

## **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),

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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:

During an outbreak/flare-up:

**Up to 200 lbs: Take 3 Vegi-Capsules per meal (9 daily)**  
**200 plus lbs: Take 4 Vegi-Capsues per meal (12 daily)**

Maintenance Dosage:

**Take 1 serving daily between meals (3 daily)**  
**Take this product until gone.**

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

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

**NOTE:** Thanks to Ralf Ostertag for his authoring of this factoid and formula. Ralf is a founding member of Universal Formulas and remains active on the Advisory Board to Universal Formulas.

**Required FDA Statement:**

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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.

**Ordering Information:**

**HerpEX (Item#6633) 90 Capsules (30 day supply)**

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

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**Ingredients Explained**

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**Red Marine Algae:** Research on red algae indicates high potential for a low-cost, broad-spectrum anti-viral agent. Further research in the family of Dumontiaceae produced two patents where clinical efficacy for herpes I and II was clearly shown. The treatment was effective for treating subjects (e.g. human patients) both prior to and subsequent to herpes infection. It was used topically to alleviate symptoms associated with herpes infections or **preferably systemic**, by oral administration to eradicate the virus and thereby prevent symptom recurrence. This treatment suggests a breakthrough in the discovery of natural immune enhancing and antiviral agents. It was also shown to be clinically effective against herpes zoster infections. Anecdotal reports from patients suffering from Epstein Barr (another herpes virus) and Candida have shown marked improvement in a short period. Dumontiaceae has been found to be invaluable. It binds with heavy metal, pesticides, and carcinogens, and carries these toxins safely out of the body. Contained within the cell walls are polysaccharides, which are a complex of simple sugars. These long chained complex sugars stimulate interferon production as well as other anti-tumor and immune- enhancing activity (improving activity of T- and B-cells). Other compounds in the cell wall are related to those found in friendly bacteria that fortify and strengthen our immune systems to fight against invading organisms and toxins. Red marine algae can be useful in weight-loss programs and for lowering cholesterol and fat in the blood. It contains soothing; mucilaginous gels such as align, Carrageenan, and agar, which specifically rejuvenate the lungs and gastrointestinal tract.

**L-Lysine:** The amino acid lysine has been added to fool the virus into consuming it as a food source instead of Arginine there by starving the virus. Limiting food sources of Arginine like eggs, meat and certain beans are important considerations in any anti-herpes program.

**Vitamin A:** (as palmitate) this vitamin is an incredible anti-viral agent. The medical journals and archives are full of information regarding the anti-viral properties of vitamin A.

**Zinc:** Zinc is an essential mineral that is found in almost every cell. It stimulates the activity of approximately 100 enzymes, which are substances that promote biochemical reactions in your body. Zinc supports a healthy immune system and is needed for wound healing, helps maintain your sense of taste and smell, and is needed for DNA synthesis. Zinc also supports normal growth and development during pregnancy, childhood, and adolescence. We have added zinc to HerpEX to enhance immune response and feed the glandular system.

**Cats Claw (Uncaria tomentosa)** Current studies show it may have positive effects on, and can boost the body's immune system. With recent fear of HIV, studies on cat's claw have started to move quickly. European clinical studies have used the extract from the bark in combination with AZT in the treatment of AIDS. It is also used in the treatment and prevention of arthritis and rheumatism, as well as diabetes, PMS, chronic fatigue syndrome, lupus, and prostate conditions. Current studies show it may have positive effects on, and can boost the body's immune system. With recent fear of HIV, studies on cat's claw have started to move quickly. This herb is taken for a variety of conditions including abnormal growths, acute bone and joint disorders, liver strengthening properties, stomach ulcers, digestive disorders, gastritis, skin irritation and inflammation. It demonstrates cleansing properties and relaxes the nerves of the stomach, making it especially good settling indigestion. Helps the body absorb nutrients by increasing the bowels ability to transfer nutrients into the blood

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**Olive Leaf Extract:** (*olea europaea*) is classed as an alternative herbal remedy, it can be helpful in the treatment of the common cold, flu, cold sores (herpes), ear infections, eye infections, nose and throat infections, impetigo, pink eye, parasites, and a host of bacterial, viral and fungal infections. Recent studies confirm that this plant contains strong effective anti-bacterial and anti-viral agents.

**Citrus Bioflavonoids:** To maintain the health of capillaries and blood vessels, you need vitamin P, bioflavonoids to work in conjunction with vitamin C, plus the flavonoids enhance the function of Vitamin C. The bioflavonoids are sometimes called flavones and are also called Vitamin P because of their effect on the permeability of capillaries. Vitamin P are a group of water soluble substances which comprise a number of factors including herpseridin, myrecetin, nobiletin, rutin, tangeritin and quercetin and there is no known toxicity symptoms reported with bioflavonoids

**Wolf Berry:** sweet red fruit native to Asia serves as both a botanical medicine and a food. It has a very pleasant taste, somewhere between a cherry and a cranberry. It has been used as a medicinal food for thousands of years, and has been studied extensively in modern times to substantiate its health benefits. With over 15% protein, 21 essential minerals, and 18 amino acids, as well as lycium barbarum polysaccharides (LBP), It is **the worlds most potent anti-oxidant berry** with many benefits including strengthening the immune system, antioxidant and anti-aging effects, protects the liver, builds strong blood, promotes cardiovascular health, supports eye health and improves circulation to name just a few.

**Enzyme Complex:** (with the following strains) **The various enzymes are added to insure proper delivery of all nutrients and plant constituents.**

- ✓ **Protease Enzymes** – (25,000 HUT) Viruses have a protein or fat coating around them. Therapeutic potency protease aids in stripping or digesting away this coating allowing essential oils and bitters contained in herbs etc., to kill off viruses and bacteria.
- ✓ **Amylase Enzymes** – (40,000 DU) Therapeutic potency amylase insures the complete digestion and breakdown of all carbohydrates. It aids the body in absorbing hard to digest carbohydrates.
- ✓ **Cellulase enzymes** – (5,000 CU) Cellulase, which digests soluble fiber, cannot be produced in the body and can be obtained only from food sources (raw fruits, vegetables and whole grains) and enzyme supplementation.

**Tracite Powder:** Our proprietary fulvic trace mineral blend acts in conjunction with enzymes as a “super” delivery system. Fulvic acids contained in Tracite carry 60 times their own weight of (in?) nutrients, thereby delivering them more effectively to the cells. Tracite also forms a moisture barrier that absorbs moisture away from the formula’s ingredients to effectively protect the enzymes and probiotics. This protective moisture barrier enhances and prolongs the enzymatic and biotic activity that increases the blend’s effectiveness.