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Health Remedies

**21 Home Remedies for Herpes Treatment**

November 20, 2013 by

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**What is Herpes?**

Herpes is an infection, caused by the herpes simplex virus. It is a very itchy and painful problem, generally seen in both men and women. It appears in the form of small red, swelled and liquid-filled blisters or sores near eyes, mouth, lips, and genitals. Herpes simplex virus enters the human body through direct (sex, kiss, touch) or indirect (sharing personal items) contact with the infected person. They are highly contagious and cause various severe diseases, like brain infection, cancer, chickenpox, etc. In men, herpes blisters emerge on the penis, buttocks, anus, thighs, scrotum, inside the urethra, or inside the penis. In women, they appear on buttocks, cervix, vaginal area, anus, and external genitals. With the help of home remedies and preventive measures, this ailment can be minimized to a great extent.

**Causes**

Some of the causes, which results in herpes are:

* Kissing
* Unprotected anal, oral or vaginal sex
* Skin contact
* Intercourse with multiple partners
* Exposure to ultraviolet rays
* Surgery on the genital area
* Touching the blisters or sores
* Direct contact with mucous membranes or saliva of the infected person
* Illness, stress, menstruation, fatigue and surgery also trigger herpes outbreak.
* Herpes virus can also transfer to a new born baby from a herpes infected mother at the time of vaginal delivery.

**Symptoms**

The symptoms of herpes are so mild that they are not observable. The symptoms do not surface even for several months after you get attacked by the virus. However, some of the possible signs of the herpes infection are:

**Primary Symptoms**

These symptoms may appear up to 20 days. Thereafter, they get healed at their own.

* [Fever](http://homeremedyshop.com/26-easy-home-remedies-for-fever-blisters/)
* Pain while urination
* Feeling unwell
* Vaginal discharge (in women)
* Ulcers and blisters on the cervix (in women)
* Red aching blisters around buttocks, thighs, rectum, and genitals

**Recurrent Symptoms**

Some of the symptoms that usually appear again and again are:

* Itching and tingling around genitals
* Aching red blisters around thighs, rectum, buttock and genitals that burst soon and leave sores
* In women, ulcers and blisters on the lower part of the womb

**Video: Best Home Remedies for Herpes**

**Home Remedies for Herpes**

Can you treat herpes at home? Well, yes! Here are some easy and quick natural remedies for herpes outbreak. Take a look.

**1. Olive Oil**

Olive oil is known for moisturizing the skin. It is rich in anti-oxidants and is one of the best home remedies for herpes sores. Take one cup of olive oil. Heat it in a pot and add some lavender oil and bee wax in it. Let the mixture cool down. After cooling, apply the mixture on the infected area.

DiscoverItchVirusMelissa officinalisTraditional medicineSex organ

**2. Echinacea**

Echinacea is a medicinal plant and has anti-viral properties. It is known for enhancing the immune system. All parts of Echinacea plant, namely flowers, leaves, and roots can be used for healing herpes. It can be consumed in the form of tea, juices, or pills.

**3. Ice Pack**

The simplest method at home to cure the herpes is ice. Ice provides immense relief in herpes pain. Take some ice and crush them. Fill the crushed ice in a plastic bag. Wrap the plastic bag in a sheet-like thick cloth. Place it on the sores for 10-15 minutes to get rid of swelling and itching. Repeat the method for multiple times in a day.

**Note-** Long exposure of genital parts to ice can damage the tissues.

**4. Baking Soda**

Baking soda is an effective treatment for getting rid of herpes fast. It provides relief in the itchy and painful sores. Take a cotton ball and damp it in baking soda. Apply it directly on the infected area. It helps to dry out the oozing blisters.

**Note-** In order to avoid contamination, don’t re-dip the cotton ball in baking soda.

**5. Tea Tree Oil**

To heal the herpes sores outbreak, [tea tree oil is a useful remedy](http://homeremedyshop.com/buy-tea-tree-oil). Take some water in a glass. Add few drops of tea tree oil and gargle to remove ulcers from mouth. For genital herpes, use an eye-dropper to put drops on the infected area.

**6. Lemon Balm**

Lemon balm is one of the most effective herbal remedies for herpes. It has flavonoids, phenolic acid, and rosmarinic acid, which helps in healing the sores or blisters. Prepare a lemon balm tea. Let it steep for some time. Then, soak a cotton ball in it and apply directly on the sores.  
Add 2-3 ml of lemon balm tincture in water. Stir it well and drink. This alcohol-based liquid extract is effective for sores. Drink the solution thrice a day.  
Lemon balm is also available in the form of creams and ointments. Apply the cream directly to heal the herpes.

**7. Licorice Roots**

Licorice roots consist of therapeutic properties, which are helpful for the treatment of herpes infection. Licorice has glycyrrhizic acid, which fights against the herpes virus. For the treatment of herpes, the extracts of licorice roots can be effective.  
Alternatively, intake 2 capsules of the extracts of the roots of licorice.

**Note-** Excessive use of licorice may result in hypertension and lowering of potassium. So, individuals suffering from heart problems and pregnant women should avoid the intake of licorice.

**8. Tea Bags**

Black tea is highly rich in tannin. It is known for anti-viral and anti-inflammatory properties. Prepare a cup of black tea with the help of tea bag. Allow it to cool down. After cooling, apply the tea bag on the infected area. Leave it for 5 minutes on the sores. For best results, repeat the process twice or thrice a day.

**9. Cornstarch**

One of the best remedies for herpes is cornstarch. Cornstarch helps in absorbing excessive moisture from the skin. It helps in reducing chafing and itching. To dry the herpes sores, apply some cornstarch directly on the infected area. Take a cotton ball and dip it in the cornstarch. Dab it gently on the sores.

**Note:** To circumvent contamination, do not put used cotton ball again in the clean cornstarch.

**10. Aloe Vera Gel**

Aloe vera is the best remedy with its natural healing properties. It can be effective for herpes blisters. To soothe the itching and redness, pure aloe vera gel should be used on sores.

