

NOTICE

The purpose of this report is to increase your knowledge about controlling herpes naturally. It is not intended as medical advice and it is not meant to diagnose or treat any individual's health problems. You should not discontinue any course of medical treatment or undertake any new treatment without first consulting your own healthcare practitioner.

Copyright © 2009 by Dr. Dennis Clark, Tempe, AZ

PERMISSIONS: You may copy and distribute this document by electronic or other means, in its entirety, without alteration, for non-commercial use.

Controlling Herpes Naturally

EVERYONE HAS HERPES VIRUSES

The standard picture of life is that it is supposed to be enjoyable, without herpes viruses diminishing its quality. Unfortunately, herpes of one or more types get spread to virtually everyone on Earth. These include childhood diseases such as chickenpox, then sometime later you might have cold sores, mononucleosis, or shingles. You may even be one of the 20 million or so Americans who contract genital herpes. Everyone is a host to one or more of these, although most people do not show symptoms. Nobody knows exactly why. Medical scientists guess that it has something to do with the immune system, which makes sense. The immune system is your best defense against outbreaks by the viruses that you already have.

Herpes viruses are particularly troublesome for several reasons. They hide and remain seemingly latent for decades. They are opportunistic, taking advantage of immune system weaknesses. They destroy nerve cells just under the skin, causing itching or even burning pain. Then they destroy the skin cells themselves, leading to horrible rashes.

WHAT IS HERPES?

Herpes refers to a family of viruses. Almost everyone carries one or more of the most common herpes viruses that occur in people (pets have different types than you do). The most well-known types are:

HSV-1 (Herpes simplex virus-Type 1; cold sores)

HSV-2 (Herpes simplex virus-Type 2; genital herpes)

HZV (Herpes zoster virus; chickenpox and shingles)

Six additional types round out the human herpes family. Among these are viruses that scientists believe to be responsible for many diseases, including:

Infectious mononucleosis

Chronic fatigue syndrome

Disorders of the immune system

Hepatitis

A type of skin cancer called Kaposi's sarcoma

This is a pretty nasty family of viruses. Herpes viruses are under constant scrutiny by research scientists because new discoveries point to an ever widening role for herpes in more and more diseases. Nearly 50,000 scientific journal articles have been published on herpes since 1975, more than 15,000 since the year 2000 alone.

The old notions of herpes as just a sexually transmitted disease that 'a friend of mine, not me' has, or as ordinary childhood chickenpox or an occasional cold sore, are obsolete. These old beliefs lull people into a false sense of security by completely missing how deadly this family of viruses can be to almost everyone in the country.

HIDDEN DANGERS OF HERPES

If your doctor knew the trouble that herpes viruses can cause, you would be hearing about a worldwide herpes pandemic. Three-quarters of the population already has a type of herpes virus that has been linked with lupus, lymphomas, and a number of cancers. This type causes mutations that turn on cancer genes. Cancer is a bigger problem than ever, regardless of the propaganda claims from the cancer research industry.

Cardiovascular disease is one of the leading killers in all developed nations. Recent research has found that type of herpes virus may play a key role in the development of coronary artery disease and atherosclerosis. This type infects about 60% of adults and is even more common among homosexual men. It can be sexually transmitted.

Herpes viruses are opportunistic. They bloom when they sense that the immune system is preoccupied fighting off another infection, such as a cold or flu. When herpes viruses sense that stress, aging, cancer or physical injury, etc., has weakened the body, they accelerate their attack. This is why symptomatic herpes outbreaks often occur right after an illness like a severe flu, a physical injury such as surgery, or periods of emotional stress.

NO SYMPTOMS? HERE'S A NASTY SURPRISE

A much larger number of people have herpes viruses than actually show symptoms, whether they be genital herpes, cold sores, shingles, or

chickenpox. Symptom-free carriers of HSV-2 are more prevalent than those who develop genital rashes. Almost everyone has HSV-1, although fewer than 20% will ever have cold sores. All adults who had chickenpox as children will harbor HZV for life, even though this virus will only reappear as shingles in a minority of them.

