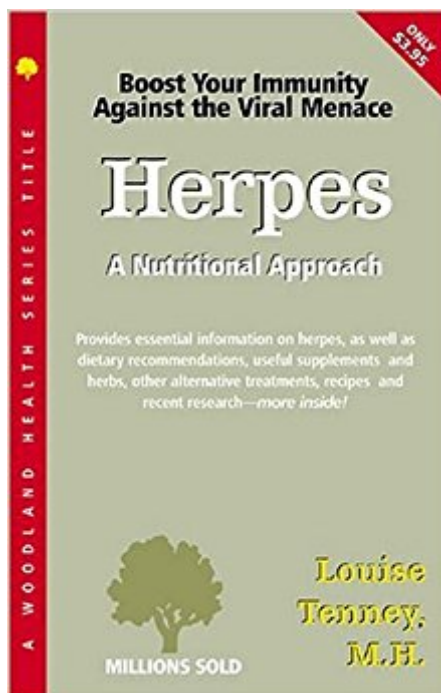


The book was found

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

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Average Customer Review: 3.3 out of 5 stars 4 customer reviews

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Customer Reviews

Louise Tenney has dedicated much of her life to the pursuit of natural approaches to health. She has enjoyed immense success as an author, with her publications equaling over 1 million sales. Louise attended Portland State University, studying applied chemistry and biology, and earned her Master Herbalist degree in 1986.

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 Has some good info, but outdated.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

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

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

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