

## **HerpEX (Item # 6633)** *The Herpes Virus Relief Opti-Blend*

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An effective remediation program should address the problem from various aspects using the following methodology.

Individuals who suffer from the Herpes Virus also have one or more of the following concerns:

- ✓ Poor endurance
- ✓ Impaired immune response
- ✓ Lack of sexual desire
- ✓ A host of other bacterium
- ✓ Viruses
- ✓ Skin problems
- ✓ Joint aches and pains
- ✓ Poor capillary strength
- ✓ Impeded circulation in the colder months

There are seven different strains of the herpes virus that are known of to date. A wide variety of disease and disorders may be caused or triggered by one of these seven herpes viruses, including: Bell's palsy, chickenpox, shingles, genital herpes and cold sores are caused by (HSV-1 and 2). Cardiovascular disease, eye disorders, depressed immune response are caused or triggered by the herpes cytomegalovirus. Epstein-Barr virus, another member of the herpes family, causes infectious mononucleosis. HHV-6 and HHV-7 are suspected of triggering a host of autoimmune disease, including multiple sclerosis, roseola and other suspect skin conditions. HHV-8 is suspected of triggering or leading to chronic fatigue syndrome, Kaposi's sarcoma and cancer of the bone. A number of pharmaceutical drugs that are available to control or arrest the spread of the infection have limited effectiveness. These drugs work better for some patients than for others. There is no known cure that rids the body of the virus.

The eastern view of the herpes virus is considerably different than that of the West. Eastern medicine does not concern itself with the fact that one has the virus but rather that we know what to do to about it and still maintain balance in the organs and blood. A diet rich in animal foods, empty carbohydrates (sucrose, dextrose, white flour, pop and other non-foods) and stimulants will cause a condition in the blood that favors the proliferation of the herpes virus. The mental and emotional aspects are also considered. How stressed are we? Do we get enough sleep? Changes in diet, herbal therapy and acupuncture are often recommended.

By supporting the body, mind and spirit with proper diet, exercise and stress relief, we can maintain the acid/alkaline balance of the body fluids, calmness of the mind and spirit of the heart. Some key points to support these areas are listed below in greater detail.

### ***Where other formulas fall short; HerpEX excels because it includes:***

- ✓ A multi-faceted assault on the various forms of the virus;
- ✓ Ingredients that trick the virus into eating the wrong amino acid as a food source, starving the virus;
- ✓ Enzymes that speed up the delivery of nutrients and herbal constituents;
- ✓ The world's most potent anti-oxidant berry;
- ✓ Herbs to combat the proliferation of the various forms of herpes virus;
- ✓ Ingredients that increases blood circulation to the organs;
- ✓ Anti-oxidants that saturate the body;
- ✓ Super alkalizing ingredients;
- ✓ Herbs properly combined for maximum benefit;
- ✓ Trace minerals rich in fulvic acids, the world's most powerful chelators. (No other formula contains Tracite from our privately owned fulvic acid mine.)
- ✓ Capillary strengtheners;

### ***Other helpful recommendations:***

The diet most effective in helping to control and prevent herpes outbreaks should contain plenty of fresh and raw foods, especially green foods. Fresh foods should be at least 50% of your daily intake. Juicing fresh vegetables and fruits is an excellent way to maintain your body fluid balance. Cooked veggies, black beans, pinto beans, adzuki beans, brown rice, barley, rye, soy, oats, cooked fruits, seeds and nuts can be the staples of your diet. Avoid all simple sugars (sucrose, dextrose and glucose, evaporated cane juice), processed foods like many meats and cow's milk (products), junk foods, bottled or canned citrus juices,

caffeine, soda and tobacco. Read your food labels; if a list of product ingredients includes names of chemicals you cannot pronounce, don't eat the product! Also, limit consumption of tomato sauces, soymilks, dairy cheese, breads (even whole grain), eggs and other dairy products. Excess amounts of alcohol are not recommended if you have herpes of any kind. Remember that fresh-squeezed juices contain vital enzymes and are alkaline forming. Bottled juices have been pasteurized and the enzymes have been destroyed causing them to be acid forming once ingested. If you have herpes please do not consume bottled citrus juices or bottled tomato juice. These are extremely acidic and acid forming, an undesired condition for the herpes sufferer.

**Exercise:** Exercise in general will boost immune response; however, any exercise done to extremes will have the opposite effect. The best exercise for maintaining a healthy immune response and bloodstream is rebounding, or, jumping on a mini-trampoline. The bouncing action gently massages the glands and organs, especially the lymph system. The lymph system is the largest fluid system in the body. Deep breathing like Chi-Kung and rebounding will have dramatic effects on your ability to ward off infections and bad health in general.

Practicing Yoga or doing certain Chi-Kung exercises will calm the mind and spirit and comes highly recommended for those who find it difficult to relax. Sitting meditation will also have dramatic calming effects.

**Other physical considerations:** Massages or other body manipulations may cause the virus to proliferate during an outbreak. In the case of an outbreak, we suggest that you increase your intake of green foods and supplement with the following: Vitamin C – 1,000 mg per day, Vitamin A – 2,500 IUs per day, Vitamin E – 800 IUs per day and CoQ10 – 120 mg per day. Applying pH Primer Plus (Item #2433) to the sores will aid their healing and insure against infection. Once the pH Primer Plus is dry, apply some Vitamin E (from a broken open capsule) directly on the sore to protect, heal and sooth the affected area.

**Mental/Emotional Aspects:** There is a direct relationship between the glands, organs and emotions. Having parasitic thought patterns like "People are using me," "People take advantage of me," "This or that person drains the energy from me," and "I feel used," etc., will only serve to create a condition where "the soil is ripened" for a full blown herpes outbreak. Thought patterns containing the statement "I can't" have compromising effects on the immune response. Aberrant, selfish, predatory or confused sexual thoughts and feelings held for extended periods will increase the body's tension thereby increasing the chances of stimulating an outbreak. Excessive desire for sex or efforts to satisfy yourself in unsatisfying ways will also increase your chances of a herpes attack. Reducing stress with exercise, meditation or recreation that is joyful cultivates harmony and balance within. What we think and feel has undeniable effects on our health and well being.

**Weight-Scaled Dosage:**

Take your weight-scaled dosage at least 30 minutes after each meal as follows:

**Up to 200 lbs: Take 3 Vegi-Capsules per meal (9 daily)**

**200 plus lbs: Take 4 Vegi-Capsules per meal (12 daily)**

***Take this product until gone.***

Take your dosage with water. Limit alcohol, caffeine, simple sugars, and high yeast breads.

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## Ordering Information

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**HerpEX (Item #6633)** is priced at only: \$77.00 for 360 Vegi-Capsules  
**(complete regimen)**

Conveniently Order On-line at: <http://UniversalFormulas.com/>

**DO NOT modify levels of any prescribed medication without first consulting your physician.**

**Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.