



Your long-term management of your herpes is divided into two phases:
Outbreak Mode and Non-Outbreak Mode.

Outbreak Mode:

Consider yourself in Outbreak Mode if you have not gone at least 60-90 days without symptoms. Symptoms include sores, rashes, fissures, or any unusual eruptions on your skin as well as any itching, tingling, burning, pain or numbness. Just because there are no sores doesn't mean your not having outbreaks. During Outbreak Mode, you are required to email me weekly to describe your emotional, mental and physical health. If you cannot or will not do this let me know so that I can recommend some other course of treatment for you because I cannot effectively treat patients who are not willing to keep me posted on their progress and therefore would have to discontinue working you. I depend on your weekly reports to give me the information I need to adjust your remedies each month, adjust dosage and switch to different remedies when appropriate. Your remedies are never exactly the same two months in a row.

When you are still in outbreak mode I expect you to follow the protocol to the letter. Nobody is perfect and there may be slips here and there, but if you cannot commit to following the protocol to the letter, especially in doing yoga 20 minutes per day, 5 days a week and abstaining from caffeine and nuts and if you are a woman- inserting the antiviral gel daily in your vagina at bedtime, do let me know so that we can discontinue working together.

While you are in outbreak mode we will also be having a monthly follow-up phone consultation.

Non-Outbreak Mode:

When you have gone at least 60-90 days without symptoms you are in non-outbreak mode. Which means you no longer have to take the remedies I make for you daily, but will just keep a set on hand in case symptoms arise in the

future. It also means that you need only email me once per month to update me on your health- you can write more often if you like.

In non-outbreak mode you are free to re-introduce nuts and/or caffeine into your diet, one thing at a time, to see if your immune system can tolerate it. If you get an outbreak, you'll know that your body cannot handle the offending substance.

In non-outbreak mode you are still required to insert the antiviral gel daily if you are a woman, and are still strongly encouraged to continue the yoga routine and taking the recommended supplements.

If you are a woman aged 35-50, in non-outbreak mode and having symptoms of a hormone imbalance, I strongly encourage you to get a bio-identical progesterone cream from your pharmacy until you are finished menopause or ask me to help you with hormone balancing herbs, to make sure your hormones are well-balanced because hormone imbalances can bring on a return of outbreaks and will worsen your herpes as your hormones get further out of balance.

Once we have stabilized your herpes, feel free to ask for my help with any other health issues that may come up even if it's as common as a cold or as vexing as vulvodynia, insomnia, digestive issues or anything else. Even though I am a viral specialist, I have a large herbal dispensary and can treat any problem you have that doesn't require surgery or a trip to the emergency room.

Whether or not you are in outbreak mode it's vitally important that you get 7-8.5 hours of sleep each day. If you cannot get that much sleep it's imperative that you make it up with either naps or extra sleep on your days off. As few as four days in a row of less than 7 hours of sleep can cause an outbreak and weaken your immune system.

The New Improved Natropractica Herpes Protocol

1. Diet:

Foods To Avoid

Chocolate

Caffeine (Coffee, Black Tea, Green Tea, Yerba Mate)

Peanuts

All Other Nuts and Seeds (except Hemp and flax)

All Artificial Sweeteners

Sugar and Sweeteners except Honey, Agarve, Stevia, Xylitol

Jello

Carob

Raisins

Helpful Foods:

Salmon, Tuna, Swordfish, Sardines, Mackerel

Hemp Seeds- not Hemp Protein (I recommend ordering it from snowrk@telusplanet.net if you can't get it locally)

Meat- preferably organic

Potatoes

Plain Organic Yogurt- unsweetened, at least 2.5% milk fat

Brewer's Yeast- or a selenium supplement

Chicken-preferably organic

Beans

Eggs-preferably organic

Broccoli, Cabbage, Brussell Sprouts

2. Recommended Supplements

Zinc (zinc picolinate is best)- 50mg daily

Selenium (must be taken separately from other supplements)- 200mcg daily

Garlic (I recommend the kyolic brand with astralgus and medicinal mushrooms added if you can find it but any good garlic capsule will do. I recommend 3 capsules a day on days without symptoms and 10-14 a day on days with symptoms. Consult with your MD first if you have low blood pressure or are on any prescription drug other than valtrex or famvir)

St. John's Wort- 300-500mg standardized. 1 capsule daily. Consult with your pharmacist or MD first if you are taking any prescription drug other than valtrex, famvir or acyclovir, read warning label regarding photo-sensitivity.

3. Lifestyle and State of Consciousness:

Make Peace with the virus. Stress and conflict are major triggers for outbreaks. At this time there is no cure for herpes and viruses have shown themselves to be resourceful organisms well equipped for survival. I'm not suggesting that you rejoice at having this organism take up residence in your body, but the reality is that we are hosts for billions of organisms. My suggestion is to make peace with the herpes virus rather than waging war on it. Find your own way of co-existing with it in a manner which does not stimulate outbreaks and allows you to live as symptom free as possible. If you have not read my book, please do read it. If you have my book, I encourage you to re-read it from time to time as it will inspire you and you will get something new from it each time you read it.

