

7 HEALTHY FOODS

THAT TRIGGER
HERPES



7 Healthy Foods that Trigger Herpes

Introduction

Herpes is a viral infection that affects millions of people around the globe, many of whom don't even know they have it. This is how it spreads so quickly.

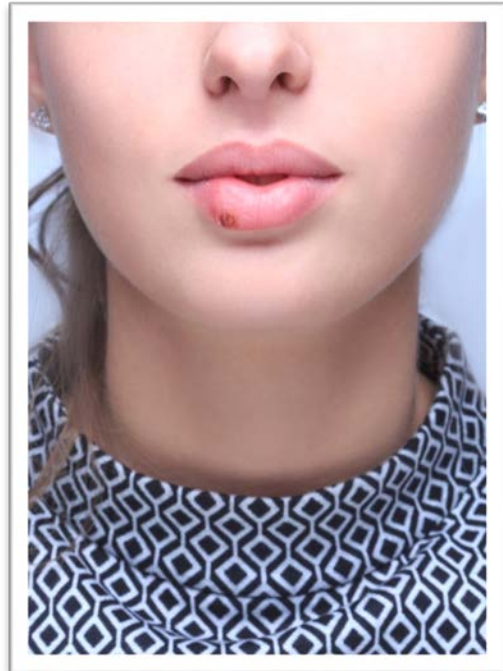
Not only is herpes an incredibly contagious disease, but it is also highly persistent. While some people who have herpes show no outward signs, others experience periodic outbreaks in the form of painful blisters that break open and form slow-healing sores. Stress is one of the biggest factors in triggering an outbreak, but diet plays a key role as well. In fact, there are certain foods that are well-known for triggering herpes.

What many people do not realize about food triggers for herpes is that it isn't just unhealthy processed and fried foods that can cause an outbreak – there are a number of so-called “healthy” foods that can cause the virus to reactivate. In fact, some of the foods you eat on a daily basis could be a trigger!

If you've been diagnosed with herpes, it is imperative that you learn everything you can about the disease so you can treat it and manage it properly. With the Herpes Blitz Protocol, you will learn how to uncloak and eradicate the herpes simplex virus in a matter of weeks. Until then, however, I recommend that you try to avoid certain foods so you don't accidentally trigger an outbreak and slow your progress.

In this book, you'll find an overview of the top 7 “healthy” foods that can trigger a herpes outbreak. You'll also receive advice for what to replace those foods with as well as some easy recipes to get started.

So, if you're ready to learn how to keep the herpes virus at bay by making smarter dietary choices, simply turn the page and keep reading!



Avoid These 7 “Healthy” Foods that Trigger Herpes

If you're one of the lucky people who doesn't experience frequent herpes outbreaks, you may not even be aware that certain foods can be triggers. Generally speaking, the healthier your diet, the stronger your immune system will be and the better you will be able to keep the virus at bay. Unfortunately, some of the very foods that make up what most people consider a “healthy” diet are actually triggers themselves.

When it comes to a healthy diet for managing herpes, there are few key points to hit:¹

- Consume plenty of foods that are rich in lysine, an amino acid that speeds healing and helps stop the virus from spreading.
- Limit your intake of arginine-rich foods – arginine is an amino acid that can trigger an outbreak and cause the virus to replicate.
- Eat foods that contain curcumin, quercetin, and resveratrol to help stop the herpes simplex virus from replicating in your body.
- Consume foods that will boost your immune system – foods rich in Vitamins A, B6, C, and E as well as iron, copper, folic acid, selenium, and zinc.
- Try to eat foods that are good for your skin – foods that contain bioflavonoids, Vitamin C, and zinc such as citrus, leafy greens, cruciferous veggies, dairy products, and seafood.
- Avoid artificial sweeteners as well as other refined sugars and processed foods – this includes “diet” and “sugar-free” products.



¹ “Best Foods & Worst Foods to Avoid with Herpes.” JustHerpes.com.
<<http://justherpes.com/facts/foods-to-avoid-with-herpes-diet/>>



In addition to implementing these dietary tips, there are a few other things to be wary of. If you enjoy lifting weights or going to the gym, you may drink protein shakes to speed recovery and build muscle – if you do, just be careful to choose a product that doesn't contain too much arginine. You don't necessarily need to avoid arginine altogether, but you

should aim to consume foods that have a high lysine-to-arginine ratio. It is also a good idea to eat foods that are rich in B vitamins because they'll help to decrease your body's stress response.²

Now that you have a better idea about how your diet affects herpes, you may be wondering which specific foods to avoid. In the following pages, you'll learn about seven "healthy" foods that can trigger herpes, as well as an alternative for each.

² "Diet and Nutrition with Herpes." HC Network. < https://www.herpescoldsores.com/diet_and_nutrition_with_herpes.htm >

1. Coconut

If you pay attention to the latest health trends, you're probably already aware that coconut is all the rage these days. Rich in medium-chain triglycerides (MCTs) and other healthy fats, coconut and coconut products are widely regarded as healthy among the medical and nutritional community.

Here is a rundown of the nutrition facts for fresh coconut:



<u>Coconut (Fresh)</u>		
Calories	100	
Serving Size	1 ounce	
Nutrient	Total (g)	% Daily Value
Total Fat	9.5g	15%
Saturated Fat	8.4g	42%
Cholesterol	0mg	0%
Sodium	6mg	<1%
Carbohydrate	4.3g	1%
Fiber	2.6g	10%
Sugar	1.8g	
Protein	0.9g	2%
Vitamin A – 0%	Vitamin B-12 – 0%	Iron – 11%
Calcium – 1%	Vitamin C – 4%	Magnesium – 6%
Vitamin D – 0%	Vitamin B6 – 2%	Potassium – 8%



Though fresh coconut is loaded with healthy nutrients, coconut milk is a much more commonly used coconut product. Used in cooking, coconut milk is rich in saturated fats, which means that it is mostly solid at room temperature.

