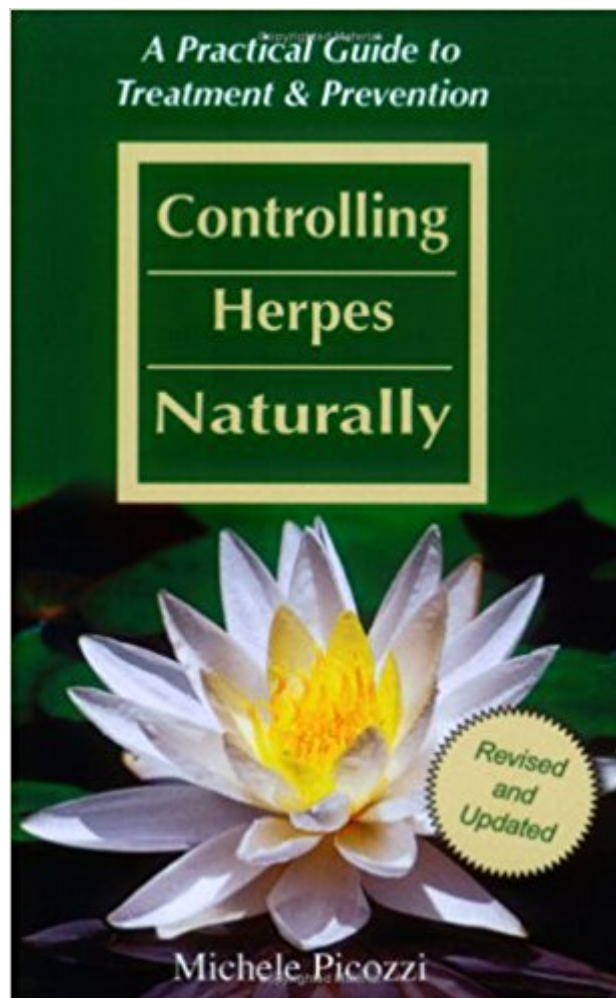




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# Controlling Herpes Naturally: A Practical Guide To Treatment & Prevention



## 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

"A do-it-yourself, holistic approach that can help prevent, reduce herpes symptoms, all discussed in a nurturing and thorough manner." -- Baltimore Resources Journal, May 1999  
"The book is very effective ... offers practical hope." -- Townsend Letter for Doctors & Patients, May 1998  
"Very informative and one of the best thus far on natural healing of this virus." -- Herpes Hope Newsletter, January 2000

Michele Picozzi is a former reporter for natural health and living magazines and newsletters, including Yoga Journal and Delicious! She also is the author of "Yoga: The Perfect Companion" and "The Pocket Guide to Hatha Yoga."

The booklet was helpful, but just that - a booklet. It touched upon ideas but didn't really get into the nitty gritty of some of the aspects I'd hoped it would but did she's light on resources to further research topics like Lysine-Arginine aspect, and Holistic healing practices. I have done some research on Herpes since being diagnosed and talked about much of what I uncovered in my findings. It is brief but definitely a "guide". For those just embarking on the matter, this booklet is definitely the right place to start in controlling Herpes naturally; almost like a reference guide.

Good for school use for counseling

I purchased this book to support students I worked with in my Health Ed classes in public schools and on college campuses. Being a Holistic Registered Nurse, I appreciate the natural approach this book offers. I found it extremely helpful, well organized, and has provided relief for many, many students over the years. I recommend it highly.

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. For instance, toward the end of the book she discusses good hygiene. I think that would have made more sense to include before the chapter on topical treatment, since cold sores are very contagious upon outbreak. I would not suggest that someone who is a beginner read this book. I think it would be confusing. If you've read a little on herpes before, give it a try, with the above caveats.

Loads of info on what herbs, vitamins, foods and exercises to help manage the virus. Presentation is clean and organized. I continue to use as a reference to stay free from outbreaks.

This book is packed with information about herpes virus. Why spends hours researching on the net when you can get it all in one simple book? I'm glad I purchased it despite the other negative review!

I bought this book because I would like to keep my little herpes friends in check through diet and exercise rather than with drugs. I found this book very poorly edited and irritating to read. I would have been willing to overlook this had there been any new or insightful information that couldn't be found on Wikipedia. There isn't. Avoid processed foods, exercise regularly and try not to get stressed out. Imagine that. Save yourself the 2 hours it will take to read this book and go play with your lover/dog/cat instead.

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