

Healing Herpes - Oral, Genital, & Shingles - with Traditional Chinese Medicine (TCM)

“When the solutions are simple, God is answering.”

...Albert Einstein

Course Outline:

I. Course Objectives

II. Overview of Herpes Infections

III. Diagnoses and Differentiations of Herpes Infections

IV. TCM Prevention and Treatments of Herpes Infections

V. Case Histories

VI. Exam

<http://www.freedomspheonix.com/News/215715-2017-04-05-merck-in-hot-water-over-dangerous-shingles-vaccine-that-caused.htm?From=News>

I. Objectives of this course: Herpes infections are widespread, painful, and costly ailments worldwide and especially in the USA. These ailments are not well-treated by Western medicine, but they do respond very well to harmless and inexpensive forms of traditional Chinese medicine (TCM). This course will empower each practitioner to be knowledgeable about the various forms of herpes – Herpes Simplex 1, Herpes Simplex 2, and Herpes Zoster - and to be proficient in ways to diagnose, treat, and prevent future outbreaks with various modalities of TCM care. The treatment protocols taught are integrative, in some ways novel, and remarkably effective.

Those taking the course will learn the Western medical and Chinese medical diagnoses for the various forms of herpes and how to differentiate the various herpes syndromes. They will learn what Western pharmaceuticals and Chinese herbs treat herpes, which pharmaceuticals and herbs provoke outbreaks of herpes and/or aggravate symptoms,

which points to treat, which TCM modalities to use during treatment, which foods to eat, and which foods to avoid.

Finally practitioners will be presented case histories to inform and to guide their future treatments.

II. Overview of Herpes Infections

The Problems:

Herpes Simplex 1 and 2: Almost all Americans suffer from one form of herpes infection or another. About 90% have contracted the Herpes Simplex 1 virus (HSV-1), which is the virus that predominates in outbreaks of oral sores. About one in six between the ages of 18-49 (about 11% of men and 20% of women) have contracted the Herpes Simplex 2 virus (HSV-2) which most commonly causes genital sores. Among unmarried women between ages 40-50 that number rises to between 50-70-%. Most people with HSV-1 and HSV-2 infections are asymptomatic most of the time, but even then they are shedding particles of the virus and can still infect others. Outbreaks of Herpes Simplex 1 and 2 usually happen where the skin meets the mucous membranes.

When genital sores develop they can be from infections either of the Herpes 1 or Herpes 2 virus, both of which lodge in the dorsal root ganglion of the spine. Whichever virus lodges there first predominates and precludes the other from gaining a foothold. Thus, if a person is infected in the genital area first with Herpes Simplex 2, then he or she will suffer from outbreaks of Herpes Simplex 2. This is unfortunate, because when one is infected genitally with Herpes Simplex 2, recurrent outbreaks happen much more frequently and are more severe than when one is infected genitally with Herpes Simplex 1. In fact, 97-98% of those infected genitally with Herpes Simplex 1 only get one or two outbreaks, ever. Conversely, some people, a few, first get Herpes Simplex 2 infections orally which precludes them from getting Herpes Simplex 1 infections orally.

Initial outbreaks of Herpes Simplex Virus 1 or 2 can appear bilaterally; however, subsequent outbreaks usually appear on one side of the midline of the body only.

Herpes Zoster or varicella-Zoster-virus (VZV): There are also those infected with the varicella-Zoster-virus (VZV) that causes chicken pox in the young, and anyone who suffered from that bane as a child is subject to an outbreak of shingles as an adult, especially when one's immune system has weakened for any number of reasons. As with Herpes Simplex 1 and 2, the VZV virus lodges in the dorsal root ganglion of the spine. Virtually everyone over forty (99.5%) has contracted VZV, and of that population fully a third will succumb to at least one outbreak of shingles, though usually not more. Unfortunately, 13% of those over sixty who develop shingles will develop Post Herpetic Neuropathy (PHN) along a dermatome leading out from the spine, most often in the thoracic area. This can lead to long term intractable suffering.

Outbreaks of VZV almost always appear on one side of the midline of the body only. They usually follow sensory nerve dermatome patterns along the skin and do not affect the mucous membranes.

How pervasive and costly are outbreaks of shingles?

The U.S. Agency for Healthcare Research and Quality published the following Medical Expenditure Panel Survey in December 2007:

Medical Expenditure Panel Survey

Agency for Healthcare Research and Quality

STATISTICAL BRIEF #194

December 2007

Average Annual Health Care Use and Expenses for Shingles among the U.S. Civilian Noninstitutionalized Population, 2003–2005

Anita Soni, PhD and Steven C. Hill, PhD

Highlights

- On average in 2003–2005, 1.1 million persons, per year, had shingles or its complications; and .9 million sought medical treatment.
- Medical spending to treat shingles or its complications totaled on average \$566 million per year for 2003–2005 (in 2005 dollars).
- For 2003–2005, there was an annual average of 2.1 million ambulatory care visits for the treatment of shingles or its complications.
- The elderly were seven times as likely to report shingles as the non-elderly (1.5 percent of elderly versus 0.2 percent of non-elderly).
- Among those who received treatment for shingles, \$525 per person (in 2005 dollars), on average, was spent on treatment.

