

Herpes



What is Herpes?

While most people consider [herpes](#) only to be a STD, the term actually refers to a family of **highly contagious viruses** that can cause a range of illnesses, from the more common cold sores, [genital herpes](#), and chicken pox to less common brain infections (encephalitis) and even certain cancers, depending on what type of [herpes virus](#) is present.

How is Herpes Transmitted?

HSV is transmitted through **direct skin contact with an infected person**. The virus enters the body through tiny breaks or openings in the skin or mucus membranes, and while our skin provides an effective defense barrier against such an invasion, **certain areas are more susceptible and vulnerable** to such attacks.

While there are often concerns that [herpes](#), especially [genital herpes](#), can be transmitted via inanimate objects such as shared towels and toilet seats, this is highly rare due to the fragility of the actual virus. The [herpes virus](#) needs certain conditions to survive and thus it doesn't survive long after it leaves the body.

Diagnosing Herpes

HSV is usually recognized by **the characteristic blister type sores** that develop on sensitive skin areas, the most common of all [herpes symptoms](#). Your doctor will probably take a swab of an active sore, as lab tests will determine if the [herpes](#) simplex virus is present.

This is only accurate if sores are present, and so a medical examination should be booked before the sores dry up and heal. Type-specific blood tests can also be done to determine if you are infected with HSV-1 or HSV-2.

What are Herpes Symptoms?

The **symptoms of HSV occur during outbreaks**. The first outbreak often appears within two weeks of contagion and can last for several weeks. Symptoms may include sores in the affected area (the area where the virus entered the body), such as cold sores on the lips, also known as [oral herpes](#), or sores around the genital or buttock areas. These sores often start off as small, red tingling bumps which develop into blisters that become painful, itchy, and may even ooze and bleed. These sores eventually dry out and form scabs as they heal.

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

The **first outbreak is usually the worst** and may be accompanied by other symptoms including fever, headache, muscle aches. In the case of [genital herpes](#), painful urination, vaginal discharge, and swollen glands in the groin area may occur. After this first outbreak, the affected individual can have repeated outbreaks several times a year, although the number of these recurrent episodes generally lessens in time. **Outbreaks usually occur when the body's defenses are weak**, and this can be for a number of reasons, including:

- Lowered immune system functioning
- Stress
- Illness or surgery
- Irritation or friction
- Fatigue or exhaustion

During the time between outbreaks, the virus remains dormant and is generally non-contagious. However, **sometimes the virus can become active without obvious sores developing**. During this period, virus shedding still occurs (although less so than when sores are present) and genital or [oral herpes](#) can still be spread. For this reason, cautionary measures should be taken at all times if you have HSV to reduce transmission to others.

More concerning is the fact that the **majority of people who contract herpes don't get symptoms**, or their symptoms are so mild that they are unnoticeable. The problem with this is that these individuals may not even realize that they are spreading the virus, as they don't know that they have it.

What Causes Herpes?

The [herpes virus](#) originally enters the body **through a nerve ending in the skin or mucus membrane**, such as on the lip. The virus travels along the nerve to the central nervous system where it replicates causing illness, or lays dormant until a trigger or a lowered immune system cause the virus to flare up.

Help for Herpes


There is **no cure for herpes simplex**, although certain measures can be taken to reduce symptoms, improve recovery times, and lessen the number of outbreaks.

Medical Treatment

There are a number of antiviral drugs (oral and topical) that can be prescribed to help control outbreaks and serve as oral or [genital herpes](#) treatments.


While these drugs may help to relieve [herpes symptoms](#) and speed up recovery, it is important to note that **they do not cure or make the disease less contagious**, and it **can still be transmitted** to another person. It also needs to be noted that they often come with various potential **bothersome side effects** such as nausea, vomiting, and diarrhea.

