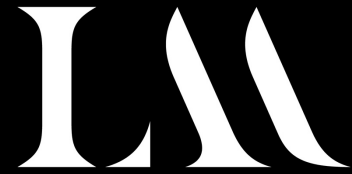


RETRO VIRUSES

HSV-1&2, VZV



NUTRITION & FITNESS COACHING

WHAT IS A RETROVIRUS?

A retrovirus is a type of RNA virus that 'edits' its information on to our own cells DNA. As our cells then continue to replicate as normal, the virus is now hidden inside and included as a part of our DNA in the transcription and translation process. Imagine someone has written a very long book and just before it goes to print- someone adds in an extra word that makes perfect sense (but unnecessary) in one of the sentences. Now the book will be reprinted forever without anyone noticing that there has been an extra word added. This is why it is difficult to detect until the host has already been infected and until now there is no cure for retroviruses so the infection will persist indefinitely.

WHAT CAN I DO TO MINIMISE OUBREAKS

Reducing or being aware of your allostatic load will provide the greatest improvement at preventing future outbreaks of retroviruses such as HSV 1&2 and Herpes Zoster also known as Shingles. Imagine your bodys immune tolerance as a bucket. When your allostatic load increases (wear and tear of daily lifestyle choices), at a greater rate than your body can heal or replenish its defenses- the bucket slowly gets fuller. After sufficient accumulated allostatic load that is enough to "fill the bucket", the immune system is over burdened which provides the retrovirus with a perfect opportunity to attack its host.

HOW TO REDUCE ALLOSTATIC LOAD

- **REDUCE PSYCHOLOGICAL STRESS**
- **REDUCE PHYSICAL STRESS (DRYNESS, SUNBURN, OVER-TRAINING)**
- **GET SUFFICIENT SLEEP (7-9HRS)**
- **REDUCE INTAKE OF ARGININE RICH FOODS**
- **INCREASE LYSINE RICH FOODS**

FOODS TO AVOID

CHOCOLATE/ CACAO
NUTS
OATS
WHEAT PRODUCTS
PROCESSED SUGARY FOODS
ANY FOODS THAT STRESS OR
DAMAGE THE GUT LINING

LIFESTYLE CHANGES

TAKE APPROPRIATE SUN PROTECTION
(SUNSCREEN, HATS, CLOTHES, SHADE)
REDUCE STRESS- OPTIMIZE TIME, SAY
NO, ASK FOR HELP, DONT WORRY
ABOUT WHAT YOU CANT CONTROL

SUPPLEMENTATION

LYSINE 1500MG
MELISSENGLOBULI 10 GLOBULI
SELENIOMETHIONINE 400-600MCG
STINGING NETTLE ROOT 1000MG
VITAMIN C 1000MG PER HOUR
ZINC 1MG PER KG BW

AROMATHERAPY / TEAS

TEATREE OIL
LEMON BALM OIL
CISTUS TEA
OLIVE LEAF TEA