Here are the nutrition facts for coconut milk:

<u>Coconut Milk</u>		
Calories	34	
Serving Size	1 tablespoon	
Nutrient	Total (g)	% Daily Value
Total Fat	3.6g	5%
Saturated Fat	3.2g	16%
Cholesterol	0mg	0%
Sodium	2mg	0%
Carbohydrate	0.8g	0%
Fiber	0.3g	1%
Sugar	0.5g	
Protein	0.5g	0%
Vitamin A – 0%	Vitamin B-12 – 0%	Iron – 1%
Calcium – 0%	Vitamin C – 0%	Magnesium – 1%
Vitamin D – 0%	Vitamin B6 – 0%	Potassium – 1%

In terms of their health benefits, coconut and coconut milk have a lot to offer. Being a rich source of lauric acid, coconut offers both antibacterial and antiviral properties. Some studies also suggest that the healthy fats in coconut may help to improve cholesterol and heart health. The minerals and other nutrients in coconut milk have also been shown to lower blood pressure, reduce stress, and ease muscle tension.

Another benefit that coconut products have to offer is the MCT content which helps you shed fat and build muscle. The healthy fats in coconut milk may also support weight loss by keeping you feeling fuller longer, thus reducing the amount you eat in a given day. It also boosts digestion, which is important for overall health as well as weight loss. It is important to keep in mind that coconut milk is high in calories, and it should be consumed in limited amounts.³

Because coconuts and coconut milk contain lauric acid, a substance with antiviral properties, you might assume that makes it a good food to include in a herpes-friendly diet. Unfortunately, this is not the case. But what makes coconut and coconut milk so bad for people with herpes?

The main problem with coconut and other coconut products is that they are high in arginine, an amino acid that has been shown to trigger herpes outbreaks. These foods are also low in lysine, another amino acid which helps to counteract the negative effects of arginine and reduce outbreak symptoms.

So, what can you eat instead of coconut, coconut milk, and coconut products?

One option is coconut oil.



³ "9 Coconut Milk Nutritional Benefits & Recipes." Dr. Axe. <<https://draxe.com/coconut-milk-nutrition/>>

Alternative Food: <u>Coconut Oil</u> (1 tbsp.)		
Nutrient	Amount (g)	% Daily Value
Calories	117	<1%
Total Fat	14g	21%
Saturated Fat	12g	60%
Carbohydrate	0g	0%
Fiber	0g	0%
Protein	0g	0%



As you may or may not know, coconuts are drupes and they are the largest seeds in the world. As a seed, coconuts contain a blend of protein, carbohydrates, and fat. Coconut oil, on the other hand, contains only fat.

Coconut oil is largely used in cooking because it has a high smoke point – it is also rich in healthy

essential fatty acids. Additionally, it is easy to digest, offers antimicrobial and antifungal benefits, and it can help protect against chronic diseases like heart disease, stroke, and Alzheimer's.⁴ It also supports the immune system, which is an added benefit for people with herpes.

Wondering how to use coconut oil? Here's an easy recipe:

⁴ "20 Coconut Oil Benefits for Your Brain, Heart, Joints and More." Dr. Axe.
<<https://draxe.com/coconut-oil-benefits/>>

Spiced Peach and Yogurt Muffins

Servings: 12

Ingredients:

- 2 cups all-purpose flour
- $\frac{3}{4}$ cup granulated sugar
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- Pinch ground nutmeg
- 2 large eggs
- 1 cup plain Greek yogurt
- 6 tablespoons coconut oil, melted
- $\frac{1}{4}$ cup skim milk
- 2 medium peaches, peeled and chopped

Instructions:

1. Preheat the oven to 350°F and line a muffin pan with paper liners.
2. Whisk together the flour, sugar, cinnamon, baking powder, baking soda, nutmeg, and salt in a mixing bowl.
3. In a separate bowl, whisk together the eggs, Greek yogurt, coconut oil, and milk until well combined.
4. Stir the wet ingredients into the dry until the mixture is smooth and lump-free.
5. Fold in the chopped peaches then spoon the batter into the pan.
6. Bake for 20 to 22 minutes until a knife inserted in the center comes out clean.
7. Cool the muffins in the pan for 5 minutes then turn out to cool completely.



2. Pork

Often described as the “other white meat,” pork is commonly considered a good source of lean protein. Compared to red meats like beef and lamb, pork generally has less saturated fat and cholesterol. Here are the nutrition facts for pork:



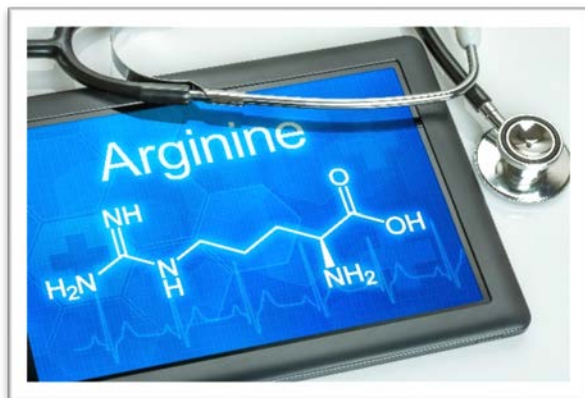
<u>Pork (Loin)</u>		
Calories	206	
Serving Size	3 ounces (85g)	
Nutrient	Total (g)	% Daily Value
Total Fat	12g	18%
Saturated Fat	4.4g	22%
Cholesterol	68mg	22%
Sodium	53mg	2%
Carbohydrate	0g	0%
Fiber	0g	0%
Sugar	0g	
Protein	23g	46%
Vitamin A – 0%	Vitamin B-12 – 10%	Iron – 3%
Calcium – 1%	Vitamin C – 0%	Magnesium – 6%
Vitamin D – 11%	Vitamin B6 – 20%	Potassium – 10%

Despite being forbidden by religions such as Judaism and Islam, pork is the most commonly consumed meat in the world. In terms of its nutritional benefits, pork is incredibly rich in protein, and some cuts are very low in fat. Not only is pork rich in protein, but it is a source of complete protein, which means that it contains all of the essential amino acids your body needs.

