

## HERPES VIRUS COLD SORES, GENITAL HERPES, AND SHINGLES

| INCREASE FOODS HIGH IN<br>LYSINE  | AVOID FOODS WITH<br>ARGININE   |
|---|--------------------------------|
| Avocado   | Alcohol                        |
| Brewers Yeast   | Almonds                        |
| Broccoli  | Brown Rice                     |
| Cabbage   | Candy, sugar products          |
| Cauliflower   | Cantaloupe                     |
| Chicken (organic)   | Capsicum                       |
| Corn  | Carob                          |
| Eggs (organic)  | Cheese                         |
| Fish (wild caught, cold water)  | Chocolate                      |
| Increase amount of garlic and onion   | Cottage Cheese                 |
| Increase vegetables and fruits that are high in Vit. A and C (not citrus fruits), bioflavonoid, and antioxidants. | Egg Plant/Aubergine            |
| Lima Beans  | Milk                           |
| Potatoes  | Mushrooms                      |
| Salmon (wild caught)  | Nuts                           |
| Soy Beans   | Oatmeal                        |
| Yogurt  | Popcorn                        |
|   | Raisins                        |
|   | Reduce amount of Carbohydrates |
|   | Sesame Seeds                   |
|   | Sunflower Seeds                |
|   | Tomatoes                       |
|   | Whole Wheat Bread and Products |

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