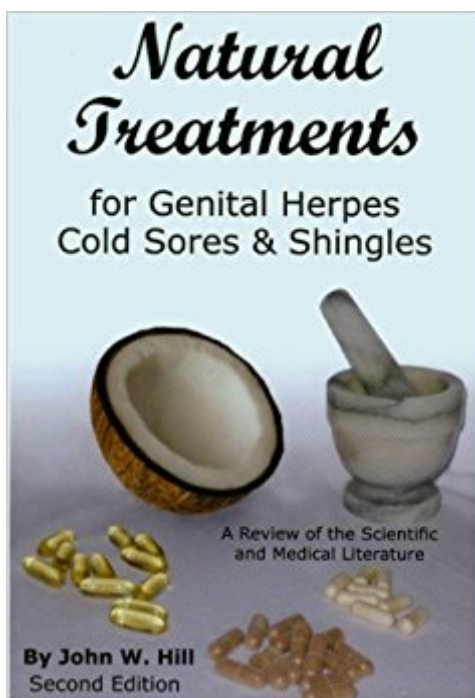


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# Natural Treatments For Genital Herpes, Cold Sores And Shingles



## Synopsis

This book discusses the major Natural and Alternative treatments for the Herpes Family viruses that have been documented in the Scientific and Medical Literature. It discusses several nutritional supplements and inexpensive over-the-counter medications that boost the immune system. It also discusses several foods, supplements and herbs that have anti-viral properties. The emphasis is on correlating potential natural and alternative therapies with relevant published research. Some have substantial supporting research and others very little. Get the documented facts, not unfounded claims.

## Book Information

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## Customer Reviews

SOME WORK O.K. BUT BETTER TO GET PRESCRIPTION MEDICINE FROM YOUR DR. AS THEYWORK MUCH BETTER AND FASTER.

Awesome job. This guy compiles every last thing you want to know about natural or low cost remedies. I am going to give them a try with renewed hope that I will be free from herpes infection

within a year.

Nothing I didn't already know, pretty basic information, but it's a good read.

I was battling shingles and thought this book might have some helpful treatment tips. It does but it's nothing more than a compilation of very easily found free information online. It's not even organized well so it's not even useful as a reference manual. If you knew someone who had shingles (or herpes, etc.) and did NOT have any Internet access, then the book would be helpful. For anyone who has Internet access and knows the very basics of using a search engine, this book isn't going to deliver any more than that.

Did not give me any information that I was looking for. would not buy this product again. Holy crap i have nothing else to say

For those who cannot tolerate long-term use of acyclovir, this book provides scientific studies of natural and dietary options which have shown promise in herpes suppression. The bibliography is visible in 's "Look Inside This Book" feature. There, one will find highly reputable journals such as the Lancet, Science, European Journal of Dermatology and many others. A quick internet search will turn up testimonials on alternative therapies, but it is important to have evidence for both safety and effectiveness. What is so helpful about this book is the author cites scholarly, peer-reviewed medical literature that explains both how and why each alternative treatment is supposed to be effective. It is up to each individual to determine whether a certain treatment is right for him or herself. Mr. Hill is careful to include both the encouraging results and the counter indications. For example, if a substance was effective against herpes in laboratory simulations but was not tested on humans, he will say it. The idea is to let the reader have everything necessary to make an informed decision. He reviews about 18 different options. Some effective substances are present in foods like cabbage juice, garlic, coconut oil or green tea. He reviews the literature on the effect of certain vitamins and minerals on immune support and therefore herpes suppression. Of the herbs available in supplement form, he tells which should not be used by people with pre-existing health conditions. For example, Olive Leaf is useful against herpes because of its anti-viral properties, but it also lowers blood pressure. This is obviously helpful for some people but not for others. As it turns out, many of the natural alternatives offer health benefits besides just herpes suppression. Olive leaf has also been used for treating chronic fatigue and helps bone loss associated with osteoporosis.

Effective doses and toxicity levels are discussed. It was helpful to know the dose range and signs/symptoms of overdoing it. It's all here. In the case of BHT, the toxicity level is 50 times greater than the effective dose. He also tells whether the supplement is best taken with meals or on an empty stomach - all very helpful information. I am grading the book at 4 rather than 5 stars only because there is no mention of Melissa oil, which appears to be the most promising alternative remedy of all. The London-based Herpes Virus Association speaks highly of it, and it is the effective ingredient in the German product Lomaherpan which is not available in the United States. It might possibly be the effective ingredient of Abreva as well. The herbal extract is available in health and aromatherapy stores, but there are many questions about how to prepare Melissa oil - concentration, methods of extraction from the plant (Co2, distillation, etc.) which carrier oil to use for dilution, etc. Long-term use of pharmaceuticals for herpes is profitable for drug companies. It works in their favor if people are frightened of all the alternatives - herbal, dietary, etc. Yet ironically, plant compounds are often the basis for prescription drugs. Thanks to Mr. Hill for bringing together the scientific data is publicly available, and giving people the opportunity to do their own research. Keep up the good work!

This book is what all of the other herpes self-help books are not. It is also not what the other books are. The writing style is a bit technical but the content is understandable by non-medical people like me. It covers a discussion of many of the "alternative" treatment modalities strictly from the standpoint of how well they are or are not documented in scientific and medical literature. The author makes no claims about miraculous cures and generates no sales pitches, but he has gone to considerable effort to dig up some promising alternative treatments that are also effective for other conditions too. Some of the supplements and herbs have a lot of documentation supporting them and some have very little. Just the facts clearly laid out. I know several individuals who are using BHT to suppress their herpes outbreaks with complete success and no apparent side effects. I wish I had read this book when my grandmother was suffering from her shingles. I highly recommend it!

most of it is not scientifically proven and can be read for free online. Some is even risky to use.

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