Else, take a fresh leaf of aloe vera. Cut it into two halves. Apply one of the gelled parts directly on the infected area.

**11. Epsom Salt**

[Bathing with Epsom salt water](http://2f2987o5s9pg8lvfrgkvd3bv59.hop.clickbank.net/?tid=HRSWEBSITE) is the best remedy to soothe the itching and pain in herpes. Add some Epsom salt in warm bathing water. Take a bath from it. This remedy makes the sores dry, thereby reducing itching.  
You can also add some salt in the bath tub. Soak herpes infected area in the water. Allow it to dry and then, take a shower.

**12. Domeboro Powder**

Domeboro powder can be used for healing the herpes infection. It can be used on the sores in the form of compress or wet dressing. The powder helps in soothing the irritated and itchy skin. All you need to do is to mix one packet of domeboro powder in water as per the directions given on the packet. Now, dip a piece of clean cloth in the solution. Apply the cloth directly on the infected area.

**13. Lysine**

One of the other natural remedies for herpes is lysine. It is a kind of amino acids that is found in foods, including milk, brewer’s yeast, cheeses, chicken, etc. It is known for reducing herpes outbreak.  
Lysine cream is also available in the market. It can be applied on the infected areas.

**14. Black Coffee**

Herpes virus infects not only genital parts, but also lips, mouth, etc. Black coffee is one of the best remedies to treat them. Blisters in the mouth cause severe pain. To treat them fast, you are required to prepare black coffee. Let it cool down and take a sip. Hold it in the mouth for some time. Move it onto the lips as well. For best results, repeat the process twice a day.

**15. Soap and Warm Water**

Soaking the herpes sore in warm water surely relieves the pain and itching. To keep the affected area infection-free and clean, use soap.

**Note-** Don’t forget to dry your genital parts with a clean towel. Do not share bath tub with an infected person.

**16. Herbal Tea**

Herbal tea is an effective solution for avoiding any type of skin diseases. For treating pain and itching arising due to herpes, herbal teas, like lemon, ginger, cinnamon, and chamomile are very effective.

**17. Manuka Honey**

Manuka honey has anti-bacterial and anti-viral properties. It helps in quick healing of herpes blisters and [cold sores](http://homeremedyshop.com/30-simple-home-remedies-for-cold-sores/). You just need to apply some manuka honey directly on the infected area.

**18. Over-the-counter Medicines**

Pain relievers or over-the-counter analgesics are useful in relieving the aching herpes outburst. Some of the OTC medications include ibuprofen, acetaminophen, and aspirin. To treat herpes sores, some ointments, like propolis, can also be applied on the infected area.

**19. Natural Oils**

Natural oils are effective in relieving the herpes ache and itching. Olive, jojoba, tea tree, vitamin E, camellia, and calendula oils are known for fighting against the virus. You just need to apply any of the natural oil or mixture of some oils on the infected area, gently. This will heal the infected skin.

**20. Goldenseal**

Goldenseal is another natural treatment for herpes. Take some walnut hull powder and add Echinacea and goldenseal in it. Stir it well to make a paste. Apply the paste on the infected area. Goldenseal is also available in pills, tincture, salve, and bulk powder.

**21. Oregano Oil**

Oregano oil, with its anti-viral properties, helps in the speedy recovery of herpes blisters. You just need to apply some oregano oil directly on the infected area.

**Homeopathic Genital Herpes Treatment**

When herpes infection gets very severe, it becomes difficult to cure it with home remedies. In order to heal the herpes fast, you can also try some homeopathic remedies. These remedies do not have any side effects and can cure herpes completely within a stipulated time. Here are some best homeopathic herpes remedies.

**1. Kreosotum** : This medicine is especially meant for herpes in women. It is used when there is a burning sensation in the vagina.

**2. Hepar sulfur** : It is helpful in treating suppuration in inguinal gland.

**3. Lachesis** : It is used when genital herpes outbreaks before menstruation.

**4. Apis** : It is used for treating scrotal edema.

**5. Ranunculus :** It is used for neurological problems occurring as a result of herpes outburst.

**6. Croton tiglium :** It helps in treating genital herpes in men.

**7. Arsenicum bromatum :** It is used for glandular indurations and herpes.

**8. Aconitum** : It is used when a person is on the early stage of herpes and feels a tingling sensation in the infected area.

**9. Thuya** : It is known for its powerful action against genital herpes, warts, and venereal ailments.

**From Madevi:  
Variolinum 1M  
Once a week for 12-14 weeks – removes permanently unless reinfection occurs**

**Preventive Measures**

These are the preventive measures that will surely help in avoiding the attack of herpes virus.

* Avoid sexual intercourse and kissing for some time until the sores are properly healed.
* Drink a lot of water to maintain dehydration level in the body.
* During pregnancy, seek regular and early prenatal care.
* Practice proper hygiene, like hand washing, to avoid bacterial infection.
* Use latex condoms during the sexual intercourse.
* Engage in stress management or stress-relief activities, like yoga and meditation.
* Stop sharing spoons, drinking glass, silverware, toothbrushes, and mouth guards with the infected person.
* Maintain cleanliness and dryness in genital parts.
* [Avoid smoking](http://homeremedyshop.com/16-home-remedies-to-quit-smoking/)
* Take 7-8 hours of sleep, daily.
* Take a proper diet, including healthy vegetables and fruits, like apples, cabbage, beetroot, papayas, carrots, mangoes, etc.
* Avoid alcohol, sugar, and junk foods.
* Avoid chocolates, seeds, peanuts, and cereals as they have a high amount of arginine.

# S\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Natural Herpes Cure...

**Discover the worlds most potent natural herpes cure, along with other extremely effective home remedies and treatments for herpes in this "must read" article...**



2K+Save

Finding out you have herpes can be an incredibly shattering experience. And I think the reason for this is everyone is under the false assumption that the herpes simplex virus is not curable.

