

*"You provided me with a reminder and re-affirmation
to have a positive, healthy outlook. To know that I
have control of my life and the way I feel."*

A.C, Victoria, Australia



HERPES FREE DIET GUIDE

A guide to reducing herpes through diet and lifestyle changes

Coauthor of the Herpes Free Diet Guide and developer of the 'one application' herpes medicine Dynamiclear (Dynamiclear.com), John Spurge leads a busy, innovative health clinic specializing in holistic care and pioneering therapies for the Herpes simplex virus (HSV-1 and HSV-2).



The stigma attached to a herpes diagnosis can in some cases be more damaging and debilitating than the actual symptoms themselves, with the risk of transmission to a non-infected partner being one of the greatest concerns for many of Dr John's clients who are affected by the herpes virus.

He has devoted the latter part of his career to promoting public awareness for herpes and considers nutrition, lifestyle, accurate information and inner peace to be core aspects of treatment.

Dr John provides various resources and treatment modalities to help his clients overcome the difficulties of herpes viral conditions, and has been a part of many miraculous and heart-touching success stories in his more than 25 years of practice (Dynamiclear.com/testimonials.htm).

His work and products have been featured on national television in Australia, as well as in the Australian Journal of Pharmacy, TradeTalk, Connect Magazine, International Lifestyle Magazine, the Australian Family Physician and many others.

He has multiple degrees including in Natural Health Sciences and Commerce. Outside of his clinic he makes time to play saxophone, maintain his lush tropical garden and enjoys a game or two of snooker with his family.

Dr John Spurge is currently the Director of Dynamiclear Inc. and continues to practice Naturopathy at the Mareeba Natural Health Clinic, helping to sustain and manage the services of his organization with more than 100,000 clients worldwide.

Dr John resides in Queensland, Australia with his family, including his two adult daughters and eldest son. Find him and see more photos of John and his team online at Dynamiclear.com/company.htm

1	Dr John’s ‘3 Step Protocol’	1
	Step One - Play it smart with what you eat.....	1
	Step Two - Treat the symptoms internally and externally with these anti-viral agents.....	2
	Step Three - Make your peace with herpes.....	4
1	Herpes Basics	5
	What is herpes and why do the symptoms tend to reoccur?.....	5
	Who is prone to getting genital herpes?.....	5
	What does herpes usually look like?.....	5
	Where can the symptoms appear? (see photos).....	6
2	Top 10 Herpes Diet Tips	7
	#.1 Avoid supplements or foods that contain excessive Arginine.....	7
	#.2 Balance Arginine rich foods with Lysine.....	7
	#.3 Eat foods which are good for your skin.....	8
	#.4 Avoid or reduce these foods to help prevent outbreaks	9
	#.5 Eat lots of broccoli and other “cruciferous” vegetables	9
	#.6 Ditch the processed and junk food.....	10
	#.7 Increase the amounts of fresh “raw” foods in your diet	10
	#.8 Eat foods which help you to de-stress and relax	11
	#.9 Indulge in antioxidant-rich foods, such as berries and prunes	12
	#.10 Drink purified, alkaline water	13
3	Important Questions & Answers	14
	Some of the foods which are said to be good for herpes are also bad for herpes because they contain lots of Arginine. What is the best approach to reduce outbreaks?.....	14
	If I take a protein or muscle building formula, is it bad for herpes?.....	14
	Is L-Arginine the same as Arginine, and L-Lysine the same as Lysine?.....	14
	What about soy, tofu, grains and legumes, are they good or bad for herpes?.....	15
	Is a vegetarian diet ok if I have herpes?.....	15
	Are fruits good or bad for herpes?.....	15
	Continued.....	

Is coconut good or bad for herpes?.....	16
What type of bread is best to eat where herpes is concerned?.....	16
Is there a difference in eating fresh food vs. bottled, canned or packet food?.....	16
Should I take my Lysine tablet on an empty stomach or with a meal?.....	17
What should I consider when choosing a Lysine supplement?.....	17
Is it safe to take a Lysine supplement long term?.....	18
Does Lysine affect cholesterol or triglyceride levels?.....	18
Can Lysine help you lose weight?.....	19
Does Lysine have any effect on acne or pimples.....	19
Does taking Lysine cause an Arginine deficiency?.....	19
What is the recommended dose for Lysine to be effective.....	19
How much Zinc should I take, and how much is too much?.....	20
What is Zinc Chelate and is it better than other forms of Zinc?.....	20
Could a course of probiotics be helpful for herpes?.....	20
Can taking a Lysine supplement stop my herpes outbreaks?.....	21
What about the Acid vs. Alkaline food theory, some information I read contradicts this advice?.....	21
4 Yummy Herpes Friendly Recipes.....	22
Paprika, Garlic and Basil Broccoli.....	22
Paprika and Parmesan Eggs.....	22
Spicy Indian Curry.....	23
Tuna Patties.....	24
6 Resources You May Find Helpful.....	25
Recommended reading	25
Acid Alkaline Food Chart.....	26
Chart showing Lysine and Arginine in common foods.....	28

Dr John's Proven "3 Step Protocol" to Blast Herpes Outbreaks

My personally designed program to combat the herpes virus, minimize symptoms & significantly extend the period in between each outbreak.

If you are experiencing symptoms from the herpes virus and want to minimize them consider trying this program. I created this "3 Step Protocol" therapy plan based on the sum of my experience and conversations with my patients affected by HSV, as well as from my years of researching and trialing different treatments that would actually make a difference to my patient outcomes.

I believe that results speak for themselves and implore anyone who is fed up with reoccurring outbreaks to give this program a try.

At my clinic, the Mareeba Natural Health Center in far north Queensland, my staff and I have specialized in the management of herpes viral conditions since 1997 and what we have discovered over this time is this. Although no person's case is ever exactly the same, the fundamental principles of what makes the virus active and what can be done to control it is consistently the same for every person.



STEP ONE of my 3 Step Protocol

Get the right FUEL and the right LIFESTYLE to compliment your body and you are half way towards beating the herpes virus into submission!

You might not realize it but your body is like a motorcar. And not just any motorcar, your body is more complex and more high tech than the most specialized vehicles today, more advanced than a Ferrari race car! And like a motorcar your body needs the right fuel and regular maintenance to run at peak performance. There is no point sending your car on the road with three wheels and sawdust in the fuel tank and then expecting it to get you to your destination.

Your body is a chemical powerhouse that also needs to be given the right fuel (lots of fresh and raw fruits and vegetables, foods packed with vitamins, healthy oils, minerals and other nutrients) and your body needs regular maintenance (a lifestyle that supports it) in order to function correctly and to successfully fight off foreign invaders like viruses and other pathogens.

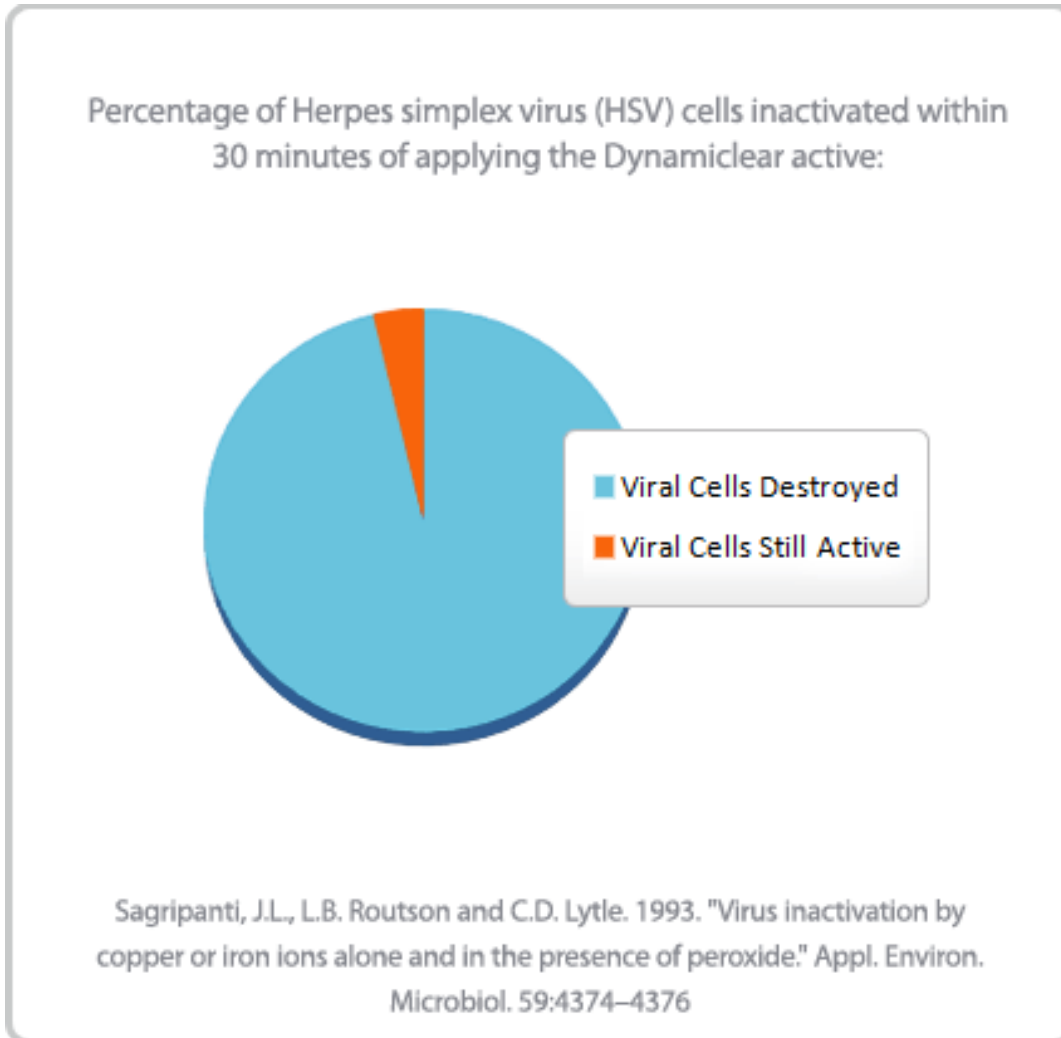
Everything you need to know about how to do this is contained in this guide, so print it out (you can set your printer setting to print 2 pages to an A4 sheet of paper) and then read it from front to back, a little bit each day, with your cuppa or before bed... then read it again! You don't have to follow every rule in this book, but if you understand what the body requires, and why it will help you, it will make it easier to make small changes that give big results. Then once you see results it will make you more inspired to live better for longer.

