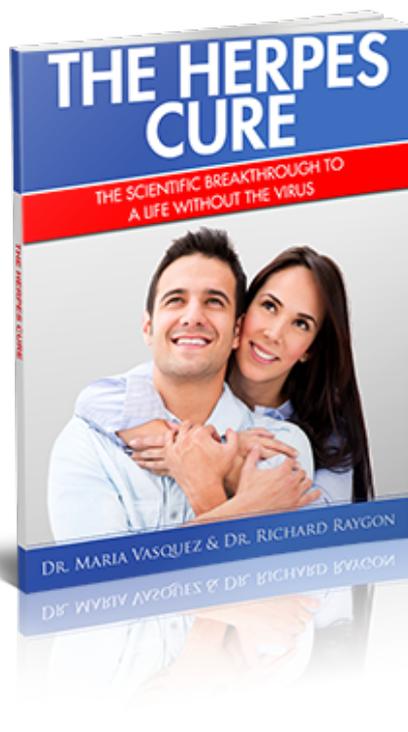




The Herpes Cure

The Scientific Breakthrough To A Life Without The Virus



Dr. Maria Vazquez & Dr. Richard Raygon

Introduction

It really doesn't matter what you read or where you look, herpes is an increasing problem & you're really not alone, although it might feel that way. I guess it's fair to say that the large number of reported cases of people suffering with herpes may be as a direct result of the condition being one of embarrassment and because it is notoriously hard to treat. I'm sure you have been told or read that you can't be cured of the herpes virus.

And if you only treated herpes with prescribed medication that would be true, you see almost everything your doctor prescribes for your condition is symptomatic which means that you will only ever be treating the symptoms and not the virus which cause the outbreaks.

You will find this publication to be a very different look at, and approach to treating herpes. Although I will stop at proclaiming the methods in this publication as a cure for herpes (as that would be deemed as being illegal) I will say that Herpes Miracle is a very REAL procedure for quickly clearing up the rash (symptoms) as well as eventually killing the virus.

So let's quickly talk about the statistics surrounding herpes. You don't really need to dwell on or even read this part if you don't want to. The only reason I'm including them is purely to state a point, which is?: That you are not alone, in fact if you look at the numbers your pretty average really.

All statistics below are based on Americans 14-49 years old:

Over 25 million Americans have genital herpes, that's 1 out of every 6

80% of all Americans have oral herpes

Women: 20.9% of women have genital herpes

Men: 11.5% of men have genital herpes

Blacks: 39.2% of black Americans have genital herpes (48% of black women!)

Whites: 12.3% of white Americans have genital herpes

80% of Americans with genital herpes (HSV-2) are unaware of their infection

Up to 50% of new genital herpes infections are caused by HSV-1, mainly through cases of oral herpes being passed through oral sex

You know it's a scary fact, but cases of herpes will grow & grow, and the main reason for this is the fact that 80% of people suffering with the condition have no idea they even have herpes.

More than 40,000 new cases of herpes are diagnosed each day in America alone that is over 15,000,000 new herpes infections per year! The number of people infected with herpes has reached epidemic proportions.

A Quick History of Herpes

Herpes isn't new in fact it's been known about for at least 2,000 years. It is said that Emperor Tiberius banned kissing in Rome for a time due to so many people having cold sores.

In 18th century herpes was so common among prostitutes that it was called "a vocational disease of women."

The term Herpes Simplex appeared in Richard Boulton's 'A System of Rational and Practical Chirurgery' in 1713, where the term Herpes militaries and Herpes exudes also appeared.

Herpes was not found to be a virus until the 1940s.

Herpes antiviral therapy began in the early 1960s with the experimental use of medication that interfered with viral replication called deoxyribonucleic acid (DNA) inhibitors. The original use was against normally fatal or illness such as adult encephalitis, keratinises, in immune compromised (transplant) patients, or disseminated herpes zoster.

Herpes simplex was not always stigmatised. It was considered nothing more

than a cold sore in an unusual place until the 1970s. Much of the hysteria and stigma surrounding herpes stems from a media campaign beginning in the late 1970s and peaking in the early 1980s.

There were multiple articles worded to provoke both fear and anxiety using terminology, such as "attacks," "outbreaks," "victims," and "sufferers."