In addition to being an excellent source of protein, pork is also rich in other essential vitamins and minerals. It contains plenty of thiamin, niacin, and numerous other B vitamins that support some of the body's most essential functions, including growth and metabolism. It is also rich in zinc, which is needed for brain health – along with selenium, phosphorus, and iron.

When it comes to the health benefits of pork, one of the biggest is that it helps to maintain muscle mass, especially in older individuals. Pairing pork with a strength training regimen can boost muscle mass and help fight age-related muscle degeneration. The consumption of high-quality proteins like pork is also beneficial for improving physical performance during exercise and reducing fatigue.

Though there are numerous studies showing that pork can be beneficial for your muscles, there is also evidence to suggest that it may not be good for your heart. Years ago, it was widely considered fact that all saturated fats were bad. What we now know is that it is primarily trans fats that are bad – saturated fats from animal and plant sources are perfectly fine in moderation. Because pork is sometimes considered red meat, it should be consumed in moderation as well.⁵



While there may be some controversy about the health benefits of pork, it is generally considered a good source of lean protein. So why is it bad for people with herpes?

Lean protein is an important part of any healthy diet. Unfortunately, many of the most common protein sources come from animals and are therefore rich in the amino acid arginine. As

you've already ready, high levels of arginine in the diet can trigger a herpes outbreak unless you balance it out with lysine.

⁵ "Pork 101: Nutrition Facts and Health Effects." Healthline.
<<https://www.healthline.com/nutrition/foods/pork#section8>>

So, if red meats like pork are off the table (except when consumed in moderation or with lysine-rich foods), what is the alternative?

Chicken breast is a lean protein loaded with health benefits (including lysine).

Alternative Food: <u>Chicken Breast</u> (100g)		
Nutrient	Amount (g)	% Daily Value
Calories	165	<1%
Total Fat	3.6g	5%
Saturated Fat	1g	5%
Carbohydrate	0g	0%
Fiber	0g	0%
Protein	31g	62%

As you've already read, high levels of arginine in the diet can trigger a herpes outbreak – unless you balance it out with lysine. As an excellent source of lean protein, chicken breast helps to build muscle mass, and it contains minerals that support bone and joint health as well. Rich in vitamin B5 and tryptophan, chicken may help to combat some of the stress that might otherwise trigger an outbreak – and it may boost the immune system, too.⁶



Wondering how to use chicken? Here's an easy recipe:

⁶ Jha, Sameer. "7 Reasons Chicken is Good for Your Health." The Health Site. <http://www.thehealthsite.com/fitness/health-benefits-of-chicken-sa214/>

Easy Chicken Marsala

Servings: 4

Ingredients:

- 4 (5-ounce) boneless skinless chicken breast halves
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon dried basil
- 3 tablespoons coconut oil
- 8 ounces sliced mushrooms
- ½ cup Marsala wine

Instructions:

1. Sandwich a chicken breast between two pieces of plastic and gently pound to about ¼-inch thick – repeat with the other chicken breasts.
2. Whisk together the flour, salt, pepper, and basil in a shallow dish.
3. Heat the oil in a large skillet over medium-high heat.
4. Dredge the chicken breasts in the flour mixture then add them to the skillet.
5. Cook for 2 to 3 minutes until browned underneath.
6. Carefully flip the chicken breasts and add the mushrooms to the pan.
7. Turn the chicken and cook for 2 minutes or so until browned.
8. Pour in the wine then reduce the heat to medium-low and simmer, covered, for 10 minutes.
9. Serve the chicken and mushrooms hot over steamed brown rice.



3. Sesame Seeds

If you've read through the Herpes Blitz Protocol, you may already know that many seeds and nuts are rich in arginine, which makes them a bad choice for a herpes-friendly diet. Because arginine is found in so many foods, it can be difficult to avoid it all together – your best bet is to choose foods that have a good lysine-arginine ratio. Unfortunately, sesame seeds – a food that many people consider “healthy” – have high levels of arginine and relatively low levels of lysine.



Here are the nutrition facts for sesame seeds:

<u>Sesame Seeds</u>		
Calories	52	
Serving Size	1 tablespoon	
Nutrient	Total (g)	% Daily Value
Total Fat	4.5g	6%
Saturated Fat	0.6g	3%
Cholesterol	0mg	0%
Sodium	1mg	0%
Carbohydrate	2.1g	0%
Fiber	1.1g	4%
Sugar	0g	
Protein	1.6g	3%
Vitamin A - 0%	Vitamin B-12 - 0%	Iron - 7%
Calcium - 8%	Vitamin C - 0%	Magnesium - 8%
Vitamin D - 0%	Vitamin B6 - 5%	Potassium - 1%

According to research,⁷ sesame seeds are one of the most ancient foods on Earth, and they were one of the first to be cultivated primarily for their seed and oil rather than their fruit and leaves. Sesame seeds contain about 55% oil and 20% protein, so they are a rich source of both healthy fats and amino acids.



In addition to being rich in protein, sesame seeds contain a variety of powerful phytonutrients that may help lower cholesterol, improve blood pressure, and boost heart health in general. These seeds can also help balance hormones, fight cancer, and improve the absorption of other nutrients. Sesame seeds may also be beneficial for weight loss in that they help burn fat, and the fat content of the seeds also makes them a more filling snack.⁸

So, what is the problem with sesame seeds?

The main problem with sesame seeds for someone who has herpes is the fact that they have a high arginine-lysine ratio. High levels of arginine in the diet can cause the virus to grow, replicate, and spread. Without the addition of lysine to counteract these effects, eating sesame seeds in high quantities can trigger an outbreak.