P.S. The benefits of this diet don't just stop at combating herpes, it may also give you more energy, make you look and feel younger and help you maintain a healthy weight.

STEP TWO of my 3 Step Protocol

Treat the symptoms internally and externally with the following anti-viral agents.

Topical Ointment - There are very few ointments that really blast the herpes virus on contact and kill it in its tracks. In fact, in my clinical experience I have only ever found one topical agent which is powerful enough to comprehensively stop a herpes infection, and this is Dynamiclear.



Clinical Trial data: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC163800/pdf/410812.pdf>

Dynamiclear is a patented gel that my clinic staff and I have personally developed which contains Cupric sulphate pentahydrate (an anti-viral copper mineral), St John's Wort (an anti-viral herb) and Calendula (a wound healing herb).

I have found that the Dynamiclear gel (which contains no alcohol) is consistently effective in clearing a herpes outbreak and its symptoms remarkably quickly. It is the only externally applied remedy that I can rely on. I recommend it to my patients as the first line of defense against an active outbreak and if you experience outbreaks I recommend you do the same.

Anecdotally many people who use Dynamiclear report fewer, smaller and further apart outbreaks after each application. This implies to me that a highly significant reduction in the virus population occurs after an application, making the possibility of a reoccurrence less likely especially when combined with the supplements that I'm going to talk to you about below.

Herpes is not just a cluster of little blisters that starts at the skin level. This is an infection that is caused by a virus that lays dormant deep in the nerves and tissues.

In order to stop it playing havoc with your life and causing annoying outbreaks you need to try to put a stop to it before it becomes active and this is where basic food nutrition and quality supplements play their part.

Particularly helpful supplements that should be taken daily to help achieve this:

Immune Support – A key part of my program, this supplement supports the body's natural defense against viruses. The herbs are at guaranteed potencies designed to correct and strengthen the immune system against herpes viral symptoms, including shedding. Immune Support is great for both infected and non-infected partners who want to strengthen their immune resistance.

The Dose I Recommend You Take: Take 2 tablets per day for maintenance and increase the dose to 4 tablets per day when there is any sign of symptoms.

Combined Lysine Formula – Restricts the amino acid Arginine (which is like the herpes virus' food source) so that the outbreaks become less and less. More than just Lysine, this supplement also restores collagen in the skin, boosts the skin's resistance to infection and helps outbreaks heal faster.

The Dose I Recommend You Take: Take 2 tablets per day for maintenance and increase the dose to 3 tablets per day when there is any sign of symptoms. Take at a different time of day to Immune Support in order for both supplements to work to their full potential.

Special Note about Supplements

I cannot stress enough how important it is to use these exact products and to take them at the dose I recommend for my treatment program to work for you. This is because I know personally what has gone into these products and what hasn't. I know the type and number of bioflavonoids, the quality grade of the Olive Leaf and the purity of the Lysine which these products contain and I can guarantee you results with these products where I cannot with other brands and blends, even if the ingredients are similar.

I have confidence in these products because I have either spoken to the manufacturer at length about the quality and processing of the ingredients, or I have been directly involved in the process myself. This is the only way I can personally ensure that you will benefit from my research and get the best results.

Healing Scabs - To heal the scab or crusting more quickly I would suggest applying either of the following; **Biogenic Aloe Vera Gel** (non-sticky), Fresh Aloe Vera Gel, **Lucas Papaw Ointment** or Neosporin Ointment. Only begin applying the ointment once a scab or crusting has formed. Do not apply more than one product at the same time, doing this could irritate the area and make it worse. Clearing of the scab phase is usually more of a concern for those people with facial herpes (cold sores) because of it being visible.

FINAL STEP of my 3 Step Protocol

Make Your Peace with Herpes

It might sound silly to include this step in a treatment program, but letting go of any negativity that you might attach to herpes, and possibly the situation surrounding how you came to contract the virus, can be healthy. Forgiveness of yourself and the circumstances, and grabbing hold of your sense of self worth, are both healthy milestones when trying to combat HSV.

You may find that speaking with a counselor, members of a local support group, an online forum or with other people who have been through a similar experience beneficial.

Remember that this virus is an extremely common skin condition (it may not feel like it but many people you know are also affected) and it does not define who you are or determine your happiness, only you can decide what attitude to take.

Herpes is normal – you may not have had a choice in being affected by it, but you have a choice in how much energy you give to it. If you need a little extra help in getting through difficult times with herpes I recommend, in addition to talking with someone, taking the Bach Flower Remedy called [Crab Apple](#).

Crab Apple is known as the “cleanser” Bach Remedy, is safe to take for children and along with all medications. This can be a gentle yet powerful tool in shifting our minds to a different and more rewarding way of thinking.

If you are interested in this treatment approach research “[Crab Apple Bach Flower Remedy](#)” and in particular the book by Dr Edward Bach titled “Heal Thyself”. This approach pays particular attention to emotional healing.

Crab Apple (Bach Flower Remedy)

“This is the remedy of cleansing. For those who feel as if they have something not quite clean about themselves. Often it is something of apparently little importance: in others there may be more serious disease which is almost disregarded compared to the one thing on which they concentrate. In both types they are anxious to be free from the one particular thing which is greatest in their minds and which seems so essential to them that it should be cured. They become despondent if treatment fails. Being a cleanser, this remedy purifies wounds if the patient has reason to believe that some poison has entered which must be drawn out.”

~ By Dr. Edward Bach (1886 - 1936)

What is herpes and why do the symptoms tend to reoccur?

Herpes is caused by a microscopic virus which most people are exposed to at some point in their lives. There are many conditions that are caused by the herpes virus family including genital herpes, cold sores, shingles and whitlow, all of which can benefit from this Herpes Free Diet Guide.

Herpes symptoms tend to appear when the body's immune system is run down or when there is some sort of injury to that skin area. For example being sick, under stress, not getting enough sleep, eating poorly or getting sunburnt in the area can aggravate and bring on an outbreak for some people.

Who is prone to getting genital herpes?

Regardless of how we live our lives any person who has sex is at risk of contracting herpes. A lot of people think that you need to be promiscuous or unclean to become affected by genital herpes, but this couldn't be further from the truth.

Just as anyone can catch the flu or any other virus, if you are sexually active then you can catch genital herpes too. You can also contract genital herpes from a cold sore during oral sex, without ever having intercourse.

Herpes is extremely common and affects people from all cultures and demographics. Most adults will have to deal with some form of herpes at one time or another during their life, whether it is oral or genital herpes.

In fact, it is estimated that over 75% of the adult population contain antibodies to the Herpes simplex virus (HSV). This means that 3 out of 4 adults are infected with herpes and may experience recurring symptoms at some stage in their life.

What does herpes usually look like?

Before herpes appears the area will sometimes tingle, feel slightly raised and may appear red and inflamed. This pain or tingling feeling can often be felt a couple of days before any sore or lesion appears.

A herpes lesion typically starts off as a small fluid-filled blister, or cluster of blisters, which goes through a series of phases. The blister will usually weep and form a scab or crusting before healing and disappearing completely. In moist or wet body areas, such as the genitals, the skin will usually close over and heal without forming a scab.

A typical herpes episode will disappear in 1 to 2 weeks if no treatment is used.

Where can the symptoms appear?

Genital herpes is commonly found on or around the boxer short area which can include the vagina, vulva, penis, underneath the foreskin, scrotum, anus, groin area, buttocks, base of the spine (coccyx) and thigh areas.

Genital herpes is usually confined to the one small area where the infection first began, or very nearby to that area. A significant impact on the immune system may occasionally cause outbreaks to surface in multiple or other genital locations, such as an illness, intense stress or a vaccination.