The articles were published by Reader's Digest, U.S. News, and Time magazine, among others. The peak was when Time magazine had 'Herpes: The New Scarlet Letter' on the cover in August 1982, forever stigmatizing the word in the public mind.

Herpes support groups have been formed in the United States and the UK, providing information about herpes and running message forums and even dating websites for "sufferers."

Types of herpes

The herpes family of viruses includes 8 different viruses that affect human beings; I have listed them below for your information.

However we are only actually interested in HHV1 (HSV1) & HHV2 (HSV2).

Put simply: herpes type 1 causes sores around the mouth and lips (sometimes called fever blisters or cold sores). HSV-1 can cause genital herpes, but most cases of genital herpes are caused by herpes type 2. In HSV-2, the infected person may have sores around the genitals or rectum. Although HSV-2 sores may occur in other locations, these sores usually are found below the waist.

Human herpes virus 1

Human herpes virus 1 (HHV1) is also known as herpes simplex virus 1 (HSV1). It is typically the cause of cold sores around the mouth. HHV1 can also lead to infection in the genital area causing genital herpes usually through oral-genital contact, such as during oral sex.

HHV1 infections are contagious and are usually spread from skin-to-skin contact with an infected person through small breaks in the skin or mucous membrane.

The HHV1 virus is more likely to be spread through things like sharing eating utensils, razors, and towels from a person who has an active lesion.

Human herpes virus 2

Human herpes virus 2 (HHV2) is also called herpes simplex virus 2 (HSV2). It typically causes genital herpes, a sexually transmitted infection. However, it can also cause cold sores in the facial area.

Like HHV1, the HHV2 infection is contagious and is spread by skin-to-skin contact. The main route of transmission is through sexual contact, as the virus does not survive very long outside the body.

If you have been diagnosed with genital herpes you may not experience any notable symptoms. The herpes virus can remain dormant in your system for a lifetime. Once infected HSV2 resides in the nerve cells at the base of the spinal column.

Human herpes virus 3

Human herpes virus 3 (HHV3) is also called vermicelli-zoster virus. HHV3 causes chickenpox. It can also cause a recurrent virus infection of the skin, which is called herpes zoster or shingles.

Shingles occurs when dormant vermicelli-zoster virus from an initial bout of chickenpox becomes reactivated. Like its close relative, HHV1, herpes zoster likes to infect skin cells and nerve cells. This virus may also recur along nerve fibre pathways, causing multiple sores where nerve fibres end on skin cells.

Because an entire group of nerve cells is often affected, shingles is generally much more severe than a recurrence of herpes simplex. The lesions generally appear in a band-like or belt-like pattern occurring on one side of the body and are often accompanied by itching, tingling, or even severe pain.

Healing usually occurs in 2 to 4 weeks, and scars may remain. Post herpetic neuralgia is a complication of shingles where the pain associated with the infection can persist for months and even years. Most people who experience shingles once do not experience it again.

Human herpes virus 4

Human herpes virus 4 (HHV4) is also known as the Epstein-Barr virus. It is the major cause of infectious mononucleosis, or "mono" - the "kissing disease." It is a contagious infection and is transmitted through saliva. Coughing, sneezing, or sharing eating utensils with an infected person can pass the virus from one person to another.

Human herpes virus 5

Human herpes virus 5 (HHV5) is the official name of cytomegalovirus (CMV). CMV is also a cause of mononucleosis. In people with healthy immune systems, the virus may not even cause any symptoms. It can be sexually transmitted, can cause problems to newborns, and can cause hepatitis.

CMV can be transmitted through sexual contact, breast-feeding, blood transfusions, and organ transplants. CMV infection is one of the most difficult complications of AIDS. It may lead to diarrhoea, severe vision problems including blindness, infections of the stomach and intestines, and even death.

For a virus that barely causes a problem in most people with healthy immune systems, it can be amazingly nasty in people with damaged immune systems, such as people with AIDS.

Human herpes virus 6

Human herpes virus 6 (HHV6) is a recently observed agent found in the blood cells of a few patients with a variety of diseases. It causes roseola (a viral disease causing high fever and a skin rash in small children) and a variety of other illnesses associated with fever in that age group. This infection accounts for many of the cases of convulsions associated with fever in infancy (febrile seizures).

