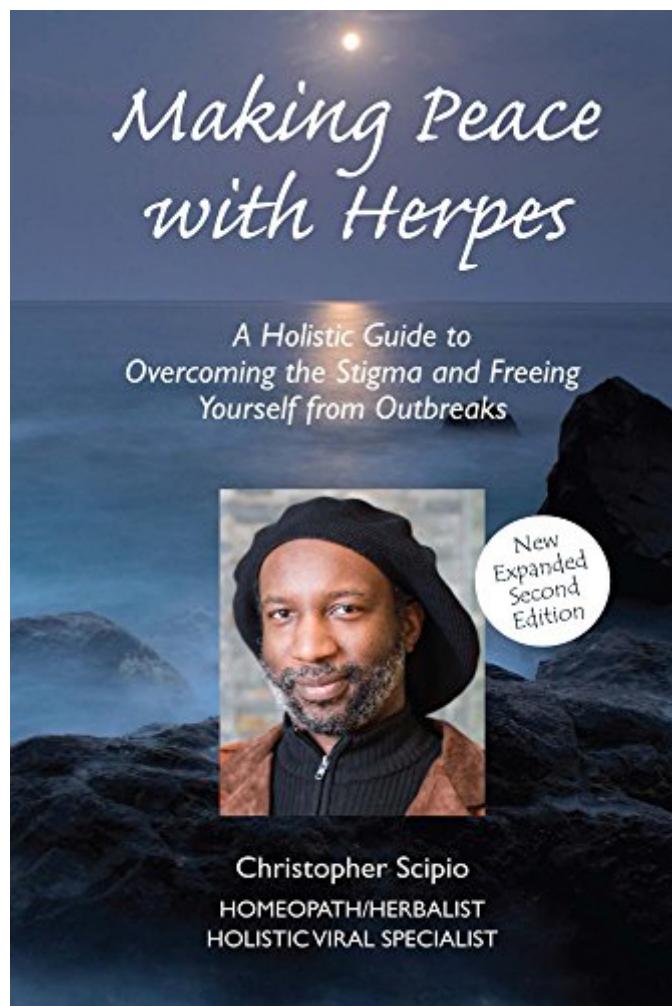


The book was found

Making Peace With Herpes (New Edition)



Synopsis

The Original Holistic Herpes Treatment Guide. First published in 2006, Making Peace with Herpes is now available as an updated and expanded third edition. 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 the most experienced holistic practitioner who treats herpes in the world. He is an outspoken advocate of treatment without drug therapy. Christopher Scipio has treated thousands of herpes patients during the past 17 years and has helped them control their herpes and practice safer sex through a combination of dietary changes, yoga, self-hypnosis and custom-tailored herbal remedies that he makes by hand for each person. "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 world's fastest growing pandemic; it's a self-empowerment guide of the first order.

Book Information

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Customer Reviews

Very good, very personal. As with some others who have written on the subject, Christopher Scipio works in medicine, albeit alternative. He provides useful information that really does work when applied and practiced to the letter.

Sexually transmitted diseases are not glamorous, and herpes may be the least glamorous of all. In this instructive and compassionate book Christopher Scipio explores this common but taboo virus from the viewpoint of a healthy young man who was suddenly struck with it - an STD worse than any other except HIV, he thought then. Scipio has been on a long journey with herpes, and has come out healthy, sexually satisfied and even grateful - that's right, grateful - to the virus for coming into his life. Having tried the anti-viral drugs recommended by doctors, he became convinced they were useless and set out to develop his own remedies; it helped that he came from a long line of Afro-Caribbean "bush doctors" with an intimate knowledge of herbs and natural medicines. He approaches the problem holistically: rather than attempting to destroy the virus with drugs (which is impossible), one should cultivate overall health through whole food, exercise, meditation and stress reduction. Scipio has also developed his own herbal treatments based on herbs he sources from the forest and seaside in British Columbia, where he now lives. Follow his protocol, he says, and outbreaks can be drastically reduced or even stopped altogether. He also offers an anti-viral gel to help prevent passing the virus to sexual partners. The book includes chapters addressed specifically to women, who he says catch herpes more easily than men and find it more devastating, and specifically to black men and women. One might wonder why it's so essential to avoid spreading herpes if more than 60% of the population already has it; there's some deep ethical thinking to be done here. Scipio encourages us to love our bodies and take responsibility for our health and the health of partners. And even if you and your partner both have herpes, you can make it worse by having unprotected sex during outbreaks - something known as inoculation and reinoculation. Having herpes can be scary, painful and embarrassing; sometimes it's easier simply

not to think about it. But if you are ready to take it seriously and treat yourself, this book is a good step towards figuring out what to do. And Scipio even invites the reader to email him if they need advice about how to have "the talk" with potential partners. Definitely worth a read.

Great book about how to live successfully with the herpes virus. This book is better than a cure for the silent majority living with this virus and those interested in a better understanding. He offers a unique balance of compassion and knowledgeable guidance like I have never read or experienced. He implores finding peace with the herpes virus and gives many ways to achieve this. He draws from decades of personal and professional experiences, challenges and successes, to the reader that have not been available in a public forum ever before. This treasure of information and understanding fills the gaping void left in this world by traditional doctors and medicine, impersonal internet websites, and the mainstream pharma industry. A challenging and stubborn virus that has been around as long as time, but vastly misunderstood by most, this book is a soulful and enriching healing and long overdue! The book includes expert guidance on lifestyle and nutritional changes as well as insight on the custom all natural, handmade formulas he makes to reduce symptoms and improve your quality of life.

This is a great book about how to live with herpes. I was very fortunate to find this during my first outbreak where I was struggling to find any information I could get my hands on. Christopher helps you understand how to live with this virus, as it is not going anywhere and you have it for life. He helps you to come to peace with yourself, helps offer compassion and guidance to carry on and feel like yourself again. He teaches you ways, holistically, to treat and help prevent future outbreaks, through a combination of yoga, diet and lifestyle. I would recommend this book to anyone looking to gain more knowledge on how to live with herpes.

This book by Christopher Scipio has led me from feelings of anger, shame, and confusion to feelings of hope and understanding. It meant a lot to me that he shared his own personal experience and journey with herpes. He has a wealth of knowledge to share about this virus and how to manage it from a natural, holistic perspective. I truly appreciate his commitment; it has made a tremendous positive impact on my life. C.W.

I absolutely loved the book. It provides the audience with so much needed information about herpes. I love how you promote healing on all levels (physically, spiritually, mentally, and

energetically). The book should be provided at medical facilities and clinics for those with and without herpes to read to learn about the virus and how it can impact one's life. I am currently taking valtrex daily and after reading the book I am considering practicing some of the treatment measures suggested and discontinuing the daily valtrex.

This accessible and informative book has the perfect balance of information and shared passion to empower each person who delves into this work. The reader is inspired to take positive action. The herbal instructions are no nonsense and practical with achievable results inviting the reader to partake of nature's abundance. This book will open the door to change and healing in many ways.

after receiving a diagnosis such as herpes you often feel like you have no one to turn to. this book helps you feel like a person again, in my case a stronger person than you were before. you realize there is life after herpes and with proper management and lots of self love things will be ok!

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