Well, we totally disagree with this!

You absolutely can get rid of the herpes I and II viruses (oral and genital) as well as shingles (herpes zoster) if you get your hands on the world’s most powerful natural herpes cure and follow the proven home remedies we're about to discuss for a period of 12 months. And what’s really good about these treatments is they are all practical and can easily be fitted into your daily lifestyle…

### What is the Herpes Simplex Virus and How do You Kill It?

Before we give you our potent recommendations on how to kill the herpes virus (and give you the scientific proof to back up our claim), here’s a quick low down on exactly what the herpes simplex virus is and how you get it - just in case you didn’t already know…

Type I herpes (HSV-1) is the non-sexually transmitted form which is essentially known as “cold sores” and causes sores on the mouth, face and lips.

Type II or genital herpes (HSV-2) is a sexually transmitted disease (STD). It’s basically a parasitic virus, and like all viruses it can spread and be passed on from one person to another. This one mainly causes sores on the genitals, along with vaginal discharge in women.

And then there’s shingles, which is caused by the same virus as chickenpox. Shingles cause a rash or painful blistering on the body. In fact, the main side effect of the herpes simplex virus in general is inflammation and incredible itching. And unfortunately for women, they are more likely to become infected than men, hence why women make up the greater percentage of people infected (1 out of 5 women become infected compared to 1 out of 9 men. Sorry ladies!)

What many people are also not aware of is the herpes virus doesn’t even need to be in an “active” state for a partner to become infected. Type I herpes can also spread from a cold sore down to the genitals if one doesn’t maintain good hygiene practices such as regular hand washing.

### Okay, Let's Kill This Sucker! - Natural Herpes Cure #1:

Alright, it’s time to get rid of this nasty little bugger once and for all. So here’s the strongest natural herpes cure you'll come across, along with the all-important scientific validation on why it works so amazingly well.

Pharmaceutical company confirms…

*“Olive Leaf Extract Killed Every Virus, Bacteria and Protozoa They Tested it Against!”*

Back in 1969, Dr Harold Renis was working for the Upjohn Company (now owned by Pfizer) and was doing a lot of research into the therapeutic benefits of olive leaf extract (OLE). Once this pharmaceutical company realized the astonishing health benefits of olive leaf extract, they tried to obtain a patent on it and claim it as a drug. Of course they were unsuccessful (how can you get a patent on a natural substance). So once this happened they stopped all research into OLE and quickly poo-pooed it. Unfortunately for them, they’d already let the cat out of the bag and supplement companies began to jump on the olive leaf extract band wagon and started producing it in supplemental form.

The main substance in OLE is Oleuropein and this is what destroys the virus. It basically puts a force field around the virus and infected cells so they cannot continue to grow and replicate.

Here’s the 3 main benefits of using olive leaf extract for herpes as quoted by the Olivus website…

• Has the ability to interfere with critical amino acid production essential for viruses. Shown to kill oral and genital herpes virus and herpes zoster virus (shingles/chicken pox).

• Has the ability to contain viral infection and/or spread by inactivating viruses or by preventing virus shedding, budding, or assembly at the cell membrane.

• Ability to directly penetrate infected cells and stop the symptoms of herpes by shutting down viral replication in male & female herpes and mild herpes simplex, zoster, type 1 and type 2. ([Olivus](http://www.olivus.com/herpes_olive_tea.htm?AffId=35" \t "_blank))

### The French Also Discovered the Remarkable Benefits of Olive Leaf Extract as a Treatment for Herpes...

In 1992, French biologists “found that all of the herpes viruses were inhibited, killed, or cured by extracts from olive leaf”. Their findings were also backed up by the citing of 28 references on the anti-viral qualities of Oleuropein in their report. So this was not some willy-nilly study. It was very precise and very detailed (and they actually used both the "killed" and "cure" words in this report). [10](http://www.encognitive.com/node/2617)

Along with shutting down and killing viruses, including the herpes simplex virus, the other powerful benefit of olive leaf extract is it boosts the immune system tremendously. In fact, you would be hard pressed to find anything out there that works better. This is another reason why OLE will protect you from virtually every ailment that exists, including the common cold and flu virus. Even Aids sufferers are finding incredible relief from the use of olive leaf extract. It really is the “cure-all compound of the 21st century!”

### Some Real Life Evidence of Olive Leaf Extracts Potency as a Natural Cure for Herpes...

Olive leaf advocate, [Dr. James Privitera](http://nutriscreen.com/olive-leaf-extract/3029632), has given OLE to many of his patients infected with the herpes simplex virus and seen some remarkable results. One of his male patients experienced frequent lesions, along with constant fatigue for many years after becoming infected. But within a week of taking OLE his lesions disappeared and his energy levels increased dramatically. He even wrote to Dr. Privitera to say that olive leaf was the only medicine that eliminated his herpes. He stated... "Even the most minute blisters are totally gone!”. [2](http://nutriscreen.com/olive-leaf-extract/3029632)

And in a 1993 private herpes study of six participants, all reported symptomatic relief and three of the subjects said their lesions were completely gone within 48 hours from treatment with olive leaf extract. The icing on the cake was all six participants said this option produced far better results than medications they have previously used such as Acyclovir, Zorvirax, and Valtrex. [3](http://www.olivus.com/herpes_olive_tea.htm?AffId=35)

### How Much Olive Leaf Extract do You Need to Take and for How Long?

[](http://www.olivus.com/?AffId=35)

As a herpes treatment, you need to know just how much OLE to take for it to be effective and for how long. First off, the dosage for olive leaf extract will depend on the potency of the product you buy. OLE comes in a variety of potencies, from “regular” to “super strength”. We advise you stay well clear of the regular potencies as they are often too weak and will not destroy the herpes simplex virus. Instead, go for the [super strength varieties](http://www.olivus.com/OliveLeafMAX-Capsules--Bulk-300-Ct_p_50.html?AffId=35) that have a pure Oleuropein extract content of 25% or more (250 mg's of pure oleuropein). If they contain added dry olive leaf powder for extra strength then even better. For this reason, we now only recommend Olivus OLE to all of our clients. It's by far the strongest and most absorbable olive leaf extract you'll find anywhere in the world - and it works incredibly well on the herpes simplex virus! You can [view their website here](http://www.olivus.com/?AffId=35) for more information.

