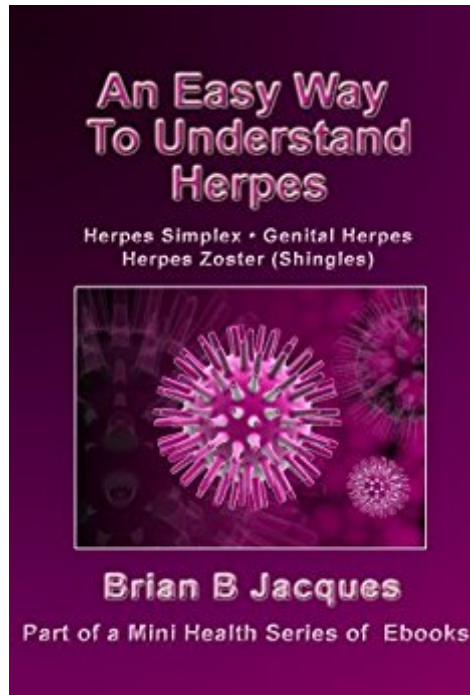


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An Easy Way To Understand Herpes (Mini Health Series Book 11)



Synopsis

Herpes is a virus that affects most people. Herpes Simplex virus is usually the cause of cold sores around the mouth. Genital herpes is a virus that is found in the genital area of both men and women. Herpes zoster virus is probably better known as shingles which affects the elderly. Chickenpox which is usually associated with a childhood infection is the virus that is implicated in shingles. Amazingly, it remains dormant for years until a person is older, then it decides for reasons best known to itself to become active again. There is no cure for a herpes viral infection. Once you have got it, you have got it for life. The best way to stop a re-occurrence of the infection is to make sure that your immune system is always operating at peak efficiency. Other things you can do are make sure you do not suffer from stress, go out in the sun without adequate sun protection especially around your lips, to help prevent a re-activation of the herpes simplex virus. Eat as natural a diet as possible by incorporating all the various food groups. You can do this by buying organic meat, poultry, fruit and vegetables. Also include whole grains, cereals, nuts and seeds. Make sure you get adequate fiber in your diet, as well as dairy products and a small amount of fats. And finally be aware of who you have physical contact with. Do not touch anyone who has an outbreak of cold sores, or you may become infected yourself. Similarly, be mindful of observing good safe sex practices with your partner to help prevent an infection. In this book I have covered all three forms of the virus mentioned above. I have also covered the available medications, and I have also included some medicinal herbals in addition to sections on vitamin supplementation. I hope this book is useful in helping you understand what herpes is, how it occurs and how to deal with a herpes infection. It is not the end of your life if you have a herpes virus inside you it is just a question of learning how to cope with it.

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