Oral herpes (also known as cold sores) commonly surface on and around the mouth and face area, including on the lips, nostrils and chin.

Herpes whitlow is a herpes infection that affects the fingers, thumbs or nail cuticles.

Ocular herpes is when the infection is located in the eye region and is typically caused by the herpes simplex type 1 strand of the virus.

Herpes gladiatorum is common among wrestlers and usually refers to a herpes simplex outbreak on the back or shoulders.

Autoinnoculation (spreading the virus to other parts of one's own body) is very rare after the first 'primary' outbreak because after the first exposure to herpes the body builds up antibodies which help guard against multiple infection sites.

However, if the immune system is compromised (such as in the case of AIDS or other immune debilitating conditions) or if there is a break or tear in the skin at the point where it comes into contact with the virus (such as a paper cut on the finger) this could increase the chance of transmission to a new area. Occasionally the infection can be transferred to the eyes, lips or fingers in this way, or from touching the infection and then touching a non-infected area during a first episode.

Care should be taken to avoid touching any sores or symptoms. If contact is made, wash your hands and any affected skin areas with soap and water as soon as possible to help prevent spreading the infection.

Shingles is a different condition caused by the *Herpes varicella-zoster virus*, the same virus which causes Chickenpox. Anyone who has had Chickenpox can have a reactivation of this virus later on in life which is referred to as 'Shingles'. One of the biggest concerns of this condition is nerve pain called Post Herpetic Neuralgia (PHN) that can sometimes linger on after the active infection has cleared.



Genital Herpes



Oral Herpes (cold sore)



Genital Herpes

TIP #.1

Avoid supplements or foods that contain excessive Arginine

One theory is that foods which contain high amounts of the amino acid Arginine can provoke or bring on a herpes episode for some people.

This is related to the fact that the herpes virus requires this amino acid to grow, replicate and to become active. This is why limiting foods which are very high in Arginine can be helpful for those who are trying to reduce herpes breakouts.

Foods which are high in Arginine and can commonly trigger an outbreak are:

- ✗ Chocolate
- ✗ Nuts, including peanut butter
- ✗ Protein shakes and drinks that contain Arginine
- ✗ Oats, including porridge
- ✗ Muscle building formulas and multivitamins that contain Arginine

Reducing some of these foods can be helpful but it is important not to make this the main focus of your diet. The human body naturally produces Arginine so it can never be eliminated completely.

Simply being mindful of foods that are excessively high in this amino acid, and not taking it in supplement form, is sufficient when trying to reduce herpes symptoms.

Tip #.2

Balance Arginine rich foods with Lysine

Lysine helps to stop the virus which causes herpes. If you get ample amounts of this amino acid in your diet it can help to reduce the frequency of the symptoms and make healing faster.

This is why it is recommended to eat foods that are high in Lysine, or take a Lysine supplement. See the Supplements and Natural Therapies section of this guide for advice on what to look for in a Lysine supplement.

Foods that contain high amounts of Lysine are:

- ✓ Most vegetables and fruits particularly beets, avocados, mangos, tomatoes, apples, apricots, pears, figs and papaya
- ✓ Dairy products such as milk, yogurt and cheeses
- ✓ Eggs
- ✓ Brewer's yeast
- ✓ Fish, particularly sardines and cod
- ✓ Chicken, beef and lamb
- ✓ Sprouts

Tip #.3

Eat foods which are good for your skin

Lysine is beneficial but it is not the only nutrient that the body requires to ward off herpes. The skin should also be nourished with essential nutrients that are needed to resist an infection, as well as to regenerate and repair itself.

Make sure that you are getting plenty of zinc, vitamin C and bioflavonoids in your diet to help protect, nourish and strengthen your skin.

This will help your skin to heal more quickly during breakouts, and will also help make your body more resistant to the symptoms surfacing in the first place.

Foods that contain high amounts of **Vitamin C**:

- ✓ Fresh fruits (especially citrus, such as oranges)
- ✓ Leafy vegetables, such as lettuce, bok choy and spinach
- ✓ Broccoli
- ✓ Brussel sprouts
- ✓ Cauliflower
- ✓ Bell peppers
- ✓ Strawberries
- ✓ Papaya (papaw)
- ✓ Parsley

Foods that contain high amounts of **Bioflavonoids**:

- ✓ Most citrus fruits, including oranges, grapefruits, lemons, limes, mandarins and others
- ✓ Many bright colored fruits and vegetables, including cherries, cranberries, grapes, peppers, apricots and prunes
- ✓ Leafy vegetables, such as lettuce and spinach
- ✓ Black tea (such as Earl Gray, etc)
- ✓ Broccoli, brussel sprouts and eggplant (aubergine or egg fruit)
- ✓ Wine and juice made from berries or grapes
- ✓ Some varieties of red clover
- ✓ Rosehips

Foods that contain high amounts of **Zinc**:

- ✓ Seafood
- ✓ Pumpkin seeds
- ✓ Most dairy products
- ✓ Beans and lentils
- ✓ Wholegrain cereals
- ✓ Legumes

Tip #.4

Avoid or reduce these foods to help prevent outbreaks

- ✗ **Artificial sweeteners** - anecdotal evidence suggests that artificial sweeteners can trigger a herpes outbreak for some people. They are commonly found in food and drinks that are “diet” or “sugar free” including diet sodas, many toothpastes and sugar substitutes.

Check the label to see if it contains the word ‘sweetener’ followed by a reference number, or any one of these ingredient names:

- Saccharin (Sweet’N Low)
- Aspartame (Equal, NutraSweet)
- Sucralose (Splenda, Altern), or
- Sorbitol

- ✗ **Protein shakes or muscle building formulas** that contain the amino acid Arginine

- ✗ **White bread** – replace with wholemeal, rye or brown bread where possible

- ✗ **Cut back on coffee, caffeine and soda**, especially if you feel you have too much of these in your diet

- ✗ **If you are going to drink alcohol or take recreational drugs try to do so in moderation.** If you have a late night or do not get adequate sleep, try taking Panax or Korean Ginseng (before, during and after) to help reduce the negative impact it can have on your body. This in turn can help reduce the chance of a breakout

- ✗ **White and refined sugars** – be mindful of excess sweets in your diet and opt for a natural sweetener instead of sugar where possible, such as agave syrup or stevia

- ✗ **Eat chocolate, nuts and oats in moderation**, not every day or to excess

Tip #.5

Eat lots of broccoli and other “cruciferous” vegetables

Vegetables belonging to the cruciferous family (including brussel sprouts, cabbage, cauliflower, broccoli and kale) may help to stop herpes in its tracks, this is due to a naturally high amount of a compound called indole-3-carbinol (I3C).

Clinical studies show that this compound has the potential to interfere with the way the Herpes simplex virus (HSV) reproduces. The preliminary trial results are very promising, so eat up on these nutritious vegetables whenever you can.

Tip #.6

Ditch processed and junk food

The occasional treat is no problem, but where possible try to avoid deep fried foods, sugary treats, white bread, junk foods and any processed or packet foods. Foods with artificial colorings, flavorings and preservatives fit into this category too.

Try to reduce the amount of saturated animal fat consumed (which is found in all animal products, and especially fatty cuts of meat) and particularly avoid trans-fatty acids.

Trans-fatty acids are commonly found in:

- ✗ Margarine
- ✗ Fast food restaurant food
- ✗ Packet or snack foods, such as crisps
- ✗ Frozen dinners

Some simple adjustments to your kitchen cupboard can help you live a healthier life and therefore help to prevent herpes outbreaks:

- ✓ Use real butter in place of margarine
- ✓ Use a quality, high smoking point oil when you cook your meals such as olive, coconut, rice bran or grapeseed oil
- ✓ Use raw sugar or a natural sweetener, instead of white sugar or artificial sweeteners

Tip #.7

Increase the amount of fresh “raw” foods in your diet

This could be the single most important diet tip of this entire guide because what you eat and therefore how your body functions all begins from here.

There are a number of reasons why we might neglect to eat raw fruits and vegetables, including convenience, family tradition and how we are raised. The truth is, eating fresh raw foods every day should not be a “diet”, it should be a way of life. It will help you to maintain a healthy weight, have more energy and vitality, more youthful skin and... less outbreaks.

Some simple suggestions to get started:

- ✓ Include fresh, raw fruits and vegetables as a side to your breakfast, lunch or dinner
- ✓ When you have a snack try munching on vegetable sticks made of celery, beets or carrot, with a nice dip such as hummus to go with it
- ✓ Make a salad for lunch that has as many raw vegetables as you can find, including fresh greens and sprouts, and top with your choice of oil such as coconut, olive, grapeseed, flax seed, etc. Finish with a decent pinch of salt and a very small splash of apple cider vinegar

- ✓ Drink a freshly made fruit or vegetable juice each day (within minutes of making it) from whatever is in season in your area. Some nice mixes are:
 - Tomatoes, beets, carrots, salt and pepper
 - Apples, carrots and celery
 - Apples, pineapples, mint and lime
 - Berries, apples and watermelon
 - Whatever yummy fruits you have access to, be creative
 - Add a dash of fresh ginger or bee pollen to your fruit juices, if you desire

Tip #.8

Eat foods which help you to de-stress and relax

Stress has a profoundly negative effect on the body and may contribute to the length and frequency of herpes breakouts. Try to avoid or reduce the stress in your life however you can.