**Note:** Because the super strength Olivus OLE ([OliveLeafMax](http://www.olivus.com/OliveLeafMAX-Capsules--Bulk-300-Ct_p_50.html?AffId=35" \l "tab-2" \t "_blank)) capsules work so well, demand is extremely high for this product, and unfortunately, they regularly sell out. If you find this is the case then you can go on their waiting list. You will need to be patient, but it's well worth it.

Now, when it comes to how much OLE to take you need to keep in mind that olive leaf extract is not harmful, even at high dosages. It’s considered safe to use so don’t be afraid of “overdosing”. In this case you actually need to be more concerned with “underdosing!”

So we suggest you take at least the highest recommended daily amount suggested on the bottle (on an empty stomach) for the first 6-9 months, then as your symptoms disappear, drop back to the suggested maintenance dose after that. You will definitely need to hit the virus hard to destroy it and this approach is the most effective way to accomplish this. For the Olivus OliveLeafMax capsules, the recommended dose for eliminating viruses is 4-6 capsules per day taken in divided amounts.

**Watch Out for Herxheimers Reaction...**

It should be noted here that for some people, olive leaf extract can make them feel queasy and even cause mild diarrhea. Because OLE is such a powerful detoxifier, if you have a high viral load or a lot of pathogens in your body, you can experience something called herxheimers reaction. This is simply a "die-off" reaction that occurs and is basically the body's immune response to the release of toxins caused by the eradication of these harmful pathogens.

Herxheimers reaction resembles "flu-like" symptoms and usually lasts for around 5-7 days. But this short lived side effect is actually a sign that the treatment is working (which is a good thing of course) so don't be discouraged by it. Instead, drink plenty of water to help flush the toxins out of the body because once this "detox" is over, we guarantee you'll start to feel better than you've felt in a long time!

So if herxheimers reaction does happen to you and it does hit you hard, we suggest you drop back to the lowest dose recommended on the bottle and then slowly build the dosage back up over a 2-3 week period to the highest recommended daily amount. You then stay on the highest amount for a further 6-9 months to ensure a thorough cleanse. Once this period is over, you will then continue on the maintenance dose (suggested maintenance dose on the bottle) indefinitely.

And what exactly do we mean by “indefinitely”?

Yes, we mean for the rest of your life!

Even though OLE will kill the herpes virus, we still suggest you continue to take it everyday for what we like to call "health insurance". This is not actually a "prescription" we’re talking about here anyway, this is a treatment that's designed to not only cure your herpes for good, but also boost your overall health and wellness and help you live a longer life.

So remember this... The powerful benefits of olive leaf extract go way beyond just treating and curing the herpes virus. Please take the time to read this important article on the benefits of OLE and it's amazing curative powers... [Olive Leaf Extract - The Remedy of Choice for Thousands of Years](http://www.superfoods-scientific-research.com/natural-remedies/antiviral-effects-of-olive-leaf.html).

**Final Note:** Olive leaf extract is also an excellent topical treatment for herpes blisters. You can buy it in [tincture form](http://www.olivus.com/Olive-Leaf-Tincture-br2-oz_p_31.html?AffId=35) or powdered form (mix with a slight amount of oregano oil) and use this to rub directly on any sores or blisters for some extra fast and welcome relief!

### Other Treatment Options For Herpes...

There are other natural remedies for herpes that work exceptionally well. We suggest you use these in conjunction with your olive leaf extract to totally destroy this unwelcome parasite for good…

**Natural Herpes Cure #2… Colloidal Silver:**

Colloidal silver works in a similar way to olive leaf extract. The positively charged ions in colloidal silver bind to the protein structure surrounding the virus so it can’t replicate. In addition, if the particles contained in the colloidal silver are small enough (less than 6 nanometers), they will penetrate the virus and attach themselves to the genetic material contained within it. This also stops the herpes virus from being able to replicate even further and basically "starves" it. So by doing this, the viral infection is quickly contained and quarantined.

The truth is, by combining colloidal silver with olive leaf extract, oregano oil and BHT (see next two cures), you actually have the most powerful herpes destroyer combo that exists on this planet! In fact, you’ll be hard pressed to find a more potent and astonishingly effective treatment for eradicating the herpes virus anywhere. We guarantee it!

According to Homeopath and colloidal silver expert, Dr Robert Scott Bell, to get your daily dose of colloidal silver, you must take a supplement that contains silver in a form of at least 10 parts per million (particles at 6 nanometers or less). We know of only one colloidal silver brand on the market that not only fits this criteria, but actually goes way further to deliver the most potent colloidal silver supplement you’ll ever come across (particles at 0.8 nanometers). It’s called Sovereign Silver. You can check it out here… [Sovereign Silver - Purest Colloidal Silver](http://geni.us/colloidalsilsovereign).

One reviewer on the Earth Clinic website had this to say about Sovereign Silver for eradicating herpes...

I found out that colloidal silver kills all viruses, bacteria and fungus - I had herpes and took a teaspoon of colloidal silver (sovereign silver) 5 times a day for 3 months and it is gone. I found out that the brand of silver is very important. I have been re-checked and I am negative for herpes. I was amazed to find that this disease can be cured. [*1*](http://www.earthclinic.com/supplements/colloidal_silver2.html#herpes)

For dosages, take one teaspoon of colloidal silver (hold under tongue for 30 seconds then swallow) 5 times a day for 3 months. After this, take one teaspoon twice daily for a further 9 months. You can also apply colloidal silver topically on any lesions for extra fast healing and relief.

