



# Natural Treatments for Genital Herpes, Cold Sores and Shingles: A Review of the Scientific and Medical Literature

*John Hill*

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## **Natural Treatments for Genital Herpes, Cold Sores and Shingles: A Review of the Scientific and Medical Literature** John Hill

This book discusses the major Natural and Alternative treatments for the Herpes Family viruses that have been documented in the Scientific and Medical Literature. It discusses several nutritional supplements and inexpensive over-the-counter medications that boost the immune system. It also discusses several foods, supplements and herbs that have anti-viral properties. The emphasis is on correlating potential natural and alternative therapies with relevant published research. Some have substantial supporting research and others very little. Get the documented facts, not unfounded claims.

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