You can improve your diet to assist your body in weathering the stress by eating a diet rich in B vitamins and magnesium. Vitamin B5 has long been considered the “anti-stress” vitamin, and when taken along with vitamin B6 and magnesium your body has a better chance to recover from stressful situations.

If taken in a supplement form, B vitamins should always be taken together in a “complex” to prevent causing an imbalance because some B vitamins are codependent on one another.

The Vitamin B complex is comprised of the following; B1 (thiamine), B2 (riboflavin), B3 (niacin), B6 (pyridoxine), B9 (folic acid) and B12 (cobalamin).

The B group of vitamins are also important for a healthy nervous system and for the body’s production of serotonin, a hormone released in our brain which helps us to feel happy, relaxed and at ease.

Foods that contain high amounts of **B group vitamins**:

- ✓ Bananas
- ✓ Wholegrain foods and brown rice
- ✓ Green leafy vegetables
- ✓ Brewer’s Yeast
- ✓ Barley
- ✓ Soy Products
- ✓ Turkey
- ✓ Tuna & Salmon
- ✓ Other Meats and eggs
- ✓ Dairy Products
- ✓ Mushrooms

Tip #.9

Indulge in antioxidant-rich foods, such as berries and prunes

There are lots of foods that nature has given us that possess the potential to ward off diseases and infections including herpes, and some of the most powerful of these are called 'antioxidants'.

An antioxidant is something that helps to neutralize and stop the damage caused by *free radicals*. Free radicals are caused by many things, including chemicals and toxins in our food and environment, and they are responsible for aging, tissue damage and deterioration of the body.

These foods are on top of the antioxidant rich list:

- ✓ Berries
- ✓ Apricots, prunes and dates
- ✓ Broccoli, brussel sprouts and artichokes
- ✓ Kale and spinach
- ✓ Chilli, peppers, red cabbage and beets
- ✓ Parsley
- ✓ Lemon
- ✓ Ginger
- ✓ Tomatoes
- ✓ Red grapes
- ✓ Garlic
- ✓ Tea (especially green tea)
- ✓ Carrots
- ✓ Soy
- ✓ Wholegrains

Other highly beneficial superfoods for herpes are:

- ✓ Reishi mushrooms
- ✓ Coconuts, particularly coconut oil
- ✓ Barley grass
- ✓ Spirulina
- ✓ Shitaki mushrooms
- ✓ Goji berries

These are just a few. Look for other foods that are antiviral, contain antioxidants or have immune enhancing benefits.

Tip #.10 

Drink purified, alkaline water

Not only is the amount of water you drink important, but the quality of your water can make a difference too.

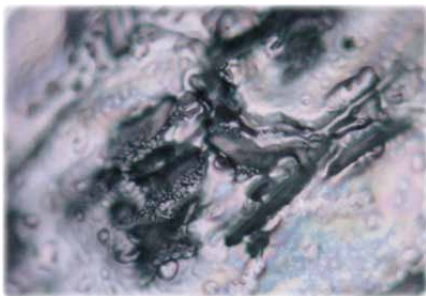
Some chemicals such as chlorine are necessary to filter germs from our water, but this chemical is also extremely toxic to our health and ideally should be removed from the water before drinking. Carbon filters are available which filter chlorine from your water and can be fitted either to the house or just to a particular tap or fosset.

A reverse-osmosis filter is another type of filter which will remove all heavy metals and chemicals from your water. However, this process removes a lot of the beneficial minerals too, so it is important to find a filter that also replaces these minerals, such as through the use of a coral or mineral cartridge.

Very importantly, it is preferable to drink water that is alkaline. By alkalizing the body you help your entire system fight off “free radicals” which can cause deterioration of the cells. Many scientists claim miraculous benefits for a wide range of health conditions through the regular consumption of alkalizing water.

If you don't have access to alkaline or filtered water, try having a glass of water with freshly squeeze lemon or lime juice each morning and night. This is highly alkalizing and will help provide you with a good start.

Tap water molecule under a microscope:



Alkalized (ionized) water molecule:



For more photographs and information about the study of water molecules research *Dr Emoto, Messages from water.*

? “Some of the foods which are said to be good for herpes are also bad for herpes because they contain lots of Arginine. What is the best approach to reduce outbreaks?”

Reducing foods that are rich in the amino acid Arginine can be helpful but it is not necessary to try and eliminate Arginine from the diet altogether.

Our bodies naturally manufacture Arginine, so it is actually impossible to avoid it completely and you wouldn't want to! Arginine has some excellent benefits, including helping with the function of muscles and the performance of the immune system.

Simply cutting back on foods which are very rich in Arginine and at the same time low in Lysine (such as chocolate and nuts) is sufficient. Even these foods can be eaten in moderation, especially when balanced with a Lysine supplement.

If a food has potential advantages against the herpes virus, such as with coconut oil, reishi mushrooms and broccoli, then it is likely to be much more beneficial to eat these foods in moderation than to avoid them based on whether they are high or low in Arginine.

The most important thing is to make sure that you DO NOT take any additional Arginine in supplement form. This is sneaky, as you may be taking a supplement that contains this amino acid without even realizing it! So check your labels carefully.

The bottom line -- yes, Arginine can aggravate outbreaks for some people, but it is most likely to only make a difference if you consume an excessive amount, such as a massive block of chocolate in one sitting. Or, if you happen to be taking it regularly or in supplement form, such as in a protein shake.

? “If I take a protein or muscle building formula, is it bad for herpes?”

The amino acid Arginine is a really common ingredient in muscle building formulas, protein shakes and some health supplements, so first check your labels to see if anything you are taking, or considering taking, contains this.

In supplement form, Arginine is likely to trigger a breakout and should definitely be avoided. The concentration of Arginine when taken in a supplement is often much higher than you would naturally find in food and could influence the frequency and severity of outbreaks.

Even if the supplement also contains Lysine, it is not desirable to supplement the diet with additional Arginine where the herpes virus is concerned.

? “Is L-Arginine the same as Arginine, and L-Lysine the same as Lysine?”

Yes, this is simply a different way of writing the amino acids. They relate to the same thing.

? “What about soy, tofu, grains and legumes, are they good or bad for herpes?”

Even though these foods often contain high amounts of Arginine, they are typically counteracted by a near equal concentration of naturally occurring Lysine. This reduces the chance of these foods having any effect whatsoever on the herpes virus.

The exception to this rule is when Arginine is in a supplement form, such as in a muscle building formula or protein shake. Here the amino acid is typically in a concentrated dose that is greater than you would normally find naturally occurring in foods. It is recommended to avoid Arginine in supplements even if the supplement also contains Lysine.

? “Is a vegetarian diet ok if I have herpes?”

Yes, absolutely. There are many health benefits to being a vegetarian if you follow a balanced and varied diet, including a reduction in the consumption of ‘bad’ cholesterol and saturated fat.

Studies show a vegetarian diet can lead to a reduced risk of several diseases including heart disease, type 2 diabetes, hypertension, osteoporosis, Alzheimer’s disease and other conditions. You may also experience benefits such as improved vitality, energy, more youthful skin and a healthy weight.

Most fruits and vegetables contain Lysine which is good for preventing herpes outbreaks. Many legumes, beans, pulses, tofu, soy products and most grains are also rich in Lysine.

Even though some of these foods contain a high amount of Arginine they usually contain a proportional amount of Lysine too which helps to balance the amino acids. These foods are unlikely to pose any problem with herpes and are normally fine to eat in moderate amounts.

The small chance of these foods affecting outbreaks is made even more unlikely by taking a daily Lysine supplement to help balance excess Arginine.

? “Are fruits good or bad for herpes?”

Fruit in moderation is generally really good for herpes. Most fruits are alkaline-forming, rich in vitamins, antioxidants and the amino acid Lysine which is specifically beneficial against HSV. However, like all foods it will depend upon how each fruit agrees with you personally.

? “Is coconut good or bad for herpes?”

Coconut, particularly the oil of the coconut, is recommended to help a range of viral conditions especially herpes. Coconut oil is made up of Medium Chain Triglycerides (MCTs) which have the ability to inactivate a range of microorganisms, including enveloped viruses like the Herpes simplex virus type 1 and 2.

One type of MCT is called lauric acid which can form into *Monolaurin* in the body. Monolaurin is an amazing compound which has powerful antiviral properties and has been shown in research studies to destroy lipid-coated viruses including HSV. It also stimulates essential immune functions which ward off herpes infections.

Once again, the Arginine content contained in coconut is of little significance in comparison to the benefits that this food can provide against herpes, especially if excess Arginine in the diet is balanced by a daily Lysine supplement. Further to this, like all oils coconut oil is practically 100% fat (lipid) and therefore contains virtually no Arginine anyway.