**Natural Herpes Cure #3... Oregano Oil:**

Oregano oil is a strong antiviral and antibacterial substance that has been proven to kill the herpes virus in test tube studies. This oil (the 100% pure oil) contains two powerful compounds, carvacrol and thymol, and these are the essential ingredients that destroy the virus. Carvacrol is especially important and the higher the levels of this compound the better. Like we said, when combined with olive leaf extract, colloidal silver and BHT, oregano oil is unbeatable. But, and this is crucial, you must make sure you purchase the right type of oregano oil and use it correctly (drops under the tongue and applied to the base of the spine). This is extremely important as you will not benefit from it unless you do! The oregano oil MUST be the "super strength" 100% pure Mediterranean oil. Nothing else will work! This is one of the brands we recommend, however, it is expensive... [New Age Super Strength Oregano Oil](http://www.shop.destroydiseases.com/product.sc;jsessionid=94EBBD6BAAA16EEC20CA1CA3C2554821.m1plqscsfapp02?productId=3&categoryId=1) (be sure you follow each crucial step they list on how to use the oil).

This brand is more reasonably priced and actually contains some of the highest levels of carvacol and thymol we've come across so far (up to 92% carvacrol!)... [Super Strength Pure Mediterranean Oregano Oil](http://geni.us/Oreganooilhighstrength). You will still need to read through this article though on exactly how to use the oil effectively, both internally and externally, to destroy the virus... [Steps on How to use the Oregano Oil](http://www.shop.destroydiseases.com/product.sc;jsessionid=94EBBD6BAAA16EEC20CA1CA3C2554821.m1plqscsfapp02?productId=3&categoryId=1).

In addition, please make sure you take the time to read through this ENTIRE article and follow the advice "to-the-letter" so you get the most out of this powerful herpes treatment... [destroydiseases.com](http://www.destroydiseases.com/Get_Herpes_Cured_Quickly.html)

And be sure to watch some of these informative video's too for more crucial tips and short cuts... [Destroy Diseases - YouTube](https://www.youtube.com/user/DestroyDiseasesNow).

### Natural Herpes Cure #4... BHT (Butylated Hydroxytoluene):

[](http://geni.us/BHTButylatedHydrox)

Back in the mid 1980’s, a scientific paper was published in the prestigious *Science* journal showing that a common food preservative, BHT (Butylated hydroxytoluene), could prevent lipid coated viruses from infecting their targeted cells. Since around half of all serious (viral) diseases are associated with or caused by lipid-coated viruses, this was a powerful finding. When a virus cannot invade and infect a cell, it cannot grow and replicate and will eventually die. The herpes family of viruses (along with hepatitis B & C, influenza, HIV, AIDS, and even the Ebola virus) are lipid coated viruses and all respond very well to BHT therapy. [11](https://www.ilifelink.com/bht_and_the_silent_epidemic_herpes.html)

BHT is also terrific for reducing and completely stopping all herpes outbreaks. [13](http://www.rifeenergymedicine.com/BHT.html) When you start detoxing the body and using powerful substances such as the olive leaf extract, colloidal silver and oregano oil, it’s very common for outbreaks to occur - especially in the beginning. The virus has been lying dormant and has now been woken up. It’s not happy! So when it leaves the infected area it can, and usually does, go on a rampage at your expense. The body also begins to fight back, which further exacerbates the problem. But BHT quickly destroys the viral outbreak and produces rapid healing. [11](https://www.ilifelink.com/bht_and_the_silent_epidemic_herpes.html)

In an article by researcher Ed Sharp he stated…

*“Inspired by early scientific reports on the antiviral activity of BHT, a number of people suffering from herpes began to experiment on themselves. As described in several books published a few years later, the BHT experimenters discovered that a daily dose of 250 to 1000 mg resulted in rapid recovery from herpes eruptions with no recurrences.”*

Many people have used BHT to treat their herpes and then tested negative for the virus. Here’s one interesting account…

*“Roger first began taking BHT in 1984 after reading about it in Pearson and Shaw’s ground-breaking book ‘Life Extension: A Practical Scientific Approach.’ Initially he took about 1 gram per day because he was buying BHT in bulk at the time and larger amounts were easier to measure out than smaller ones. Later he was able to obtain BHT in capsules containing 250 mg per cap, and from that point on he took 250 mg every day for 6 to 7 years. Not surprisingly, during this period he remained completely free of herpes eruptions. More surprising is that he still remains herpes-free to this day, 19 years after his last dose of BHT. Around 6 years ago Roger had a comprehensive physical exam, including blood work. His physician told him that no antibodies to the herpes simplex virus could be found in his system.”* ([BHT and the Silent Epidemic… Herpes](https://www.ilifelink.com/bht_and_the_silent_epidemic_herpes.html))

**How to Get the Most Out of BHT…**

So BHT supplementation is definitely another crucial link in your “herpes cure” arsenal. And the good thing about BHT is it’s not expensive and is easily obtainable. There are a few precautions though and a specific way to begin taking BHT so your body can adjust to it. Firstly, you MUST combine BHT with the herb St. John’s Wort. St. John’s Wort contains a substance called hypericin, and the theory (yes, it’s only a theory at this stage) is that hypericin has the ability to travel down the ganglia nerve, so when it’s combined with BHT it acts as a carrier to get the BHT into the area where the herpes virus likes to hide (hypericin is also a strong antidepressant too). In addition to this, because BHT is fat soluble, it should be taken with a small amount of organic virgin coconut oil (1/4 tablespoon) for maximum absorption, along with a daily dose of 10,000 mg's of vitamin C (see next cure).

