

# ANTI-HERPES DIET

For improved LYSINE / ARGININE ratio and also boosting the immune response

## EAT:

1. FISH (poached, baked or broiled)
2. EGGS (poached or soft boiled, not fried)
3. CALVES LIVER (occasionally)
4. BREWER'S YEAST (1 tbsp. daily)
5. YOGURT (one cupful, high in Lysine)
6. SKIM MILK or COTTAGE CHEESE (low fat)
7. Plenty of FRESH VEGETABLES and FRUITS except brussels sprouts and corn (which are high in arginine and should be avoided).

## AVOID:

Nuts (almonds, cashews, peanuts)  
Chocolate  
Gelatin  
Cookies, cakes, ice cream  
Fatty meats and fried foods  
Refined carbohydrates, sugars

The above data courtesy Griffith RS, DeLong DC and Nelson JD. The Relationship of Arginine-Lysine Antagonism to Herpes Simplex Growth in Tissue Culture. *Chemotherapy* 1981;27:209-213.

