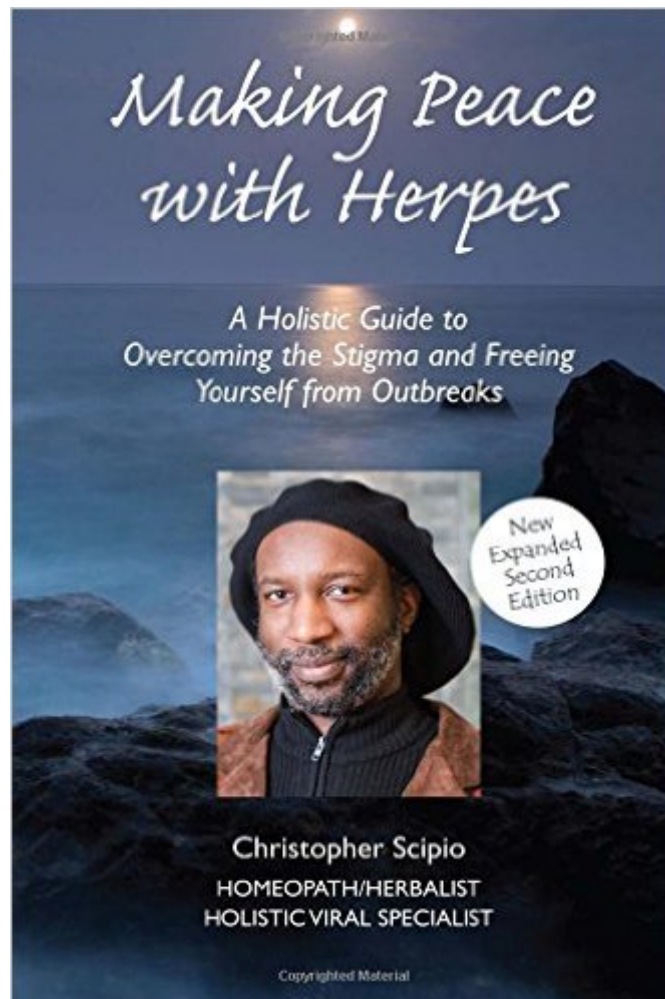


The book was found

Making Peace With Herpes (New Edition)



Synopsis

The Original Holistic Herpes Treatment Guide. First published in 2006, Making Peace with Herpes is now available as an updated and expanded third edition. Making Peace with Herpes is the most thought-provoking and original book ever written on the subject of herpes. Christopher Scipio started off as a victim of the virus and transformed himself into the most experienced holistic practitioner who treats herpes in the world. He is an outspoken advocate of treatment without drug therapy. Christopher Scipio has treated thousands of herpes patients during the past 17 years and has helped them control their herpes and practice safer sex through a combination of dietary changes, yoga, self-hypnosis and custom-tailored herbal remedies that he makes by hand for each person. "For some people having herpes can make you feel like a leper. There are no public fundraisers or celebrity spokespersons championing the cause of herpes. In fact you would be hard-pressed to get anyone to admit in public that they have 'the gift.' " "The good news and the ironic news is that herpes is one of the easiest diseases to manage naturally. There is absolutely no need for drug-therapy for herpes. This book isn't just about how to have fewer outbreaks or how to stop having outbreaks; just doing that isn't enough to be healthy. This book is about holistically healing your herpes and living a healthy, happy and balanced life. Holistic health is about much more than making symptoms go away." Making Peace with Herpes is a must read for everyone. Whether you have herpes, are in a relationship with someone with herpes or you just want to educate yourself on the worlds fastest growing pandemic; it's a self-empowerment guide of the first order.

Book Information

Paperback: 144 pages

Publisher: Green Sun Press; 3 edition (April 30, 2015)

Language: English

ISBN-10: 0978078039

ISBN-13: 978-0978078034

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #1,725,719 in Books (See Top 100 in Books) #62 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Herpes](#)

Customer Reviews

Sexually transmitted diseases are not glamorous, and herpes may be the least glamorous of all. In this instructive and compassionate book Christopher Scipio explores this common but taboo virus from the viewpoint of a healthy young man who was suddenly struck with it - an STD worse than any other except HIV, he thought then. Scipio has been on a long journey with herpes, and has come out healthy, sexually satisfied and even grateful - that's right, grateful - to the virus for coming into his life. Having tried the anti-viral drugs recommended by doctors, he became convinced they were useless and set out to develop his own remedies; it helped that he came from a long line of Afro-Caribbean "bush doctors" with an intimate knowledge of herbs and natural medicines. He approaches the problem holistically: rather than attempting to destroy the virus with drugs (which is impossible), one should cultivate overall health through whole food, exercise, meditation and stress reduction. Scipio has also developed his own herbal treatments based on herbs he sources from the forest and seaside in British Columbia, where he now lives. Follow his protocol, he says, and outbreaks can be drastically reduced or even stopped altogether. He also offers an anti-viral gel to help prevent passing the virus to sexual partners. The book includes chapters addressed specifically to women, who he says catch herpes more easily than men and find it more devastating, and specifically to black men and women. One might wonder why it's so essential to avoid spreading herpes if more than 60% of the population already has it; there's some deep ethical thinking to be done here. Scipio encourages us to love our bodies and take responsibility for our health and the health of partners.

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