always occur, and as with many things herpes-related, it seems to be primarily dependent on your bodies' immune system.

Overall, herpes is one of nature's most “successful” viruses. It exists in our bodies forever, is extremely easy to contract, and it (typically) does not harm or kill the host.

Here is some more information you should know:

- Herpes can be transmitted sexually even when there are no blisters on the skin.
- HSV-2 can be transmitted whether you're wearing a condom or not.
- When you contract HSV-1, your antibodies will prevent you from contracting the virus a second time in another part of your body.
- However, the presence of HSV-1 will not protect you from HSV-2, which is why many people have both genital and oral herpes at the same time.
- Herpes zoster, or "shingles" is related to the varicella or chickenpox virus. This virus behaves in a way that is similar to herpes simplex by embedding itself and reemerging in the form of blisters later in life. Chickenpox itself is considered a type of herpes infection.
- It's estimated as much as 70% of the U.S. population is infected with HSV-1 and around 30% with HSV-2.

Is a Cold Sore Really the Herpes Virus?

We'll be exposing a lot of herpes myths in this book, but here's one of the most prevalent; the idea a "cold sore" is NOT herpes. A lot of people actually believe this because of the way the virus is marketed. For instance, we see "cold sore remedies" in the grocery store and they are not labeled as herpes simplex remedies.

This is just one unfortunate example of how knowledge about herpes is largely the result of marketing firms tinkering with public perception.

And, I also have some bad news. If you have EVER had a cold sore, even ONCE, it means you are a herpes carrier. Most likely HSV-1. You may notice the cold sore appears as your immune system drops. This is because the virus typically can't weasel its way out of hiding until your body's resources are compromised. For this reason, the cold sore is more likely to appear in conjunction with other illnesses or if you have an unhealthy lifestyle.

Because people mistakenly believe cold sores are not herpes, many people who are quick to judge herpes carriers are unaware that they themselves also have the virus.

Sometimes, we see frightening medical images of herpes outbreaks all over a person's mouth and face, or overwhelming the genitals (this could be you, since you bought this book), and we mistakenly believe these people have a different type of virus versus the one that gives us cold sores or a tiny pimple on our genitals.

The answer is no. It's the same virus, same condition. The reason some people have such severe outbreaks is because of a number of factors, primarily related to the immune system. It's like the difference between a strain of influenza giving somebody body aches and a sore throat for a few days, versus the same strain killing someone. It's not a different virus, it's the condition of the host.

Canker Sores Versus Herpes Blisters

Not every sore on your mouth, however, is related to the herpes virus. Sometimes we develop small sores on the inside of our mouths, and this is often related to a trigger such as a food allergy. A dermatologist can identify a herpes sore versus a different type of mouth ulcer.

More Bad News...

OK, so you have HSV-1 (as with most of the population). But, how bad can it be? After-all, the evil and terrible illness we hear so much about is genital herpes, and so facial herpes must be little more than a nuisance, right?

Wrong!

[Based on research, the exact opposite is actually true.](#) As it turns out, HSV-1 which most commonly affects facial nerve cells, is the far scarier version of the virus. HSV-1 can spread to the eye causing ocular herpes—which may result in blindness.

Even worse, HSV-1 has occasionally been known to attack the brain,

creating a condition known as herpes encephalitis, [which has a 70% mortality rate.](#)

And as for the eyeball herpes, I'm sorry to report that this condition is not that rare. In fact, it's the most common cause of blindness in western nations, [with 500,000 cases reported per year just in the United States.](#)

And all it takes for this disease to occur is *sharing a drink with the wrong person!*

So, the virus is unfortunately a serious health problem. But the ironic thing is, despite what you hear in the media, it's HSV-1 that's an immediate hazard—NOT HSV-2 (genital herpes) which is stationary and far away from sensitive locations like the central nervous system.

But nonetheless HSV-2 is the subject of (profitable) pharmaceutical marketing ploys which describe it as a life-wrecking destroyer of relationships. The more HSV-2 is exaggerated, the more money big pharma earns. Fear is, after all, the most effective marketing strategy that the hopelessly corrupt medical industry uses to maintain its bottom line.

(Note: I am not suggesting to panic about HSV-1, which is still not a big deal. Ocular herpes is easily treated by a doctor, but the danger is neglecting medical care. If you ever find yourself with "pink eye" go to the doc ASAP. Additionally, herpes meningitis is extremely rare).

When Herpes is a Problem

Although herpes (in particular the genital form) is NOT as bad as what you hear in the media, there's still some darn good reasons to begin a strategy to keep the virus from ever rearing its ugly head in your body.

As we just discussed, HSV-1 has all of those other terrible incarnations, including ocular and cranial forms. In addition, some people are badly affected by cold-sores that are sometimes abnormally large and reoccur multiple times per year. Despite the fact HSV-1 is not as "taboo" as HSV-2, the sight of these gross disfigurements around the mouth can still have a very negative social impact (especially when somebody points out that it's the herpes virus).