⁷ <https://articles.mercola.com/herbs-spices/sesame-seeds.aspx>

⁸ "Sesame Seeds Benefit the Heart & Lower Cholesterol." Dr. Axe. <<https://draxe.com/sesame-seeds/>>

What is the alternative to sesame seeds? Chia seeds.

Alternative Food: <u>Chia Seeds</u> (1 ounce)		
Nutrient	Amount (g)	% Daily Value
Calories	138	<1%
Total Fat	9g	13%
Saturated Fat	0.9g	4%
Carbohydrate	12g	4%
Fiber	10g	40%
Protein	4.7g	9%



Widely considered a superfood, chia seeds are positively packed with nutrients and health benefits. These little seeds are particularly rich in dietary fiber as well as protein and omega-3 fatty acids.

One of the main benefits of chia seeds is that they contain a lot of antioxidants – plant compounds that protect the cells against free-radical damage and slow the progression of

age and age-related diseases. Being rich in dietary fiber, chia seeds also support healthy digestion and may be beneficial for weight loss as well.

These seeds are very rich in linoleic acid, a type of fatty acids that boost the body's ability to absorb fat-soluble vitamins such as A, D, E, and K. If you read the Herpes Blitz Protocol, you'll remember that most of these nutrients are essential for a strong immune system. These fatty acids also play a role in supporting heart health, helping to reduce inflammation, and preventing vascular damage.

Chia seeds have been proven to be beneficial for energy and metabolism, helping to boost endurance during extended periods of exercise. The protein content of chia

seeds is also beneficial for weight loss, particularly from fat. These seeds help to promote bone health and strength while fighting cancer and other chronic diseases.⁹

Speaking specifically about the benefit of chia seeds for a herpes-friendly diet, chia seeds have a better lysine-arginine ratio than sesame seeds. Chia seeds are also rich in immune-supporting nutrients.

Wondering how to use chia seeds? Here's an easy recipe:

Chia Quinoa Bread

Servings: 10 to 12

Ingredients:

- 2 cups uncooked quinoa, rinsed and drained
- $\frac{3}{4}$ cup chia seeds
- 1 cup water, plus extra
- $\frac{1}{4}$ cup olive oil
- 3 tablespoons fresh lemon juice
- 1 $\frac{1}{4}$ teaspoon baking soda
- 1 teaspoon maple syrup

Instructions:

1. Place the quinoa and chia seeds in two separate bowls.
2. Pour 1 cup of water over the chia seeds and enough water to cover the quinoa.
3. Place the bowls in the fridge and let soak overnight.
4. Preheat the oven to 300°F and grease a loaf pan with oil, line with parchment.
5. Drain the quinoa and place half of it in a blender.
6. Add the chia seeds, olive oil, lemon juice, baking soda, and maple syrup.
7. Blend smooth then pour into a bowl and stir in the rest of the quinoa.
8. Spread the mixture in the prepared loaf pan and bake for 65 to 75 minutes until a knife inserted in the center comes out clean.
9. Let the loaf cool for 15 minutes then turn it out on a wire rack to cool completely.



⁹ "9 Chia Seed Benefits + Side Effects." Dr. Axe. <<https://draxe.com/chia-seeds-benefits-side-effects/>>

4. Walnuts

These crunchy nuts have often been described as “brain food” for two reasons. First, their wrinkled appearance makes them look something like a brain. Second, they contain healthy fats that can boost cognitive performance and brain health. Walnuts contain a wide variety of healthy nutrients and offer significant health benefits – just not for people who have herpes.



Here are the nutrition facts for walnuts:

<u>Walnuts</u>		
Calories	185	
Serving Size	1 ounce (28g)	
Nutrient	Total (g)	% Daily Value
Total Fat	18g	27%
Saturated Fat	1.7g	8%
Cholesterol	0mg	0%
Sodium	1mg	0%
Carbohydrate	3.9g	1%
Fiber	1.9g	7%
Sugar	0.7g	
Protein	4.3g	8%
Vitamin A - 0%	Vitamin B-12 - 0%	Iron - 4%
Calcium - 2%	Vitamin C - 0%	Magnesium - 11%
Vitamin D - 0%	Vitamin B6 - 10%	Potassium - 3%

Walnuts have been included in the diet of humans for more than 7,000 years and they are known as much for their wonderful taste as for their health benefits. These nuts are very nutrient-rich, packed with things like protein, essential fatty acids, vitamins, minerals, and antioxidants.

The essential fatty acids in walnuts can benefit the brain in numerous ways. For one thing, they provide clean-burning energy to support essential processes. Studies have also shown that omega-3 fatty acids can elevate and stabilize mood, particularly in children.¹⁰ Furthermore, omega-3s are beneficial for quality sleep, and they help to reduce inflammation that could contribute to serious diseases of the brain.

Not only are walnuts great for the brain, but they're good for your heart as well. The omega-3 fatty acids in walnuts are a good natural source of monounsaturated fatty acids such as oleic acid, linoleic acid, and alpha-linolenic acid. By providing a steady supply of healthy lipids, walnuts help to prevent coronary heart disease and may also lower LDL or "bad" cholesterol and raise HDL or "good" cholesterol.¹¹



Walnuts are also beneficial for supporting bone health and weight loss. The essential fatty acids in walnuts boost calcium absorption for better bone health and they also help keep you feeling fuller longer so you might be less likely to snack between meals.

So if walnuts are so jam-packed with nutrients and health benefits, why are they on the list of foods people with herpes should avoid?

