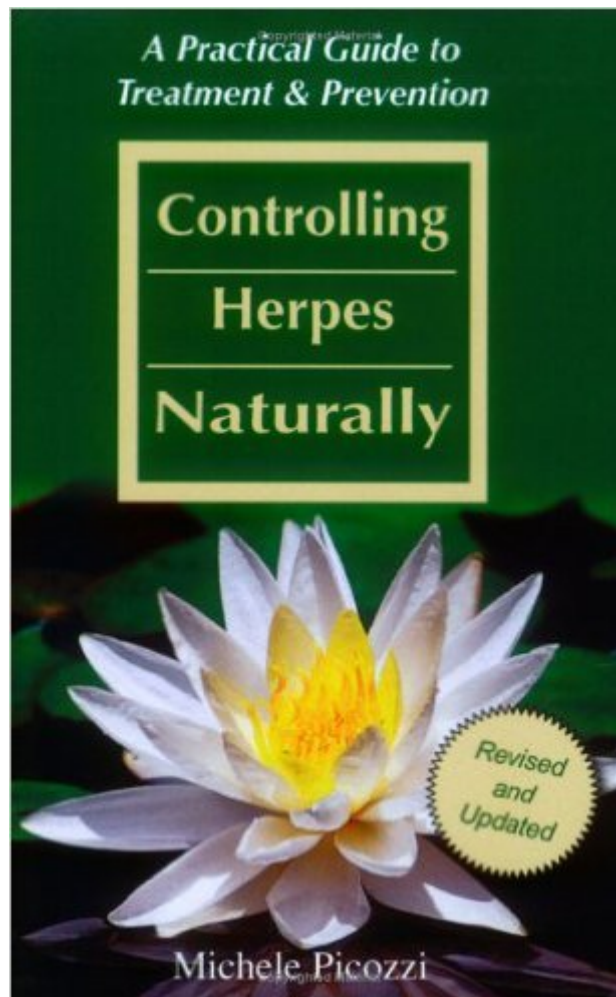


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# Controlling Herpes Naturally: A Practical Guide To Treatment & Prevention



## Synopsis

While there's no cure for herpes, there is hope. *Controlling Herpes Naturally* is still the first and only book devoted exclusively to discussing the many natural remedies readily available to treat and prevent genital herpes, cold sores and shingles. This second edition features additional alternative methods --from diet, herbs, homeopathy, aromatherapy, dietary supplements, stress management and the right forms of exercise --to deal effectively with this condition without resorting to expensive and potentially risky prescription drugs. The recommendations outlined in *Controlling Herpes Naturally* are so practical, sensible and inexpensive that anyone with facial or genital herpes can put them to use right away to speed healing and to dramatically lessen the chance of future outbreaks. As the herpes virus affects millions of people worldwide, this sensible and informative guide offers real solutions for surviving herpes. *Controlling Herpes Naturally* is the definitive source for getting better, feeling better and staying better naturally. The reference section also has been updated and expanded.

## Book Information

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## Customer Reviews

I've suffered from cold sores for years, and have tried all sorts of treatments and read as much as I can on the subject. I came across this book and really hoped it would help. But, unfortunately, it falls short on several levels. One other reviewer noted that there are numerous typos, and this is true. I found a number of typos, odd formatting, and other type-related errors. Since this is an updated version of a previous book, I would have thought these would have been corrected. Again, I could

live with these type of errors if the information was worthy. Overall, I rate this book as "fair." There is good information here, though it may not be presented in the best way. The author begins with an overview of the herpes virus, then presents the current drugs/topical methods of treatment in medicine. However, the focus of the book is natural treatment. She lists a number of supplements to support the immune system, then moves on to treating an outbreak (such as using congealed red wine as a topical treatment). Other (somewhat obvious) methods of treatment are discussed, such as reducing stress, exercising, and doing yoga. A fair chunk of the book covers diets. For those of you familiar with cold sores, you might be aware of eating foods with more lysine and less arginine in them. I can understand that. She also discusses reducing (or eliminating) things like white sugar, corn syrup, and processed foods. Again, no problem and it's good for overall health. Where it gets confusing is when she starts talking about other diets and the glycemic index. One section says to avoid whole oats, while another says it's good. So which one do I believe? The order of some of the chapters is a bit out of whack.

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