As for HSV-2, while it is clearly the boogeyman virus and is not nearly

as threatening as its cunning relative, this does not mean that HSV-2 is a non-issue. There are many accounts of HSV-2 having a devastating effect on sufferers, including:

- Onset of a very high fever and flu-like symptoms.
- Countless painful bumps and rashes around the penis or vagina.
- Prolonged suffering (2+ weeks).
- Reoccurring outbreaks (2-3 times annually, or more).

Obviously, nobody wants this to happen to them! Reoccurring BAD outbreaks like this, however, are NOT the norm. If this is happening to you it means something else is wrong in your lifestyle, and you're probably not taking the necessary steps to maintain an optimal immune system (which will be discussed at length).

Furthermore, all strains of herpes become **considerably weaker** after the onset symptoms appear. While initial infection may feel like a bout of a weak flu and the sores may be very pronounced, future outbreaks are usually much less severe; if you even experience any at all. This is because your antibodies have taken effect, and will work to keep the virus at bay.

Another thing to note is that both strains of herpes can be a serious problem if you suffer from an autoimmune disorder like Hepatitis C or HIV. Not only does genital herpes proliferate infection of more dangerous viruses due to the possibility of open sores during intercourse, but herpes symptoms are more powerful and frequent when your immune system is compromised.

And, unfortunately since Hep C and HIV are sexually transmitted, they are commonly associated with the presence of herpes, as well. This is a serious public health issue that medical organizations have been trying to solve for years.

Finally, it should be noted that new research has linked HSV-1 to conditions such as Alzheimer's and Multiple Sclerosis. This is possible considering the proximity of the virus to the brain and the central nervous

system, and it's all the more reason to begin adopting a healthier lifestyle to keep your viral count as low as possible.

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OK, let’s get back to “The Herpes Cure”

Chapter 2: Mainstream Solutions to Herpes

Before we get to the Herpes Elimination Strategy outlined in the next chapter, let's first look at what you'll most likely be prescribed when you visit the doctor for herpes symptoms, as well as some over the counter remedies.

As you may have guessed, I don't have an extraordinary amount of faith in the modern medical world. However, this does not mean that mainstream medicine is "bad", per se. With accomplishments like eradicating smallpox (a very, VERY bad cousin of herpes) and creating a modern, healthy (comparatively) society, I give the establishment a lot of kudos. It's just that you still have to be vigilant when dealing with the industry and its business incentives.

In addition, doctors tend to be careless with the prescribing of powerful and often unnecessary pharmaceuticals, which is all the more reason to be informed from an outside source before wholeheartedly trusting mainstream usage of pharmaceuticals.

Anti Retroviral Drugs

This is the most commonly prescribed "treatment" for herpes. There might be some justification to use these if your partner is gravely worried about catching herpes from you, and he or she wants you to use a chemical like this to keep the virus at bay.

And of course, it may also be necessary to take such drugs in the event of a severe outbreak. But, keep in mind it would only be treating the symptom and not the cause. These types of drugs won't repair your immune system, and may do the opposite. Such a harsh measure to treat herpes is only necessary, in my opinion, if you are suffering from extreme outbreaks—and it should be used in conjunction with the natural cures described in chapter 3.

Valtrex

Doctors are just itching (no pun intended) to prescribe herpes patients with Valtrex, which is one of the latest pharmaceuticals to feature commercials with happy looking couples strolling around in a big, sunny field and appearing a little TOO jovial about their herpes diagnosis.

The following is the list of Valtrex side-effects from the bottle:

Stop taking valacyclovir and call your doctor right away if you have any of the following signs of a serious side effect that can harm red blood cells:

- fever, easy bruising or bleeding;
- red spots on the skin (not related to herpes or chickenpox);
- bloody diarrhea, vomiting;
- pale or yellowed skin;
- weakness or fainting; or
- urinating less than usual or not at all.

Call your doctor at once if you have any of these other serious side effects:

- pain in your lower back;
- drowsiness, mood changes, increased thirst, loss of appetite, nausea and vomiting;
- swelling, weight gain, feeling short of breath;
- confusion, agitation, aggression, hallucinations, trouble concentrating;
- feeling shaky or unsteady;
- problems with speech or vision; or
- seizure (convulsions).

Less serious side effects may include:

- nausea, stomach pain;

- headache, dizziness, tired feeling, depression;
- joint pain;
- menstrual pain;
- mild skin rash; or
- stuffy nose, sore throat.

These side-effects are nothing to sneeze at.

Is Valtrex a good idea?

Let's look at it this way: through some basic effort to boost your immune system naturally, you can get your genital herpes symptoms down to the equivalent of a tiny pimple that appears once a year or so. Valtrex is for the 2-4% of infected people who get herpes REALLY bad.

