

# 4 simple steps to getting rid of herpes

There's no "cure" for herpes. But now a natural treatment you can take at home, without a doctor's prescription or embarrassing trips to the pharmacy, can keep your herpes in check – and reduce or even eliminate its symptoms.

To discover the 4 steps of this proven, tested natural remedy, just enter your first name and e-mail address below and click submit now. *If you have herpes, this may be the most important health advice you read this year!*

Name

Email



## I Respect Your Privacy!

We will never sell, rent, or otherwise abuse your e-mail address. It will be used solely for the purpose of sending you our Newsletter. (we do not share your address or any information about you with anyone) Should you wish to unsubscribe at any time, instructions on how to do so are included with every e-mail.

Order your risk-free Herpes Solution Kit today!  
*John McKnight, one of America's leading "safe sex" advocates, reveals how you can quickly and easily take ...*

# 4 Simple Steps to Making Herpes Symptoms Vanish Forever!

The Herpes Solution effectively eliminates the symptoms of herpes... and prevents them from coming back!



[Click Here to try the Herpes Solution risk-free for 30 days](#)

## Why haven't more herpes sufferers been told these facts?

- Since the late 1970s, the number of Americans with herpes has increased 30%.
- According to the Centers for Disease Control, about 1 million new herpes infections occur annually.
- White teens are nearly five times more likely to have herpes as they were in the 1970s.
- Herpes is slightly more common among women than men.
- Approximately 50% to 80% of adults in the U.S. have oral herpes.

Dear Herpes Sufferer:

**M**y name is John McKnight.

While I consider myself a moral and careful man, in my youth I made some mistakes I'm not proud of.

And on a couple of occasions, I had unprotected sex.

While I consider myself *extremely* fortunate to have avoided AIDS, I wasn't lucky enough to avoid STD's (sexually transmitted diseases) altogether ...

And while still a young man, I contracted herpes.

Of course, herpes isn't fatal ... and it's a lot less dire than AIDS, syphilis, and other STDs.

*On the other hand*, if you or someone you know has herpes ... and I assume that's the reason you're reading this report ... then you know herpes is not an easy



- Most herpes lesions on the face and mouth are caused by herpes simplex virus-1 (HSV-1).

- 20% of adults in the U.S. – 45 million people -- have genital herpes.

- The majority of herpes lesions on the genitals are caused by herpes simplex virus-2 (HSV-2).

- Most people with HSV-2 have four or five outbreaks the first year.

- HSV-2 is usually more severe, slower to heal, and more recurrent than type 1.

- Men and women who engage in oral sex are more at risk for getting HSV-1 lesions on the genitals – and HSV-2 lesions on the mouth.

- As many as 90% of herpes patients age 12 and older are unaware that they have the virus.

- Unlike many other common viral infections, once herpes is introduced, it lives in the body for a lifetime.

- Factors that can bring about a herpes outbreak include a weakened immune system, stress, illness, even sunlight.

- There is no cure for herpes. But the symptoms can be suppressed with either prescription drugs – often with side effects – or nutritional supplements.

burden to live with.

After my first outbreak, I soon became *sick and tired* of constant recurrences.

### ***Maybe you've had a similar experience... and want to get rid of:***

[check all that apply]

☐ Visible sores and lesions.

☐ Blisters and bumps.

☐ Pain and itching.

☐ Swollen glands.

☐ Headaches and sore muscles.

☐ Burning sensations when urinating.

The facial sores were particularly problematic for me – because in those days, I worked as a male model to earn extra money.

My face was my living. So when I had a herpes attack, I couldn't work. And of course, you can't have sex with your partner during an outbreak.

Losing high-paying modeling jobs because of constant herpes recurrences cost me so much money, **I began in earnest to search for a solution....**

I spent literally *hundreds of hours* reading medical literature, surfing the Internet ... and spent *thousands of dollars* trying all sorts of pills, creams, and cures.

Well, the bad news is something you already know: there *is* no cure for herpes.