Human herpes virus 7

Human herpes virus 7 (HHV7) is even more recently observed and is closely related to HHV6. Like other human herpes viruses, HHV6 and HHV7 are so common that most of humankind has been infected at some point, usually early in life. HHV7 can also cause roseola, but it is not clear what other clinical effects that this virus causes.

Human herpes virus 8

Human herpes virus 8 (HHV8) was recently discovered in the tumours called Kaposi's Sarcoma (KS). These tumours are found in people with AIDS and are otherwise very rare. KS forms purplish tumours in the skin and other tissues of some people with AIDS.

It is very difficult to treat with medication. HHV8 may also cause other cancers, including certain lymphomas (lymph node cancers) associated with AIDS. The fact that these cancers are caused by a virus may explain why they tend to occur in people with AIDS when their immune systems begin to fail. The discovery also provides new hope that specific treatments for these tumours will be developed that target the virus.

Genital Herpes



Genital herpes is highly contagious. If you know you have genital herpes then you really have to be very careful not to pass on the infection.

Of course you may not know you have herpes or you may think you no longer have a problem with the condition as you have not had an outbreak for month's even years.

But the fact is unless you know for a fact that you no longer carry the virus you really do need to be careful. Always use a barrier (condom), this will not only protect your partner but also protect you. This advice should be adhered to during all sexual activities (including oral).

The symptoms of oral herpes and genital herpes are almost identical & once infected becomes permanent, that is as far as traditional medicine goes. As mentioned above herpes may not be apparent or obvious.

The virus attaches itself to either end of the spinal cord and can remain dormant for months, years even a lifetime. The fact that herpes remains dormant in you or perhaps in your partner does not mean that the condition

cannot be passed to another person (Shedding).

Herpes may be contagious at any time even without visible signs of an outbreak (estimated at 1-5% of the time). This is symptom is called —viral shedding. Many Doctors still believe and offer advice along the lines of “ You can’t infect anyone with herpes if you are not showing symptoms” (outbreak), This information is wrong, you can pass on herpes at any time, outbreak or not.

A herpes outbreak normally starts with one or a few small blisters. Without treatment, the herpes blisters generally last several days and then form scabs which often turn black indicating the end of the outbreak. Once the blisters have gone the skin will often look a slightly different colour for a while.

Herpes blisters (symptoms) can be treated with topical treatments to some degree, however the virus will remain & most of these so called topical treatments are little more than an expensive waste of time. I'll explain how to get rid of herpes blisters quickly, safely & cheaply in just a while. Forget about all of those expensive herpes relief products.

What Does Herpes Look Like?

Many people confuse herpes with other conditions, even doctors may not be able to recognize it. However common herpes symptoms tend to be the same wherever they're located on the body. The main difference lies in the severity of the symptoms. It may cover a larger area and be more acute if it is a first infection of primary infection. Recurrent infections are usually milder.

Herpes often looks like a mosquito bite, small blister or collection of small blisters, sometimes a spot (zit) or a white-head. Herpes sometimes starts with an itch and a rash. The skin can become red and tender.

Then swelling may occur until small blisters appear. Sometimes they gather in a larger blister. The blisters can be transparent, whitish, and yellowish or filled with a greenish liquid. Symptoms may vary from time to time, as will the appearance of the blisters. They may appear in different sizes, shapes or colours or appear in different areas.

What is typical about herpes is that herpes blisters usually start to crust and turn back into healthy skin.

Herpes Often Confused with Other Conditions

Are you absolutely sure you have herpes? That might seem like a stupid question but the fact is there are a number of conditions which are often mistaken for herpes.

Candidacies

For example, Genital herpes is often confused with a yeast infection or Candida (Candidacies). They both cause redness, swelling, itchiness and burning.

The yeast infection called Candidacies, is caused by a small fungus called Candida Alb cans & often causes small blisters. Candidacies are usually found internally or very close to the genitalia.

Syphilis

Syphilis is another sexually transmitted disease (STD).

Syphilis is caused by a bacterium called Treponema palladium. As well as being sexually transmitted it can also be passed from mother to infant during pregnancy (congenital syphilis).

Primary Syphilis first stage symptoms include swollen glands and painless small ulcers usually located near the genital area (much like herpes). If not

treated syphilis may move to its second stage and cause a rash covering parts of the body or the entire body.

It usually appears 4 to 10 weeks after the first stage symptoms. Other common symptoms include sore throat, fatigue, headache, and swollen lymph glands, less frequent symptoms include flu like symptoms, weight loss, hair loss, aching joints, or sores in the mouth or genital area.