Like all nuts and seeds, walnuts contain the amino acid arginine, which has been shown to trigger outbreaks in some people with herpes. In fact, walnuts are among the richest food sources of arginine and contain one the lowest levels of lysine. Per 200-calorie serving, walnuts contain roughly 231mg lysine but over 1,170mg arginine.¹²

¹⁰ <https://www.ncbi.nlm.nih.gov/pubmed/19499625>

¹¹ "11 Incredible Benefits of Walnuts Nutrition." Organic Facts. <<https://www.organicfacts.net/health-benefits/seed-and-nut/health-benefits-of-walnuts.html>>

¹² "Lysine Arginine Ratio Foods." Acidic Body. <<http://acidicbody.com/lysine-arginine-ratio-foods/>>

What is a good alternative to walnuts? Cashews.

Alternative Food: <u>Cashews</u> (1 ounce)		
Nutrient	Amount (g)	% Daily Value
Calories	157	<1%
Total Fat	12g	18%
Saturated Fat	2.2g	11%
Carbohydrate	9g	3%
Fiber	0.9g	3%
Protein	5g	10%



While cashews are not completely free from arginine, they have a better lysine-arginine ratio than walnuts, which makes them a good substitute. It is important to remember that all nuts and seeds contain arginine, so try to enjoy cashews in moderation.

When it comes to the health benefits of cashews, there are many. Not only are cashews very nutritious, but they are one of the most versatile and

best-tasting nuts out there. Technically speaking, cashews are seeds rather than nuts and they have been used in traditional medicine for centuries for everything from healing various ailments to controlling diabetes. These nuts are loaded with healthy fats, protein, fiber, and a host of other nutrients like copper, zinc, magnesium, and antioxidants.

The primary health benefit associated with cashews is the fact that they can help boost heart health. These nuts offer antioxidant support against oxidation and free-radical damage – they can also lower the inflammation that can lead to blood vessel damage and heart disease. Cashews also help lower LDL or “bad” cholesterol as well as overall blood triglyceride levels.

These tender nuts have been associated with a reduced risk for gallstones and they have been shown to benefit weight loss as well. The fact that cashews are rich in fat means that they'll keep you feeling fuller longer, so you don't overeat – they can also help reduce food cravings and boost the metabolism. These nuts support bone health and may protect against certain cancers as well.¹³

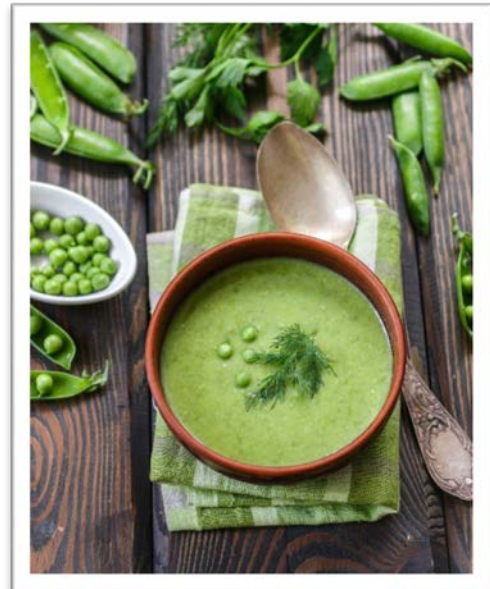
Wondering how to use cashews? Here's an easy recipe:

Creamy Cashew Green Pea Soup

Servings: 6

Ingredients:

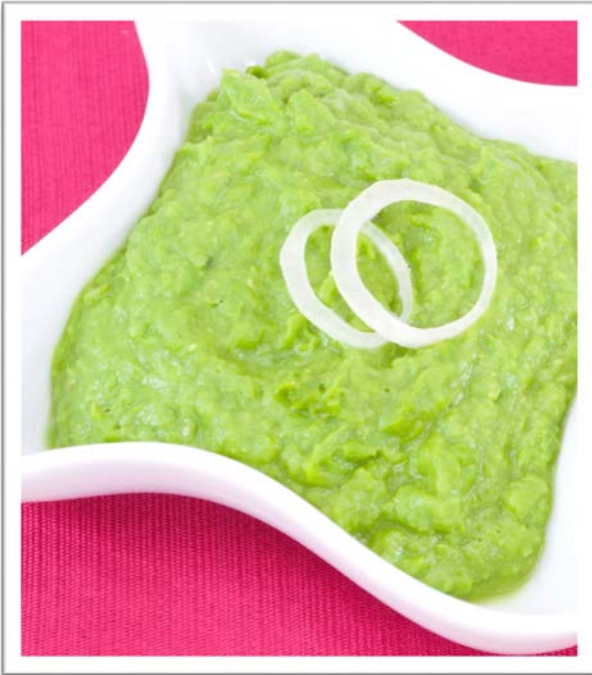
- ¼ cup coconut oil
- 2 large sweet onions, chopped
- 2 stalks celery, sliced
- 3 cloves minced garlic
- Salt and pepper
- 2 cups raw cashew halves
- 2 tablespoons light brown sugar
- 3 cups water, plus more if needed
- ½ to 1 teaspoon red pepper flakes (optional)
- 2 pounds fresh sugar-snap peas
- 1 tablespoon malt vinegar
- Sliced green onions



Instructions:

1. Heat the oil in a large saucepan over medium-low heat.
2. Add the onions, celery, and garlic and cook until the onions are caramelized, about 20 to 25 minutes.
3. Season with salt and pepper then stir in the cashews, sugar and water.
4. Add red pepper flakes, if desired, for a spicier soup.
5. Simmer the mixture until the vegetables are very soft, about 10 to 15 minutes.
6. Place one-third of the peas in a blender then add one-third of the cooked vegetable mixture.

¹³ "Cashews Nutrition: Helps Prevent Cancer, Diabetes & More." Dr. Axe. <<https://draxe.com/cashews-nutrition/>>



7. Blend the mixture smooth, adding cooking liquid from the stockpot as needed.
8. Strain the mixture through a fine-mesh sieve, pressing down to extract as much moisture as possible, then discard the solids.
9. Repeat with the remaining two-thirds of the peas and veggie mixture, adding water if needed to thin.
10. Pour the strained soup into a saucepan and cook over medium heat.
11. Whisk in the vinegar then season with salt and pepper to taste.
12. Cook until heated through then serve with sliced green onions.