Two newly discovered herpes viruses rarely cause typical herpes symptoms. However, they are found in about 90% of the population. These are considered to be "universal" herpes viruses. One is now linked with the development of multiple sclerosis. New types of herpes also play a role in heart disease, hypertension, Alzheimer's disease, cancer, lupus, and multiple sclerosis.

NO SUCH THING AS A HERPES CURE

As you can see, herpes infections aren't just nuisance diseases as once thought. Regardless of whether they cause outbreaks or remain latent, these viruses are dangerous to everyone who has them. The old logic held that, since people were not visibly sick most of the time with herpes virus diseases, these viruses must be 'sleeping' during most of our lives and therefore were not dangerous to our health. Herpes viruses are not actually 'sleeping' at all. Rather, they are very active in the parts of the body that they inhabit, inflicting constant, cumulative damage to critical organs in our bodies as they replicate at a low level throughout our lives. This damage begins early in life, at a low enough level to not produce any noticeable symptoms in generally healthy individuals.

This new way of viewing herpes viruses is a tremendously important revelation that will affect everyone, since herpes viruses are universal factors in human health. The medical data are very clear. Virtually 100% of the human population, regardless of location, carries at least one herpes virus. Research also shows that the majority of the human population is harboring at least five herpes virus infections.

Since herpes viruses never go away completely, no treatment can be considered a true herpes cure.

Ongoing herpes research underscores the challenge of understanding how this family of viruses affects our immune system. Several dozen complications are already known to be associated with herpes infections of different types, and more are being discovered each year. Many such complications, such as painful post-herpetic neuralgia, do not respond to antiviral treatments and can drag on for months or years after the initial infection has subsided.

DRUGS ARE NOT THE ANSWER

The fact that you are reading this report already tells me that you probably want something better than drugs and know that they are not the best answer for you. Synthetic drugs do, indeed, stop viruses from reproducing. They do not, however, help your body defend itself. On the contrary, drugs slow your immune system down right when you need it the most. Why doctors continue to prescribe them has to do with big business, not with your health.

KEY TO YOUR SUCCESS AGAINST HERPES

It may be my bias as a former university professor. However, I believe that the key to good health in the face herpes is to know about how the latest research can be of benefit to you. The activities of herbs against viruses are being investigated in laboratories around the world every day. Hundreds of research articles have been published on this topic over the past few years.

It may be difficult and overwhelming for you to find the latest research on your own and to interpret its value for you. Your best bet is to find a scientist who has expertise in this area and with whom you can communicate regularly. You can also surf the Internet to find all of the sites and blogs that offer reviews of the scientific literature for the public and that provide regular updates on the latest studies.

Living a normal life with herpes, regardless of whether it leads to outbreaks or lurks dangerously in its so-called 'latent' form, demands that you stay well-informed. It is your best hope for making the best choices for your own health. I therefore strongly recommend that you keep learning all that you can from me through the HerpesReliefCenter.com. You will benefit a lot from my research expertise on herpes viruses and what to do about them.

MODERN MEDICAL APPROACHES

The only certainties about herpes infections are that they are not generally fatal and there is no permanent cure for them. Your challenge, therefore, is to do whatever you can to control outbreaks. Mainstream medicine offers one primary strategy against most herpes viruses. It is the use of antiviral drugs that suppress the replication of the virus. In addition, chickenpox and shingles also have vaccines.

Antiviral drugs can reduce the frequency of outbreaks, although drugs are not very effective in reducing the duration of rashes or in relieving the pain caused by them. Side effects from such drugs arise as a consequence of suppressing the immune system, which undermines the healing power of your own body. Also, these medicines are contraindicated for people who are already taking certain heart medications or medications for lowering blood sugar.

The most commonly used antiviral drugs against herpes are being replaced by newer drugs because of expiring patents on the older versions. All too

often, decisions by doctors on which drugs to prescribe are being influenced more by sales messages from the manufacturers than by the best interests of their patients.

Some doctors, in exasperation, prescribe steroids or steroid-containing creams to relieve itching or pain. The anti-inflammatory power of steroids is famous, as are their long-term side effects. The treatment of symptoms with steroids is, at best, a temporary stop-gap strategy.