Listen to your Natropractica Self-Hypnosis cds at least once per week if in outbreak mode- if you do not have the cds please do order them.

Creative Visualization or simply speaking to the virus will also help. Please note that it has been clinically proven that people who use self-hypnosis experience 50% fewer outbreaks than those who do not.

Respect your body. No matter what substances or strategies you use to manage the disease, you still need a healthy immune system and good overall health to achieve optimum results. Treat your whole person. Respect your body. I recommend strongly that you refrain from smoking, drinking coffee, alcohol abuse, drug abuse, and any manner of behaviour you know to be physically or emotionally self-destructive.

Yoga- it is a requirement of the protocol that you do a 20 min yoga routine at home at least 5 times per week. I recommend that you buy a book or dvd if you don't know the basic asanas. If you go to yoga classes, treat them like an extra support, but still continue the home practice at least 5 times per week. Tai-chi and qi-gong can be substituted for yoga. This is the most-important tool in managing herpes, more important than remedies or anything else.

4. The Natropractica Remedies:

It is vitally important that you take the remedies daily while still in outbreak mode. 6-12 months of daily immune support is usually the time your body needs stop having regular outbreaks- but no two people get herpes the same way, so your timeframe may be shorter or longer, but there are no short-cuts or magical quick-fixes in treating herpes holistically. The goal is to go at least 60-90 days without any symptoms-once this is accomplished you no longer have to take remedies daily but will have a set on hand to take aggressively if and when symptoms return.

If you miss a dose please double up on the next dose. It's better to take the does at the same approximate time each day. If you have a busy schedule take one dose in the morning before eating and one dose at night before bedtime.

If you cannot or will not commit to taking the remedies daily for a minimum of six months please do not even begin the protocol because it's counter-productive for us to waste your money or my time and remedies if you are not willing to make a minimum commitment to the protocol.

Internal Use:

The remedies are strong herbal medicine and may not taste good. It's most effective to drop the liquid underneath your tongue, hold it for 30-60 seconds and then swallow. If this is too much for you can drop the liquid in a small cup of warm to hot water with honey and take your dose this way. It's best to take the dose at least 1 hour after and one hour before meals. Always shake the bottle well before using. The remedies should be taken at least 5 minutes apart.

Daily: On days without symptoms take the immune formula as directed on the label. If you are a woman, use the antiviral gel during sex but also insert a small amount of the antiviral gel in your vagina at bedtime every night. Store the gel in the fridge when not in use. If you get your herpes above the waist you can apply the gel topically to your lips or other area one or more times per day.

During an Outbreak: Take your recommended dose every two to four hours on onset of prodromal symptoms (itching, tingling, burning,) during waking hours during first 24 hours. Then every 4 to 6 hours during waking hours until Symptoms disappear. Take 10-14 garlic capsules daily until at least 48 hours after symptoms have disappeared. Take 2 st john's wort capsules per day until at least 48 hours after symptoms have disappeared.

Topical Use:

There's nothing more effective to apply to a herpes sore than a black tea bag-organic preferred, that has been steeped in hot water for an hour or more. Apply the wet tea bag often to your sores and you can also tear the bag slightly to expose the tea leaves directly to your skin.

Unless directed otherwise you can also apply the Immune formula with your fingers or q-tip or cotton ball to the area of lesions or the area where lesions appear every 30 to 60 minutes during waking hours for the first 24 hours of symptoms (this refers to the prodrome, it's important to start applying the liquid even before lesions appear). After the first 24 hours apply the liquid as often as needed until lesions crust over and/or symptoms disappear, every 4-6 hours is the minimum but you can apply more often if you choose.

FEEDBACK

Please feel free to always contact me with any questions or comments you have about the protocol and the remedies. Don't be shy, and don't hesitate to alert me to any problems or concerns. I am here to adjust the remedies as needed and to make other suggestions which will help you.

Your healing process is a dynamic process and success is best achieved by making adjustments along the way. If you in outbreak mode and are not willing to make the commitment of emailing weekly please do not even join or continue the protocol. Once again, I don't want to waste your money or my time and remedies. You have my commitment, all we need is yours to ensure we achieve the best results for you.



GREEN
SUN

Holistically Healing Herpes

A life-long herpes infection can affect every aspect of your life. The physical symptoms are obvious but herpes is usually a far more devastating disease emotionally, mentally and socially than it ever is physically. Since herpes can affect your whole life you need to make changes to your whole life in order to have the greatest success in living a herpes-free reality. This is what holistic healing is. In holistic medicine healing the whole person is the goal. With herpes you need to heal the way you think about herpes, the way you feel about having herpes, you need to heal how you perceive your place in the community as a person with herpes, you need to heal your love-life and your sex-life as a person with herpes. Merely popping a pill does not address any of this. This is the failure of synthetic impersonal medicine. Medicine without humanity, compassion and understanding is not medicine at all. Medicine that does not take the time to treat you as an individual and address the many levels on which a disease affects a person is not medicine at all.

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