



Disclaimer:

The purpose of this book is to provide suggestions, information, resources, and references. This information does not and should not be interpreted as an addition, substitution or replacement for your medical therapy.

Any advice taken should be discussed with your own medical doctor or other licensed health practitioner.

Nathalie Foy, the author, has made her best effort to produce a high-quality, informative and helpful book. She makes no representation or warranties of any kind with regard to the completeness or accuracy of the contents of the book. She accepts no liability of any kind for any damages caused or alleged to be caused, directly or indirectly, from using the information contained in the book and no responsibility for any unilateral action taken by a reader of this book.

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1st Edition, 2009

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Thank you for purchasing Herpes Antidote. This book will guide you toward an outbreak-free life, a life where you can have sex without being afraid of transmitting herpes to your partner, a life free from the pain and the stigma of herpes.

Herpes Antidote used to be called Herpes Wise. I chose the name Herpes Wise because I wanted to be able to give you the wisdom you needed to become herpes-free. Several months after launching Herpes Wise I conducted a survey and asked my readers for their opinions as to how I could improve the book. That is when I realized I should turn Herpes Wise into a workbook. Herpes Wise was written more like a book; so I have changed Herpes Wise into a guide which tells you exactly what you need to do if you have symptoms; how to become outbreak-free without taking herpes drugs, how to stop stress and emotions from triggering herpes and how to protect your partner from herpes.

You do not need to spend any time on research or worry about results. I have taken care of all that for you. Herpes Antidote will save you countless hours of anxious trial and error. I present information in an easily understandable, straightforward manner you can immediately turn into action.

This book comes with great news that I am sure will excite you. I have been with the same, sexual partner for more than eight years now. He recently took a blood test, something which he has refused to do until now, and his results were negative for herpes 1 and 2. This means that after eight years of love and sex together, he didn't get herpes from me. I am so happy to be releasing this book with such great news. It makes me the living proof of my theory and guidelines. I find it extremely exciting to be living proof that with the right strategy you can have a long-term relationship without ever infecting your partner. This makes me even more thrilled to share my knowledge with you today.

I started writing the first book in 2000 or 2001. I am very good at research, and I have a scientific background. and was helped by somebody who specializes in statistical analysis. I was very happy with the results of Herpes Wise and I am phenomenally happy with what Herpes Antidote has become. I have also given support to dozens of women and men, and I feel that I have gained a wealth of knowledge since I first wrote Herpes Wise which makes the completion of Herpes Antidote an even greater thrill.

I know now that what you need is a powerful formula that works perfectly for you. That is why I have brought it to you on a silver platter and called it Herpes Antidote. Herpes Antidote will not give you false promises but real results you can achieve without jeopardizing your wallet or your health. I probably care

about your health even more than you do. I have worked countless hours to bring you solid and safe guidelines you can use to free yourself from herpes for ever. I used to be shy and self-doubting but I am now absolutely certain my formula is rock solid. I am so proud to bring it to you.

Several people have tried to copy Herpes Wise. No one will be able to copy Herpes Antidote because it is my unique personal formula. I have created it with love, hard work and research as well as blood, sweat and tears. There was no such thing on the market until today. Today it is yours and your health is in your own hands. You are no longer the victim of an incurable disease.

So, please read the book thoroughly, several times, and make it your reference. You can absorb information in this book at your own speed. You don't have to read the book from start to finish but you must read all of it. You must absolutely read the chapter about herpes and psychology and how to get rid of herpes emotionally. Emotions and stress are major herpes triggers, yet can be easily prevented with the right method.

Depending on your health and where you are in life right now, it may take you one week to several weeks to become herpes-free, but do not give up because you will get great results. This is a fail-proof guide.

Don't hesitate to contact me if there is something you don't understand. Sometimes, I am overwhelmed with questions, but I always try to reply to questions that are not answered in the book.

So, welcome aboard and congratulations for taking the right step towards herpes freedom.

WHAT IS GENITAL HERPES

Vital Information You Must Understand

It is very important that you understand what herpes is if you want to control it.

Herpes is a coated virus. It is basically a parasite that cannot survive alone, and so replicates itself by using your cells as a resource. Herpes is DNA code coated in a protein envelope. Herpes is a family of eight viruses and the full name for herpes is herpes simplex virus. This book covers only herpes simplex virus type-1 (HSV-1) and herpes simplex virus type- 2 (HSV-2), because these are the only types of the herpes virus which cause genital herpes.

Each type of herpes virus has a “dwelling of preference” in your body. The HSV-2 virus likes to reside in the sacral ganglion and cause genital herpes, whereas the HSV-1 likes to remain dormant in the trigeminal ganglion, at the base of your neck, and cause oral herpes. For this reason, although the HSV-1 virus can very occasionally cause genital herpes this is unusual. Conversely the HSV-2 virus hardly ever produces oral herpes symptoms and is very unlikely to be transmitted orally.

You need to know whether you have herpes type-1 or herpes type-2 because depending on which type you have, you may have more or less symptoms and the probability of transmitting herpes to your partner will vary greatly.

A lot of people ask me, "Is it possible to cure herpes? Is it possible to get rid of herpes from the body?" I fully understand these questions because herpes can cause really painful symptoms and can be very scary. To cure herpes would mean removing all traces of herpes DNA in your system. Unfortunately, although the finest researchers are constantly seeking a cure, they have not yet found one. I have read claims of “miracle cures” but they are fraudulent. This does not mean a cure does not exist.

Let me tell you the story of a young man starting law school, who I gave support to. He bought about three hundred and fifty dollars' worth of products that were so-called "cures» and which you can find on the Internet. I told him, "These are not cures. They are homeopathic remedies. Even though they can suppress symptoms, it takes time. Taking a lot of them in a short period will not help you." The young

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