5. Oats

Oats are a staple breakfast food known for being rich in dietary fiber and versatile enough to be prepared in different ways. Whole-grain oats are loaded with health benefits but they may not be quite so beneficial if you have herpes.

Here are the nutrition facts for oats:



<u>Oats (Old-Fashioned)</u>		
Calories	158	
Serving Size	1 cup cooked	
Nutrient	Total (g)	% Daily Value
Total Fat	3.2g	4%
Saturated Fat	0.5g	2%
Cholesterol	0mg	0%
Sodium	115mg	4%
Carbohydrate	27g	9%
Fiber	4g	16%
Sugar	1.1g	
Protein	6g	12%
Vitamin A - 20%	Vitamin B-12 - 0%	Iron - 77%
Calcium - 18%	Vitamin C - 0%	Magnesium - 15%
Vitamin D - 0%	Vitamin B6 - 35%	Potassium - 4%

Many nutritionists believe that oats are one of the healthiest grains on earth. In addition to being gluten-free, oats are loaded with dietary fiber and other healthy nutrients. Oats are rich in manganese, phosphorus, magnesium, and copper as well as folate, zinc, and several B vitamins. They also contain more protein than most other grains as well as a certain type of fiber called beta-glucan.

In addition to being loaded with nutrients, oats are also rich in antioxidants which help to protect your cells against free-radical damage. The particular antioxidant found in oats is called avenanthramides – it is a group of antioxidants that help lower blood pressure by increasing nitric oxide levels. In this way, oats also help to dilate blood vessels and improve blood flow.

Like many whole grains, some of the biggest benefits oats provide are related to the fiber content. Oats are very rich in fiber, but it is a particular type of fiber – beta-glucan. This type of fiber dissolves partially in water to form a thick, gel-like substance that improves feelings of fullness and supports the growth of healthy bacteria in the digestive tract. It also helps lower LDL cholesterol and total blood triglycerides as well as stabilizing blood sugar and insulin levels.¹⁴



Whole-grain oats are loaded with health benefits, but they may not be quite so beneficial if you have herpes.

As you can probably guess by now, the main reason oats are bad for people with herpes is because they contain a significant amount of arginine, which can trigger an outbreak. Compared to other grains, oats are also very low in lysine – a single one-cup serving of quick-cooking oats contains 0.3g of lysine.¹⁵

So, what is a good alternative to oats? Quinoa!

¹⁴ “9 Health Benefits of Eating Oats and Oatmeal.” Healthline.
<<https://www.healthline.com/nutrition/9-benefits-oats-oatmeal>>

¹⁵ “Oatmeal and Lysine.” Healthy Eating SF Gate. <<http://healthyeating.sfgate.com/oatmeal-lysine-8010.html>>

Alternative Food: <u>Quinoa</u> (1 cup cooked)		
Nutrient	Amount (g)	% Daily Value
Calories	222	<1%
Total Fat	3.6g	5%
Saturated Fat	0.42g	2%
Carbohydrate	39.4g	13%
Fiber	5.2g	21%
Protein	8.1g	62%



Commonly referred to as a superfood, quinoa is an incredibly nutrient-dense food and a great alternative to oats. Though technically a seed and not a grain, quinoa can be used in many of the same ways as other grains.

Quinoa is a gluten-free, grain-free food that is rich in plant protein as well as fiber and other essential nutrients. In fact, quinoa is one of the

most protein-rich plant foods out there and a complete protein at that – this simply means that it contains all nine essential amino acids. Quinoa also has almost twice as much fiber as other grains.

When it comes to the health benefits that quinoa has to offer, many of them are related to fiber content. The high fiber content of quinoa, for example, helps relieve constipation, regulate digestion, and may also lower blood cholesterol and glucose levels. High-fiber foods take a little longer to break down as well, so eating quinoa may help you feel fuller longer, in support of your weight-loss goals.¹⁶

¹⁶ Wilcox, Julie. "7 Benefits of Quinoa: The Supergrain of the Future." MBG Food.
<<https://www.mindbodygreen.com/0-4994/7-Benefits-of-Quinoa-The-Supergrain-of-the-Future.html>>

Quinoa is also rich in important nutrients like iron, magnesium, and riboflavin. Iron is important for blood health and for healthy brain function. Magnesium plays a role in more than 300 biological processes in the body and riboflavin helps to improve energy metabolism. Another nutrient found in quinoa is lysine, an amino acid that helps counteract the effects of arginine in triggering herpes outbreaks.

Wondering how to use quinoa? Here's an easy recipe:

Roasted Carrot Quinoa Salad

Servings: 6 to 8

Ingredients:

- ½ tablespoon sweet paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon ground ginger
- 1 teaspoon ground coriander
- 1 teaspoon ground cinnamon
- ¼ teaspoon cayenne (optional)
- Salt and pepper
- 4 large carrots, peeled and sliced lengthwise
- 1 medium red onion, sliced thin
- 6 tablespoons olive oil
- 1 cup uncooked quinoa
- 2 cups water
- 2 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard
- ¾ teaspoon lemon zest
- ½ cup dried unsweetened cranberries
- ¼ cup fresh chopped parsley



Instructions:

1. Preheat the oven to 400°F.
2. Whisk together the paprika, cumin, turmeric, ginger, coriander, and cinnamon in a small bowl with a pinch of cayenne.
3. Add 1 teaspoon each salt and pepper then stir well.
4. In a medium bowl, combine the carrots and onion, tossing with 2 tablespoons olive oil.
5. Toss with 1 tablespoon of the spice mixture then spread on a rimmed baking sheet.
6. Roast for 20 to 25 minutes, turning once until the veggies are tender.
7. Combine the quinoa and water in a medium saucepan.
8. Stir in 2 teaspoons of the spice mixture then cover and bring to a boil.
9. Reduce heat and simmer, covered, on low heat for 15 minutes until the quinoa is tender.
10. Remove from heat and fluff the quinoa with a fork.
11. In a large mixing bowl, whisk together 2 tablespoons oil with the lemon juice – season with salt and pepper.
12. Toss with the salad greens until coated then spread them on a platter.
13. In the same bowl, combine the remaining oil with the mustard, lemon zest, and 1 teaspoon of the spice blend.
14. Season with salt to taste then toss in the quinoa, cranberries, roasted veggies, and parsley until well coated.
15. Spread the mixture over the salad greens to serve.