Syphilis looks the most like genital herpes in its second stage. More generally, syphilis is very often confused with other ailments. It really is important to discount syphilis as early as possible as left untreated, syphilis will move to its third and final stage and damage many organs resulting in mental illness, blindness, deafness, memory loss or other neurological problems, heart disease, even death.

Syphilis may often look like herpes but it is in fact quite different. Herpes is a virus where as Syphilis is a bacterial infection which can be treated easily with penicillin or other antibiotics.

Untreated syphilis can be fatal, so please make sure that you do not have it!

Impetigo

Impetigo mainly affects the face, especially around the nose and mouth and on the hands. Impetigo is mostly associated with children & adolescents but it can also affect adults in the genital area.

It is a common but highly contagious bacterial skin infection. It is caused by either streptococcus A or staphylococcus aureus.

Streptococcus A usually produces redness, blisters or sores and forms a yellowish brown crust. Staphylococcus aureus tends to trigger larger fluid-filled blisters that don't usually burst.

The disease is highly contagious, and scratching or touching the sores is likely to spread the infection to other parts of the body as well as to other people.

Atopic dermatitis

Atopic dermatitis is often referred to as eczema. But eczema has broader meaning than atopic dermatitis. Atopic dermatitis is not contagious. Several people of the same family are often affected ATP. Exact causes of atopic dermatitis are not exactly known and consist in a complex interaction of genetic and environmental factors.

Even though symptoms may differ in different people, most people have acute flares with inflamed, red, sometimes blistered and weepy patches that recur from time to time or that can become chronic.

Other types of eczema include allergic contact eczema, neurodermatitis, seborrhoea eczema and nummular eczema. Most of them have some symptoms in common with genital herpes, like itchiness, redness and burning even blisters.

Other conditions

There are of course many other conditions which are easily mistaken as herpes such as numerous insect bites, skin allergies, nettle rash, etc., etc.

Genital Herpes Symptoms

Typically genital herpes symptoms will last anywhere from 2-10 days. During the early stages of an outbreak, there are several genital herpes symptoms to look out for.

Symptoms may include one or more of the following:

Early symptoms may include Itching, tingling or burning sensations in the genital or anal area. These symptoms are usually a good indication that an outbreak has started, you may already be aware of this.

You could also experience early genital herpes symptoms that most people would not recognize unless they were looking specifically for genital herpes symptoms.

Symptoms may include pain in the buttocks, legs, or genital area, feeling of pressure on the abdominal area, and a vaginal fluid discharge. Often the pain is described as a tingling sensation. This particular genital herpes symptom has been described best as feeling raw or similar to a sunburn type sensation.

After a few days, the most common genital herpes symptom of tiny sores will begin to appear in the genital area. They can also appear in the urinary passage of both women and men, and inside the vagina.

At first, they appear to be small, red bumps; they later develop into painful open lesions. The tiny sores or blisters will typically last 10-14 days in initial outbreaks and 2-5 days in recurring outbreaks.

The sores will eventually crust over and then finally disappear. Herpes sores generally do not leave a scar. Other genital herpes symptoms that occur with the first outbreak and in a small percentage of recurring outbreaks are painful urination, vaginal discharge, swollen groin glands, headaches, fever, and muscle aches.

Herpes Simplex Diet

Before I head in to this next chapter I would just like to point out that GetRidofHerpes is not diet based. Having said that I believe it is best to arm you with every piece of ammunition I have available, so here goes.

The following lists of foods which are either good, bad or somewhere in between if you suffer with herpes are not unique to this publication and are considered common advice.

A diet that avoids arginine-rich foods while promoting lysine-rich foods has been proven to be quite effective in reducing herpes outbreaks.

Food lists are as follows:

Good Foods (Especially during active cases of Herpes / Outbreaks)

- Vegetables
- Legumes
- Dairy products if not allergic to them (Cheese, Yoghurt, Cottage Cheese, Sour Cream, Milk).
- All Fish & Seafood
- Chicken
- Turkey
- Eggs
- Organ Meats
- Potatoes
- Brewer's Yeast

Foods to be Eaten with Caution

These foods must be balanced with L-Lysine and foods in the first group when herpes is inactive. During active herpes, these foods should be avoided.