? “What type of bread is best to eat where herpes is concerned?”

Wholegrain or brown bread is definitely the healthier, more beneficial option. Regardless of the Arginine and Lysine concentrations in different bread types, it is not significant enough a factor to base your choice of bread on.

Instead, base your choice on which bread is going to give your body the most nutrition and at the same time be tasty and appealing to you. Of course, if you have an allergy or intolerance, such as gluten intolerance, then this will also affect your choice.

White bread has limited nutritional value and requires more work from your body to process it. Even when the nutrients or ‘multigrains’ are added later, research suggests that it is not utilized by the body in the same way as it is when it occurs naturally. Try to avoid white bread products and instead opt for wholemeal, whole grain or brown bread whenever possible.

? “Is there a difference in eating fresh food vs bottled, canned or packet food?”

Yes, definitely. Fresh food is always preferred over processed or packaged food. There are a number of reasons for this including:

- ✓ Vitality of the food
- ✓ Preserving the vitamins and delicate nutrients
- ✓ Avoiding additives such as preservatives, sugar, artificial sweeteners, gelatin, salt, colorings and flavorings - all of which are commonly found in processed and pre-packaged food

❓ “Should I take my Lysine tablet on an empty stomach or with a meal?”

It is always best to follow the directions on the label of the particular Lysine supplement that you are taking. If your Lysine supplement contains other vitamins, minerals, herbs or nutrients then this might affect how it is recommended to be taken for best results.

Generally, if Lysine is combined in a tablet with other vitamins or minerals it is best to be taken along with food so that the nutrients are better metabolized by the body. If the tablet contains only Lysine it can usually be taken with or without food, depending on your preference.

❓ “What should I consider when choosing a Lysine supplement?”

Some brands of Lysine supplements may produce varying results because of how they are manufactured and the different ingredients that they contain. Some things to consider when choosing a Lysine supplement are:

▶ **Is the Lysine a naturally occurring source obtained from real food, or is it artificially cultured?**

It is a naturopathic philosophy that when nutrients are obtained from a source that is identical to that found in nature they are often more effectively accepted by the body and therefore likely to offer better long term results. This is why it is preferable to obtain Lysine naturally from foods in the diet or from a supplement which is made from real food.

When a label says ‘*Free Form Lysine*’ it does not mean that the Lysine is sourced naturally from food, it simply means that the Lysine is not attached to another amino acid. The only way to determine if the Lysine is obtained from a food source is to enquire with the manufacturer. This information is usually not indicated on the label.

▶ **Does the Lysine supplement also contain Olive Leaf, Gelatin or Dicalcium phosphate?**

Olive Leaf – this herb is demonstrated to have powerful antiviral effects against the herpes virus BUT it should not be digested at the same time as the amino acid Lysine. This is because the extract of the Olive Leaf herb can interfere with Lysine metabolism. Therefore, taking a supplement that combines both of these ingredients together may cancel out the effect of the Lysine.

To remedy this, make sure to take Olive Leaf separately from Lysine and do not take a supplement that combines these two ingredients in one tablet. Allow at least 3 hours between taking a Lysine supplement and an Olive Leaf extract.

Gelatin – this is an animal by-product which is naturally high in Arginine and therefore could negatively influence herpes outbreaks. The very purpose of taking a Lysine supplement is to help reduce Arginine formulation, so it makes no sense to take a Lysine supplement that contains gelatin.

Dicalcium phosphate – this is commonly used as a binder in some Lysine tablets. Research suggests that Dicalcium phosphate may interfere with zinc absorption. Considering zinc is fundamental in helping the skin to recover from herpes breakouts, and with immunity, it is preferable to avoid supplements which contain this added ingredient.

Note that these ingredients may not be listed on the supplement label.

▶ Is the tablet in a convenient dose that is tolerable to take long term and effective?

Some Lysine supplements contain too little Lysine (500 mg tablets) or too much Lysine (1000 mg) in a single dose. It is important not to take too much Lysine if supplementing long term or on a regular basis.

The daily required dose for Lysine to be effective is:

- ✓ 1250 mg daily for prevention
- ✓ Up to 2500 mg daily during active symptoms

625 mg tablets are ideal because it equates to 2 tablets per day for prevention (1250 mg) and up to 4 tablets per day during outbreaks (2500 mg) without having to halve tablets or overload the body with excess or unnecessary amounts of Lysine.

▶ Are you getting other nutrients in your herpes supplement, or just Lysine?

Lysine is important when it comes to managing herpes but it is not the only nutrient that plays a critical role in stopping outbreaks. A preferred herpes supplement will include not only Lysine but also other specific diet nutrients to support the body's response against the HSV.

Other beneficial nutrients that are recommended are zinc, vitamin C and bioflavonoids which help to enhance wound repair, tissue regeneration, immunity and resistance to herpes viral infections.

However be mindful in choosing a tablet that combines too many ingredients in the one tablet, as a general guide no more than four or five ingredients is recommended per tablet. Every herb, vitamin, mineral or nutrient is metabolized in a unique way by the body and not all ingredients are suitable to be taken together. If too many ingredients are included in the one tablet it means that only a small amount of each can be included. This can compromise the concentration and quantity of each of the ingredients and may result in the supplement being ineffective.

❓ "Is it safe to take a Lysine supplement long-term?"

Lysine is an essential amino acid that we obtain naturally in the food we eat everyday. Provided the Lysine supplement taken is manufactured to quality standards and is only taken according to the recommended dose, there is no evidence to suggest it will cause any problem whether taken short or long term. To the contrary, Lysine has been demonstrated to be helpful for the heart, skin tissue, wound repair, immunity and in lowering elevated cholesterol levels.

❓ "Does Lysine affect cholesterol or triglyceride levels?"

In reasonable quantities, Lysine has been shown to help lower raised cholesterol and normalize high triglyceride levels. As with all amino acid supplements, it is important not to take too much. When taken in excess or above the recommended dose, Lysine can in rare instances have the opposite effect and cause a rise in cholesterol or triglyceride levels. Moderation and adherence to the recommended daily dose is always advised, especially if taking Lysine regularly or long term.

? “Can Lysine help you lose weight?”

Not necessarily, Lysine is sometimes included in weight loss programs but is not generally prescribed or indicated for this purpose.

? “Does Lysine have any effect on acne or pimples?”

Two of Lysine’s main functions are to improve collagen in the skin and help with tissue repair, both of which are beneficial when dealing with acne and pimples. It is also likely to assist with scar healing and prevention.

There is no evidence to support that Lysine would provoke acne or pimples and theoretically it should help to do the opposite, but taking too much Lysine is not recommended and could be a factor if you are experiencing unexpected or unusual symptoms.

? “Does taking Lysine cause an Arginine deficiency?”

No amino acid should be taken in excess, including Lysine, and if taken sensibly a Lysine supplement will not cause an Arginine deficiency. At the very best it will help to reduce an overload of Arginine which might help to stop a breakout in some instances.

Arginine is a “non-essential” amino acid in adults which means that the body naturally manufactures this amino acid and it is not essential to obtain it through our diet. Even so, Arginine is found naturally in many foods and eating moderate amounts of this nutrient is healthy and beneficial, even where herpes is concerned.

? “What is the recommended dose for Lysine to be effective?”

The recommended daily dose for Lysine is 1250 mg per day to prevent a recurrence of symptoms. This is the amount of Lysine required to hinder the herpes virus in clinical studies. Taking a dose less than this may have little or no effect.

To manage herpes, Lysine should be supplemented daily and elevated to a higher dose during days when there are active symptoms. Increase the daily dose to 1875 mg of Lysine at the first sign of symptoms and continue at this level until the symptoms have completely cleared.

It is recommended not to take amounts of Lysine greater than 2500 mg per day, and this quantity should be taken only for a short period of time when there are active or visible symptoms.

These doses provide ample enough Lysine to balance an excess of Arginine in the diet and to halt herpes virus activity, while also being safe and tolerable to all body systems. Too much of any amino acid, including Lysine, could cause an imbalance of other amino acids or affect organs and tissues. Always read the label of the specific supplement that you are taking and follow the directions with care.

? “How much Zinc should I take, and how much is too much?”

Supplements contain several forms of zinc, including zinc gluconate, zinc sulfate, zinc acetate and zinc chelate. When trying to determine the total amount of zinc that you are supplementing it is the amount of the *complete zinc element* that needs to be considered.

For example, a supplement label may read: Zinc amino acid chelate (Equiv. Zinc 5 mg).....25 mg
The equivalent measurement in brackets is the amount of the complete zinc element – this is the figure that you need to consider when tallying up your different zinc sources in milligrams (mg). The element amount will always be smaller.

The amount of zinc recommended will depend on whether a person is taking the supplement long term or short term, and whether they are taking the zinc for general health or a specific condition.

The generally accepted recommended daily intake for elemental zinc is between 11 to 15 mg per day. However, when you experience herpes symptoms (or have a specific condition that is benefited from a higher dose) the dose required maybe higher. Generally, 25 mg daily is a reasonable dose when managing herpes.

