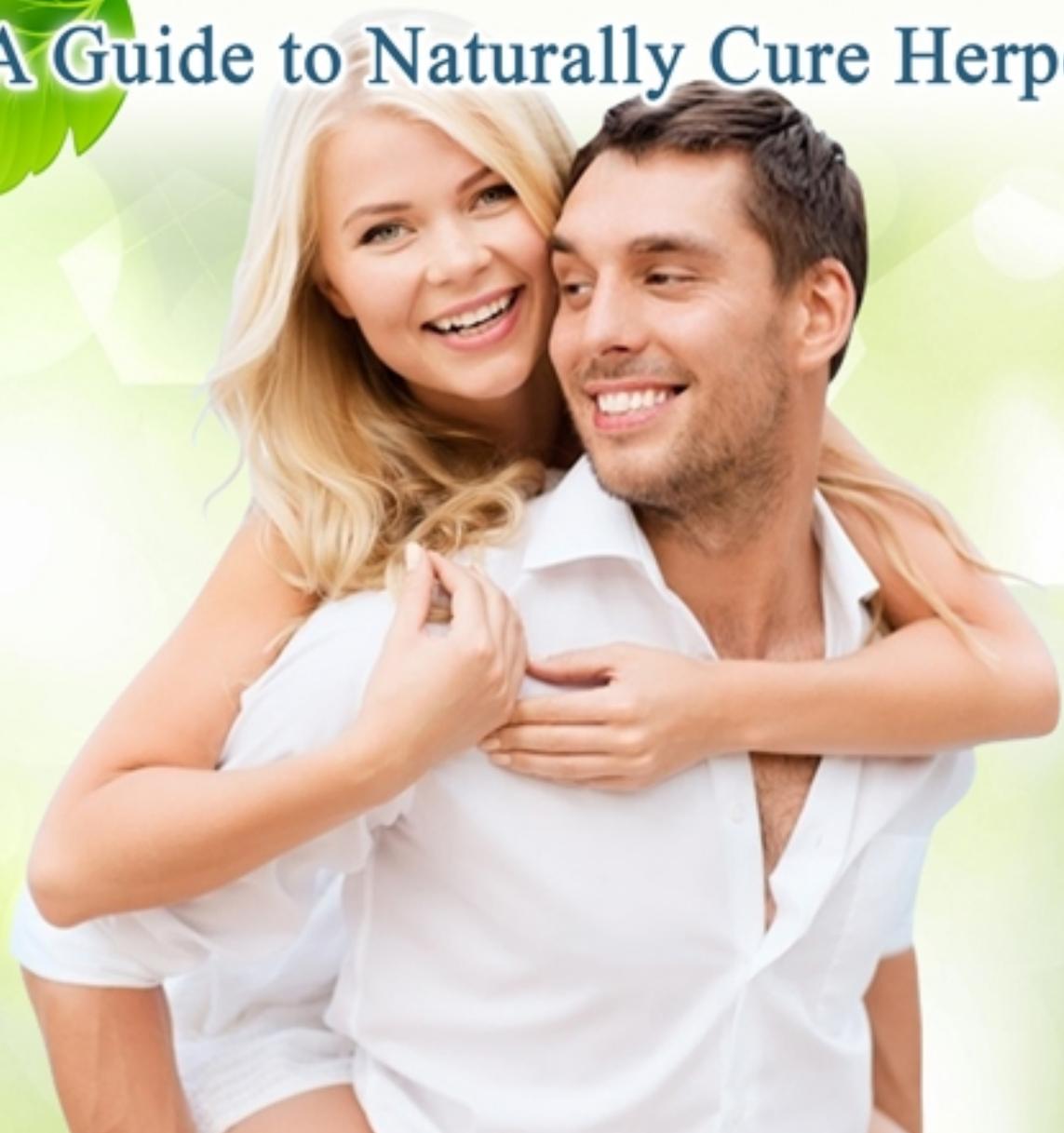


Melanie Addington

The Ultimate HERPES PROTOCOL

A Guide to Naturally Cure Herpes





You are reading the TRIAL Version!

to get the complete version,

click **Download** button below or
use **Order** button at the end of this document.



