Herpes Simplex Type II

The Herpes Simplex Virus Type 2, is transmitted by sexual contact and results in sores or lesions. Four to seven days after contact with an infected partner, tingling, burning, or persistent itching usually heralds an outbreak. One or two days later, small pimple-like bumps appear over reddened skin. The itching and tingling continue, and the pimples turn into painful blisters, which burst, bleeding with a yellowish pus. Five to seven days after the first tingling, scabs form, and healing begins.

Antiviral essential oils have generally been very effective in treating herpes lesions and reducing their onset. Oils such as tea tree, melissa, and rosemary have been successfully used for this purpose by Daniel Pénoël, M.D. in his clinical practice. A study at the University of Buenos Aires found that sandalwood essential oil inhibited the replication of Herpes Simplex viruses-1 and -2.38 Those with herpes should avoid diets high in the amino acid L-arginine, substituting instead L-lysine. Lysine retards the growth of the virus. Foods such as amaranth are very high in lysine.

Single Oils:

Melissa, ravensara, tea tree, sandalwood, blue cypress, oregano, thyme, cumin, rosemary

Blends:

Melrose, Thieves, Exodus II, ImmuPower, Purification

Herpes blend #1 (topical):

• 1 drop lavender

• 1 drop tea tree oil Herpes blend

#2 (vaginal):

• 2 drops sage

• 2 drops melissa

• 4 drops ravensara

• 2 drops lavender

EO Applications:

TOPICAL: NEAT, apply Herpes blend #1 (above) on lesion as soon as it appears. Apply 1-2 drops of neat oil 2-3 times daily, alternating between the above herpes blend and Melrose each day.

RAINDROP Technique, 1-2 treatments

RETENTION:

TAMPON, for vaginal treatment of herpes, use Herpes blend #2 (above), diluted 20-80 (2 drops of the blend with 8 drops V-6) in tampon/ pad application nightly. If tampon/pad stings after 5 minutes, remove and change dilution rate to 10-90.

Dietary Supplementation:

Exodus, ImmuPro, ImmuneTune, Sulfurzyme, Power Meal, Essential Manna, Super C Chewable, Super B, Multi-Greens, True Source Vitamins, Cleansing Trio.

Avoid using Ultra Young since this supplement is high in L-arginine.

Topical Treatment:

Thieves Antiseptic Spray