- Whole grain products (Cereals, Bread, Pasta, Pancakes, Lentils, Barley and other Grains.
- Oats
- Corn
- Rice
- Peas & Beans
- Sprouts
- Chick Peas
- Carob
- Foods containing seeds (Eggplant, Tomato, Squash)
- Fruits and Berries, which contain seeds, may be eaten.
- Citrus Fruits (may irritate canker sores)
- Foods high in lysine include most vegetables, legumes, fish, turkey, and chicken.

Foods to Always Avoid

- Chocolate
- Peanuts and Peanut Butter
- Processed/ pre-packed foods
- Sugar
- Cakes and Sweets
- Alcohol
- Coffee & Tea
- Nuts (Almonds, Brazil Nuts, Cashews, Filberts, Pecans, Walnuts)
- Seed Meal (Taine, Sesame Butter)
- Sunflower Seeds
- Coconut
- Bleached White Flour Foods

As I said above you needn't be too concerned with this herpes diet chart as the method for getting rid of herpes detailed in this publication is not diet related.

What Triggers a Herpes Outbreak?

It depends on the person. Some commonly reported triggers include:

- Stress
- Depression & Anxiety
- Trauma
- Illness
- Surgery
- Vigorous sex
- Diet
- Monthly period

But of course the trigger could be quite different for you.

How is genital herpes diagnosed?

The sores of genital herpes in its active stage are usually visible to the naked eye. However, to distinguish herpes sores from other infections your doctor may remove a sample (culture) and send it for analysis.

A blood test can detect antibodies to the virus, which indicate that the person has at some time been infected with HSV, but it cannot determine whether a person has an active genital herpes infection. Blood tests are the most commonly used methods of diagnosis, why? because they are quick and cheap.

Avoid Cross Contamination

During an active herpes episode, whether primary or recurrent, it is important to follow a few simple steps to avoid spreading the infection to other areas of the body or to other people. Herpes is easily spread by simple skin contact.

Tips:

- Keep the infected area clean and dry to prevent secondary infection from developing.
- Try to avoid touching the sores; wash your hands with soap and water after contact with the sores. Carrying an Antibacterial hand cleanse solution is also advised.
- Avoid sexual contact from the time symptoms are first recognized until the sores are completely healed, that is, until scabs have fallen off and new skin has formed over the site of the lesion.

Even while using a barrier such as a condom, you still run the risk of either spreading the infection to another area of your body or passing herpes to your partner.

Herpes Medication

Antiviral Medication

Antiviral medicines are the most common treatment prescribed to treat herpes. Products may include: Acyclovir (Overtax), famciclovir (Famvir), and valacyclovir (Valtrex)

They work by stopping the herpes virus from multiplying. They do not clear the virus from the body. If an antiviral medicine is started early in an episode of symptoms, it tends to reduce the severity and duration of symptoms during an episode of genital herpes.

If you are diagnosed with genital herpes & suffer with recurring outbreaks your doctor may prescribe antiviral medicine to be used every day. This will also be the case if you have an impaired immune system, while this works for some people it is not really the answer.

There is also the issue of complications developing after long term use which is something I became very aware of, hence the reason for needing to find alternative herpes treatment.

Topical Herpes Treatments

The topical form of acyclovir (Zovirax) is available, however it offers little benefit in the treatment of genital herpes & is predominantly used for treating cold sores (Oral HSV1).

Other Treatments

If you're anything like me then you may have fallen foul of one or two products which claim to cure herpes but don't actually work at all, plus they are expensive.

I won't mention any brands here for fear of running into legal issues. What I will say is everything I tried turned out to be a complete waste of money, but I will leave you to draw your own conclusions.

How to Kill the Herpes Virus

Having talked about everything from the history of herpes right through to Antiviral Herpes medication I'm sure you're keen to learn how to actually take control of your condition and get rid of herpes for good.

The truth is you really don't have to live with herpes.

That all too common phrases 'You Can't Cure Herpes' are wrong.

As I said at the beginning of this publication “I won't claim this method is a cure for Herpes”, why because anything that claims to be a cure has to be a licensed drug, medication or therapy and although this herpes relief protocol is based on sound medical science & widely practised in many different ways it is not licensed as a drug.

The drug companies hate it because they can't patent it and therefore can't control it & the FDA don't like it because they pretty much do what the drug companies want them to do.

