



## Herpes Virus Treatment and Prevention

### TOPICAL APPLICATIONS –

**PROPOLIS:** Genital Herpes: Preliminary clinical research shows that applying a 3% propolis ointment (Herstat or ColdSore-FX by Afexa) **four times daily for 10 days significantly improves healing of recurrent genital lesions** caused by herpes simplex virus type 2 (HSV-2). There is some evidence that it might help heal lesions faster and more completely than 5% acyclovir ointment

**HERPES LABIALIS (COLD SORES):** Preliminary clinical research shows that applying a specific propolis 3% ointment (Herstat or ColdSore-FX by Afexa), **five times daily at the start of symptoms, reduces cold sore duration by about 3-4 days and may reduce cold sore related pain compared to placebo.** Other preliminary clinical research shows that applying a propolis 0.5% lip cream (Herpetino, Gehrlischer Pharmazeutische Extrakte GmbH) **five times daily to the affected site for 10 days reduces the time to complete encrustation/epithelialization by about 1 day compared to applying acyclovir 5% cream (Herpesin, Teva Pharmaceuticals CR).** The lack of physician blinding in this latter study limits the reliability of these results.

**CHLOROPHYLL:** Herpes simplex virus (HSV). Preliminary clinical evidence shows **that applying chlorophyll topically, as a cream or saline solution, to affected areas 3-6 times daily** seems to be effective in promoting regression of lesions and improving recovery in patients with herpes simplex virus infections.

**ALOE:** Genital herpes. Some clinical research shows that applying a **0.5% aloe extract cream three times daily, 5 days weekly, for up to 2 weeks increases healing** rates when compared to aloe gel or placebo in men with HSV. Clinical results show that the mean time to healing is 5 days following application of aloe extract cream compared to 12 days with placebo.

**SANGRE DE GRADO:** Some clinical research shows that topical application of a specific sangre de grado ointment (Virend, Shaman Pharmaceuticals), containing 15% crofelemer (SP-303), **three times daily for 21 days seems to be effective for treating genital and anal herpes simplex lesions.** Patients using this ointment were about 3-times more likely to experience complete healing of herpes lesions compared to placebo.

**LYSINE:** Applying lysine topically also seems to help treat herpes simplex infection. A specific combination product containing lysine and zinc oxide plus 14 other ingredients (**Super Lysine Plus +**) **seems to decrease symptoms and duration of herpes lesions when applied topically every 2 hours.**



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### INTERNAL INTERVENTIONS (TAKEN ORALLY) –

**HERPETIC NOSODE:** Preliminary clinical research suggests that taking a homeopathic complex may help decrease attacks and increase duration of remission in patients with genital herpes.

Suggested dosage:

**ELEUTHERO:** Orally seems to reduce the frequency, severity, and duration of herpes simplex type II infections.

Suggested dosage: 2 g to 3 g whole herb or 300 mg to 400 mg of extract daily.

**REISHI MUSHROOM:** Preliminary clinical research shows that taking 4.4 grams of a mixture of hot water extracts of reishi mushroom, terminalia, Job's tears, Japanese wisteria (*Wisteria floribunda*), *Trapa natans*, and *Elfuinga applanata* orally once daily for 2 days, then 2.2 grams daily thereafter until outbreak resolution, decreases the time to outbreak resolution by 6 days compared to previous outbreaks in patients with recurrent genital herpes.

Suggested dosage:

**LYSINE:** Taking oral lysine 1000-3000 mg daily seems to reduce recurrences of herpes simplex labialis infections (1114,1115,1118,1120,19390,19391). Oral lysine also seems to reduce the severity and healing time of herpes simplex labialis infections (1119,1120). However, some clinical research suggests that lysine 400 mg three times daily does not reduce the duration or severity of herpes simplex infection nor prevent recurrence. Suggested dosage: A diet high in Lysine, low in arginine is recommended (see handout).

