

ANTI-HERPES DIET

For improved LYSINE / ARGININE ratio and also boosting the immune response

EAT:

1. FISH (poached, baked or broiled)
2. EGGS (poached or soft boiled, not fried)
3. CALVES LIVER (occasionally)
4. BREWER'S YEAST (1 tbsp. daily)
5. YOGURT (one cupful, high in Lysine)
6. SKIM MILK or COTTAGE CHEESE (low fat)
7. Plenty of FRESH VEGETABLES and FRUITS except brussels sprouts and corn (which are high in arginine and should be avoided).

AVOID:

Nuts (almonds, cashews, peanuts)
Chocolate
Gelatin
Cookies, cakes, ice cream
Fatty meats and fried foods
Refined carbohydrates, sugars

The above data courtesy Griffith RS, DeLong DC and Nelson JD. The Relationship of Arginine-Lysine Antagonism to Herpes Simplex Growth in Tissue Culture. *Chemotherapy* 1981;27:209-213.

