

Herpes Triggers Chart

Get Rid of Herpes Before It Happens

Stress

You can reduce stress by practicing Yoga once a week. You can also practice cardio-training and meditation. Please read your bonus for further information. You can also use EFT to almost instantly reduce any type of stress.

Fatigue

Fatigue is often symptomatic of poor digestion, lack of sleep, stress or another condition.

Things to do:

Take daily vitamin supplements

Take organic apple cider vinegar before meals to restore good digestion

Eat more raw foods and sprouts or raw vegetable juice (not tomato)

Reduce stress (see above)

Practice brisk walking or mild exercise

Depression/Emotional Shocks/ Emotional Factors

Please refer to (herpes psychological treatment)

You can use Bach flower remedies to help you cope with all sorts of emotional discomfort from numbing depression to extreme anxiety. You should also use EFT. Please visit (www.emofree.com).

You can treat mild depression by taking heavy doses of Saint John's Wort tincture (one tbsp one to three times daily).

You should also consider counselling if you feel you cannot cope with this on your own.

PMS / Hormonal imbalance / Pre-menopause / Menopause

If herpes is triggered by hormonal changes, you should consider taking natural hormone balancing remedies. I recommend you try a mixture of organic borage oil and flaxseed oil. Take daily recommended dosage 15 days prior to and during menstruation or all the time if your doctor agrees during pre-menopause and menopause.

This subject is beyond the scope of this book but you can also take plants like Vitex agnus castus, Don quai, Angelica sinensis, Cimicifuga racemosa and Sage to balance hormones. Several homeopathic remedies can also alleviate PMS symptoms. Vaccinium vitis idaea gemmotherapy extract is an estrogen like and supports women during menopause. You can take it daily to suppress herpes. (Please refer to the Herpes Prevention chapter).

Flu, colds and other conditions

If you have a cold and suffer from HSV-1, you should take Sambucol. It is a black elderberry extract that treats herpes as well as colds quite effectively.

You should also take vitamin & mineral supplementation, garlic and organic apple cider vinegar daily. (Please refer to Herpes prevention and treatment chapters)

Yeast infection

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If you have yeast infection you should take garlic and either Lapacho tincture or decoction daily and use all diet directions recommended in the book (drastically reduce sugars and refined foods...). You should also try and reduce stress and improve oxygenation of the body by doing some form of brisk walking or cardio-training.

Foods / Diet

I think that foods trigger herpes only when other triggers are present, such as yeast infection, stress or hormonal imbalance. It is impossible to avoid one type of food entirely but it is always good to know which ones trigger herpes. If you have identified a set of foods that promote herpes stay away from them when you notice that another trigger like PMS is active. You should also keep your immune system strong and switch to a healthier diet.

(please refer to the chapter on herpes prevention). Foods should not be triggers any more once other triggers have been eliminated.

Too much exercise

This is probably one of the toughest triggers to tackle because intense exercise temporarily suppresses the immune system. You cannot take arginine supplements to build muscles when you have herpes. You should not take almond bars or any supplementation that could promote herpes, including sports drinks.

If you feel you cannot get rid of this problem you should act as if you were having an outbreak each time you go and exercise intensely. This means you have to follow most if not all treatment guidelines of the book prior to exercising.

You may also give your immune system an extra boost by releasing stress doing a specific EFT routine. For example you can say “Even though I always have herpes after doing sport, I completely love and accept myself, Even though I’ve always had herpes after exercising, I choose to remain outbreak free in all situations. Even though I am afraid to get an outbreak each time I exercise, I decide to remain healthy in all situations and I profoundly love and accept myself. Then tap on each tapping point with “this fear of getting an outbreak when I exercise” or something that rings true to you, like “these dreadful outbreaks when I exercise”. Don’t be afraid to use curse words. Get it out of your system.

One last thing. Try to wear cotton underwear and switch to organic laundry powder and try to wear loose garments that won’t cause further friction on the skin.

Friction on the skin/sexual intercourse

One last trigger is friction of the genital skin. As mentioned above, if local friction triggers herpes outbreaks, you should use organic laundry powder and cotton underwear at all times.

If sexual intercourse is a big trigger, you can take 10 pellets of 15C staphysagria prior to or just after intercourse (for women mostly). If you don’t see any improvement, use the treatment section of this book and use all homeopathic remedies prior to or just after intercourse. You may also have to address any emotional blocks you may have towards sex. It is not possible to provide a specific EFT script for all emotional blocks attached to sexual intercourse but you may want to try and write yours.

You can start with this one. “Even though, I have outbreaks each time I have sex, I deeply and profoundly love and accept myself. You can do that three times on the Karate Chop point and move to tap on all the points “these outbreaks after sex” or “this fear of having outbreaks after sex.”

If you’ve enjoyed reading this report, there is a 100% chance you’ll just love my **new Herpes Antidote program**. **I will send you a special 75% discount link in about 3 days**, so keep your eyes peeled. ☺ Nathalie