Zinc is toxic in amounts greater than 150 mg and according to MediHerb Australia, up to 50 mg daily for tissue regeneration is typically well tolerated.

? “What is Zinc Chelate and is it better than other forms of Zinc?”

Chelating is a special process that bonds the essential zinc mineral to the amino acid glycine, making the mineral a more easily absorbed form for the body to process. Chelated zinc is preferred by some health care practitioners because it better allows for the zinc ion to be freely absorbed into the bloodstream and therefore has the potential to give faster acting results.

? “Could a course of probiotics be helpful for herpes?”

Yes there are people who have found that taking a probiotic, or improving their diet to include more raw foods, has significantly helped to improve their herpes symptoms.

Many health practitioners, including the renowned author Dr. Bernard Jensen, believe that the majority of illness and disharmony within the body originates from the Gastrointestinal Tract (GIT). When the intestines and stomach are cleansed and functioning at their best all other health issues can be improved in a domino effect.

Part of maintaining a healthy gut lies in having the right amount and variety of good bacteria inside the stomach and colon. Things like stress, poor eating habits and medications, particularly antibiotics, can negatively affect this beneficial bacteria. One way to help improve this is to eat foods that contain live cultures and enzymes, and to supplement the diet with a quality probiotic.

Yoghurt that contains beneficial bacterium and foods that are rich in live enzymes (such as all raw foods) can help to improve the function of the immune system and therefore enhance its ability to defend against a herpes viral attack.

? “Can taking a Lysine supplement stop my herpes outbreaks?”

There are many factors that can affect the frequency and severity of herpes symptoms, one of them is the amount of Lysine and Arginine in a person’s diet. A Lysine supplement can be very helpful but there are other factors that may need to be addressed too – not just the quantity of these two amino acids in the diet.

Any significant strain on the body could have the potential to activate the herpes virus. Factors such as stress, hormones, sleep quality, the immune system, general diet, past or present illnesses, medications, etc. should also be assessed when trying to reduce outbreaks and stop viral activity, such as shedding.

Shedding is when the herpes virus can be active on the skin’s surface without necessarily showing any sign or symptom, and therefore may be contagious. In order to reduce the likelihood of shedding (and reduce the risk of spreading herpes to a non-infected partner) it is beneficial to minimize the activity of the virus in all ways possible.

A Lysine supplement can be helpful in achieving this, but generally it is best combined with other treatment approaches including a healthy diet and immune system support. Clinically tested antiviral therapies, including Acyclovir and Dynamiclear, can also be highly beneficial when managing herpes.

? “What about the Acid vs. Alkaline food theory, some information I read contradicts this advice?”

Many experts agree that a primarily acidic diet can result in poor health, and likewise a diet rich in alkaline-forming foods can improve health. It must be noted that there is a key difference between foods which we might consider “acidic” compared to foods which are acid-forming once eaten.

The theory relates to the action of the food once it is metabolized inside the body, whether it is then acid or alkaline forming. For example, lime and lemon juice is acidic in nature but both become alkaline-forming once metabolized. Generally, acid-forming foods tend to be meat, bread, grains, nuts, seeds and dairy products, while most fruits and vegetables, with exceptions, are alkaline-forming.

It is important to understand that acid-forming foods are not necessarily bad and alkaline-forming foods good; instead an acid-alkaline balance is ideal. The problem however is that the majority of foods eaten in typical Western diets tend to be more acidic, lacking in alkaline-forming foods such as fruits and vegetables.

Here are some tips:

- ✓ Aim to eat 80% alkaline-forming foods and 20% acid-forming foods
- ✓ Drink water with freshly squeezed lemon or lime juice to counteract acid ash build-up
- ✓ Drink water that is ionically charged (alkalized) this will help neutralize and flush excess acid
- ✓ Chew food thoroughly - this will help stimulate saliva production which assists in alkalizing the food
- ✓ Relax and take life less seriously - stress is one of the greatest contributors to acid ash formation

▶ For more details refer to the Acid and Alkaline Food Chart in the resources section of this guide.



Paprika, Garlic & Basil Broccoli

Ingredients:

- 1 broccoli (cut into pieces)
- 3 cloves garlic (cut into chunks)
- 1 tablespoon paprika
- 1 tablespoon salt
- 2 tablespoon Parmesan cheese (grated)
- 1 tablespoon olive oil or unscented coconut oil

Method:

1. Lightly steam broccoli (until semi cooked, still slightly hard)
2. Heat oil and add garlic and basil (cook 1 minute)
3. Take off heat and let cool for 1 minute
4. Add paprika (don't allow it to burn)
5. Add broccoli and stir thoroughly
6. Add Parmesan cheese



Paprika and Parmesan Eggs

Ingredients:

- 4 Eggs
- ¼ Cup Parmesan cheese (grated)
- 2 Large cloves of garlic (cut fine)
- 3 tablespoons of olive oil
- 1 teaspoon paprika
- 1 teaspoon salt

Method:

1. Heat oil and add eggs (cook for 2 to 3 minutes until just hard)
2. Add garlic and salt (cook for 2 minutes)
3. Add paprika, do not over cook the paprika (cook for 1 minute)
4. Add Parmesan cheese
5. Take off heat and let melt



Spicy Indian Curry

Ingredients:

- 1 onion (chopped fine)
- 1 cup sweet basil (chopped fine)
- ½ tablespoon of turmeric
- ½ tablespoon of cumin
- ¼ tablespoon of salt
- ¼ tablespoon paprika
- ½ cup milk
- 1 tablespoon of sour cream
- 1 medium lime (squeezed juice)
- ½ tablespoon of ground peppercorns
- 6 slices of jalapeno peppers
- 2 tablespoon of olive oil or coconut oil

Method:

1. Sauté onions in oil (cook 2 minutes, medium heat)
2. Add spices (cook 1 minute)
3. Add basil (cook 1 minute)
4. Add half of the milk (cook 1 minute)
5. Add jalapeno peppers and the rest of the milk (cook 1 minute)
6. Add sour cream and lime juice, cook until a paste forms (2 minutes)
7. Add prawns, fish, chicken or steamed vegetables and cook until ready (10 minutes)

Serve with steamed rice



Tuna Patties

Ingredients:

- 400g tinned or fresh tuna (plain)
- Plain flour
- 200g cheddar cheese (grated)
- 2 tablespoons marjoram (chopped fine) *optional*
- ½ a lime (squeezed juice)
- 3 tablespoons mayonnaise
- 1 tablespoon of pepper
- 3 tablespoons of salt
- 3 cloves garlic (chopped fine)

Method:

1. Combine ingredients in a large bowl and stir together, add 2 tablespoons of flour
2. Roll patty mixture into large balls and coat with flour
3. Pan fry in oil and flatten out
4. Remove from heat and sit on a paper towel

Makes 5 patties: Great to eat hot or cold

Resources You May Find Helpful

▶ **Easily find hundreds of recipes with herpes friendly ingredients**

Want to find a recipe with certain ingredients? This website can be really useful when trying to plan meals that contain nutritious ingredients that are good for herpes, while avoiding certain herpes “trigger” foods: Allrecipes.com/Search/Ingredients.aspx

▶ **Research your favorite foods and find out what they contain**

Unsure how much Lysine or Arginine certain foods contain, or maybe you want to know the amount of vitamin c or zinc? Try this easy online calculator to found out what foods contain what nutrients. Simply type the name of the food you are looking for in the search box provided: NutritionData.self.com

▶ **Positive Singles Herpes Dating Site**

Positive Singles is the largest dating site in the world for people affected by genital herpes. This is a friendly adult community which offers a completely anonymous dating service for people who wish to avoid “the talk” or meet new friends who share this affliction: PositiveSingles.com/i/af20008201

▶ **Love in the Time of Herpes** – a really good read. This is an intimate blog about genital herpes from a lady who is personally affected by the HSV-1 strand of the virus. It has some great fast facts about transmission and helps to put your mind at ease about entering a relationship which involves herpes: Loveinthetimeofherpes.blogspot.com

▶ **How to tell your partner** – a good straight forward article with simple advice on how best to approach the subject of telling a partner about herpes, written by a sexual health columnist for Fox News: Foxnews.com/story/0,2933,571210,00.html

▶ **Herpes Answers Blog** – a collection of articles which include stories and facts about preventing the spread of herpes, natural herpes therapies and commentary on HSV: Herpes-Answers.org

▶ **The Power of Now by Eckhart Tolle** – New York Times best seller, this book gives practical tools to still the mind and find freedom from negative patterns, this philosophy can be useful to those who are seeking a spiritual path or would like to find guidance in overcoming set backs: EckhartTolle.com

▶ **HSV Blog** – This website can make you feel instantly better about Herpes. It has really good facts, statistics and advice about dating with herpes. HSVBlog.org

▶ **Tell Someone about Herpes Anonymously** – this is a free service which allows you to send an anonymous email to someone you know who may have been exposed to the herpes virus (or other STIs) advising them to get tested: Inspot.org/TellThem/tabid/58/language/en-US/Default.aspx

▶ Acid Alkaline Food Chart

Below is a chart which identifies which food is acid and alkaline forming. This can be a helpful reference when trying to reduce an acidic imbalance in the diet, which in turn can help to improve a person's health and therefore may improve resistance to the herpes virus.