**LICORICE:** Is a potent antiviral herb that has clinical efficacy against herpes simplex virus. Suggested dosage:

**ELDERBERRY:** is a potent antiviral food that has clinical efficacy against herpes simplex virus. Suggested dosage:

**MONOLAURIN:** Suggested dosage: start with 2caps 1-2x a day on empty stomach; after one week, can work up

**GLYCINE POWDER:** Suggested dosage: 1 tsp mixed in some water, take each time you do the monolaurin



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**DIET: FOR HSV INFECTIONS** – *Herpes simplex virus is a chronic infection that can be exacerbated by stress and certain foods. If you pay close attention to your body and feed it with the right fuel, you may greatly reduce the occurrence and severity of outbreaks.*

<b>FOODS TO EMPHASIZE (UNLESS ALLERGIC):</b>	<b>FOODS TO BE EATEN WITH DISCRETION:</b>
<ul style="list-style-type: none"> <li>- Organic, grass-fed Dairy products (cheese, yogurt, kefir, cottage cheese, sour cream, milk)</li> <li>- All fish &amp; sea food (EWG.org has a list of low vs. high mercury fish. Wild caught is preferred).</li> <li>- Organic, free-range chicken</li> <li>- Organic turkey</li> <li>- Free range eggs (local if possible)</li> <li>- Organic grass-fed organ meats</li> <li>- Organic potatoes</li> <li>- Brewer’s Yeast</li> <li>- Vegetables &amp; fruit</li> <li>----- Avocados</li> <li>----- Dried apricots &amp; mangoes</li> <li>----- Pears</li> <li>----- Beets</li> <li>----- Leeks</li> <li>----- Tomatoes</li> <li>----- Green and red peppers</li> <li>----- Potatoes</li> <li>----- Legumes</li> <li>- Soy based products</li> <li>----- Tempeh</li> <li>----- Tofu</li> <li>----- Soybeans</li> <li>----- Soy milk</li> <li>- Beans</li> <li>----- Kidney beans</li> <li>----- Navy beans</li> <li>----- Black beans</li> <li>----- Lentils</li> <li>----- Edamame</li> <li>- Nuts, seed, grains</li> <li>----- Pumpkin seeds</li> </ul>	<p data-bbox="841 424 1401 546"><i>These foods must be balanced with L-Lysine and foods in the first group. During active herpes, these foods must be eliminated.</i></p> <ul style="list-style-type: none"> <li>- Whole grain products (cereals, bread, pasta, pancakes, lentils, barley &amp; other grains)</li> <li>- Oats</li> <li>- Corn</li> <li>- Rice</li> <li>- Peas &amp; Beans</li> <li>- Sprouts</li> <li>- Chickpeas</li> <li>- Carob</li> <li>- Cashews</li> <li>- Foods Containing Seeds (<i>fruits and berries which contain seeds <b>MAY</b> be eaten</i>)</li> <li>----- Eggplant</li> <li>----- Tomato</li> <li>----- Squash</li> <li>----- Citrus Fruits (<i>may irritate canker sores</i>)</li> </ul> <p data-bbox="971 1495 1317 1528" style="text-align: center;"><b>FOODS TO ALWAYS AVOID</b></p> <ul style="list-style-type: none"> <li>- Chocolate</li> <li>- Peanuts &amp; peanut butter</li> <li>- Sugar</li> <li>- Cakes &amp; sweets</li> <li>- Alcohol</li> <li>- Coffee &amp; Tea</li> <li>- Certain Nuts</li> <li>----- Almonds</li> <li>----- Brazil Nuts</li> <li>----- Filberts</li> </ul>



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<ul style="list-style-type: none"><li>----- Pistachios</li><li>----- Cashews</li><li>----- Macadamia nuts</li><li>- Grains aren't usually rich in lysine but some that are great for you are:</li><li>----- Quinoa</li><li>----- Amaranth</li><li>----- Buckwheat</li><li>----- Seitan</li></ul>	<ul style="list-style-type: none"><li>----- Pecans</li><li>----- Walnuts</li><li>- Certain Seeds</li><li>----- Tahini</li><li>----- Sesame Butter</li><li>----- Sunflower seeds</li><li>- Coconut</li><li>- Bleached White Flour Foods</li></ul>
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