Introduction

It really doesn't matter what you read or where you look, herpes is an increasing problem & you're really not alone, although it might feel that way. I guess it's fair to say that the large number of reported cases of people suffering with herpes may be as a direct result of the condition being one of embarrassment and because it is notoriously hard to treat. I'm sure you have been told or read that you can't be cured of the herpes virus.

And if you only treated herpes with prescribed medication that would be true, you see almost everything your doctor prescribes for your condition is symptomatic which means that you will only ever be treating the symptoms and not the virus which cause the outbreaks.

You will find this publication to be a very different look at, and approach to treating herpes. Although I will stop at proclaiming the methods in this publication as a cure for herpes (as that would be deemed as being illegal) I will say that "U H Protocol" is a very REAL procedure for quickly clearing up the rash (symptoms) as well as eventually killing the virus.

So let's quickly talk about the statistics surrounding herpes. You don't really need to dwell on or even read this part if you don't want to. The only reason I'm including them is purely to state a point, which is?: That you are not alone, in fact if you look at the numbers your pretty average really.

All statistics below are based on Americans 14-49 years old:

Over 25 million Americans have genital herpes, that's 1 out of every 6

80% of all Americans have oral herpes

Women: 20.9% of women have genital herpes

Men: 11.5% of men have genital herpes

Blacks: 39.2% of black Americans have genital herpes (48% of black women!)

Whites: 12.3% of white Americans have genital herpes

80% of Americans with genital herpes (HSV-2) are unaware of their infection

Up to 50% of new genital herpes infections are caused by HSV-1, mainly through cases of oral herpes being passed through oral sex

You know it's a scary fact, but cases of herpes will grow & grow, and the main reason for this is the fact that 80% of people suffering with the condition have no idea they even have herpes.

More than 40,000 new cases of herpes are diagnosed each day in America alone that is over 15,000,000 new herpes infections per year! The number of people infected with herpes has reached epidemic proportions.

A Quick History of Herpes

Herpes isn't new in fact it's been known about for at least 2,000 years. It is said that Emperor Tiberius banned kissing in Rome for a time due to so many people having cold sores.

In 18th century herpes was so common among prostitutes that it was called "a vocational disease of women."

The term Herpes Simplex appeared in Richard Boulton's 'A System of Rational and Practical Chirurgery' in 1713, where the term Herpes militaries and Herpes exudes also appeared.

Herpes was not found to be a virus until the 1940s.

Herpes antiviral therapy began in the early 1960s with the experimental use of medication that interfered with viral replication called deoxyribonucleic acid (DNA) inhibitors. The original use was against normally fatal or illness such as adult encephalitis, keratinises, in immune compromised (transplant) patients, or disseminated herpes zoster.

Herpes simplex was not always stigmatised. It was considered nothing more

than a cold sore in an unusual place until the 1970s. Much of the hysteria and stigma surrounding herpes stems from a media campaign beginning in the late 1970s and peaking in the early 1980s.

There were multiple articles worded to provoke both fear and anxiety using terminology, such as "attacks," "outbreaks," "victims," and "sufferers."

The articles were published by Reader's Digest, U.S. News, and Time magazine, among others. The peak was when Time magazine had 'Herpes: The New Scarlet Letter' on the cover in August 1982, forever stigmatizing the word in the public mind.

Herpes support groups have been formed in the United States and the UK, providing information about herpes and running message forums and even dating websites for "sufferers."

Types of herpes

The herpes family of viruses includes 8 different viruses that affect human beings; I have listed them below for your information.

However we are only actually interested in HHV1 (HSV1) & HHV2 (HSV2).

Put simply: herpes type 1 causes sores around the mouth and lips (sometimes called fever blisters or cold sores). HSV-1 can cause genital herpes, but most cases of genital herpes are caused by herpes type 2. In HSV-2, the infected person may have sores around the genitals or rectum. Although HSV-2 sores may occur in other locations, these sores usually are found below the waist.

Human herpes virus 1

Human herpes virus 1 (HHV1) is also known as herpes simplex virus 1 (HSV1). It is typically the cause of cold sores around the mouth. HHV1 can also lead to infection in the genital area causing genital herpes usually through oral-genital contact, such as during oral sex.