ACIDIC FOODS		ALKALINE FOODS	
<p>ACID CEREALS: All flour products Barley Breads, all kinds Buckwheat Cakes Corn, cornmeal, cornflakes, starch & hominy Crackers, all Doughnuts Dumpling. Grape nuts Macaroni and spaghetti Noodles Oatmeal Pies & pastry Rice Rye-krisp</p> <p>ACID DAIRY PROD.: Butter Cheese, all Cottage cheese Cream, ice cream, ices Custards Milk, boiled, cooked or pasteurized, malted dried, canned</p> <p>ACID FLESH FOODS: All meat, fowl and fish Beef tea Fish, shellfish, all Gelatine & Gravies</p> <p>ACID FRUITS: All preserved or jellied Canned, sugared Dried sulphured Glazed fruits Raw, with sugar Bananas, if green tinge Cranberries Olives, pickled, green</p>	<p>ACID MISCELLANEOUS: All alcoholic beverages Candy and confectionery Coca-Cola Cocoa and chocolate Coffee Condiments -e.g. curry, pepper, salt, spices Dressings and thick sauces Drugs and aspirin Eggs, especially whites Flavourings Ginger, preserved Jams & jellies. Marmalades Mayonnaise Preservatives - e.g. Benzoate, Sulphur, Vinegar, Salt, Brine, Smoke. Sago (starch) Soda water Tapioca (starch) Tobacco, juice snuff, smoke Vinegar Lack of sleep Overwork</p>	<p>ALKALINE CEREALS: Corn, green (1st. 24 hrs)</p> <p>ALKALINE DAIRY PRODUCTS: Acidophilus Buttermilk Koumiss Milk raw (human, cow or goat) Whey Yoghurt</p> <p>ALKALINE FLESH FOODS: None (blood and bone only are alkaline forming)</p> <p>ALKALINE MISCELLANEOUS: Agar Alfalfa products Coffee substitutes Ginger dried, unsweetened Honey Kelp (edible) Teas. unsweetened – all desert and mate, alfalfa, clover, mint, oat, oriental, sage, strawberry Yeast cakes</p> <p>ALKALINE NUTS: Almonds Chestnuts, roasted Coconut, fresh</p>	<p>ALK. VEGETABLES: *VEGE-BROTH Artichokes Asparagus, ripe Bamboo shoots Beans, green, lima, string, sprouts Beets & tops Broccoli Cabbage, red and white Carrots Cauliflower, & Celery, entire Chard Chicory & Chives Collards Cowslip Cucumber Dandelion greens Dill Dock, green Dulse (sea lettuce) Eggplant Endive Escarole Garlic Horseradish, fresh Jerusalem Artichoke Kale Kohlrabi Leek Legumes, except peanuts & lentils Lettuce & romaine *MUSHROOM (most vars.) Okra Onions Oyster plant Parsley Parsnips Peppers green or red Potatoes (all vars.) Pumpkin Radish Rhubarb (oxalic acid)</p>

ALKALINE FOODS Continued...	
Rutabaga (Swede)	Pears
Salsify	Persimmons
Sauerkraut (lemon only),	Pineapple, fresh if ripe
Shallots	*PLUMS
Sorrel	Pomegranates
*SOY BEANS	Pomelo's
Soy bean extract	*PRUNES & JUICE
Spinach	Quince
Squash	Raisins
Taro, baked	Sapotes
'Turnips & tops	Tamarind
Water chestnut	Tangerines (Mandarins)
Watercress	Tomatoes
ALKALINE FRUIT:	
Apples and cider	
Apricots	
Avocados	
Bananas (speckled only)	
Berries (all)	
Breadfruit	
Cactus	
Cantaloupe	
Carob, pod only	
Cherimoyas	
Cherries	
Citron	
*CRANBERRIES	
Cumquats	
Currants	
Dates	
Figs	
Grapefruit	
Grapes	
Guavas	
Lemons, ripe	
Limes	
Loquats	
Mangoes	
Melons. all	
Nectarines	
Olives, sun-dried	
Oranges	
Papayas	
Passion-fruit	
Peaches	

NEUTRAL FOODS
Cotton seed, peanut
Fats, lard and other greases
Oil, Olive, Corn, Soy, Sesame, Grape seed, etc.

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic; however the end products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like all animal products, meat is very acid-forming.

Chart showing Lysine and Arginine in common foods

Below is a food chart which lists the ratio of Lysine to Arginine in many different food items. Foods at the top of the list are less likely to aggravate a herpes outbreak.

	Weight (gm)	Lysine (mg)	Arginine (mg)	Ratio Lys/Arg
Margarine	14.1	9	3	3
Plain Yogurt	227	706	237	2.979
Fruit Yogurt, lowfat	227	810	272	2.978
Plain Yogurt, skim	227	1160	391	2.967
Plain Yogurt, lowfat	227	1060	359	2.953
Swiss Cheese	28	733	263	2.787
Gruyere Cheese	28	768	276	2.783
Edam Cheese	28	754	273	2.762
American Cheese Spread	28	427	155	2.755
Gouda Cheese	28	752	273	2.755
Whey, dry, sweet	7.5	77	28	2.75
Blue Cheese	28	526	202	2.604
Provolone Cheese	28	750	290	2.586
Papaya	454	76	30	2.533
Brie Cheese	28	525	208	2.524
Camembert Cheese	28	501	199	2.518
Parmesan Cheese	28	937	373	2.512
Parmesan Cheese, grated	5	192	77	2.494
Gjetost Cheese	28	231	93	2.484
Goat Milk	244	708	291	2.433
Brick Cheese	28	602	248	2.427
Muenster Cheese	28	606	250	2.424
Beets	136	72	30	2.4
Limburger Cheese	28	475	198	2.399
Tilsit Cheese	28	578	241	2.398
Port du salut Cheese	28	563	235	2.396

Processed Swiss Cheese	28	696	293	2.375
Cream Cheese	28	192	81	2.37
Mozzarella Cheese, parts	28	699	295	2.369
Processed American Cheese	28	623	263	2.369
Mozzarella Cheese	28	559	236	2.369
Neufchatel Cheese	28	253	107	2.364
Butter	14.1	9	4	2.25
Colby Cheese	28	561	254	2.209
Monterey Jack Cheese	28	578	262	2.206
Cheshire Cheese	28	551	250	2.204
Cheddar Cheese	28	588	267	2.202
Buttermilk	245	679	309	2.197
Skim Milk	245	663	302	2.195
Half and Half Cream	242	568	259	2.193
Sherbet	193	171	78	2.192
Condensed Milk, sweetened	306	1920	876	2.192
Chocolate Milk	250	629	287	2.192
Nonfat Milk, dry	120	3440	1570	2.191
Lowfat Milk, 2%	244	644	294	2.19
Evaporated Milk	126	681	311	2.19
Ice Cream	133	381	174	2.19
Whole Milk	244	637	291	2.189
Whole Milk, dry	128	2670	1220	2.189
Nonfat Milk, dry, instant	68	1890	864	2.188
Ice Milk	131	409	187	2.187
Whipping Cream, heavy	238	387	177	2.186
Evaporated Milk, skim	128	763	349	2.186
Whipping Cream, light	239	411	188	2.186
Ice Cream, rich	148	327	150	2.18
Mango	300	85	39	2.179
Whipped Cream, pressurize	60	152	70	2.171
Apricot	114	103	48	2.146
Coffee Cream	15	32	15	2.133

Apple	150	17	8	2.125
Ricotta Cheese	246	3290	1550	2.123
Ricotta Cheese, part skim	246	3320	1570	2.115
Pear, dried	175	116	56	2.071
Eggnog	254	758	378	2.005
Applesauce, unsweetened	244	24	12	2
Crabapple, slices	110	28	14	2
Loquat	16	2	1	2
Apple, dried	64	37	19	1.947
Pear	180	23	12	1.917
Apricot, dried	35	89	49	1.816
Cottage Cheese, creamed	210	2120	1190	1.782
Cottage Cheese, Lowfat 2%	226	2510	1410	1.78
Cottage Cheese, dry	145	2020	1140	1.772
Fig, dried	189	228	131	1.74
Fig	65	19	11	1.727
Human Milk	246	168	105	1.6
Avocado	272	189	119	1.588
Salmon	85	1550	1000	1.55
Swordfish	85	1550	1000	1.55
Haddock	85	1480	961	1.54
Smelt	85	1380	897	1.538
Snapper	85	1600	1040	1.538
Pollock	85	1520	989	1.537
Eel	85	1440	938	1.535
Catfish	85	1420	925	1.535
Anchovy, in oil, drained	20	531	346	1.535
Whitefish	85	1490	971	1.535
Tuna, in water	165	4480	2920	1.534
Cod	85	1390	906	1.534
Flat fish, flounder and s	85	1470	959	1.533
Mackerel	85	1450	946	1.533
Shark	85	1640	1070	1.533
Carp	85	1390	907	1.533
Pike	85	1500	979	1.532
Herring	85	1400	914	1.532

