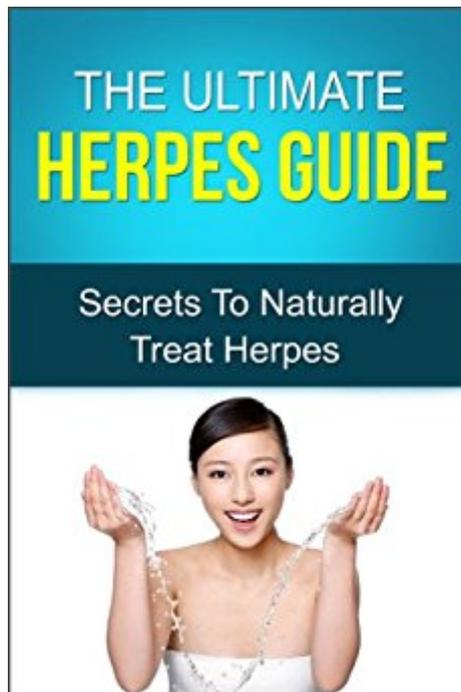


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# The Ultimate Herpes Guide- Secrets To Naturally Treat Herpes



## Synopsis

Discover The Secrets To Naturally Treat Herpes Today only, get this kindle book for only \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smartphone, tablet or Kindle device Discover how to naturally treat herpes, so that you can feel good and not be concerned about what others think anymore! In The Ultimate Herpes Guide, you will learn natural treatments to treat and often cure your herpes. Thousands of people silently suffer the embarrassment of having herpes. While many books have been written on the subject few look at natural treatments. The source of binge eating can be a variety of factors, such as having certain emotions trigger a binge (like being depressed, sad, bored, or tired), or it could be a deficiency in certain nutrients, or it could be just a pattern that you've conditioned in the past. The important thing to understand is that binge eating is a HABIT and that thousands of people have been able to overcome it, including myself. If you follow these steps, you will be free from binge eating disorder in no time and no longer have any desire to indulge in foods that you know are going to make fat and unhealthy. More than that, you won't feel the guilt, self-pity and depression after over-eating or binging and be able to feel free and happy. You're well on your way to losing weight, being fit, energetic, healthy, and happy for life! Here Is A Preview Of What You'll Learn... Understanding Herpes How Diet Is Important Must Have Foods 3 Must Avoid Foods Stress Management Techniques How Reducing Stress Can Help Lifestyle Changes To Implement How To Incorporate New Habits How To Stop Beating Yourself Up Reducing The Risk To Partners Breaking The News To Partner Much, much more! Download your copy today! Check Out What Others Are Saying... Reserved Join thousands of men and women who have been able to use these effective techniques to treat herpes and again live their life. Get the "The Ultimate Herpes Guide" today for a limited time discount! Tags: Herpes, Treating Herpes, Herpes Cure, Herpes Treatment, Natural Treatment For Herpes, Herpes Diet, Herpes Simplex, Herpes Book

## Book Information

File Size: 449 KB

Print Length: 22 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 10, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B00HT19QOY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #434,496 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #25

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Herpes #354 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health > General #636 inÂ Books > Health, Fitness & Dieting > Men's Health > General

## Customer Reviews

Most people who have had herpes know these remedies. Wasn't the breath taking , ground breaking revelation explained in advertisement . Would have been extremely upset if I'd purchased this from their web ads for \$37.00 .Another solid reason why you need to check with . has great deals.

Kindle addition not complete book. Cure chapters missing. I downloaded a copy of the complete book (pdf) and then lost it on my computer or in space. So I ordered the Kindle book and it was missing the cure chapters.

I have lupus and started getting cold sores about a year ago. They aren't bad, but they bug me like everyone who suffers. I found this information through the blog by the author, and hoped it would contain information that was new...but no. This is all simple, normal accepted homeopathic remedy. The author did neglect to include colloidal silver, which has been an effective treatment for many.

With one in four Americans being affected by herpes, this guide should be required reading for anyone who is sexually active. Cristine Fox clearly explains the disease and offers a plethora of natural ways to keep symptoms at bay. The author goes into detail about what to expect from a visit to a free clinic or a General Practitioner. She does a wonderful job of de-stigmatizing HSV1 and HSV2. There is great advice about how to talk to your partner, how to deal with the stress of having this chronic disease, and how to cope with recurrences. You'll even learn what type of underwear to use. The Ultimate Herpes Guide also offers diet tips to avoid certain foods that trigger outbreaks and to consume other foods that inhibit the disease. What I enjoyed most about this easy-to-read guide was all the natural remedies recommended to soothe an outbreak. I can hardly wait to share

what I've learned with some of my friends (you know, the ones who disappear for a week while their mouth sores heal). You've got to pick this book up just to be able to read what a simple cup of coffee can do for an outbreak (it's amazing)!

Cristine Fox addresses the topic of Herpes in this booklet and provides valuable knowledge about this dreaded disease. You CAN do something about it. After opening the book with an introductory chapter that addresses exactly what Herpes is - the result of a herpes simplex virus (HSV 1 and HSV 2) that is highly contagious, sexually transmitted, and has periods of acute manifestations and chronic latency with exacerbations she proceeds with information about how to deal with the diagnosis. The course of disease from the time of infection until the time of resolution (approximately 20 days) is discussed in detail, including the causes of infection with a list of the ways in which the disease can be transmitted, and how the accurate diagnosis is made is shared. The author then approaches the measures that can both prevent and treat latent or active herpes - diet (including foods to eat and foods to avoid), stress management, learn to discuss the diagnosis especially with partners, and a list of excellent home remedies (soaking in a warm bath, use of wet tea bags, avoid touching the lesions, the use of cornstarch or baking soda, lemon, aloe vera, lysine, ice, natural supplements such as Echinacea, Siberian ginseng, essential oils, honey, black coffee). The author, while encouraging patients who suffer from herpes to care for themselves, also suggests seeking medical advice and stresses the importance of sharing the fact that you are a 'carrier' with your friends and partners. This is not a 'miracle book' by any means, but it is a healthy way to deal with a potentially tragic disease condition. Grady Harp, January 14

This book was so informative. I am doing a term paper about the effects of herpes and natural ways for people who have to deal with the problem of herpes. I was really surprised at how many different ways there are to combat herpes. This is an ailment that is not talked about very much, so this book gave a lot of very important information for so many people. There is such a bad taste in people's mouths about herpes. I really think the lack of knowledge makes people so afraid of anyone connected to this ailment. This book deals with the problems and also the solutions for herpes. Instead of taking a lot of different prescriptions forever, this book gives a person so many good options for natural ways to combat this ailment. Great read!!!!

It is great helpful and encouragement of positive things to treat yourself as well without having any problem inside feeling and deal with hsv 1 & 2 everyday. That's what I want it for my best friend.

Thanks for giving me a lot of good healthy and protection against these virus!

Well written and very informative, I had no idea there was a connection between white breads/white flour and an increase in your outbreaks, or that coffee could slow them down. I have learned a lot!

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