You can purchase BHT in either capsule or granule form. We recommend the capsules…. [High Strength BHT Capsules](http://geni.us/BHTButylatedHydrox). They’re much easier to take and you know the exact amount you’re taking each time. So, begin with 250 mg’s a day and stick with this amount for 3-4 days, then increase to 500 mg’s per day. Once again, stay with this amount for 3-4 days before increasing to 750 mg’s. After another 3-4 days increase to the maximum recommended dosage of 1000 mg’s per day. Stay on this for 6 months before dropping back to 500 mg’s a day for another 6 months. You can then take 250 mg’s of BHT every day after this for as long as you wish. The St. John’s Wort must contain at least 0.3% standardized hypericin extract for it to be effective…  [St John's Wort 0.3% Hypericin Capsules](http://geni.us/stjohnsworthypericin). This supplement should be taken at a daily dose of between 900 and 1500 mg’s (total for the day) in divided amounts. And of course, make sure you always take the St. John’s Wort together with the BHT for maximum assimilation and benefit.

**Note:** Do not consume alcohol whilst taking BHT as the BHT will heighten the effects of the alcohol. BHT can also thin the blood initially (if you haven’t taken it before), which is why you should follow the directions and slowly build up the dose. This blood thinning is not detrimental to your health though and usually only occurs for the first 2-3 days while your body is acclimatising to it. Of course, if you’re taking anticoagulant drugs, have liver problems, or blood clotting disorders such as hemophilia, you should check with your health care professional first before taking BHT, just to be on the safe side. St. John’s Wort is also not recommended for pregnant or nursing mothers.

### Natural Herpes Cure #5… Lysine, Vitamin C and Zinc:

[](http://geni.us/lysine)

The herpes simplex virus absolutely hates the amino acid [L-Lysine](http://geni.us/lysine). Vitamin C and zinc have also been shown to help keep the herpes virus away, along with giving the immune system a significant boost. Taking these three in supplemental form is crucial as you will need high dosages. 1000 milligrams of lysine three times a day is needed to get the virus under control, along with 5000 milligrams of [two-staged time release vitamin C](http://geni.us/vitaminCtimerelease) and 5000 milligrams of [ascorbic acid](http://geni.us/ascorbicacid) per day (yes, that's a total of 10,000 mg's of vitamin C each day!) Colloidal zinc or chelated zinc is also recommended for optimum results. Once the virus is under control, cease taking the lysine as long term use at high doses can actually weaken the immune system. Instead, eat lysine rich foods such as organic free range eggs, and organic fruits and vegetables, along with taking a [wheat grass](http://geni.us/wheatgrassamazinggrass) or barley grass supplement every day to raise your pH level (which also helps to kill the virus) and pull heavy metals from the body.

**Natural Herpes Cure #6... Elderberry:**

Yet another incredible home remedy for herpes. Elderberry contains some very strong antioxidant flavonoids that are known to boost the immune system quite rapidly. It also possesses some excellent anti-viral qualities and has been shown in studies to actually stop the replication of four strains of the herpes simplex virus, including two strains that are resistant to the most common herpes pharmaceutical medication acyclovir (Zovirax).[8](http://www.undergroundhealth.com/vanquishing-viruses-10-natural-antiviral-remedies/) In addition, elderberry is one of the best natural remedies for colds and flu you'll ever come come across. You can easily [buy elderberry online](http://geni.us/elderberry) or from any good health food retailer.

**﻿Natural Herpes Cure #7… Herbs and Reishi Mushrooms:﻿**

Certain herbs and spices are terrific (and easy) home remedies for herpes. Tribulus Terrestris, Astragalus, Cat’s claw, galangal, lapacho and [Cissus Quadrangularis](http://geni.us/cissusquadrangularis) are all anti-viral in nature and will help tremendously. Reishi mushrooms, ginger, turmeric, black pepper, cinnamon, cilantro (coriander), and the most powerful of them all, garlic, are also anti-viral and really give the immune system a strong boost. Cayenne pepper, licorice and thyme are three herbs that have actually been found to fight the herpes virus so be sure to use them in your cooking as much as possible (along with lots of garlic and cilantro).

Remember, to successfully kill the herpes simplex virus you must detox your body, raise your pH level, and boost your immune system to the absolute maximum! This is crucial. All of these herbs and spices and mushrooms help to do this so it’s vital you use them and consume them in high amounts every day. You can read more on some of the best natural ways to boost your immunity here... [Take Your Health to a Whole New Level With These 13 Powerful Tips!](http://www.life-saving-naturalcures-and-naturalremedies.com/LifeSaving_Health_Solutions_-how-to-build-your-immune-system.html)

**Natural Herpes Cure #8... Natural Honey:**

Natural honey is an extremely powerful treatment for both HSV1 and HSV2. It's such a strong anti-viral and infection fighting food that it’s still considered the number one remedy of choice by most natural therapists and alternative healers.

And a recent study has finally been able to validate the benefits of natural honey for treating herpes…

In the first part of the study, researchers treated 8 patients with genital herpes and 8 patients with oral herpes using Acyclovir as soon as a breakout occurred. In the second part of the study, they treated all 16 patients with honey instead of Acyclovir as soon as there was a second breakout and found that the healing time was 43% better for labial sores and 59% better for genital sores. Overall they found the length and extent of each attack, along with the duration of pain and healing time were much shorter with the honey than with Acyclovir.

And with no side effects!

Another study randomized 90 people with genital herpes and had them use one of three treatments during an outbreak... a ﻿[propolis ointment﻿](http://geni.us/propolisointment" \t "_blank) (another bee/honey product), topical Zovirax, or a placebo ointment. They found the individuals in the propolis group experienced a much faster healing time for their lesions and were more likely to have fully healed sores by day 10 of the treatment compared to the people using Zovirax or the placebo. [6](http://articles.mercola.com/sites/articles/archive/2010/08/07/honey-works-better-than-drugs-for-herpes.aspx)

**How to Get the Most Out of the Honey Remedy...**

So there are two ways to effectively use the honey. Firstly as an external remedy... When an outbreak occurs simply smear the honey (with a little coconut oil) on the affected area after urination and leave on for as long as possible. The second way is much easier... You simply eat it!

