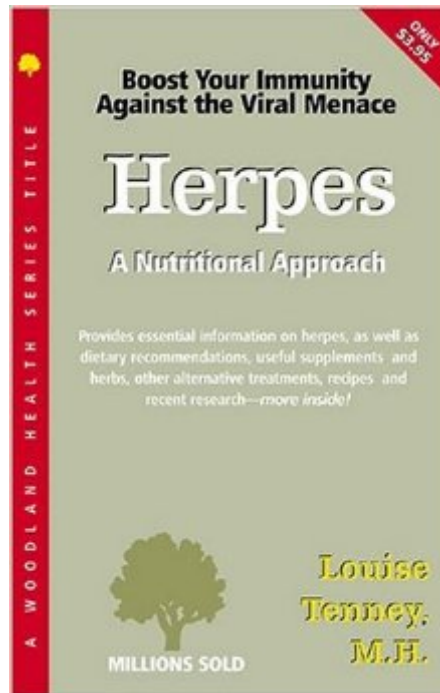


The book was found

Herpes: A Nutritional Approach (Woodland Health)



Synopsis

Although no medical cure exists for herpes, those suffering from the virus can still lead normal, healthy lives with the help of certain herbs, supplements, and dietary changes. In this booklet, Louise Tenney, MH, talks about the nature of viruses and why they are difficult to deal with. She also explains how herpes develops and spreads, details natural treatments for herpes, and includes recipes for boosting the immune system.

Book Information

Series: Woodland Health

Paperback: 32 pages

Publisher: Woodland Publishing; 1 edition (August 28, 1996)

Language: English

ISBN-10: 0913923605

ISBN-13: 978-0913923603

Product Dimensions: 8.5 x 5.5 x 0.2 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 3.5 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #1,169,671 in Books (See Top 100 in Books) #50 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Herpes](#) #132 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genitourinary & STDs](#) #1916 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#)

Customer Reviews

Herpes A Nutritional Approach gives a good but short overview of the subject. In just 31 pages the reader receives a lot of summarized information. The reader looking for facts and definitions should be satisfied. However, the reader looking for more in-depth information would probably not be satisfied with this book alone. The first part of the book briefly covers what herpes is, the types, the causes and how it develops. The section on herbs is more extensive and gives a good overview on which herbs, vitamins and minerals are recommended to boost the immune system and soothe the condition. This is the part of the book I found the most interesting. The last section gives a very short case history and recipes. I was surprised however to read recipes using ingredients I had previously read should be avoided. In other books nuts, peas and brussels sprouts were said to be avoided or consumed with moderation. These contradictions were therefore rather confusing. All by all, considering the price, the book does give a quick overview and covers the main aspects of a

nutritional approach. I preferred *Controlling Herpes Naturally* by Michele Picozzi which covers the same subjects more fully and with a lot more detail.

Practical and easy to read and understand- easy to follow and implement in your daily life

The pages were stuck together when I got it. Has some good info, but outdated. Recipes included, but haven't tried any yet.

This book was recommended to me by my doctor, and it has really inspired me in so many ways to go the herbal way.

[Download to continue reading...](#)

Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life! (Herpes Cure, Herpes, Genital Herpes, Cold Sore, Eliminate Herpes, How To Cure Herpes, Herpes Treatment) The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) Herpes: 50 Ultimate Herpes Cures: How to eliminate Herpes for life and never suffer from outbreaks again (Herpes Treatment, Genital Herpes, Herpes Zoster, ... Simplex, Herpes Virus, Cold Sore, Health) The Herpes Solution: How to Free Yourself of Genital Herpes... for Good! (Genital Herpes Book, Cold sores, genital herpes, genital herpes cure, genital herpes treatment) Herpes: A Nutritional Approach (Woodland Health) Quick and Permanent Cure for Herpes: Natural Herpes Remedies That Proven to Destroy the Herpes Virus! HERPES: Genital Herpes and Oral Herpes: Symptoms, Diagnosis, Treatments, Pregnancy, Newborn, Preventions, Self-Care, Counseling, Research Herpes Free Guarantee: How I Got Rid Of Herpes Completely Without The Use Of Drugs. Follow These Simple Steps You Can Be Herpes Free Treating Herpes Naturally With *Larrea Tridentata*: an Effective, Natural Remedy for Cold Sores, Genital Herpes, Shingles, Chickenpox, Epstein-Barr, and Other Herpes Outbreaks HERPES CURE: The Most Effective, Permanent Solution To Finally Get Rid Of Herpes For Life (Health, Disorders & Diseases, Skin Ailments, Physical Impairments, Pain Management, Nervous System) The Ultimate Herpes Guide- Secrets To Naturally Treat Herpes Get Rid of Herpes: The Natural, Safe, Effective, Herpes Remedy! Cure Herpes Naturally - Natural Cures for a Herpes Free Life Herpes Remedy - 10 Ways to Cure Herpes Forever How to enjoy dating & romance with herpes: Learn how to handle the emotional and practical challenges of herpes with confidence (so you can get your love life back on track). (Guides Book 2) Pregnancy And Herpes: What Every Women Needs To Know (Living With

Herpes Book 1) What is Herpes Simplex 2? - Genital Herpes Treatment Fiber Facts (Woodland Health) Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets US Army, Technical Manual, TM 5-1080-250-12&P, ULTRALIGHTWEIGHT CAMOUFLAGE NET SYSTEM (ULCANS) WOODLAND R/S AN/USQ-150 (NSN 1080-01-457-2956) (EIC: N/A) ... (NSN 1080-01-475-0694) (EIC: (N/A))

[Dmca](#)