

Herpes - signs and symptoms, useful and dangerous products, folk remedies

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Abstract. Herpes is a disease that is caused by herpes simplex viruses of the first, second, sixth and eighth types, varicella zoster, Epstein-Barr, cytomegalovirus.

Key words: Herpes, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

The virus affects the optic tract, ENT organs, oral cavity organs, mucous membranes and skin, lungs, cardiovascular system, central nervous system, genital organs and lymphatic system. Herpes contributes to the development of the following diseases: keratitis, optic neuritis, iridocyclitis, phlebothrombosis, chorioretinitis, “herpetic sore throat”, pharyngitis, laryngitis, vestibular disorders, sudden deafness, gingivitis, stomatitis [1], genital herpes, broncho-pneumonia, myocardiopathy, myocarditis, atherosclerosis [2], hepatitis [3], proctitis, ileo-colitis, colpitis, amnionitis, endometritis, metroendometritis, chorionitis, impaired reproductive function, prostatitis [4], sperm damage, urethritis, cephalitis, nerve plexus damage, sympathoglioneuritis, depression [5].

Factors that provoke relapse of herpes:

hypothermia, colds, bacterial or viral infections, overwork, stress [6], injuries, menstruation, hypovitaminosis, “strict” diets, general exhaustion, passion for tanning, cancer.

Types of herpes:

herpes of the lips, oral mucosa, genital herpes, herpes zoster, varicella zoster virus, Epstein Barr virus.

If you have herpes, you should follow a diet that includes foods high in lysine and low in arginine, dishes that increase immunity [7], and also reduce the acidity of the body.

Useful foods for herpes

- seafood (eg shrimp);
- dairy products (natural yogurt [8], skim milk, cheese);
- vegetables, herbs and fruits rich in phytoncides (onions [9], lemons [10], garlic [11], ginger [12]);
- products based on wheat grains;
- potatoes [13] and potato broth;
- casein;

- meat (pork, lamb, turkey and chicken);
- fish (except flounder);
- soy products;
- Brewer's yeast;
- eggs [14] (especially egg white);
- soy;
- wheat germ;
- sea kale.

Folk remedies for treating herpes

- Kalanchoe juice;
- garlic (crush garlic cloves in a garlic press, wrap in gauze and wipe rashes on lips);
- apple cider vinegar [15] and honey [16] (mix in a ratio of one to one and apply to the rashes on the lips twice a day);
- juice of beet tops, carrots [17] and apples [18] should be taken throughout the day;
- a decoction of white wormwood [19] instead of tea;
- film on the inside of a fresh chicken egg (apply to the rash with the sticky side);
- fir oil, camphor oil, tea tree oil or lemon balm oil (apply a cotton wool soaked in oil to the rashes three times a day);
- immune infusion (mix two parts of allurement root, St. John's wort and Rhodiola rosea root, three parts of nettle herb [20] and hawthorn fruits, four parts of rose hips [21]; pour boiling water over the mixture and leave for half an hour, take warm three times a day, one third of a glass before meals);
- infusion of birch buds (pour two tablespoons of birch buds into one glass of 70% alcohol, leave for two weeks in a dark place).

Dangerous and harmful products for herpes

In your diet, you should limit the consumption of foods rich in arginine. These include:

- nuts, peanuts, chocolate, gelatin, sunflower seeds, legumes (peas [22], beans [23], lentils [24]), whole grains, salt;
- alcoholic drinks (has a toxic effect on the immune system);
- beef meat;

- sugar (reduces the rate of absorption of vitamins B [25] and C [26], reduces immunity).

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