ADVANTAGES OF NATURAL TREATMENTS

The main advantages of natural treatments are that they are non-toxic, have multiple ways to help you fight a viral infection, and often help boost your immune system just when you need it the most. They also offer short-term solutions as well as long-term health. The track record of herbs is especially impressive against the trickiest types of herpes, the ones that cause genital herpes, cold sores, and shingles.

Worldwide research on natural herpes treatments is substantial. The health benefits of certain herbs, such as creosote bush and lemon balm are well-established. The importance of boosting the right vitamins, minerals, and other nutritional supplements is a must-know for you. Research on the benefits of Tai Chi may even surprise you. On the other hand, studies on lysine supplementation show that this amino acid doesn't really measure up to what people have thought.

Natural medicines are generally safer, cheaper, and without side effects. Furthermore, they offer short term solutions as well as long term health and lifestyle changes that boost resistance and healing. These observations are based on centuries of traditional knowledge as well as on modern scientific research. Research on alternative treatments for herpes shows that it is possible to recover in less than one week from many types of infections, to

reduce the frequency of outbreaks, and to diminish itching or pain within three days.

DIETARY STRATEGIES

A good start for any health-boosting or healing strategies, for any kind of disorder, is a healthy diet. Although diet is a book-length topic by itself, the basic message is that common sense must prevail for you to give your body its best chance to heal. Your mother's advice to eat your veggies and fruits is as true today as it was when you first heard it. Another dietary must is to avoid "white" foods as much as possible: sugar, white flour, white potatoes. A sugary food will lower your white blood cell count, which is a component of your immune system, within 10 minutes of eating it. These data, again, just point to common sense. No need to dwell on such obvious recommendations.

CRITICAL VITAMINS

Although all vitamins are important, especially the essential ones (meaning the ones you must get in your diet), the most overlooked may be vitamin C. The federally determined Daily Value is 60 milligrams. The recommendations by most nutrition professionals are closer to 1,000 milligrams. The biosynthetic amount equivalent to animals who make their own (e.g., dogs and cats) is 6,000 to 9,000 milligrams, depending on your body size. (Most mammals make their own vitamin C internally; humans and other primates do not.)

Vitamin C. The amount of vitamin C that will be of benefit to you depends on your viral load. During an outbreak, your body can absorb and use more than it does between outbreaks. The 1,000 milligram per day level is a minimum maintenance dose.

Vitamin E. Recent research on vitamin E also indicates a useful anti-inflammatory affect based on a higher level than the Daily Value, which is 400 I.U. A measurable anti-inflammatory result occurs in about 8 weeks with a daily intake of 800-1,600 I.U. This means that vitamin E is best used as a long-term supplement for keeping your body ready to fight inflammation.

Vitamin B-12. Based on one recent study, the discomfort and pain of herpes seem to be reduced by injections of vitamin B-12. Weekly injections of vitamin B-12 are a relatively inexpensive way to get the most impact from this vitamin. You can also get a greater effective dose of B-12 in sublingual forms rather than oral ones, in case injections are not on your radar.

WHAT TO DO ABOUT RASHES

One of the simplest and quickest ways to get relief from the pain or itching of a rash is to apply a cold wet cloth to it. You can make the cloth colder by putting it into the freezer for a short while after wetting it.

Vitamin E oil and emu oil both have topical anti-inflammatory activity. Emu oil is becoming more popular for many types of skin inflammation besides herpes rashes, including eczema, psoriasis, burns, cuts, and rosacea. It is very soothing and does not clog pores like other oils do.

The two best herb-based formulas for topical use are those containing lemonbalm oil (*Melissa officinalis*) and those containing creosote bush resins (*Larrea tridentata*). One product containing creosote bush includes a patented formula that I have done a lot of work with, and it is the best formula that I know of. You can find more information about this formula, and where to get the best product that contains it, at DoctorsNutritionCenter.com.