But the good news is: **I have discovered an amazingly effective way to minimize – and even prevent – herpes outbreaks.**

- Herpes can be contracted through intercourse, oral sex, anal sex, and even kissing.
- Women who have genital herpes can have complications during pregnancy, and can also pass it on to their baby during childbirth.
- More than 40% of newborns infected with herpes die or have severe brain damage.
- In patients who have taken prescription drugs for an extended period, the herpes virus can develop a resistance to these anti-viral medications – and other drugs must then be given intravenously.
- One such drug, acyclovir, is given through IV in hospitals for patients who have infections involving the brain, eyes, or lungs, or are at a high risk for complications.
- Condoms offer significant protection against HSV-2 infection in women.
- If you have a sore that looks suspicious, the standard test for herpes is a viral culture taken within 48 hours after symptoms appear. If you delay, the test may yield a false negative.
- Herpes can cause encephalitis, a rare but serious infection of the central nervous system.
- Herpes keratitis, infection of the eye with the herpes virus, can cause blindness if left untreated.

I call it “the Herpes Solution.”

**The Herpes Solution** is a set of four nutrients that, when taken in a specific combination and dosages, effectively eliminates the symptoms of herpes ... and prevents them from coming back!

*Read on* to find out what these nutrients are, and how (and why) they work to stop herpes in its tracks.

Or, for *immediate* relief, order our 4-step “Herpes Solution Kit” on a **30-day risk-free trial** basis.

Just *click here* now.

## **Herpes Solution Step One: An amino acid that gets your herpes under control**

The first nutrient in our *four-part Herpes Solution Kit formula* is the amino acid *L-lysine*.

In my research, I *quickly* discovered an impressive body of clinical evidence showing that lysine can help get your herpes under control:

- In a study at the UCLA School of Medicine, patients supplementing with 1,500 mg of lysine daily had a **96% success rate in alleviation of symptoms**.
- Results of a 6-month trial involving more than 50 people showed that **those taking lysine developed half as many cold sores as patients taking a placebo** – and, sores for patients taking lysine were milder and healed faster.
- A prospective, randomized, double-blind controlled study of 41 patients found that **taking 1,248 mg of L-lysine daily reduced the recurrence rate of herpes simplex**



**attacks.**

Researchers conclude that *supplementing with lysine can suppress replication of the herpes virus* and “inhibit cytopathogenicity of the herpes simplex virus.”

In plain English, that means taking lysine can **reduce the severity and duration of herpes symptoms**, and make them occur much less often.

Although brewer's yeast, mung bean sprouts, cheese, and milk all contain lysine, most of us don't get sufficient lysine through our foods to control a herpes outbreak.

If you have herpes, the only way to ensure sufficient l-lysine in your system to control the disease is by taking *the Herpes Solution Kit* or another lysine supplement....

But only *the Herpes Solution Kit* complements lysine **with the three OTHER nutrients you need for total herpes control.**

## **Herpes Solution Step Two: Health secrets of breast-fed babies**

The second step to controlling the herpes virus is to **strengthen your immune system** against it.

And the nutrient you need to boost your natural immunity, *monolaurin*, is the main anti-viral substance in human breast milk.

The ability of breast milk to enhance immunity is well documented. It's the reason that breast-fed babies are healthier – and get sick less often – than bottle-fed babies.

The FDA reports that breast-fed babies have lower rates of hospital admissions, ear infections, diarrhea, rashes, allergies, and other medical problems.

And according to the Massachusetts Department of Public Health, breast-fed babies have stronger immune systems – and are at lower risk for asthma, diabetes, and even Sudden Infant Death Syndrome (SIDS).

No wonder the American Academy of Pediatrics recommends: “*Exclusive breast-feeding is ideal nutrition ... it is recommended that breast-feeding continue for at least 12 months.*”

Monolaurin has been shown to be active against not only herpes simplex but also a long list of other viruses including HIV, influenza, Epstein-Barr, rubeola, and bronchitis.

*How it works:* monolaurin stops the herpes virus from replicating by interrupting the binding of the virus to the host cells.

In addition, the herpes virus is protected by a lipid coating. Monolaurin disintegrates this protective barrier, enabling your natural immune system to **attack and destroy the herpes virus**.

Even if you were breast-fed as a baby, the monolaurin you received in your mother's milk was consumed and left your system decades ago. There's none left.

That's why, to **boost your immunity against the herpes virus**, you need to supplement with the monolaurin contained in the Herpes Solution Kit.

And of course, since monolaurin is contained in human breast milk, you know it's safe, pure, and natural.

The sooner you can get monolaurin into your system, the more rapidly you'll enhance your immune system ... and your body's ability to stop the herpes virus from replicating ... and prevent another outbreak.