I am not sure what factors precipitate such bad outbreaks, but my personal suggestion is to try out less toxic methods first, before resorting to something like this. If your doctor pushes Valtrex, I would also suggest to ask about taking Famciclovir instead, which seems less terrible of a drug.

Valtrex is, however, definitely a viable option for sufferers of herpes zoster (shingles), as this condition is more severe than regular HSV-1 or HSV-2.

Just stay vigilant, a lot of doctors get kickbacks for promoting unnecessary and dangerous pharms.

Famciclovir

Another drug that sounds like the name of a Martian warship. This is an antiviral that can slow (or even stop) the spread of herpes symptoms, and is especially useful against herpes zoster. For people who have strong herpes outbreaks, and especially among people with suppressed immune systems because of HIV, Famciclovir is apparently a very important drug. It also seems much less toxic just based on the potency of the side-effects.

The following are the side effects (courtesy of Medicinenet.com.)

SIDE EFFECTS: The most common side effects associated with the use of famciclovir are [headache](#), [fatigue](#), [nausea](#), [vomiting](#), [rash](#), [diarrhea](#), and [flatulence](#). Serious but rare side effects include serious allergic reactions,

serious skin reactions, [jaundice](#), [abnormal tests of liver function](#), and reduced white blood cells ([neutropenia](#)) or platelets ([thrombocytopenia](#)). Cases of [kidney failure](#) have been reported when higher than recommended doses of famciclovir were administered to patients with underlying kidney problems.

Acyclovir

This sounds like one of the Martian warship's guns (Quintak! Arm the Acyclovir!). In actuality it's another anti-viral drug that also inhibits herpes by disrupting the DNA replication of the virus. It comes in a variety of application methods, including pill-form and as an ointment.

Here is the listed side-effects:

SIDE EFFECTS: The most common side effects are [nausea](#), [vomiting](#), [diarrhea](#) and [headache](#). Other reported side effects include agitation, [confusion](#), [rash](#), [anemia](#), and [muscle pain](#). Hypersensitivity reactions, [seizures](#), agitation, confusion, [anemia](#), hepatitis, and muscle pain have also been reported.

Clearly a fairly powerful drug. Again, it seems logical to use this for severe outbreaks of herpes zoster or if somebody with a compromised immune system has severe oral or genital herpes blisters. As with Valtrex, I'd be very cautious if a doctor prescribes this to somebody with few or any symptoms at all.

All of these anti-viral medications are designed for either temporary usage, or for over a long-term period if you have frequent outbreaks (6+ a year).

Over the Counter Ointments

The purpose of these is to have a quick-purchase at the drug store to ease symptoms. Many of these I would recommend as a solution to the mild blisters that periodically crop up from HSV-1.

Abreva

Good for cold sores. It won't get rid of them but it's known to

strengthen the cell membranes and prevent a breakout from becoming worse.

Betadine Cold Sore Paint

May relieve pain and burning. Has some mild effects on the length that a cold sore lasts. Is not known to be used for genital herpes.

Dynamiclear

This is one of the more popular options to attack the herpes virus in a mostly natural fashion. Its active anti-viral ingredient is St. John's Wort, and combined with soothing elements, people have reported a good deal of success. Unfortunately, it's hard to find in the United States but is sold over-the-counter in Australia.

Zinc Oxide

I've always noticed that zinc oxide has sped up the healing process of cold sores. I will typically apply it before bed, and overnight the cold sore will be reduced by about 50%. It's not designed for cold sores, however, and it may not be as effective as the other options.

Vitamin E, Aloe Vera and Honey

For a topical natural solution for cold sores, these are your best bets. Vitamin E and Aloe work wonders, but an interesting new treatment that alternative health experts have discovered is honey, which may even have anti-viral properties.

And there you have it, the quick-remedies for the herpes virus that you'll find at the pharmacy. But, is this the best option for handling the world's most pesky microbe?

Probably not. If you really want to reduce the effects of the herpes virus, then you need to adopt a longer-term strategy to kick its butt, which is exactly what we are going to go into in the next chapter.

Chapter 3: The 7-Step Herpes

Cure

First: is it possible to completely CURE herpes?

The answer is not currently. Although [, as we speak scientists are developing a promising new herpes vaccine](#) that could lead the way to an eventual elimination of the virus in patients.

However, until that time, it's only possible to naturally reduce the viral count enough in your body, and to improve your body's immune system to the point that the virus **virtually never appears again** .

This strategy involves a combination of strong supplements and lifestyle improvements.

How Herpes Can be the Best Thing That's Ever Happened to You

Sounds odd, right? But it's true. Herpes acts as a kind of “turkey thermometer” for your body's immune system. When you're not in good health, that's when herpes pops out. To ensure you never have to worry about the virus, it becomes important to lead a healthy lifestyle.

So what happens is that with herpes you become a lot more motivated to stay healthy. It will also give you a good reason to reduce the stress in your life. By doing this, you're likely preventing countless other diseases as part of the process of maintaining the relatively harmless herpes infection.

