

# Treating Herpes The Natural Way: Traditional Chinese Medicine Herbs And Healing

Herpes is a common sexually transmitted infection that can cause painful sores and blisters. While there is no cure for herpes, there are a number of natural remedies that can help to relieve symptoms and prevent outbreaks.



## Treating Herpes the Natural Way (Traditional Chinese Medicine, Herbs and Healing Series) by Hern Heng

★★★★☆ 4.4 out of 5

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Traditional Chinese medicine (TCM) has been used for centuries to treat herpes, and there are a number of TCM herbs that have been shown to be effective in reducing the severity and frequency of outbreaks. These herbs work by boosting the immune system, reducing inflammation, and clearing heat from the body.

Some of the most commonly used TCM herbs for herpes include:

- **Astragalus:** Astragalus is a powerful immune booster that helps to strengthen the body's resistance to infection. It is also known to reduce

inflammation and clear heat from the body.

- **Rehmannia:** Rehmannia is a cooling herb that helps to reduce inflammation and cool the body. It is also known to nourish the kidneys and liver, which are important organs for overall health.
- **Schisandra:** Schisandra is a liver-protecting herb that helps to detoxify the body and reduce inflammation. It is also known to boost the immune system and improve energy levels.
- **Saffron:** Saffron is a spice that has been shown to have antiviral and anti-inflammatory properties. It is also known to improve mood and reduce stress.
- **Ginger:** Ginger is a warming herb that helps to improve circulation and reduce pain. It is also known to boost the immune system and clear heat from the body.

These are just a few of the many TCM herbs that can be used to treat herpes. If you are interested in trying TCM for herpes, it is important to consult with a qualified practitioner. A practitioner can help you to choose the right herbs for your individual needs and develop a treatment plan that is safe and effective.

In addition to TCM herbs, there are a number of other natural remedies that can help to relieve symptoms of herpes. These remedies include:

- **Sitz baths:** Sitz baths are warm baths that can help to soothe pain and itching. You can add essential oils such as lavender or tea tree oil to the bathwater to further reduce inflammation.

- **Cold compresses:** Cold compresses can help to reduce pain and swelling. Apply a cold compress to the affected area for 15-20 minutes at a time, several times a day.
- **Over-the-counter pain relievers:** Over-the-counter pain relievers such as ibuprofen or acetaminophen can help to relieve pain and inflammation. It is important to follow the directions on the package carefully.

If you are experiencing symptoms of herpes, it is important to see a doctor for diagnosis and treatment. Early diagnosis and treatment can help to reduce the severity and frequency of outbreaks.

Herpes is a common infection, but it can be managed with natural remedies. TCM herbs and other natural remedies can help to relieve symptoms, prevent outbreaks, and boost the immune system. If you are interested in trying natural remedies for herpes, it is important to consult with a qualified practitioner.

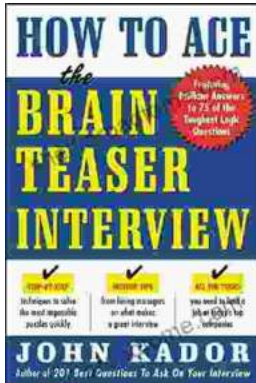


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