6. Protein Shakes



Protein is one of the three most important nutrients for the body, and it is part of a balanced diet. This nutrient can be found in a wide variety of plant and animal foods, but one of the simplest ways to boost your protein intake is to drink a protein shake. If you have herpes, however, you need to be a little more careful with protein shakes than you might otherwise due to their arginine content.

Here are the nutrition facts for a whey protein shake:

<u>Whey Protein Powder</u>		
Calories	100	
Serving Size	1 scoop (28g)	
Nutrient	Total (g)	% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	140mg	6%
Carbohydrate	5.0g	2%
Fiber	1.0g	7%
Sugar	3.5g	
Protein	20g	40%
Vitamin A - 0%	Vitamin B-12 - 0%	Iron - 2%
Calcium - 9%	Vitamin C - 0%	Magnesium - 0%
Vitamin D - 0%	Vitamin B6 - 0%	Potassium - 0%



If you like going to the gym, you may already be familiar with the benefits of protein powder. Following a workout (especially a strength training workout), your body needs a certain amount of protein and carbohydrates to facilitate recovery and muscle growth. Whey protein is a popular choice because it is easy to find, easy to digest, and generally not very expensive.

Though whey protein is one of the top choices, there are other options like rice protein, soy protein, and hemp protein. Each of these has its own benefit, so it is largely a matter of preference which you choose. Whey protein is one of the two types of protein found in milk. Easily separated from the other protein, casein, whey is a complete protein because it contains all nine essential amino

acids. It is also fairly low in lactose, a type of sugar found in milk.

In addition to being rich in protein, whey has the potential to provide some other health benefits. For example, people who consume higher levels of protein tend to lose more weight than people who don't – they also tend to retain more lean muscle mass. Whey protein may help lower cholesterol when consumed regularly and some studies show that it has benefits for blood pressure and heart disease as well.¹⁷

The problem with whey protein is that it is derived from animals, which means that it has a significant amount of arginine. There are certainly protein powders on the market that have high lysine-arginine ratios, but the typical whey protein powder is too high in arginine for someone with herpes to take.

So, what is a protein-rich alternative to whey? Try Greek yogurt.

¹⁷ Olsen, Natalie. "What Are the Benefits and Risks of Whey Protein?" Medical News Today. <<https://www.medicalnewstoday.com/articles/263371.php>>

Alternative Food: <u>Greek Yogurt</u> (100g)		
Nutrient	Amount (g)	% Daily Value
Calories	59	<1%
Total Fat	0.4	0%
Saturated Fat	0.1g	0%
Carbohydrate	3.6g	1%
Fiber	0g	0%
Protein	10g	20%

Greek yogurt differs from traditional yogurt because it has been strained in a process that removes some of the water and lactose, leaving a rich and creamy product behind. This type of yogurt has less sugar and carbohydrates than most yogurts, plus it has a unique, tart taste. The acidity of Greek yogurt makes it easier for your body to absorb nutrients from other sources as well.

The main benefit of Greek yogurt is that it is incredibly rich in protein – it has more protein than milk. The protein found in Greek yogurt can help you maintain lean muscle mass and lose weight – many athletes enjoy it as a post-workout recovery snack because it is high in protein and low in carbs. Greek yogurt also provides energy to maintain essential bodily processes.

Another benefit of Greek yogurt is the fact that it is loaded with probiotics or healthy bacteria that boost the immune system and support healthy digestion. Other nutrients found in Greek yogurt include calcium, vitamin B-12, potassium, and sodium. Calcium is important for strong bones and joints, particularly as you get older. Vitamin B-12 supports blood and brain function while potassium helps lower blood pressure and balances sodium to maintain healthy fluid balance in the body.



Wondering how to use Greek yogurt? Here's an easy recipe:

Blueberry Greek Yogurt Pancakes

Servings: 2 to 3

Ingredients:

- 2 (5-ounce) containers Greek yogurt, plain
- 2 large eggs, whisked
- 1 cup all-purpose flour
- 2 teaspoons baking soda
- 1 cup fresh blueberries

Instructions:

1. Whisk together the yogurt and egg in a mixing bowl until well combined.
2. Stir in the flour and baking soda until it forms a smooth batter – it should be fairly thick.
3. Preheat a large skillet over medium heat and grease with cooking spray.
4. Spoon the batter into the hot skillet, using about $\frac{1}{4}$ cup per pancakes, and spread slightly into a circle.
5. Sprinkle a few blueberries into the wet batter of each pancake.
6. Cook for 2 to 3 minutes until the bottoms are golden brown.
7. Carefully flip the pancakes and cook until browned underneath.
8. Transfer the pancakes to a plate and cover to keep warm.
9. Repeat with the remaining batter then serve the pancakes with butter and maple syrup.



7. Lentils



Legumes, like lentils, are known for being fiber-rich vegetarian sources of protein. While it is true that lentils offer these nutritional benefits, they should not be a staple in your diet if you have herpes. Legumes in general tend to be high in arginine, so keep reading to find out what food to replace lentils with in your diet if you want to minimize outbreaks.