Case in point: cold sores. These **ONLY** appear if my body is run-down. For instance: excessive traveling and work, without enough sleep. For me, it's a great way to gauge whether I am over-stressing myself or not. If a cold sore appears, it's an indication for me to get healthier. They rarely last more than 2 days.

If you are suffering from frequent herpes outbreaks, or shameful HSV-2

symptoms, this strategy will not only leave you with **virtually no symptoms** and a nearly non-existent viral count, but it's likely to make you the healthiest you've ever been.

Let's get started.

Step 1: Increase your Amount of Sleep

The first thing you need to do is take a look at how much sleep you're getting. Sleep is a major factor in your immune system, and you may be suffering from sleep deficiency without even realizing it. Doctors suggest nightly sleep in-between 8 and 10 hours. For many of us, because of our hectic demanding lives, we neglect sleep and even view it as a hindrance, with many busy professionals sleeping nightly between 3-6 hours.

If you increase your sleep to the recommended amount, you may notice your herpes symptoms entirely disappear.

Here are some ways to increase how much you're sleeping:

- Leave work at the office: turn your phone to "airplane mode" after 8 PM at night. If you're a doctor being woken up for emergency calls, I guess there's not much you can do short of retiring. But even so, you might be able to find a way to fit in cat-naps.
- Avoid pharmaceuticals like Ambien (known to turn people into sleepwalking zombies) and opt for Valerian root tea which is an age old insomnia remedy.
- Begin a "wind down" period nightly. An hour before you sleep, cut off electronics and other media to give your mind a chance to unwind.
- It's often easier to go to bed very early, and wake up with extra time before you go to work than to try and squeeze household duties in before sleep, as this may just keep you up.

By increasing the amount of sleep you're getting, your immune system may just increase enough that the herpes virus is no longer able to come out of hiding

Step 2: Dietary Overhaul (Including Smoking)

Admittedly, this step is a LOT to take in. It's hard to simply quit smoking. But if you are having reoccurring herpes symptoms, the tobacco smoke that's increasing your blood pressure is easily keeping you unhealthy enough for the virus to maintain potency.

In addition, with this step I also suggest to begin eliminating the following types of food from your diet:

- **Simple Carbohydrates**

Another way your immune system could be suffering is the constant strain to digest sugary foods with little or no nutritional value. A simple carbohydrate contains no more than one or two sugars in the molecular structure, typically because it's been heavily refined.

These types of foods include white bread, cakes, doughnuts, pastries, cookies, and most products made from white sugar or white flour. This stuff is hard to digest and it turns into sugar in the gut. In addition, researchers are discovering how this type of food is leading to bodily inflammation which could be responsible for everything from heart disease to most types of cancers.

- **Preservatives**

Your body is constantly struggling to process various odd chemicals that are added to the majority of foods we buy at the regular grocery store.

While preservation techniques have helped to sustain modern society, over the years companies have become more careless about the types of chemicals used. For instance, one preservative known as Tertiary

butylhydroquinone (TBHQ) is deadly enough that five grams can kill you.

Your body will be functioning at a higher level without these toxic substances inside of you. Some of the foods to be especially careful of include: processed cheese slices, grated cheese (contains an anti-separation chemical), deli meats, canned foods, and any type of soft drink.

Your best bet is to start checking labels of things you buy. For instance, a carton of lemonade should NOT have 18 ingredients listed in the back! If you see something like this, put it down. By avoiding preservatives, your body can start putting real food to use.

- **Soft Drinks And High Fructose Corn Syrup**

Speaking of soft drinks, I strongly suggest to top off your diet by replacing soft drinks with plain water. It does not have to be forever, but try it for a month and watch as many of your medical conditions (including herpes) begin to heal.

High fructose corn syrup in soft drinks and other heavily sugared products strains the liver. This type of sweetener is NOT the same as regular sugars. It is heavily processed and difficult for the body to absorb, which will result in a weakened immune system.

Step 3: Begin Taking Natural Anti-Inflammatories

A major component of your herpes outbreaks is that your body is over stressed. Without you even realizing it, your body may not have the resources left to handle combatting a viral infection. Herpes is an extremely manageable illness that should typically show no symptoms. So, if you're having frequent attacks, then there's a real chance your body is inflamed from a poor diet or other lifestyle choices, and the inflammation has weakened its ability to stave off the infection.

Fortunately, there's natural ways to reduce bodily inflammation . [A property called astaxanthin](#) is found in certain supplements and foods, and it can

restore your body to a non-inflamed state. This could have a dramatic effect on your body's ability to fight illnesses and it could be the missing link to good health that may have been eluding you previously.

Two ways to receive astaxanthin is through [krill oil](#), and [marine algae](#) (links to suggested Amazon products). However, you can also receive this through *wild* salmon (not farm raised). It's a bit more inconvenient to find wild salmon at your local farmer's markets or health food stores (I'd check Whole Foods), but it could have a dramatic effect on your health if you can integrate it into your diet.

