

My Daily Routine That Helped Me Prevent Herpes Outbreaks

I'm not a doctor — just someone who's been through it. This is the routine I developed that helped me reduce outbreaks, feel more stable, and take back some control. It's not magic, but it helped me. Maybe it helps you too.

Morning

- Glass of water with lemon to support digestion and immune function
- Daily supplement (I'll share which one helped me soon)
- 10 minutes of sunlight or light stretching
- Quick journal entry: mood, energy, any symptoms

Throughout the Day

- Avoid processed sugar, alcohol, and too much caffeine
- Try to eat lysine-rich foods (like eggs, fish, yogurt)
- Keep a calm, consistent pace — stress was a major trigger for me
- Drink plenty of water (2L+ per day)

Evening

- Simple, calming routine (I used to scroll endlessly — now I dim the lights, journal or read)
- Magnesium glycinate or ashwagandha for stress management
- Sleep before midnight if possible (outbreaks were always worse when I slept poorly)

Weekly Reflection

- Did I notice any possible triggers?
- Any new patterns?
- What helped me feel more stable this week?

This isn't perfect — but it gave me structure when I felt powerless.

Tomorrow, I'll tell you about the method that made the biggest shift in how I dealt with herpes. You'll want to see this.

Stay strong,

Me