HERBS AND SUPPLEMENTS

Any internet search for help with herpes is going to yield thousands of websites, with an overwhelming array of choices among natural approaches. The information below represents what I have found to be the best three of these, based on herbs and on supplements besides the vitamins mentioned above.

Herbs

The same formula that provides the best topical control for outbreaks also provides the best oral form for the control of outbreaks. This is the patented formula that contains leaf resin from the creosote bush. This plant is particularly useful for inhibiting herpes viruses from replicating in your body and for helping boost your immune system. It also has anti-inflammatory properties, which help reduce pain and itching.

The Amino Acid Connection

Two very similar amino acids, lysine and arginine, have opposite effects on herpes. Lysine reduces the duration of outbreaks, while arginine encourages the virus to grow. Lysine, 500 to 1,000 milligrams three times per day, is only needed during outbreaks. Although lysine offers a week effect by reducing the duration of outbreaks, it is still a positive effect.

Adhering to a low-arginine diet is a lifestyle recommendation. This means avoiding or eating less of the following high-arginine foods: chocolate, nuts (especially peanuts), and cereal grains (wheat, corn, rye, oat). The latter food group may be harmful due in part to their low lysine content, thereby providing a higher arginine to lysine ratio.

Probiotics: Your Beneficial Bacterial Army

Here are two important details for you to link together: 1) Certain bacteria can overwhelm and disable viruses; 2) 70% of your immune cells come from your small intestine, which depends on a healthy population of friendly bacteria. In fact, when your gut is healthy it harbors billions of bacteria that act as your own little army against viruses and all manner of microbial infections. Unfortunately, your bacterial army is too often poisoned by antibiotics, antacids, chlorinated water, prescription drugs, pesticides, and thousands of other toxic chemicals in your diet. This is where probiotics have an important role.

These are dietary bacteria that you can take as supplements that reinvigorate your GI tract, stimulate your immune system, and help your body defend itself against unwanted invaders. Scientific research on the health benefits of probiotics extends back about a century. It is very clear that the importance of this dietary supplement as a component of your strategies for controlling herpes is enormous. However, finding a formula with the right mixture of bacterial types and amounts is tricky business. Read my full article about probiotics, "[Probiotics: Bacteria That Are Crucial for Good Health](#)," and how to choose the best product for you and your family.

STRESS MANAGEMENT

The incidence and severity of herpes outbreaks increase with increasing amounts of stress. This includes physical as well as psychological stress. Regarding the latter, daily lifestyle in our current society is more stressful than ever, and our stress is made worse by sleep deprivation. Good sleep and regular relaxation would seem to be antidotes to these aggravations, and scientific research reveals many strategies in support of this notion.

Numerous herbs have been well-established for enhancing relaxation and good sleep. These include the top relaxation herbs, valerian, hops, and kava kava. The newest herb in this arena is already widely used in Brazil, where it is a native rainforest plant. The common name is mulungu, which is the key ingredient in a top new product called Mulungu Sleep Formula (read my article, "[Mulungu: Wonder Herb from the Amazon](#)"). It is only a matter of time before this herb becomes as popular as its North American and European counterparts.

One of the traditional relaxation techniques from the Orient, called Tai Chi, has a long history in scientific research. Tai Chi induces a significant physiological response that shows up as an immune boost when people relax during the slow-moving meditative movements. Recent research specifically shows how this boost is targeted to herpes infections by boosting immunity, at least in older adults. What a great combination of health benefits: relax, boost immunity, reduce susceptibility to herpes!

WHAT ELSE DO YOU NEED TO KNOW?

This brief report is a small beginning for what you can do about controlling herpes naturally. Herpes is an important subject that attracts almost constant attention worldwide among research scientists, medical professionals, drug companies, and holistic practitioners of all kinds. It is a growing problem, and it is worse than anyone has thought it to be.

It is very important for you, therefore, to keep informed about new research. Being diligent about controlling herpes begins with being as well-informed as you can be so you can make good decisions about your health. I would certainly recommend that you stay in touch with me and get all the information that I have to offer at HerpesReliefCenter.com.
All the best in natural health,

Dr. Dennis Clark, Ph.D.