Step 4: Begin a Regiment of Natural Anti Viral Compounds

The best way to make a real dent in the effect the herpes virus is having on you is to begin integrating foods and herbs that are proven to destroy viruses. The alternative to this is, of course, taking the anti-viral pharmaceuticals listed in the prior chapter... But really, that should be a last resort given their harsh side-effects.

- **St. John's Wort**

The name St. John's Wort comes from St. John of the cross's birthday, also known as Midsummer day which is celebrated on June 24th —the time the plant begins to flower. For years it has been used as an herbal remedy. It's a strong substance (keep in mind, even pharmaceuticals have "natural" ingredients at their core!) so it should be implemented with some degree of caution and advice from a doctor knowledgeable with natural medicine. However, it has strong anti-viral properties.

There's two things you can try: taking St. John's Wort as a dietary supplement, and applying St. John's Wort oil directly to your herpes blisters.

Both [St. John's Wort supplements](#) as well as [St. John's Wort oil](#) can be found easily online or at an organic health-food store. Take the recommended dosages as part of the rest of your herpes elimination strategy. I'd suggest to

discontinue use after your herpes symptoms have disappeared for a long enough time.

- **Garlic**

St. John's Wort by itself may not be enough. Instead, I would suggest to begin implementing garlic into your diet, as well. The reason is because garlic is also a natural anti-viral and very healthy for you.

There's a few ways to do this. One is to take garlic supplement pills, but I am not as crazy about this because it leads to garlic indigestion, and the pills can cost a pretty penny. Instead, I prefer to buy whole garlic cloves and roast them. Roasted garlic tastes delicious on crackers and is an excellent way to get your dosage. ([This link is a great how-to on preparing roasted garlic](#)).

- **Prunella Vulgaris**

This herb also contains antiviral properties and is used for a variety of alternative health remedies, and is often cited specifically to treat herpes. It can be taken orally or applied as an oil. [You can also find it on Amazon at this link](#) . It might be a good strategy to take this with the other 3 remedies listed above.

Step 5: Incorporate Cell Strengthening, Immune System Building Lysine

If you're having difficulty with herpes, and you're not taking lysine yet, you'll be happy to know that this step is going to make a big difference. I would suggest a dosage of 3g of lysine daily as part of your new diet. There's a lot of ways lysine is going to affect your fight against herpes.

Lysine, first and foremost, improves your body's absorption abilities and cellular integrity. For this reason, it's been used for years for dermatological purposes, including both cold sore treatment and the prevention of acne. Other benefits of lysine include the improvement of anxiety disorders, bodily detoxification, and helping to increase muscle mass.

From reducing stress, helping cleanse your body, to directly affecting cellular integrity, it would seem lysine is one of the most important supplements you can take. However, as with St. John's Wort and the other supplements, consult with a doctor first as these supplements should not be taken by people with certain preexisting conditions.

[Lysine can be purchased in bottle form online \(link\)](#), and found at nearly any organic food market.

Step 6: A Stress Reduction Period

Let me ask you something: what steps can you take this week to radically reduce the amount of stress in your life? What specific actions can you take, related to your lifestyle, that will help you to chill out, lower your blood pressure and put things behind you?

Life is a constant uphill struggle, and often our greatest enemy is ourselves: the human propensity to project into the future, creating the ever-present sensation of worry. It's this worry that is directly damaging your immune system and allowing conditions that should be dormant to surface (like herpes).

In fact, it's scientifically proven that stress is a major factor in diseases of many types.

There's a million and one resources on eliminating stress, including my book "[Stress Relief Without the Bull](#)". There is no magic pill to reduce stress (well, there IS, in the form of some terrifying pharmaceuticals I'd imagine), but there are some things you can do to reduce its effects.

- **Prioritize a Lower Stress Lifestyle**

A lot of stress is the result of mistakenly believing it's better to cope with stress ("tough it out") versus do something about it. Too often stress is not something we even directly recognize. Or, we're afraid to admit it's a problem because we prioritize making money or overworking ourselves.

Stress factors are essentially things we prioritize in our minds, and then

because of high difficulty or the fear of loss, we try to solve them through mental strategies—continually rehearsing solutions or anticipating failure.

Your best strategy against stress is to begin the daily habit of letting go of things. Whether deadlines or family members coming to visit, there's a lot you can release attachment to. In addition, you can try to work less with whatever your job is. It's not shameful to take time out and make a little less money.

- **Aromatherapy**

As goofy as it may sound, I'd see an aromatherapist or learn about it online. The ritual of preparing specific scents, and then absorbing yourself into them is part of a meditative practice that can quickly relax you and allow you to forget a lot of the little things keeping you up at night. This can also help with step 1. My friend Marta Tuchowska is, by far, the aromatherapy queen of all time. You can find plenty of information at www.holisticwellnessproject.com.