HHV1 infections are contagious and are usually spread from skin-to-skin contact with an infected person through small breaks in the skin or mucous membrane.

The HHV1 virus is more likely to be spread through things like sharing eating utensils, razors, and towels from a person who has an active lesion.

Human herpes virus 2

Human herpes virus 2 (HHV2) is also called herpes simplex virus 2 (HSV2). It typically causes genital herpes, a sexually transmitted infection. However, it can also cause cold sores in the facial area.

Like HHV1, the HHV2 infection is contagious and is spread by skin-to-skin contact. The main route of transmission is through sexual contact, as the virus does not survive very long outside the body.

If you have been diagnosed with genital herpes you may not experience any notable symptoms. The herpes virus can remain dormant in your system for a lifetime. Once infected HSV2 resides in the nerve cells at the base of the spinal column.

Human herpes virus 3

Human herpes virus 3 (HHV3) is also called vermicelli-zoster virus. HHV3 causes chickenpox. It can also cause a recurrent virus infection of the skin, which is called herpes zoster or shingles.

Shingles occurs when dormant vermicelli-zoster virus from an initial bout of chickenpox becomes reactivated. Like its close relative, HHV1, herpes zoster likes to infect skin cells and nerve cells. This virus may also recur along nerve fibre pathways, causing multiple sores where nerve fibres end on skin cells.

Because an entire group of nerve cells is often affected, shingles is generally much more severe than a recurrence of herpes simplex. The lesions generally appear in a band-like or belt-like pattern occurring on one side of the body and are often accompanied by itching, tingling, or even severe pain.

Healing usually occurs in 2 to 4 weeks, and scars may remain. Post herpetic neuralgia is a complication of shingles where the pain associated with the infection can persist for months and even years. Most people who experience shingles once do not experience it again.

Human herpes virus 4

Human herpes virus 4 (HHV4) is also known as the Epstein-Barr virus. It is the major cause of infectious mononucleosis, or "mono" - the "kissing disease." It is a contagious infection and is transmitted through saliva. Coughing, sneezing, or sharing eating utensils with an infected person can pass the virus from one person to another.

Human herpes virus 5

Human herpes virus 5 (HHV5) is the official name of cytomegalovirus (CMV). CMV is also a cause of mononucleosis. In people with healthy immune systems, the virus may not even cause any symptoms. It can be sexually transmitted, can cause problems to newborns, and can cause hepatitis.

CMV can be transmitted through sexual contact, breast-feeding, blood transfusions, and organ transplants. CMV infection is one of the most difficult complications of AIDS. It may lead to diarrhoea, severe vision problems including blindness, infections of the stomach and intestines, and even death.

For a virus that barely causes a problem in most people with healthy immune systems, it can be amazingly nasty in people with damaged immune systems, such as people with AIDS.

Human herpes virus 6

Human herpes virus 6 (HHV6) is a recently observed agent found in the blood cells of a few patients with a variety of diseases. It causes roseola (a viral disease causing high fever and a skin rash in small children) and a variety of other illnesses associated with fever in that age group. This infection accounts for many of the cases of convulsions associated with fever in infancy (febrile seizures).

Human herpes virus 7

Human herpes virus 7 (HHV7) is even more recently observed and is closely related to HHV6. Like other human herpes viruses, HHV6 and HHV7 are so common that most of humankind has been infected at some point, usually early in life. HHV7 can also cause roseola, but it is not clear what other clinical effects that this virus causes.

Human herpes virus 8

Human herpes virus 8 (HHV8) was recently discovered in the tumours called Kaposi's Sarcoma (KS). These tumours are found in people with AIDS and are otherwise very rare. KS forms purplish tumours in the skin and other tissues of some people with AIDS.

It is very difficult to treat with medication. HHV8 may also cause other cancers, including certain lymphomas (lymph node cancers) associated with AIDS. The fact that these cancers are caused by a virus may explain why they tend to occur in people with AIDS when their immune systems begin to fail. The discovery also provides new hope that specific treatments for these tumours will be developed that target the virus.

Genital Herpes



Genital herpes is highly contagious. If you know you have genital herpes then you really have to be very careful not to pass on the infection.