Introduction

Shingles is a viral infection caused by the varicella-zoster virus. Shingles causes burning or shooting pain, tingling or itching, and blisters. This Statistical Brief presents estimates based on the Household Component of the Medical Expenditure Panel Survey (MEPS-HC) on the use of and expenditures for ambulatory care and prescribed

medications to treat shingles, pain resulting from shingles, and vision complications among the U.S. civilian non-institutionalized population. Average annual estimates (in 2005 dollars) for the period 2003–2005 are shown by type of service and source of payment. Data for three years were combined to improve the precision of the estimates, and expenditure data for 2003 and 2004 were adjusted to 2005 dollars using the Personal Health Care Expenditure Price Index. All differences between estimates noted in the text are statistically significant at the 0.05 level or better.

Findings

Number of reported cases, total average health care use, source of payment, and expenditures for shingles

In 2003–2005, an annual average of 1.1 million persons had shingles or its complications, and 0.9 million sought medical treatment (figure 1). There was an annual average of 2.1 million ambulatory care visits for the treatment of shingles. From 2003 – 2005, an average of \$566 million per year (in 2005 dollars) was spent on health care for shingles and its complications (estimate not shown).

Reports of Shingles, by age

During 2003–2005, an annual average of 0.4 percent of the population reported shingles (figure 2). The elderly were more than seven times as likely to report shingles as the non-elderly (1.5 percent of elderly versus 0.2 percent of non-elderly).

Average mean health care expenditures for shingles

Among those who received treatment for shingles, \$525 per person (in 2005 dollars), on average, was spent on treatment (figure 3).

The Solutions: TCM: Herpes infections of all kinds are relatively easy to treat and put into remission with various modalities of traditional Chinese medicine. These include the following:

- Acupuncture including fire, plum blossom, and prismatic needling; ear acupuncture; and electro-acupuncture
- Acupoint Injection Therapy with injectable Chinese herbal formulae, homeopathics, and vitamins
- Bloodletting, cupping, and guasha massage
- Chinese herbal formulae
- Dietary suggestions
- Moxibustion, both direct and indirect
- Poultices and compresses

With proper diagnosis and treatment, modalities of traditional Chinese medicine rarely, if ever, produce side effects when treating herpes. In fact some modalities are so safe, simple, and effective that most others approaches to treatment are not necessary; nevertheless, all will be explained so the practitioner may resort to them for those few difficult cases that do not respond quickly to the more simple treatments. The few possible side effects from TCM treatments include

- Minor bruising from needling or massage, which resolves quickly
- Superficial burns from inattentive use of moxibustion
- Short term loose stools or diarrhea from overuse of cooling herbs

The Solutions: Western: Conversely, Western medicine struggles to treat all forms of herpes infections. There are two vaccines for the prevention of outbreaks of VZV only, one that has mixed results. The live-attenuated anti-herpes zoster vaccine called Zostavax made by Merck has an effectiveness rate of 69.8% in adults from ages 50 to 59 years, but only 37.6% in those 70 years or older. For most people it is safe, showing virtually the same level of adverse reactions as for those in a placebo group. However, it is contraindicated in those with immune-suppressed conditions, because, in that group (more common in the elderly), the live virus Zostavax vaccine may actually cause disease. Also, considering that only one in three people (33.3%) ever get shingles, Zostavax is not a very effective vaccine for the elderly.

However, a newer recombinant subunit vaccine, HZ/su, developed by GlaxoSmithKline Biologicals, shows much greater promise with an overall effectiveness rate of 97.2%, even among those over 70. The vaccine is relatively safe, but 17.0 % of those vaccinated suffered adverse reactions lasting a median time of one day that prevented normal activities. These ranged from injection-site reactions of redness, swelling, and pain to systemic reactions of shivering, myalgia, headache, gastrointestinal symptoms, fever, and fatigue.