- **Emotional Freedom Technique**

One thing I've heard a lot about lately is the [Emotional Freedom Technique](#) which is a type of acupuncture designed to train your emotional energies. Although I have not personally performed this, so I cannot testify to its reliability, the technique is becoming very popular and I'd suggest researching it.

- **Classical Music**

Studies repeatedly show the ability of classical music to soothe and relax. The next time you find yourself stressing out, prioritize an hour to listen to some Bach or Beethoven, and return to a more stabilized emotional level.

Step 7: Exercise and Sunlight

You can top off your herpes elimination process with this most basic of life advice: get more sunlight and exercise.

I think one of the things that scares people away from this simple activity is that they are told to go into the deep end of the pool with an hour of cardio every-day, an hour of strength-training, and some Zumba to top it off.

If you're not used to getting much exercise, you're better off starting small so that you remain motivated to make it into a daily habit.

Since we're aiming for both exercise AND sunlight, the best technique is to begin with just taking daily walks. You can do it in the morning before work, or after you return, but aim for a time of the day where you can get some sunlight. Doctors and health experts recommend 15-20 minutes of sun exposure per day, as this balances your vitamin D levels.

And, it's natural vitamin D which will greatly enhance your immune system and your body's power to fight off diseases.

Sunburns are the thing we have to be afraid of. In actuality, just enough sunlight to create vitamin production is one of the healthiest things you can do. It's easy to go over the limit, though. Sunbathing for hours at a time with tanning lotions for cosmetic purposes is NOT a good idea!

In Summary

These seven steps are going to have a radical effect on your health. If you're suffering from frequent herpes outbreaks, after implementing these recommendations the virus will not have any ability to come out of hiding anymore. It will remain dormant and unseen for hopefully the rest of your life.

Chapter 4: Dealing With the Herpes Stigma

If you've followed the recommendations in this book, herpes should no longer be a major issue for you. We've discovered how herpes outbreaks are primarily related to dietary and lifestyle conditions, and some proper nutrients, supplements and habit changes can quickly rid yourself of the pesky virus.

The reason herpes is “the world's most annoying virus” is not so much because of the outbreaks, as it is the social stigma associated with having it.

Herpes is considered a social taboo. It's used as an insult against people (that **** probably has herpes), is used to defame people as “sluts” or “whores” (nonsense, you can catch HSV-2 from light contact) and it's used by people *who probably have HSV-2 without realizing it* to denigrate others.

Which is a shame considering it's one of the most benign illnesses. HSV-1 does have some dangerous health ramifications, but HSV-2 (genital herpes) does not—unless you have an autoimmune disorder like HIV.

So why would anybody make something seem worse than it really is? The answer is: profit

Because it's such a common illness, by scaring or shaming the people who catch it, it's possible to up the sales of Valtrex or whatever the latest pharmaceutical is. That's tens of millions of potential customers.

This is why many doctors indirectly exaggerate HSV in the media or on commercials. You'll never hear them say “if you're one of the 2-4% who actually develop chronic HSV symptoms...”. As far as they're concerned, everybody who is infected needs immediate pharmaceutical treatment.

So now you have to deal with the ramifications of this.

Telling Your Partner about HSV

So, now you're in the awkward position of having to explain to your

significant other about being infected with genital herpes. Mainstream advice says: “Tell your partner right away, always use condoms and take anti-viral medication to lessen your partner’s chance of contracting the disease.”

What this common advice does NOT mention is the fact most people are terrified of HSV and it’s not uncommon, at all, for boyfriends and girlfriends to leave their partners over such a matter. This is not an easy subject to bring up!

In addition, there’s no mention of the severe side-effects of anti-viral medications (see chapter 2), and some doctors suggest *taking them for the rest of your life to keep your partner from becoming infected!*

While yes, obviously you need to tell your partner right away, I suggest approaching the topic from a slightly different frame of mind:

- **Explain you have HSV-2, not “genital herpes”.**

Hysteria and taboos sometimes surround words and concepts more than anything else. Call the virus what it really is. One of the reasons genital herpes is a bit of a misnomer is because sometimes HSV-2 isn’t even located on the genitals, so if you’re diagnosed with it, consult with your doctor to see if it’s even latent on your nether region or not.

- **Explain the virus is dormant, prove it with a medical test.**

Prove your low viral count and dormant nature of the illness by having a urine test. If the viral count comes up high, or you’re still experiencing symptoms, revisit chapter 3.

- **Give a copy of this book, explain HSV-2 is not a threat.**

You can use the Amazon lending option to give your partner a free copy of this book. Have them look at this chapter. Herpes is only a threat if it endangers the integrity of your relationship. Explain the truth that catching HSV-2 is not a big deal unlike what media / society / commercials say. Furthermore, provide some of the pamphlets provided by the Herpes Virus Association (see

chapter 5).