Sardines, in oil, drained	24	542	354	1.531
Bass	85	1380	902	1.53
Perch	85	1450	948	1.53
Bluefish	85	1560	1020	1.529
Halibut	85	1620	1060	1.528
Tomato	123	41	27	1.519
Turnips	130	47	31	1.516
Tomato juice	243	54	36	1.5
Soybean sprouts	70	386	266	1.451
Canadian Style Bacon	454	7370	5100	1.445
Wild pheasant	371	7470	5240	1.426
Pork Spareribs	454	4730	3340	1.416
Tomato paste	262	282	200	1.41
Liver cheese	28	334	237	1.409
Chicken, dark meat, w/o s	109	1860	1320	1.409
Chicken, light meat w/o s	88	1730	1230	1.407
Chicken neck	79	298	212	1.406
Summer sausage	23	318	228	1.395
Pineapple	155	39	28	1.393
Pork leg	454	7550	5530	1.365
Pork loin chop	151	1950	1430	1.364
Pork Shoulder	454	7140	5240	1.363
Potato	150	190	140	1.357
Chicken breast	181	2500	1870	1.337
Cream of Mushroom soup	244	127	95	1.337
Turkey noodle soup	244	212	159	1.333
Celery	120	32	24	1.333
Chicken drumstick	110	1160	872	1.33
Potato, baking	202	283	214	1.322
Beef Flank steak	454	7270	5500	1.322
Chicken gumbo	244	161	122	1.32
Chicken noodle soup	241	219	166	1.319
Beef Round steak	454	7320	5550	1.319
Beef noodle soup	244	261	198	1.318
Vegetable w/beef soup	244	344	261	1.318
Cream of Asparagus soup	244	112	85	1.318
Porterhouse steak	454	6560	4980	1.317
Beef T-bone steak	454	6330	4810	1.316
Beef Sirloin steak	454	6880	5230	1.315

Knockwurst	68	634	482	1.315
Beef Rib roast	454	6050	4600	1.315
Beef Short ribs	454	5430	4130	1.315
Beef Chuck roast	454	6900	5250	1.314
Beef Tenderloin	454	6990	5320	1.314
Persimmon	200	55	42	1.31
Squash, summer	130	85	65	1.308
Chicken leg	231	2470	1890	1.307
Chicken, light meat	116	1920	1470	1.306
Ham, boneless	454	6750	5170	1.306
Chicken canned, boned	142	2500	1920	1.302
Turkey, dark meat	152	2620	2020	1.297
Cream of chicken soup	244	215	166	1.295
Chicken heart	6.1	79	61	1.295
Turkey, light meat	180	3540	2740	1.292
Bratwurst, ckd	85	910	706	1.289
Turkey, canned boned	142	3040	2360	1.288
Italian sausage, ckd	67	1020	792	1.288
Pork sausage	28	252	196	1.286
Wild quail	405	6660	5180	1.286
Chicken thigh	120	1310	1020	1.284
Chicken, dark meat	160	2150	1680	1.28
Goose, domesticated	320	4010	3150	1.273
Pork and beef sausage	13	141	111	1.27
Bologna, beef and pork	28	250	198	1.263
Peach, dried	130	151	120	1.258
Black bean soup	247	415	331	1.254
Bean w/ frankfurters soup	250	415	331	1.254
Peach	115	20	16	1.25
Corned Beef, brisket	454	5100	4100	1.244
Pastrami	28	375	302	1.242
Bologna, beef	28	254	205	1.239
Frankfurter, beef	45	389	314	1.239
Ground beef, regular	113	1560	1260	1.238
Cream of celery soup	244	73	59	1.237
Ground beef, lean	113	1670	1350	1.237
Chicken liver	32	35	352	1.236
Duck liver	44	624	505	1.236

Turkey liver	102	1540	1250	1.232
Mortadella	28	358	291	1.23
Goose liver	94	1160	943	1.23
Plum	5.5	90	74	1.216
Green beans	110	97	80	1.213
Chicken back	177	1090	900	1.211
Beef smoked, chopped	28	467	386	1.21
Pork Bacon	454	2900	2400	1.208
Beef, dried	28	673	557	1.208
Brotwurst	28	323	268	1.205
Polish sausage	28	315	262	1.202
Salami, hard	10	182	152	1.197
Bologna, pork	28	341	285	1.196
Chicken wing	90	698	585	1.193
Braunschweiger	28	258	217	1.189
Duck, domesticated	287	2610	2210	1.181
Lentil sprouts	77	548	470	1.166
Lettuce, romaine	56	58	50	1.16
Lettuce, iceberg	75	60	52	1.154
Caviar, black and red	16	293	254	1.154
Cauliflower	100	108	96	1.125
Vienna sausage	16	127	113	1.124
Liver	113	1570	1420	1.106
Guava	112	21	19	1.105
New England Clam Chowder	244	251	229	1.096
Cream of potato soup	244	83	76	1.092
Spinach	55	98	90	1.089
Kale	67	132	123	1.073
Chicken rice soup	241	251	234	1.073
Kielbasa	28	286	267	1.071
Frankfurter, beef and por	45	407	382	1.065
Whole Egg	50	410	388	1.057
Egg White	33	206	195	1.056
Whole Egg, dried	5	155	147	1.054
Watermelon	160	99	94	1.053
Cabbage, chinese	70	62	59	1.051
Corn	154	210	200	1.05
Sweet potato	130	105	100	1.05

Turnip greens	55	54	52	1.038
Abalone	85	1090	1060	1.028
Oysters	84	444	433	1.025
Clams	180	1720	1680	1.024
Scallops	85	1060	1040	1.019
Banana	175	55	54	1.019
Asparagus	134	194	192	1.01
Oat flakes	48	583	579	1.007
Mayonnaise	185	1400	1400	1
Vegetarian vegetable soup	241	99	99	1
Beet greens	38	20	20	1
Endive	50	32	32	1
Leeks	124	97	97	1
Pumpkin	245	96	96	1
Shrimp	85	1500	1510	0.993
Crab	85	1350	1360	0.993
pea soup w/ham	253	696	703	0.99
Lima beans, cooked	170	765	775	0.987
Egg Yolk	17	189	193	0.979
Okra	100	82	84	0.976
Broccoli	88	124	128	0.969
Chicken gizzard	37	465	484	0.961
Strawberries	149	37	39	0.949
Collards	186	140	72	0.931
Minestrone soup	241	183	198	0.924
Carrots	110	44	48	0.917
Dates	83	50	55	0.909
Peppers, sweet	100	38	42	0.905
Radish	45	16	18	0.889
Watercress	104	172	200	0.86
Swiss chard	36	36	42	0.857
Eggplant	82	42	50	0.84
Tomato soup	244	51	61	0.836
Cabbage, common	70	40	48	0.833
Wheat germ	180	1330	1790	0.743
Peas, green	146	463	625	0.741
Brussels sprouts	88	130	178	0.73
Tangerine	116	27	37	0.73
Orange	180	62	85	0.729

Onions, green	100	4	6	0.667
Mushrooms	70	48	72	0.667
Cucumber	104	22	36	0.611
Wheat granules	28.4	101	169	0.598
Corn grits	242	68	114	0.596
Snails	85	1250	2100	0.595
Wheat, shredded	23.6	79	133	0.594
Wheat flakes	33	101	171	0.591
Cream of wheat	251	98	166	0.59
Pistachios, shelled	128	1640	2790	0.588
Corn, puffed	28.4	65	112	0.58
Wheat, puffed	12	49	85	0.576
Squash, winter	205	902	1590	0.567
Bran flakes	47	177	314	0.564
Elderberries	145	38	68	0.559
Plantain	148	89	160	0.556
Oats, puffed	28.4	175	320	0.547
Oatmeal	234	78	147	0.531
Cashews	160	246	470	0.523
Chestnuts, fresh	160	246	470	0.523
Rice, puffed	14	38	73	0.521
Yams	200	89	191	0.466
Pumpkin seeds & squash	140	2530	5570	0.454
Garlic	3	8	19	0.421
Macadamia nuts	134	434	1200	0.362
Blackberries	145	17	49	0.347
Blueberries	145	17	49	0.347
Onions, mature	160	90	262	0.344
Grapes, slip skin	153	13	42	0.31
Grapes, adherent skin	160	24	78	0.308
Peanuts	144	1450	5050	0.287
Peanut butter	15	176	613	0.287
Coconut, shredded	80	118	437	0.27
Almonds	142	946	3540	0.267
Rutabaga	140	55	207	0.266
Pecans	108	315	1190	0.265
Sesame seeds	150	1240	4990	0.248
Hickory nuts	15	70	298	0.235

Brazil nuts	140	757	3350	0.226
Tahini	15	82	378	0.217
Grape juice	253	25	119	0.21
Tangerine juice	247	17	84	0.202
Pine nuts	28	256	1330	0.192
Orange juice	248	22	117	0.188
Hazelnuts	135	459	2480	0.185
Walnuts	100	466	2520	0.185