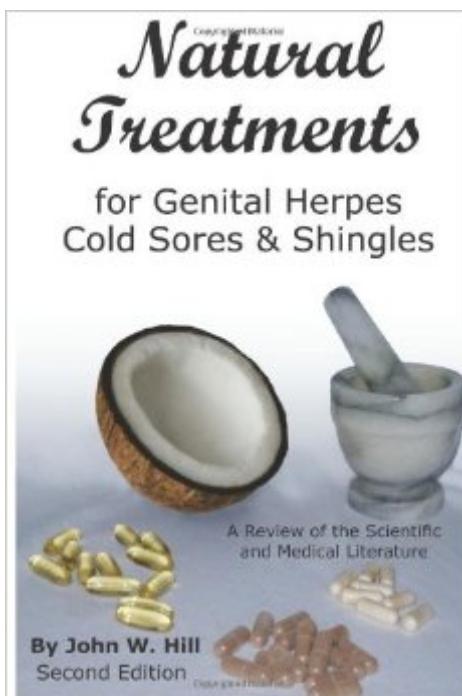


The book was found

# 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**

Paperback: 176 pages

Publisher: Clear Springs Press; 2nd edition (January 7, 2012)

Language: English

ISBN-10: 188497905X

ISBN-13: 978-1884979057

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 starsÂ  See all reviewsÂ  (10 customer reviews)

Best Sellers Rank: #1,224,658 in Books (See Top 100 in Books) #42 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Herpes #69 inÂ  Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Holistic Medicine #136 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genitourinary & STDs

## **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.

[Download to continue reading...](#)

Natural Treatments for Genital Herpes, Cold Sores and Shingles: A Review of the Scientific and Medical Literature Cold Calling: for beginners - Cold Calling Techniques that work - Cold Calling Tips (Cold Calling Techniques that work for beginners - Cold calling sales Book 1) Creative Window Treatments : Curtains, Shades, Top Treatments & No-Sew Styles Introduction To Research And Medical Literature For Health Professionals (Blessing, Introduction to Research and Medical Literature for Health Professionals wi) The Patient's Medical Journal: Record Your Personal Medical History, Your Family Medical History, Your Medical Visits & Treatment Plans Yes, I Have Herpes: A Gynecologist's Perspective In and Out of the Stirrups Natural Gas Trading: From Natural Gas Stocks to Natural Gas Futures- Your Complete, Step-by-Step Guide to Natural Gas Trading Puppetry of the Penis: The Ancient Australian Art of Genital Origami Female Genital Cutting (Confronting Violence Against Women) LWW's Medical Assisting Exam Review for CMA, RMA & CMAS Certification (Medical Assisting Exam Review for CMA and RMA Certification) Medical Assistant Exam Strategies, Practice & Review with Practice Test (Kaplan Medical Assistant Exam Review) Lippincott's Review for Medical-Surgical Nursing Certification (LWW, Springhouse Review for Medical-Surgical Nursing Certification) Breakfasts With Buster: Helping Buster Battle Bone Cancer: A Journey Through Holistic and Medical Treatments for Pets The Cox-2 Connection: Natural Breakthrough Treatments for Arthritis, Alzheimer's, and Cancer What You Must Know About Women's Hormones: Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporosis, PCOS, and More What Works for Whom?, Second Edition: A Critical Review of Treatments for Children and Adolescents Diversity and the Tropical Rain Forest: A Scientific American Library Book (Scientific American Library Series) Cold Cereal (Cold Cereal Saga) Builder's Guide to Cold Climates: A Comprehensive Guide to the Best Cold-Climate Building Techniques THE COLD CALLING SECRET: Discover the NEW ground-breaking cold calling techniques that get results! Readable on Kindle, PC, Mac or iPad

[Dmca](#)