Here are the nutrition facts for lentils:

<u>Lentils (Dry)</u>		
Calories	353	
Serving Size	100 grams	
Nutrient	Total (g)	% Daily Value
Total Fat	1.1g	1%
Saturated Fat	0.2g	1%
Cholesterol	0mg	0%
Sodium	6mg	0%
Carbohydrate	60g	20%
Fiber	31g	124%
Sugar	2g	
Protein	26g	52%
Vitamin A - 0%	Vitamin B-12 - 0%	Iron - 41%
Calcium - 5%	Vitamin C - 7%	Magnesium - 30%
Vitamin D - 0%	Vitamin B6 - 25%	Potassium - 27%

Lentils have a nutty, almost earthy flavor to them and they can be cooked in a variety of ways. These legumes are relatively low in calories but high in protein, fiber, and other healthy nutrients. They can be enjoyed as a side dish or as part of a main meal, cooked into soups and stews, or seasoned with spices and fresh herbs for a vegetarian meal option.

Due to their high fiber content, lentils can be very beneficial for your heart. They can help lower blood cholesterol levels as well as blood pressure. Lentils help to boost circulation which improves heart health as well as overall health. They also contain plenty of magnesium which further supports heart health, improves circulation, and benefits other biological processes.

Another benefit that lentils have to offer is stabilized blood sugar levels. Soluble fiber binds to carbohydrates, slowing down digestion and preventing sudden spikes in blood sugar – this is particularly beneficial for diabetics, but can be good for anyone. Legumes are also rich in plant-based protein and some healthy fats that provide slow-burning energy to keep you feeling full in support of your weight loss goals.¹⁸



If lentils offer all of these health benefits and more, why are they not recommended for people with herpes? The reason has already been mentioned – it all comes down to arginine content.

Lentils and other legumes are some of the richest food sources of the amino acid arginine which, by now, you well know is a problem for people who have been infected with herpes simplex virus. The arginine content of lentils varies slightly from one type to another but, per 100-gram serving, raw lentils contain nearly 2g arginine.

It is important to make a distinction between the different types of lentils when it comes to arginine content. Raw lentils have the highest arginine content at nearly 2g per 100-gram serving. Sprouted raw lentils, on the other hand, have the lowest arginine content around 0.6g per 100-gram serving.

¹⁸ Wilcox, Julie. "7 Health Benefits of Lentils." MBG Food. <<https://www.mindbodygreen.com/0-5488/7-Health-Benefits-of-Lentils.html>>

What is a good alternative to lentils? Dried beans.

Alternative Food: <u>Kidney Beans</u> (100g)		
Nutrient	Amount (g)	% Daily Value
Calories	333	<1%
Total Fat	0.8g	1%
Saturated Fat	0.1g	0%
Carbohydrate	60g	20%
Fiber	25g	100%
Protein	24g	48%



Dried beans are nutritionally similar to lentils, but certain varieties have a much better lysine-arginine ratio than lentils. For example, a 100g serving of kidney beans contains 956mg lysine and just 748mg arginine. There are some, however, that are less beneficial. For example, pinto beans contain 922mg arginine and only 964mg lysine.

Kidney beans are a rich source of complex carbohydrates as well as fiber

and plant-based protein. The fiber in beans helps to improve and regulate digestion while providing other benefits such as lowering LDL or “bad” cholesterol levels. The fiber content of kidney beans also helps to prevent sudden spikes in blood sugar because the carbohydrates are digested more slowly than with processed foods.

Another benefit that kidney beans provide is reduced risk for heart attack and stroke. Studies have shown that high-fiber foods like beans combat inflammation and protect against vascular damage which might otherwise contribute to heart disease. Kidney beans are also loaded with magnesium which is a nutrient that is highly beneficial for circulation and heart health.

In addition to these benefits, kidney beans help to increase energy levels due to their iron content. Vitamin B1, or thiamin, can also be found in kidney beans and this nutrient helps to support healthy cognitive function.

Wondering how to use kidney beans? Here's an easy recipe:

Hearty Kidney Bean Soup

Servings: 6

Ingredients:

- 1 pound dried kidney beans
- Water, as needed
- 2 tablespoons olive oil
- 2 medium yellow onions, chopped
- 1 tablespoon minced garlic
- Salt and pepper
- 1 tablespoon ground cumin
- 1 tablespoon paprika
- 1 teaspoon dried oregano
- ¼ teaspoon cayenne
- 1 (14-ounce) can diced tomatoes
- 1 tablespoon tomato paste
- 4 cups liquid or chicken stock



Instructions:

1. Place the beans in a large bowl and cover with water.
2. Let the beans soak overnight and then drain and rinse them thoroughly.
3. Transfer the beans to a large stockpot and cover with fresh water by 1 to 2 inches.
4. Bring the beans to a boil then reduce heat and simmer for 60 to 90 minutes until they are tender – skim off the foam as needed.
5. In a separate stockpot, heat the oil over medium-high heat.
6. Add the onions and cook them until softened, about 10 minutes, then stir in the garlic, salt, and pepper.
7. Stir in all of the spices then add the beans, tomatoes, and tomato paste.
8. Cook for 2 to 3 minutes until heated through then stir in the liquid and bring to a simmer.
9. Simmer on low heat, covered, for 30 minutes then serve hot.

Conclusion

Over 500 million people around the world have herpes type 1 or type 2.

Herpes simplex virus is an infection that can be spread through skin-to-skin contact, either sexual or non-sexual, and once you have it, it can be difficult to get rid of it. In fact, the medical community claims that it is incurable. Fortunately for you, you've discovered the Herpes Blitz Protocol – it is your key to uncloaking the herpes virus and eradicating it for good.



While you're working your way through the protocol, you should be careful about what you eat. If you've been diagnosed with herpes simplex virus, you need to start taking your health (and your diet) more seriously. The diet and lifestyle choices you make can either prevent or trigger herpes outbreaks.

In reading this book, you've received a wealth of knowledge about structuring a healthy diet for herpes including 7 of the "healthy" foods which can actually trigger an outbreak. Do your best to remove these foods from your diet and replace them with the recommended foods instead. Best of luck!