

DAY *three*

The Herpes Cure

Almost all of humanity becomes infected with a herpes virus in their lifetime. By age 20 about 80 percent of Americans are infected with herpes simplex. Herpes viruses hide in the nervous system and erupt during periods of emotional or physical stress, with sunlight exposure or when eating foods high in the amino acid arginine (chocolates, nuts, gelatin). In childhood, chicken pox is caused by herpes. Herpes cold sores on the lips are a common problem for many. Others have genital herpes. Shingles and Bell's palsy are caused by an eruption of herpes in facial nerves. Epstein Barr is a herpes family virus. So is the HIV virus.

There aren't many effective anti-viral drugs (Acyclovir, Valtrex) as there are antibiotics to cure bacterial infections. A common but overlooked anti-viral agent is quercetin, found naturally in red onions and the skin of red apples. Quercetin enhances the anti-viral effect of Acyclovir, an antiviral drug. [Acta Microbiol Hung. 39:137-47, 1992]

In fact, quercetin inhibits cold viruses (adenoviruses), poliovirus, flu virus, respiratory virus, herpes simplex virus and even the SARS virus. [J Med Virology 15: 71-79, 1985; Pharmazie. 55:129-32, 2000] In an outbreak of herpes viral infection, the oral consumption of quercetin + vitamin C, about 1000 milligrams

every 2 hours, will often cause herpes eruptions to disappear. The avoidance of arginine-rich foods is also advised. Available in most health food stores, quercetin is underused and underappreciated.

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