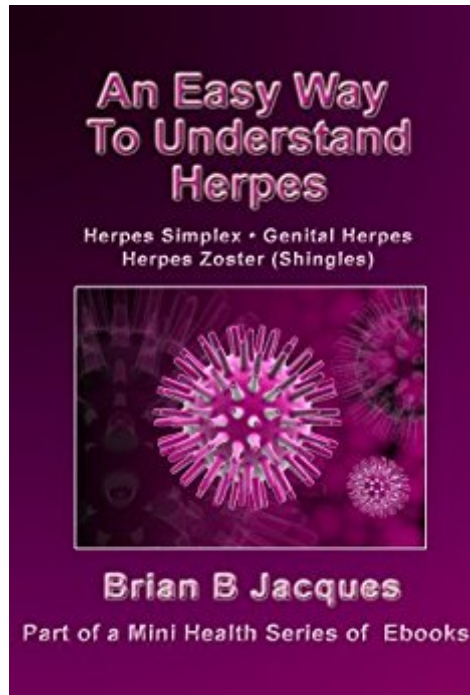


The book was found

# An Easy Way To Understand Herpes (Mini Health Series Book 11)



## Synopsis

Herpes is a virus that affects most people. Herpes Simplex virus is usually the cause of cold sores around the mouth. Genital herpes is a virus that is found in the genital area of both men and women. Herpes zoster virus is probably better known as shingles which affects the elderly. Chickenpox which is usually associated with a childhood infection is the virus that is implicated in shingles. Amazingly, it remains dormant for years until a person is older, then it decides for reasons best known to itself to become active again. There is no cure for a herpes viral infection. Once you have got it, you have got it for life. The best way to stop a re-occurrence of the infection is to make sure that your immune system is always operating at peak efficiency. Other things you can do are make sure you do not suffer from stress, go out in the sun without adequate sun protection especially around your lips, to help prevent a re-activation of the herpes simplex virus. Eat as natural a diet as possible by incorporating all the various food groups. You can do this by buying organic meat, poultry, fruit and vegetables. Also include whole grains, cereals, nuts and seeds. Make sure you get adequate fiber in your diet, as well as dairy products and a small amount of fats. And finally be aware of who you have physical contact with. Do not touch anyone who has an outbreak of cold sores, or you may become infected yourself. Similarly, be mindful of observing good safe sex practices with your partner to help prevent an infection. In this book I have covered all three forms of the virus mentioned above. I have also covered the available medications, and I have also included some medicinal herbals in addition to sections on vitamin supplementation. I hope this book is useful in helping you understand what herpes is, how it occurs and how to deal with a herpes infection. It is not the end of your life if you have a herpes virus inside you it is just a question of learning how to cope with it.

## Book Information

File Size: 184 KB

Print Length: 52 pages

Publisher: Wisdom For Life Media (June 23, 2012)

Publication Date: June 23, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B008EDNAHU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,818,212 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #100

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Herpes #427 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments #665 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments

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

Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life! (Herpes Cure, Herpes, Genital Herpes, Cold Sore, Eliminate Herpes, How To Cure Herpes, Herpes Treatment) The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) Herpes: 50 Ultimate Herpes Cures: How to eliminate Herpes for life and never suffer from outbreaks again (Herpes Treatment, Genital Herpes, Herpes Zoster, ... Simplex, Herpes Virus, Cold Sore, Health) The Herpes Solution: How to Free Yourself of Genital Herpes... for Good! (Genital Herpes Book, Cold sores, genital herpes, genital herpes cure, genital herpes treatment) An Easy Way To Understand Herpes (Mini Health Series Book 11) iPad and iPad Mini Made Easy: The easy-to-understand user guide for the iPad and iPad Mini Quick and Permanent Cure for Herpes: Natural Herpes Remedies That Proven to Destroy the Herpes Virus! HERPES: Genital Herpes and Oral Herpes: Symptoms, Diagnosis, Treatments, Pregnancy, Newborn, Preventions, Self-Care, Counseling, Research Herpes Free Guarantee: How I Got Rid Of Herpes Completely Without The Use Of Drugs. Follow These Simple Steps You Can Be Herpes Free Treating Herpes Naturally With Larrea Tridentata: an Effective, Natural Remedy for Cold Sores, Genital Herpes, Shingles, Chickenpox, Epstein-Barr, and Other Herpes Outbreaks Mini Farming & Indoor Gardening: Mini Farming & Indoor Gardening for Fresh & Organic Produce: How To Do Mini Farming In Your Apartment Using Indoor Gardening Techniques HERPES CURE: The Most Effective, Permanent Solution To Finally Get Rid Of Herpes For Life (Health, Disorders & Diseases, Skin Ailments, Physical Impairments, Pain Management, Nervous System) How to enjoy dating & romance with herpes: Learn how to handle the emotional and practical challenges of herpes with confidence (so you can get your love life back on track). (Guides Book 2) Pregnancy And Herpes: What Every Women Needs To Know (Living With Herpes Book 1) The Ultimate Herpes Guide- Secrets To Naturally Treat Herpes Get Rid of Herpes: The Natural, Safe, Effective, Herpes Remedy! Cure Herpes Naturally - Natural Cures for a Herpes Free Life Herpes Remedy - 10 Ways

to Cure Herpes Forever What is Herpes Simplex 2? - Genital Herpes Treatment Understand  
Alzheimer's: A First-Time Caregiver's Plan to Understand & Prepare for Alzheimer's & Dementia

[Dmca](#)