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

As immune deficiency is one of the most common triggers of a repeated [herpes](#) virus outbreak, **naturally boosting the immune system is the most essential preventative measure**. This can be done holistically by eating a healthy diet, exercising, getting sufficient sleep, and supporting the body's natural ability to fight illness with herbal and homeopathic remedies.

Herbs such as Echinacea purpurea, Astragalus membranaceus, Inula helenium and Withania somnifera have been **successfully used for their antiviral and immune-boosting properties**, and provide a safe alternative or complimentary treatment to prescription antiviral medications. Tea Tree Oil, applied to the affected area, can rapidly dry up the blisters associated with a [herpes](#) outbreak and **significantly reduce recovery time and future outbreaks**. These herbs also work well to **treat active symptoms**, thus speeding recovery. While HSV cannot be cured, herbal ingredients sourced from a reputable company can go a long way in **keeping the virus dormant longer**, and be effective alternatives to conventional oral or [genital herpes treatments](#).

Self-Care Methods

There are a number of tips that can help you quickly and effectively battle an outbreak, by methods of at-home oral or [genital herpes treatments](#) and/or preventatives. Firstly, it is essential to **boost the immune system**, as this is the leading trigger of new outbreaks. By looking after your overall health and learning what your personal triggers are, you can help reduce the frequency of outbreaks. It is also important to **look after your emotional health**, as depression rates are high amongst people with [herpes](#). In turn, depression weakens the immune system.

Risk Factors

For many people, [herpes](#) is a nuisance disease that results in outbreaks of annoying and painful symptoms that come and go with little further consequence. However, it is important to realize that **HSV is highly contagious** and can be easily spread to others if precautionary measures are not taken. Symptom severity differs between individuals and in some cases, **complications can occur**. For example, studies have shown that woman with [herpes](#) have an increased chance of developing cervical cancer. For this reason, it is essential to have regular pap smears to detect cervical changes if you have HSV.

Another serious consequence of [herpes](#) in women is the possibility that it can affect a newborn child. **HSV in young infants is a serious and potentially fatal disease**, and the mortality rate can be as high as 25%.

Lastly, ocular [herpes](#) is a serious disease that can be caused by HSV-1 (the [herpes virus](#) strain that most commonly causes cold sores). **Ocular herpes is the leading cause of infectious blindness in the western world**. The [herpes virus](#) is transmitted to the mucus membrane of the eye either by touching an infected area (such as a cold sore, or [oral herpes](#)) and then touching the eye, or when the eye comes in contact with saliva (as the virus can be active in the saliva even if sores are not present). A common problem is the incorrect handling of contact lenses without washed hands, or when people use saliva instead of contact solution.

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Tips for Coping with Herpes

For many people, receiving a diagnosis of HSV can be devastating, as it is a life-long ailment with no cure. While it does mean that you will have to be extra cautious, especially when involved in intimate relationships, **HSV does not have to rule your life**. There are many ways to **make the symptoms more comfortable** and **reduce outbreaks** to an absolute minimum.

- **Use an ice pack** to help alleviate pain and swelling, and take a hot bath (with a pinch of baking soda) to help reduce itching.
- Keep the affected area **dry and clean**.
- **Avoid sexual intimacy** until blisters have completely healed, and when the virus is dormant, always use a condom to reduce the chance of your partner contracting the virus.
- **Apply tea tree oil** directly onto the sores several times a day.
- Avoid touching, rubbing or scratching the sores and **wash your hands immediately after contact** with them to prevent the infection spreading to other areas or other people.
- **Boost the immune system** with daily exercise, sufficient sleep and a healthy balanced diet.
- **Reduce stress levels** and take care of your emotional well-being. Consider counseling or stress management if you struggle to do this alone.
- **Increase vitamin C** intake during outbreaks.
- Consider **taking supplements** of the amino acid L-lysine, zinc, and garlic.
- **Make note of the 'trigger' foods** that sometimes lead to outbreaks. Avoid spicy and acidic foods as well as foods high in salt when you have an outbreak.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.



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Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

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Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

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