To order the Herpes Solution, complete with monolaurin, on a 30-day risk-free trial basis, just click below now:

The Herpes Solution effectively eliminates the symptoms of herpes... and prevents them from coming back!



[Click Here to try the Herpes Solution risk-free for 30 days](#)

### **Herpes Solution Step Three: Thwart the herpes virus with these healthy vegetables you find in your supermarket**

Step three of our four-step herpes treatment is to supplement daily with *d-indole-methanol*, or "DIM" – a compound in broccoli, cabbage, and other vegetables you can find in the produce section of your local grocery store.

As a herpes patient, you have the herpes virus living in your body. And you can't get rid of it.

But you *can* take steps to stop it from reproducing.



One of those steps is to **supplement with DIM**.

And because DIM is found naturally in healthy vegetables, you know it is safe to consume.

In a study at Northeastern Ohio Universities College of Medicine, researchers infected human and monkey cells -- with a herpes virus strain known to be resistant to Zovirax.

They found that treating the **cells with DIM had a 99.9% success rate in preventing the herpes virus from reproducing.**

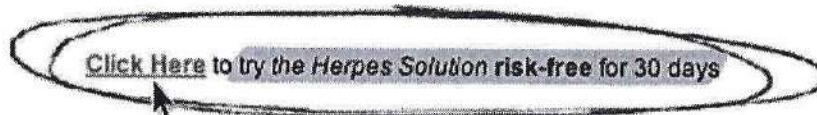
Their conclusion: DIM stops the herpes simplex virus from replicating in the body.

Of course, if you are infected with the herpes virus, you need more DIM in your system than you probably ingest in your regular diet.

Now, taking the Herpes Solution daily gives you the optimum dosage of DIM for controlling your herpes.

To try the Herpes Solution risk-free for 30 days, click below now:

The Herpes Solution effectively eliminates the symptoms of herpes... and prevents them from coming back!



### **Herpes Solution Step Four: This food preservative is actually good for you!**

We're told to eat "natural" foods ... and to avoid foods with artificial preservatives.

But one food preservative ... *butylated hydroxytoluene*, or "BHT" ... is actually good for you – especially if you have herpes.

BHT is a food preservative widely used to prevent foods containing fat – including potato chips and peanut butter – from going rancid.

*But BHT has another important health benefit....*

Researchers have found **250 mg of BHT daily causes all herpes symptoms to disappear within several days to one week.**

In another study, reported in *Clinical Pharmacology & Therapeutics*, herpes lesions healed *faster* in patients given BHT compared with patients not treated with BHT.

*How it works:* the BHT strips the herpes virus of the “binding proteins” it uses to penetrate cell membranes.

With these binding proteins gone, the virus cannot attach itself to cells – a step necessary for herpes to replicate.

In addition, remember that the herpes virus is protected by a lipid coating.

BHT weakens this protective coating, allowing your immune system to kill the herpes virus.

To order the Herpes Solution on a 30-day risk-free trial basis, just click below now:

The Herpes Solution effectively eliminates the symptoms of herpes... and prevents them from coming back!



[Click Here to try the Herpes Solution risk-free for 30 days](#)

## How you can benefit from using the “Herpes Solution Kit”

The Herpes Solution Kit contains the essential nutrients listed above, in the recommended dosages proven through clinical research to:

- Boost your natural immune system.
- Stop the herpes virus from replicating.
- Eliminate sores, lesions, blisters, and bumps.
- Relieve pain and itching.
- Prevent swollen glands, headaches, and sore muscles.
- Get rid of burning sensations during urination.
- Reduce the frequency, severity, and duration of herpes attacks.
- And in many cases, prevent recurrence altogether....

The “efficacy” – ability of these nutrients to work – depends on purity and bioavailability.



The laboratory in which the Herpes Solution is manufactured is GMP-certified by the NNFA with an A rating. That means our products meet the highest industry standard for purity.

In addition, our laboratory is registered as a drug establishment/labeler by the FDA.

Plus, Herpes Solution contains no added starch, salt, wheat, gluten, corn, dairy products, or artificial coloring of any kind.

To order the Herpes Solution Kit on a no-risk trial basis, just click here now:

The Herpes Solution effectively eliminates the symptoms of herpes... and prevents them from coming back!