Honey is not only anti-viral, it also contains nitric oxide metabolites. New research has indicated that increasing nitric oxide levels in bodily fluids may help retard and even prevent viral replication. This is of course, welcome news for herpes sufferers. For best results, 1-2 tablespoons of honey should be eaten each day.

**Manuka Honey is Best…**

Manuka honey is by far the most superior of all honeys. The pollen comes from the flowers of the potent medicinal plant known as the Manuka bush, found in Australia and New Zealand. Manuka honey has been proven to kill more than 250 bacterial strains and successfully treat the herpes simplex virus. This really is the only honey you should use. It’s much stronger than natural honey, but with that said, if you only have access to natural honey or local honey then go ahead and use these. Natural honey is still a better option than using nothing at all. Whatever you do though, don’t use processed honey (commercial honey sold in supermarkets) as this will actually make your symptoms much worse!  [7](http://thescienceofeating.com/2015/02/11/cure-genital-herpes-outbreak-fast/)

### Natural Cure for Herpes #9... Apple Cider Vinegar (ACV):

Apple cider vinegar is another terrific natural remedy and treatment for HSV1 and HSV2. It also contains some very potent anti-viral and infection-destroying properties and is actually one of the best detoxifiers and heavy metal removers in existence! As an added benefit, ACV helps to raise your bodies pH level and boost your immune system. Used topically, it also helps to relieve lesion pain and discomfort quite considerably.

To get the most out of the ACV remedy, mix two tablespoons of [organic apple cider vinegar](http://geni.us/applecidervinegarACV) containing the "mother" apple and a teaspoon of Manuka honey in a glass of warm filtered water and drink down. Do this 3 times a day on an empty stomach (first thing in the morning when you awake is especially important). If you find you can't handle the taste of the liquid ACV, go with the capsules instead.

For external relief and to heal lesions faster, mix up a batch comprised of one cup ACV to one gallon of water. Soak with a wash cloth then use as a cold compress. Leave on the affected area for around 20 minutes. Repeat this process 2-3 times daily until all lesions are healed and gone.

**Natural Herpes Cure #10… Topical Home Remedies That Give Excellent Relief:**



2K+Save

**Hydrogen peroxide (HP):** This should definitely be your first “go to” remedy when you have an outbreak. Hydrogen peroxide is also a very powerful internal parasitic cleanser and “oxygenator” (pH/alkaline booster). Because herpes is a parasite, and you also need to alkalize the body to destroy the virus, hydrogen peroxide is definitely a worthy (and cheap) addition to your daily treatment protocol. If you have a breakout, simply dilute some 35% food grade hydrogen peroxide ([such as this one](http://geni.us/HydrogenPeroxide35)) with clean filtered water (1 part HP to 11 parts water for 3% solution) and apply directly to any lesions with a cotton ball. Do this 2-3 times a day and watch those sores disappear quicker than you’ve ever seen before. If you have a cold sore (HSV1), gently prick the sore with a sterilized needle then apply the HP with a cotton ball. Hold for at least 10 minutes. Be aware that the hydrogen peroxide may also bubble a bit in the beginning - this is normal. Make sure you use the 35% grade and dilute as directed above so it doesn’t burn.

For internal use, add 3 drops of 35% food grade hydrogen peroxide to 8 oz of filtered water and drink down. Do this three times daily every day. Or, you can use the famous Bill Munro hydrogen peroxide inhalation method instead using 3% grade HP… [Bill Munro’s Hydrogen Peroxide Inhalation Method](https://www.youtube.com/watch?v=TAHhe7hJ0Ug). In addition to this, take a capful of 35% hydrogen peroxide and mix with filtered or distilled water at a ratio of 1 part HP to 11 parts water (becomes 3% solution) and gargle this every day after cleaning your teeth - do not swallow the mixture though, spit out afterwards. Bacteria and parasites live and breed in the mouth. Doing the HP gargle every day kills these unwanted pests, and in turn, enhances the assimilation and effectiveness of the food and supplements you’ll be consuming tremendously. Hydrogen peroxide also removes toxins and heavy metals from the body at a rapid rate via the above methods. You can read more on all the in’s and out’s for using hydrogen peroxide to treat herpes in this terrific free book… [The One-Minute Cure: The Secret to Healing Virtually All Diseases](http://eridu666.webs.com/The%20One%20Minute%20Cure.pdf).

**Tea tree oil:** Tea tree oil is a virtual “cure all” topical treatment. And it works very well on herpes sores. Simply use a single drop from the eye dropper that comes with the bottle and rub lightly on the infected area.

**Lemon balm:** This herb contains rosmarinic, caffeic and ferulic acid, the compounds which give this herb its potent anti-viral properties. It also works very well on skin lesions caused by the herpes virus. Buy the lemon balm liquid drops and apply 3-4 times a day.

**Essential oils:** Essential oils such as lavender and peppermint oil can also be used as a topical treatment. However, we recommend you try these only if you don’t receive any benefit from the lemon balm or tee tree oil as these are probably the least effective of the three for most people.

**Aloe vera:**This amazing plant will help with just about any ailment or skin condition you will ever encounter. It has no side effects and won't irritate or inflame the skin at all. Use the aloe vera creams or gels to provide some soothing relief to your herpes sores.

**Natural Cure for Herpes #11… Foods to Avoid - Foods to Eat:**

Some foods will definitely impair the healing process while others will help to speed it up. The main “no no” is caffeine and any foods that contain it. Caffeine impairs the healing process like nothing else. Foods you must avoid include coffee, black tea and chocolate. However, we do strongly recommend you drink Matcha green tea every day for its potent health and healing benefits. Even though it contains a small amount of caffeine, [Matcha green tea](http://geni.us/greenteamatcha) boosts the immune system and speeds up the healing process tremendously. In this case, the pros definitely outweigh any cons!