The fact that this method is neither a licensed medication nor an FDA evaluated treatment means very little, far less than they would have you believe. The FDA hasn't evaluated Green Tea but we all know that it provides health benefits.

Most modern medicines / drugs owe their very existence to what is now

termed as natural or alternative medicines or treatments.

These alternative medicines or treatments are often frowned upon only because they do not make money for the huge drug giants. And yet up until a hundred or so years ago these methods were considered commonplace & accepted as medicine.

We have all to a certain extent fallen under the spell of the drug corporations, after all it's far easier to swallow a couple of pills than say boil a couple of leaves isn't it.

The method detailed in this publication falls somewhere between alternative and accepted medical practise. It is a very real procedure for getting rid of the herpes simplex virus, I know what you're thinking, your doctor told you that it's not possible – Well, if you're treating herpes with synthesized, symptomatic drugs, then your doctors absolutely right. However If you knew how to kill viral pathogens throughout the body – Then your doctor would be wrong.

What I am about to reveal to you is not some cobbled together theory either, versions of this procedure have been in existence since the turn of the last century & popular in some countries especially Germany since the Second World War (Still in use might I add).

This same, simple and effective herpes treatment is still used widely today by thousands of European doctors, naturopath's, homeopaths & alternative health practitioners. It's a real solution that works but the drug companies hate it and cover up or discredit any evidence which proves its effectiveness.

So forget what you have been told, you really can stop herpes outbreaks using a modified version of a simple therapy used successfully for decades. I'll stop short of saying this will cure your herpes as again I do not wish to fall foul of the rules.

I would suggest that after completing the protocol I'm about to explain, that you book yourself in for further tests, then and only then will you know the truth.

So what is Herpes Treatment & why don't you know about it?

The method is most commonly known as either Ozone or Oxygen therapy & to cut a long story short it works. Of course I would say that wouldn't I.

I don't expect you to just accept my statement of "It works" as being gospel.

I'll explain why it works in just a moment. But before I do that let me tell you why you don't already know about Oxygen Therapy & why your doctor won't tell you about it.

Call me sceptical if you like, I will let you draw your own conclusions but here are the facts as I see them (yes this is just my opinion).

Ozone was first used in a health care setting in 1856 to disinfect operating rooms and sterilize surgical instruments.

Over the preceding years ozone was used more and more & was reported to be effective in the treatment of just about everything (See below)

Oxygen therapy in one version or another was huge right up to the 1940s, about the time that prescription medication started to become commonplace. Now you could argue that the 40s is a long time ago and medical science has come a long way since then.

Could it just be that today's drugs are far better than a treatment method that was popular between WW1 & WW2?

Ozone Therapy-Historical Origins

In 1856, just 16 years after its discovery, ozone was first used in a health care setting to disinfect operating rooms and sterilize surgical instruments.

By the end of the 19th century the use of ozone to disinfect drinking water of bacteria and viruses was well established in mainland Europe.

In 1892 The Lancet published an article describing the administration of ozone for treatment of tuberculosis.

In 1902 another article was published claiming success in treating chronic middle ear deafness with ozone. Ozone was used during the First World War to disinfect wounds.

The English medical journal, Lancet, then reported that intravenous infusion was used successfully to treat pneumonia in the epidemic following World War I.

In the 1940's Father Richard Wilhelm, the pioneer in promoting peroxide use, reported on the compound being used extensively to treat everything from bacterial-related mental illness to skin disease and polio.

Much of the interest in hydrogen peroxide waned in the 1940's probably as a direct result of the growing interest in easy to administer pharmaceuticals (Pills).

Since that time there has been little economic interest in funding peroxide research. After all, it is dirt cheap and non-patentable which basically means that the drug companies can't profit from it.

Even with the consistent discrediting and cover-up's there have still been around 8000 medical reference articles written & published in medical journals relating to hydrogen peroxide & its therapeutic uses over the past 25 years.

Thousands more, involving its therapeutic use, have appeared in alternative health publications. The number of conditions helped by hydrogen Peroxide is astounding.

The reported dangers and side effects of using hydrogen peroxide are very few & infrequent, which is more than can be said for most of today's drugs (even the over the counter variety)

So let's get to the reason you purchased this publication in the first place. The only method which actually gets rid of herpes.

End of Preview

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