[Click Here to try the Herpes Solution risk-free for 30 days](#)

## Our 100% guarantee of satisfaction

I refuse to keep your money unless our Herpes Solution Kit works for you – relieving your pain and embarrassment ... and getting rid of all of your herpes symptoms ... just as it has for me.

When your Herpes Solution Kit arrives, begin taking the caplets twice daily with meals.

There's nothing else you have to do or avoid. No creams or ointments to apply. And unlike other natural remedies, the Herpes Solution Kit does not cause body odor of any kind.



If you are not 100% satisfied with the results, simply return the unused portion of your Herpes Solution, or even the empty bottle, within 30 days.

You'll get a prompt and full refund ... no questions asked.

That way, you don't pay for the Herpes Solution unless it is, in fact, a solution that works for YOU.

I can't think of a fairer ... or more risk-free ... way to find out for yourself whether our formula can stop your herpes for good.

**You may keep *your* herpes a secret ...**

## but here's why I had to reveal mine.

After reading all of the above, someone asked me: "*John, why on Earth would you publicly admit to having herpes?*"

Of course, I wasn't eager to tell the world, "*John McKnight has herpes!*"

In truth, if I thought I could convince you to try my Herpes Solution without announcing my own herpes all over the Internet ... I would have done so in a heart beat.

But, after having the Herpes Solution control my own herpes – and get rid of sores, itching, and other irritating symptoms that come with outbreaks – I wanted to share the relief I experienced with my fellow herpes sufferers.

And I knew that, unless I told of my own experiences – and how the Herpes Solution worked for me – my message wouldn't be credible. So I had little choice.

Today, while I still carry the herpes virus in my system ... because there is no cure ... I NEVER have outbreaks any more.

What I'm here to tell you is that you CAN control your herpes ... and get quick relief from pain and embarrassment.

And, you can treat your herpes ... with healthy nutrients found in the foods you eat.

With the Herpes Solution Kit, you can *avoid* taking prescription drugs like Acyclovir, Famciclovir, Pencyclovir, and Valacyclovir – medications that can cost you upwards of a couple of hundred dollars a month.

You can also avoid their dangerous **side effects**, which can include headaches, dizziness, nausea, vomiting, abdominal cramps, joint pain, diarrhea, constipation, and kidney problems.

## Quick herpes relief is a click away

Why suffer from herpes even one more day ... or worry about what you're going to do when your next outbreak strikes?

Since I began taking the Herpes Solution, I have been 100% free of herpes symptoms, without a single outbreak, **for a full 6 years.**

The Herpes Solution is so powerful, I tested negative last month for the herpes virus from a blood test ... that's how much these nutrients have suppressed the virus within my system.



Start taking the Herpes Solution today. You can stop worrying about herpes ... keep recurrences at bay ... and start enjoying your life – even your sex life – again!

We ship the Herpes Solution Kit direct to your door in plain packaging. So no one but you will know you're using it. And we never share your name or personal data. So your privacy is ensured.

To order the Herpes Solution on a 30-day risk-free trial basis, just click below now:

The Herpes Solution effectively eliminates the symptoms of herpes... and prevents them from coming back!



[Click Here to try the Herpes Solution risk-free for 30 days](#)

Sincerely,

John McKnight, *Founder*  
TheHerpesSolution.com

**P.S.** Don't wait until you're suffering from a herpes outbreak to order the Herpes Solution Kit.

Start taking the Herpes Solution today on a regular basis, and you will strengthen your immune system – and prevent the herpes simplex virus from replicating – so that you ward off attacks *before* they start ... and keep your herpes at bay.

**P.P.S.** Order the Herpes Solution Kit today, and you will receive a **FREE Bonus Report**, *"Quick Relief from Herpes Itching and Irritation."*

In this brief report, you'll learn about a little "quick fix" I've discovered to give you **IMMEDIATE RELIEF** from herpes symptoms -- until you begin taking the Herpes Solution and get it permanently under control.

To order the Herpes Solution risk-free ... and claim your **FREE Bonus Report** ... click below now:

The Herpes Solution effectively eliminates the symptoms of herpes... and prevents them from coming back!



[Click Here](#) to try the *Herpes Solution* risk-free for 30 days

We will never sell, rent, or otherwise abuse your e-mail address. It will be used solely for the purpose of sending you the Insider Internet Dating Newsletter. (we do not share your address or any information about you with anyone) Should you wish to unsubscribe at any time, instructions on how to do so are included with every e-mail.