Of course you may not know you have herpes or you may think you no longer have a problem with the condition as you have not had an outbreak for month's even years.

But the fact is unless you know for a fact that you no longer carry the virus you really do need to be careful. Always use a barrier (condom), this will not only protect your partner but also protect you. This advice should be adhered to during all sexual activities (including oral).

The symptoms of oral herpes and genital herpes are almost identical & once infected becomes permanent, that is as far as traditional medicine goes. As mentioned above herpes may not be apparent or obvious.

The virus attaches itself to either end of the spinal cord and can remain dormant for months, years even a lifetime. The fact that herpes remains dormant in you or perhaps in your partner does not mean that the condition

cannot be passed to another person (Shedding).

Herpes may be contagious at any time even without visible signs of an outbreak (estimated at 1-5% of the time). This is symptom is called —viral shedding. Many Doctors still believe and offer advice along the lines of “ You can’t infect anyone with herpes if you are not showing symptoms” (outbreak), This information is wrong, you can pass on herpes at any time, outbreak or not.

A herpes outbreak normally starts with one or a few small blisters. Without treatment, the herpes blisters generally last several days and then form scabs which often turn black indicating the end of the outbreak. Once the blisters have gone the skin will often look a slightly different colour for a while.

Herpes blisters (symptoms) can be treated with topical treatments to some degree, however the virus will remain & most of these so called topical treatments are little more than an expensive waste of time. I'll explain how to get rid of herpes blisters quickly, safely & cheaply in just a while. Forget about all of those expensive herpes relief products.

What Does Herpes Look Like?

Many people confuse herpes with other conditions, even doctors may not be able to recognize it. However common herpes symptoms tend to be the same wherever they're located on the body. The main difference lies in the severity of the symptoms. It may cover a larger area and be more acute if it is a first infection of primary infection. Recurrent infections are usually milder.

Herpes often looks like a mosquito bite, small blister or collection of small blisters, sometimes a spot (zit) or a white-head. Herpes sometimes starts with an itch and a rash. The skin can become red and tender.

Then swelling may occur until small blisters appear. Sometimes they gather in a larger blister. The blisters can be transparent, whitish, and yellowish or filled with a greenish liquid. Symptoms may vary from time to time, as will the appearance of the blisters. They may appear in different sizes, shapes or colours or appear in different areas.

What is typical about herpes is that herpes blisters usually start to crust and turn back into healthy skin.

Herpes Often Confused with Other Conditions

Are you absolutely sure you have herpes? That might seem like a stupid question but the fact is there are a number of conditions which are often mistaken for herpes.

Candidacies

For example, Genital herpes is often confused with a yeast infection or Candida (Candidacies). They both cause redness, swelling, itchiness and burning.

The yeast infection called Candidacies, is caused by a small fungus called Candida Alb cans & often causes small blisters. Candidacies are usually found internally or very close to the genitalia.

Syphilis

Syphilis is another sexually transmitted disease (STD).

Syphilis is caused by a bacterium called Treponema palladium. As well as being sexually transmitted it can also be passed from mother to infant during pregnancy (congenital syphilis).

Primary Syphilis first stage symptoms include swollen glands and painless small ulcers usually located near the genital area (much like herpes). If not

treated syphilis may move to its second stage and cause a rash covering parts of the body or the entire body.

It usually appears 4 to 10 weeks after the first stage symptoms. Other common symptoms include sore throat, fatigue, headache, and swollen lymph glands, less frequent symptoms include flu like symptoms, weight loss, hair loss, aching joints, or sores in the mouth or genital area.

Syphilis looks the most like genital herpes in its second stage. More generally, syphilis is very often confused with other ailments. It really is important to discount syphilis as early as possible as left untreated, syphilis will move to its third and final stage and damage many organs resulting in mental illness, blindness, deafness, memory loss or other neurological problems, heart disease, even death.

Syphilis may often look like herpes but it is in fact quite different. Herpes is a virus where as Syphilis is a bacterial infection which can be treated easily with penicillin or other antibiotics.

Untreated syphilis can be fatal, so please make sure that you do not have it!

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