- **Explain that you take natural anti-virals and you lead a lifestyle to minimize chances of spreading it.**

Don't take dangerous anti-viral pharmaceuticals if you're not having reoccurring outbreaks and you don't need it. But, reassure your partner that you're taking all the necessary precautions to prevent infecting anybody else.

- **Ask him / her if they've ever had a cold sore before.**

If so, they are infected with HSV-1, a far more dangerous form of herpes. Explain 30-40% of the adult population also has HSV-2 and the number is growing.

Should I Even Tell My Partner?

This is a moral question, for which the answer is obviously “yes”, but I can perfectly understand why many people debate the idea. Given the severe social taboo of the virus, we've almost reached a point where people have no choice but to hide the fact they're infected, and I don't blame them. I don't condone it, but I perfectly understand why people feel this way.

It comes down to: you can either be honest about your illness and risk having your partner leave you, or you can hide it, and if it becomes apparent later that you're infected (or if he / she catches it from you), you'll risk having your partner leave you AND you'll be called a liar.

However, the big problem with revealing to a partner about a herpes infection is that it's NOT realistic at the beginning of a relationship to wear the disease around your neck as a badge of dishonor. If you're single, and you meet the future love of your life, and you guys are tearing each other's clothes off in the heat of passion, do you really think this is a good time to say “Wait, baby, I'm infected with GENITAL HERPES!”

Seriously, you'll never date again. Until the time the social taboo of

HSV-2 is lifted, this is going to remain a big issue for everybody who's infected (which is currently 60+ million Americans).

For this reason, if you opt to not disclose herpes, **make sure your viral count is as low as it can go, and obviously wear a condom for added protection** . The odds of a new partner contracting herpes in this case is very small.

Obviously, **if you're having any kind of outbreak whatsoever, you have to refrain from sex** . And furthermore, **if you're entering a relationship or a reoccurring series of physical encounters** , reread the above steps for explaining your infection properly so as not to harm your relationship.

Chapter 5 – Herpes Stigma Resources

The herpes stigma is, unfortunately, starting to get crazier. However, the silver lining to this is that as herpes hysteria spreads; more and more people are realizing that it's all bullshit.

You Can Get Jailed for Spreading Herpes

Recently, a man named David Golding in the UK was jailed **for 14 months** after his girlfriend contracted HSV-2 from him. The alternative news source Vice Magazine did an excellent report about this which [you can read at this link](#).

From the article:

Unsurprisingly, sexual-health organizations weren't very happy about the verdict, claiming it contributed to the wrongful stigmatization of what is really a pretty "[trivial](#)" condition. Those same organizations were just as outraged last week when the Court of Appeal [rejected Golding's appeal](#) against his conviction. Lord Justice Treacy, sitting next to two other judges, said that even though Golding had acted "recklessly rather than deliberately" in giving his ex the virus, his original conviction was appropriate (though he did reduce his sentence to three months).

Here's an excellent example where actual medical professionals are going head-to-head against societal institutions; with the institutions treating herpes as leprosy, and the medical experts calling it out for what it really is: a trivial disease.

But this also illustrates how people need to be careful; as medical hysteria can infect even people in higher institutions, resulting in cases like this one.

It's also an example of why you cannot fool around with risking passing the infection to others.

The Herpes Virus Association

This U.K. based organization is an excellent resource for anybody who is worried about the herpes virus and also dealing with the pain and stigma of telling their partner about it. [Their website is found through this link.](#)

As a group of medical professionals and virologists, they are committed to spreading factual medical information about the virus, while also lessening the stigma associated with it. Simply linking this page to your partner, or a friend fearful of the disease, may greatly lessen the impact of having to broach the subject of herpes.

This organization also publishes useful leaflets that are designed specifically for the purpose of introducing the virus's true nature to your partner. These are available to people who join the organization by [following this link.](#)

Herpes as a Joke or a Punishment

Another excellent resource to confront the herpes stigma is [The STD Project](#). In an excellent piece ([found here](#)), writer and founder Jenelle Marie likens how herpes has been branded as a type of punishment and joke used against people.

From her article:

Ever notice the only time we hear herpes mentioned in movies or on TV is when it's the butt of a joke? Genital herpes is an easy target for humor because it's not fatal and the people who suffer from this STI are not usually considered victims.

Unlike HIV/AIDS, genital herpes is a relatively mild condition that does not usually warrant the seriousness or sensitivity that society grants fatal illness. Instead, genital herpes is understood to

be a punishment, or something you ‘bring upon yourself’. People with genital herpes aren’t thought of as victims; they’re thought of as sluts, monsters, lepers, or just stupid.

When we combine these factors, people with genital herpes are obvious subjects for ridicule.

So why are these jokes so popular? And why isn’t anyone saying anything about how miserable it must be for people with genital herpes to hear them and have to laugh along in order to avoid detection?

