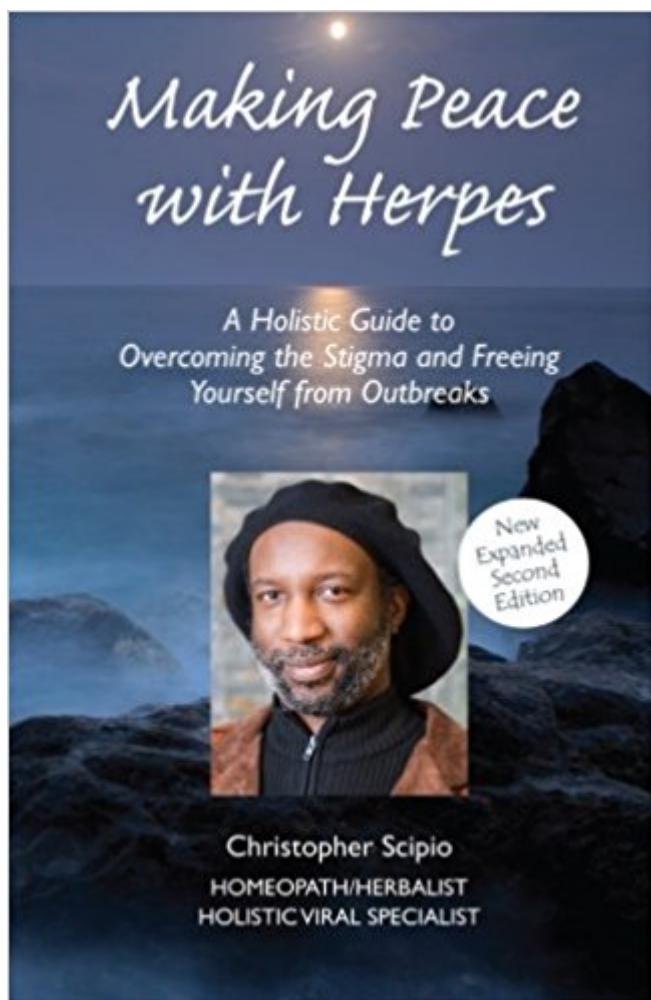


The book was found

Making Peace With Herpes: A Holistic Guide To Overcoming The Stigma And Freeing Yourself From Outbreaks



Synopsis

Making Peace with Herpes is the most thought-provoking and original book ever written on the subject of herpes. Christopher Scipio started off as a victim of the virus and transformed himself into one of the most experienced holistic practitioners who treats herpes in North America. He is an outspoken advocate of treatment without drug therapy". While it is a subject that many people would rather avoid, Scipio points out that 60% of the sexually active population in North America has either herpes simplex 1 or 2. "70% of the people who have it either don't know they have it, won't admit they have it or are not treating it," Scipio explains "For some people having herpes can make you feel like a leper. There are no public fundraisers or celebrity spokespersons championing the cause of herpes. In fact you would be hard-pressed to get anyone to admit in public that they have 'the gift.' " "The good news and the ironic news is that herpes is one of the easiest diseases to manage naturally. There is absolutely no need for drug-therapy for herpes. This book isn't just about how to have fewer outbreaks or how to stop having outbreaks; just doing that isn't enough to be healthy. This book is about holistically healing your herpes and living a healthy, happy and balanced life. Holistic health is about much more than making symptoms go away." Making Peace with Herpes is a must read for everyone. Whether you have herpes, are in a relationship with someone with herpes or you just want to educate yourself on the worlds fastest growing pandemic; it's a self-empowerment guide of the first order.

Book Information

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Customer Reviews

Christopher Scipio is one of the most experienced practitioners in treating the herpes virus naturally. A Holistic Viral and Immune Specialist who comes from a long-line of Caribbean natural healers, Scipio has over the past 19 years developed a highly- successful drug-free treatment protocol for herpes and has pioneered the holistic movement in herpes treatment.

I gave *“Making Peace With Herpes”* a five star because it is the best book out there on this subject. The author wrote in a very simple language that is quite easy to understand, to follow, and to the point. He offers many tips and techniques on how to view and to manage this simple disease that are well worth considering. He has personal experience with this disease, has done extensive research on it, and is well qualified to offer fellow herpes sufferers ways to deal with and to manage this yet simple disease. I was particular looking for advice on how to approach dating and social settings. I also feel a lot freer from stigma by taking his suggestions by openly talk about it with dates, close friends, and family members. Also, having a positive outlook, recommended therapy, and along with natural remedies will be the best ways to prevent outbreaks. I actually use this book as reference for inspiration and go back and re-read it over again, again, and again. The diet recommendation in the back of the book is consistent with other books which I try to consistently follow.

This is a Great read and real talk.....anyone will enjoy this book.

This book was super informative and helped clarify what I believe to be the truth about herpes. With so many contradicting things out there on the Internet, it was nice to have the facts from an expert who has helped treat many people to live a more full and healthy life. I invested in the products and am excited to turn my life around. Chris has been thorough and personable to work with so far and I have more hope in my future than ever before!

The book is great and informative. I am applying the attitude, diet and supplements suggested in it

and have noticed a decrease in symptoms and improved well-being overall (I usually feel low on energy in winter but this winter I'm feeling quite energetic so far!). I was expecting more information on how to make your own tinctures but you'll have to look elsewhere for that. Still I give the book five stars, the world needs it!

Got this to aid in research for school. Ok book, but there is better help out there. Eat flounder. Herpes hates it. Those I have spoken to who r cured did 30 days of this fish alone and others did intervals. It is more effective if prepared unseasoned, but u can use healthy unprocessed seasonings for flavor. Do this with dr supervision. Take vitamins, coconut water(real fruit), no cans or bottles. It is good for electrolyte. Sleep alot. U can season fish after cooking, not before. Be careful cause too much of lysine like anything else can hurt u. Those I spoke too who r cured have refrained from unhealthy lifestyles. One of the I individuals has been cured about two yrs and others about 1. Flounder is best, but there is cod and other fish as well. This should be temporary cause fish like meat, is high in cholesterol. The individual did a purge or cleanse to aid in toxin removal. Otherwise it would get reasoned in the body. This is an expensive regimen, but it is worth it. They no longer use excessive amounts of fish because there is no need too. They maintain a clean healthy lifestyle. One individual in particular saw a herbalist, iridologist, dr who told him how much fish to take. He was supervised. He ate lots of fish. Listen to ur body. U may not be able to do it this way. Take breaks and then continue. Take vitamins so u do not deprive your body of nutrients...coconut water is a part of the regimen..

This is a wonderful book and after reading it gives me hope. Christopher explain how to come out of the closet and love yourself again. He also debunks all those myths about the disease and gives you wonderful tools to work with. This is a must read book!

I bought this book because I was looking for other answers than those provided by medical sites. It definitely provides information on statistics and forms of transmission as well as ways of protecting others. But more importantly it offers a spiritual/emotional approach to dealing with the often devastating news as well as the lifetime "companion". The author's personal experience is something we can all relate to and it is comforting to know that one is not alone. Actually knowing that we are a majority is in a way empowering. There are no quick fixes for this and our emotional and psychological health is extremely important when dealing with this virus. Christopher Scipio makes a good point to touch on this throughout the book. I am one of those people who does not

buy into the big drug companies and quick fixes, so am drawn to holistic medicine.

Wonderful simple to understand X very helpful book

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