



## **HERPES (ANY VIRAL CONDITION)**

### **Nutritional Support Protocol**

#### **Lifestyle Recommendations:**

1. Avoid stress and extra obligations.
2. Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more. High intensity short bursts (20-60 seconds) of activity during the day is recommended to enhance growth hormone release. Also engage in resistance training that works all major muscle groups (work each group at least 2 times a week).
3. Avoid corticosteroids and NSAIDS (if possible).
4. Always balance arginine supplementation with the amino acid lysine.

#### **Dietary Recommendations:**

1. Avoid wheat flour and dairy products.
2. Avoid sugar and hydrogenated oils. Replace sugar with the polyol sugar xylitol.
3. Avoid alcohol consumption and caffeine.
4. Avoid refined and processed foods.
5. Avoid omega 6 oils such as safflower, sunflower, corn and soybean oil.
6. Nuts contain arginine which depletes the anti-viral nutrient lysine. Frequent consumption of nuts can cause a viral outbreak.
7. Eat omega 3 anti-inflammatory foods such as salmon, mackerel and sardines.
8. Consume green drinks (PaleoGreens) or fresh vegetable juices.
9. Helpful teas: chamomile, naturally decaffeinated green tea, echinacea or slippery elm.

#### **Supplement Recommendations:**

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

<b>Allicillin:</b>	1 capsule with each meal, 3 per day
<b>Immunitone Plus:</b>	2 capsules with breakfast and lunch, 4 per day
<b>L-Lysine:</b>	2 capsules with breakfast and lunch, 4 per day
<b>Olive Leaf Extract:</b>	1 capsule with breakfast and lunch, 2 per day
<b>Stellar C:</b>	1 capsule with breakfast and lunch, 2 per day
<b>Silvercillin Liquid:</b>	2 tablespoons 3 times per day

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