

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Herpes And The Lysine Lie

By Christopher Scipio

The companies selling Lysine supplements have done a great job in getting people to buy a

substance that has little value in managing a chronic herpes infection. Lysine has never been shown conclusively in clinical studies to be an effective long term treatment for herpes and in the short term it has never been shown to be more effective than a garlic supplement. Long term use of lysine supplements suppress the arginine levels in your body to a point where it begins to impair your immune system because your immune system does actually need a certain amount of arginine to function properly.

Like all things in your body, balance is the key. Your immune system depends on a good balance between lysine and arginine and the best way to achieve this is to get your lysine through your diet the way your body was designed to instead of through a pill. Eat the foods high in lysine, avoid the foods high in arginine. Simple.

You cannot manage herpes just by popping a pill whether it comes from a drug company or a "natural health" company. This isn't "the valley of the dolls" you actually can get through life without being dependent on pills.

Real management of herpes means strengthening your immune system so that it can keep the virus in check which is what your body is designed to do. You can accomplish this through taking real herbal medicine from an herbalist or by making it yourself.

Real management of herpes also means making the effort to eat an appropriate diet, stress management, and working on your emotional and mental relationship with the disease.

It does take more work to take care of your body naturally than it does to pop a pill. I for one think your body's worth it. I think your life's worth it. Some would disagree, but at least I've made the point.

Christopher Scipio Homeopath/Herbalist Holistic Viral Specialist

Christopher Scipio, is one of the most experienced holistic practitioners treating the Herpes virus. A homeopath and herbalist who hails from a long line of Caribbean natural healers, Scipio has during the last 15 years developed a very successful natural protocol in treating the Herpes family of viruses.

<http://www.herpesnation.com>

Know Your Bodybuilding Supplement – L–Lysine

By Rick Mitchell

Know Your Bodybuilding Supplement – L–Lysine by Rick Mitchell

Lysine is an essential amino acid therefore it must be obtained from the diet as the body cannot produce its own. It is an essential building block for all protein in the body and can be found in animal meats, fish, dairy products, legumes and brewer's yeast. It performs many useful functions in the body and has proved to be especially useful in treating herpes and cold sores. Lysine also increases the absorption of calcium so it may help to prevent and treat osteoporosis.

To the bodybuilder, lysine offers many benefits:

1. It helps build muscle protein.
2. It helps maintain nitrogen levels.
3. It supports the production of hormones.
4. It speeds up recovery from injury or overtraining.

Although lysine can be readily obtained from many foodstuffs, supplementation can enhance the effects noted above. No problems have been reported with normal usage but high doses exceeding 15 grams can cause stomach problems and cramp.

Rick Mitchell is the creator of the bodybuildingadvisor.com website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to

Bodybuilding Advice

to learn

more about the issues covered in this article.



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!