The jokes generally go unchecked since those who find them offensive or cruel are silenced by the fear of association with genital herpes, or the fear of being exposed as having genital herpes. Both outcomes carry the very real risks of shame, judgment, and rejection.... At the root of the ‘herpes humor’ phenomenon is the extreme stigmatization of genital herpes as a grotesque or disgusting indicator of promiscuity and infidelity.

Since writing this booklet, I’ve become very aware of the herpes humor culture as it persists on TV. One evening, during just two hours of *Comedy Central* I counted **8 herpes jokes** that ranged from associating the Kardashians and their flighty romantic life to the virus, to a joke about herpes and toilet seats.

There’s also a very real stigma associated with even discussing the virus. For instance, self-publishing this booklet; **fellow authors and friends refused to even download it to provide feedback**, fearing people would track their buying history and see that they bought a book about herpes.

Protecting Your Mental and Physical Health

Some unfortunate consequences of the herpes stigma culture includes depression or anxiety related to the disease. One way this manifests is that people are afraid to get regular STD checks; afraid to face the realization that they may have herpes.

This is very bad, because far more serious STDs exist like hepatitis-C

and HIV. Foregoing regular STD checks potentially puts other people in danger and risks the proliferation of unknowing carriers of serious diseases.

Another issue is depression. Due to a lack of herpes education, sufferers may incur crippling depression as a result of taunting, shame, and guilt.

To keep yourself, and others, healthy, here are some principles to consider:

- Do not participate in herpes humor. If a group of friends are laughing about the disease, politely refrain from joining the conversation.
- Keep your ears open for people in your social circle suffering from herpes stigma. For instance, gossip among friends about someone's diagnosis. Politely remind people that 30% or more of the population has HSV-2, including maybe some of the gossipers themselves who don't even know they have it.
- Debunk herpes myths when they pop up in conversation. Encourage people you know to get STD tested and explain that a herpes diagnosis is extremely common, and not a big deal (or a reason to fear getting tested).

In Summary

It's going to be a collective effort to begin removing herpes stigmas. The problem with the herpes health dilemma is that the pain inflicted on people for having the virus creates completely unnecessary emotional challenges. The stigma affects both mental and physical health, and remains a serious issue.

Closing Chapter

I think we are blessed that a virus like HSV is not more dangerous than it is. If it were, humanity would be wiped off the map due to the ease in which it spreads and its persistence in your body.

But part of the virus' strategy is to remain highly contagious and benign, so that it does NOT kill or hurt the host. This way, it's able to propagate as long as it has.

In the event that HSV begins to show widespread symptoms in your body, it's a sign that there's something else going on. Your diet, immune system or stress-levels are not in alignment. Aside from HSV, there may be many other things going wrong in your body, as well—which makes this an extremely important indicator that you need to make serious changes, and fast.

Living with HSV should be a non-issue. The majority of people infected, don't even realize that they are. And symptoms, typically, never appear. For this reason, it's a shame that it's the world's most stigmatized and exaggerated illness, because herpes should never be anything more than a mild inconvenience.

Problem Solving with the Developed Life Health and Wellness Series

On Stress and Health

As outlined in this book, a big factor in maintaining a good immune system is your stress level. For this reason, I've designed a philosophy called **positive detachment** which blends Eastern concepts with practical methods.

The first book is called [Stress Relief Without the Bull](#) which is an introduction to positive detachment principles.

The second book that delves more into the Eastern / Buddhist aspects is [Mindfulness Meditation for Busy Professionals](#), which is also designed to greatly assist with stress management.

On Nutrition and Eating Right

Briefly in this book, I spoke of the dangers of toxic preservatives and how certain foods lower our immune systems. This is expanded in much greater detail in my book [There Are Horrible Chemicals in Our Food](#).

On Mental Health

While the herpes stigma is a big deal; you'd be amazed how many other stigmas and social myths perpetuate in society and create mental distress. In fact, scientific studies have shown a link between various socially constructed myths and widespread depression.

This issue is tackled, in full, through my book [The Unseen Depression Cure](#).

On Breaking Up

Unfortunately, this topic of herpes also seems to be linked to ending relationships. If it does so happen that it's time to break up (hopefully not over herpes), you may want to consider my book [How to End a Relationship](#) (which recently published a second edition).

Who I Am, And Where to Go Next

I am a lifestyle coach currently living in Culver City, Los Angeles and

various places abroad. [You can click here to send me a personal e-mail](#). And, if this book resonated with you, [then you might like the other stuff my team at DevelopedLife.com](#) is producing. Developed Life is a site where we challenge existing paradigms and figure out ways to make the world a slightly better place .

The Newsletter

If you liked this book and are curious about how to stay connected with myself and other authors on our team, then join our newsletter . [It's as easy as following this link and then entering your e-mail](#). We'll never spam you.

I'd like to hear from you. There's no reason you have to just be an anonymous Kindle reader. I'm always available for guest blogging, interviews, or even promoting other people's stuff if it's cool and resonates with me.

I'll talk to you soon!

- Cyrus