

BEAT HERPES II WITH LYSINE

By Katherine Birkner, C.R.N.A., Ph.D.

There are over seventy varieties of herpes virus. Out of that huge number only four major categories infect humans. Varicella-zoster virus causes chicken pox and shingles; Cytomegalovirus (CMV) is often carried without producing any symptoms but can be very dangerous for newborns and for people with compromised immune systems, the Epstein Barr virus, and herpes simplex, which causes cold sores and genital herpes. All of these viruses are of particular importance because they lie dormant within the body and reactivate later.

There are two types of herpes simplex. Herpes simplex 1 (HSV-1) typically causes cold sores and skin eruptions. It can also cause herpes keratitis, an inflammation of the cornea of the eye. If herpes repeatedly flares up in the eye it can lead to scarring and loss of vision.

Herpes simplex II (HSV-2) causes genital herpes. It is the most prevalent sexually transmitted disease in the United States. More than 30 million Americans have HSV-II although more than half never develops serious symptoms. This viral infection can range in severity from a silent infection to a serious inflammation of the liver with fever. A baby whose mother is infected with HSV-II can pick up the infection in the birth canal, creating a risk of brain damage, blindness or death.

Herpes I and II cause painful fluid filled blisters that are highly infectious until they are completely healed. Healing can take up to three weeks. Recurrent eruptions are common. Some people have out breaks once a year or less while others may get them every few weeks.

A mild tingling and burning sensation in the vaginal area may be the first sign of genital herpes in women. Usually within a few hours of the initial symptoms blisters develop around the rectum, clitoris, and cervix, and in the vagina. This is often accompanied by a watery discharge from the urethra and pain when urinating. In men blisters break out on the penis, groin, and scrotum, often with a urethral discharge and painful urination.

It was once thought that genital herpes could only be transmitted during an active outbreak. Recent research appears to refute this theory.

Once herpes viruses enter the body they never leave. They live in nerve cells where the immune system cannot find them. They become active from time to time

whenever the immune system is weakened by some acute stress, colds, sunburn, or fatigue. It has also been noted that in some people the eating of low lysine food such as nuts, seed and cereals causes a nutritional imbalance that favors growth of the herpes virus.

Herpes reactivation begins in the ganglion cells and every case of recurrent herpes simplex viral infection starts as ganglionitis. The virus only then passes down the axon to induce the formation of the herpetic vesicle in the skin or mucous membranes, but this represents only the tip of the volcano. This means that every time a person has a cold sore on his lip, the base of his brain is inflamed. Herpes simplex may be considered a disease of the nerve, and not of the skin.

Dr. Kedar Adour and his associates at the Kaiser-Permanente Medical Center showed the causative agent in many cranial syndromes is herpes simplex virus. They include migraine headache, acute vestibular neuronitis, globus hystericus, Bell's Palsy and Meniere's disease. Sufficient knowledge about herpes simplex virus has been generated to allow association with cranial nerve syndromes, even though the possibility exists that a yet unknown virus or pathophysiologic mechanism may be the primary disease, which causes reaction of the herpes simplex virus.

LYSINE

L-lysine is an essential amino acid in that it is required for human nutrition and is not produced by the human body. Lysine is a key amino acid in many critical body proteins. The body needs lysine for growth, tissue repair, for the production of antibodies, hormones, and enzymes. Because it helps to build muscle protein it is good when you are recovering from surgery or a sports injury.

Deficiencies of lysine can result in anemia, bloodshot eyes, enzyme disorders, hair loss, an inability to concentrate, irritability, lack of energy, poor appetite, reproductive disorders, retarded growth, and weight loss.

Keeping the balance of lysine to arginine at the right levels prevents replication of the herpes virus and keeps it in check. Lysine is relatively easy to get in the diet. Most people consume ten times the minimum. However, human needs for lysine vary markedly from person to person. The amount of lysine required for protein balance was found to vary fourfold from 400 to 1,6000 milligrams per day just with one relatively small group of adults. Vegetarians tend

to have low lysine levels. A key to keeping herpes under control is to watch the ratio lysine-to-arginine foods. If you are currently experiencing a herpes break out or are prone to frequent herpes episodes avoid arginine-rich foods: chocolate, carob, coconut, oats, peanuts, soybeans, wheat germ, gelatin. Increase lysine foods: beef, chicken, lamb, milk, cheese, beans and brewer's yeast.

THE MIND BODY CONNECTION

Psychologist Ted A. Grossbart says that often our skin says what our heart and mind cannot. The physiology of skin and sentiments is well known. The skin with its rich network of nerve endings is exquisitely sensitive to our inner and outer environment. Anger, depression, and joy all cause measurable skin changes.

When standard treatment for herpes fails to be effective Grossbart focuses on the mind/body connection, helping his clients to unravel the emotional message their skin may be trying to send.

Stress whether physical or emotional, seems to be an inciting factor in herpes out breaks. Stress suppresses the immune system, which leaves your body open to any opportunistic virus. Anxiety Control™ is a unique combination of amino acids, herbs, and essential cofactors providing the brain with needed nutrients during times of stress.

The Nutritional Support Program must be followed on a daily basis:

Lysine – 500 to 1,500 mg per day as maintenance. During acute outbreaks, increase the lysine up to 3,000 mg per day in divided doses, and add another 1,000 mg of Vitamin C (Ester C).

Zinc – 30 mg per day for acute outbreak until healed; then 15 mg per day for maintenance. Zinc boosts immune function and is important to the skin.

Ester C with Bioflavonoids – 500 mg, three times per day.

Anxiety Control 24 – 1 or 2 capsules, twice per day. During an acute outbreak, increase to three times per day.

B Complex – 50 mg, once a day.

MSM Cream or Lotion – Apply to sores at onset, and repeat three to four times per day.

Pain Control* – 1 or 2 capsules, twice per day, as needed for pain. Pain Control contains DLPA, boswella, GABA, ashwaganda powder, magnesium, and B6.

Vitamin E – 400 I.U. capsule daily.

Ice Cube – If you feel tingling on an area around your mouth, apply an ice cube to the area for 5 minutes, then

off for 5 to 10 minutes; repeat several times daily. This interrupts the viruses replication cycle, and may prevent a blister formation.

*Do not use if you are pregnant or lactating, have PKU or if you use MAO inhibitors or tricyclic antidepressants, or if you have had a malignant melanoma.

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