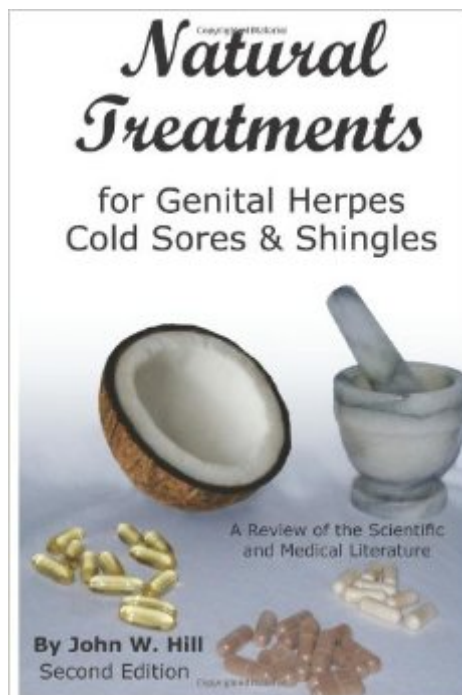


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# Natural Treatments For Genital Herpes, Cold Sores And Shingles: A Review Of The Scientific And Medical Literature



## 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

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.

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