The other foods and ingredients you need to avoid are all refined sugars and processed foods (including processed dairy). These man-altered disaster foods do absolutely nothing for your body and are laced with artificial additives and toxic chemicals that inhibit the effectiveness of the remedies we've just discussed. Tap water should also be avoided due to it's high heavy metal and pesticide content (and tap water can contain parasites and other unwanted pathogens) so make sure you only drink clean filtered water, and of course, no alcohol! You will most likely already feel tired and lethargic from the virus so why would you eat foods and drink liquids that are only going to make you more tired and lethargic anyway? Nuts (not seeds) are also on the list of foods to avoid as they seem to exacerbate the virus due to their high levels of arginine.

The foods you need to be eating more of are the basics… organic fruits (especially avocados and olives), herbs (especially cilantro), vegetables, eggs (soft boiled), fish (especially wild salmon, tuna and sardines), and omega 3 fatty acid seeds such as flax seeds, hemp and chia seeds. In addition, coconuts contain some very powerful anti-viral and anti-infection properties, along with essential fatty acids, so make sure you consume plenty of organic coconut oil and coconut water. Green foods such as wheat grass and the blue-green algae [chlorella and spirulina](http://geni.us/chlorellaspirulina) chelate (remove toxins and heavy metals) from the body so try and add one of these to a morning smoothie every day, along with the anti-viral fruits, pomegranate and [maqui berries](http://buy.geni.us/Proxy.ashx?TSID=23921&GR_URL=http%3A%2F%2Famzn.to%2F2jT49EU) (you can buy these in powdered form). Take a good quality probiotic supplement and eat plenty of cultured foods such as sauerkraut, kimchi and natural yogurt as well for a healthy gut and healthy digestion.

Finally, make sure you eat LOTS of organic onions and garlic! Yes, this may seem a bit "out there" but many herpes sufferers are experiencing amazing results from drinking their own home-made onion and garlic broth. This makes sense as onions and garlic contain some of the most powerful anti-viral and immune boosting substances yet found. And a 1992 study by Brigham Young University actually found that garlic was able to kill 90% of the herpes simplex virus within 30 minutes of applying it to a laboratory dish! So there you go? [12](https://news.therawfoodworld.com/garlic-gets-rid-herpes-overnight-fact-fiction/)

For more information on the onion and garlic remedy and how to make the broth, you can click on this link... [Onion Family (Onions, Garlic, Celery, Thyme) for Treating Herpes](http://www.earthclinic.com/cures/genital_herpes12.html#onions) Just be aware also that onions and garlic do thin the blood, so if you happen to be on any blood thinning medications, you'll need to leave this one out.

So the bottom line with all of this is "clean eating" is the key. Heavy metals, artificial additives and toxic chemicals (pesticides, etc) **will kill the benefits of this protocol more than anything else!!** So make sure you go organic and go raw. Get yourself a Nutribullet or something similar and use this to juice and pulp your foods. Cooking foods destroys valuable nutrients and live enzymes so try and avoid this practice. **Eating organic, raw foods is definitely one of the secrets to the success of this protocol.**

**Tip:** If you're unsure on how to go about following a raw food diet, this article is worth reading and gives you a good outline on what's involved and what you need to do... [Raw Food Diet: Benefits and How to Go About It](https://draxe.com/raw-food-diet/).

**Natural Herpes Cure #12… You Must Stay Calm:**

You will have no doubt found that the times you're stressed and up-tight are the times when you get an outbreak. The same is true for eczema and psoriasis sufferers. The reason for this is stress lowers the immune system (crucify's it really). A low immune system means your body can’t fight infection, disease or any parasitic virus. So the result is a breakdown in the body or an actual worsening of any health problem. Fortunately, olive leaf extract, oregano oil, colloidal silver, vitamin C, zinc and the herbs listed above, along with proper eating, will all help to keep your immune system in tip-top condition. But why make it work harder than it needs to? You must learn to keep stress and anxiety to a minimum. Doing some yoga, tai-chi or meditation every day will definitely help. Exercise is also a great “de-stressor”. We recommend you click on our “natural remedies for anxiety” link at the bottom of this page for more tips on how to keep your stress levels under control.

### A Final Note on Using Natural Treatments and Home Remedies to Destroy the Herpes Simplex Virus...

We believe you have everything here to treat and get rid of the herpes simplex virus for good and go back to living a normal life. Contrary to what you may be thinking at the moment, the herpes virus is not something you were cursed with and you'll have to take to your grave. Don’t believe the medical professions “expert opinions” about herpes, when they tell you there is no cure. We're so sick of reading this rubbish (although we do agree that with their orthodox treatments there is no cure, but with natural cures for herpes there definitely is!)

So use all of the recommendations suggested here (apart from the topical remedies, which are optional) and be sure to stick with them to-the-letter FOR A PERIOD OF 12 MONTHS (yes you will need this amount of time). If you do, we guarantee you'll be pleasantly surprized by the results and down the track you’ll even wonder why you were so worried about contracting the herpes simplex virus in the first place!

All the best.

[Go from natural herpes cure to "How I Cured Myself of Herpes (HSV2)... One Woman's Story" testimonial](http://www.life-saving-naturalcures-and-naturalremedies.com/how-i-cured-myself-of-herpes-hsv21.html)

[Go from natural cure for herpes to home remedies for anxiety](http://www.life-saving-naturalcures-and-naturalremedies.com/home-remedies-for-anxiety.html)

[Go to life saving natural cures and natural remedies home page](http://www.life-saving-naturalcures-and-naturalremedies.com/)

- See more at: http://www.life-saving-naturalcures-and-naturalremedies.com/natural-herpes-cure.html#sthash.2OAuPyZJ.dpuf