A 2015 article in the New England Journal of Medicine is the article for these facts:

<http://www.nejm.org/doi/full/10.1056/NEJMoa1501184#t=articleResults>

The most common approach, used almost exclusively, is pharmacological, and those drugs are few. Acyclovir is most popular, is used for all three types of herpes virus outbreaks, and goes by the brand names Valtrex or Zovirax. It is a herpes virus DNA polymerase inhibitor that can provide symptomatic relief by preventing the spread of the active virus throughout the body - but it does **NOT** prevent spread of the virus from one person to another. Acyclovir costs about **\$350** for a 30-count bottle. Its use is massive worldwide – by 2000 more than 332,000 kg were sold). “Sales in the United States alone accounted for about 54% of the total volume for 2000.” (source: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC145299/>). However, now more than 20% of herpes infections are of strains resistant to treatment by Acyclovir (same source). Despite this, and the many side effects listed below, global sales of Acyclovir are expected to reach \$4.8 Billion by 2017. (source: http://www.prweb.com/releases/herpes_simplex/virus_treatment_HSV/prweb8257847.htm)

Possible side effects from Acyclovir:

- Aggressive behavior
- agitation

- blood in the urine
- bloody diarrhea
- changes in vision
- confusion
- decreased urination
- diarrhea
- difficulty breathing or swallowing
- difficulty sleeping
- difficulty speaking
- dizziness
- fast heartbeat
- fever, chills, cough, sore throat, and other signs of infection
- hair loss
- hallucinations (seeing things or hearing voices that do not exist)
- headache
- hives
- hoarseness
- itching
- loss of consciousness
- numbness or burning in arms or legs
- pain, especially in the joints
- pale skin
- rash or blisters
- seizures
- stomach pain or cramps
- swelling of the ankles, eyes, face, feet, hands, lips, lower legs, throat, or tongue
- temporary paralysis
- tiredness
- weakness
- uncontrollable shaking of parts of the body
- unusual bruising or bleeding
- upset stomach
- vomiting

Prednisone and other forms of corticosteroids are immuno-suppressive, but ironically they are regularly used to treat the pain and inflammation associated with outbreaks of shingles, which in part occur because of suppressed immune systems. In my extensive experience treating patients with shingles, I have found prednisone and their ilk to be minimally effective at alleviating symptoms of shingles, with many possible side effects, some of which can be serious:

- Abdominal distension
- anaphylactic shock
- erythema

- esophagitis
- flare ups of genital herpes, especially among women 30-39
- headache
- hives
- hypertension
- muscle weakness
- myopathy
- osteoporosis
- pancreatitis
- peptic ulcers
- petechia
- vertigo
- water retention

All too frequently Medical Doctors prescribe opioids for the pain associated with shingles. Complications range from constipation to a lifetime of opioid dependency.

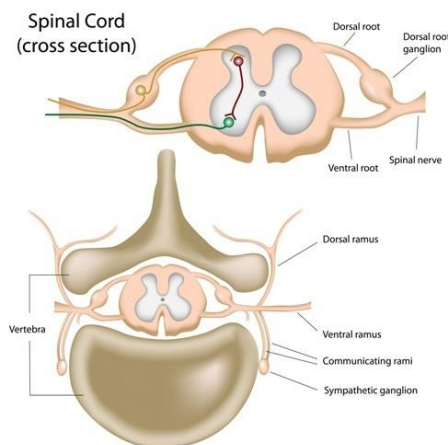
Docosanol (brand name Abreva) is another pharmaceutical used to treat HSV-1 for cold sores of the mouth. Its side effects are pretty much limited to redness and swelling of the lips, although rarely it may provoke a serious allergic reaction with symptoms of dizziness, itching and swelling of the face and tongue, rash, and trouble breathing. It can reduce the duration of cold sores to about 2.5 days and costs about \$20 a tube.

III. Diagnoses and Differentiations of Herpes Infections

Etiology (Western): Western medicine views Herpes Simplex 1, 2, and varicella-Zoster-virus (VZV) as the causes for outbreaks of oral, genital, and shingles sores. They are indeed nasty, contagious viruses, and practitioners should be careful to not touch active, open lesions. Again, once a person is infected, all three viruses lie dormant in the dorsal ganglion roots of the spine and can remain quiescent for decades, somehow controlled by the specific immune response system of the body which creates T and B lymphocytes that target these specific pathogenic viruses.

Significantly, the dorsal root ganglion are the clusters of nerve cell bodies at the posterior roots of spinal nerves which contain the cell bodies of sensory neurons.

Note how close these dorsal root ganglion are to the huatuojiaji points of acupuncture! Are they not in the very same locations? The fact that these viruses all reside in the dorsal root ganglion is the key to what makes TCM treatments of all three infections so simple and so effective.



Etiology (TCM):

- Wind fire in the heart and liver channels (from Golden Mirror of the Orthodox Lineage of Medicine (Yuzuanyizongjin- jian, 1742)
- Damp heat in the spleen and lung channels (from Golden Mirror of the Orthodox Lineage of Medicine (Yuzuanyizongjin- jian, 1742)

Emotional disorders can affect the flow of qi in the liver and give rise to stagnation which in turn creates liver fire that can blaze upward. Yuzuan yizongjin- jian postulated that chronic constraint of the flow of qi in the liver gave rise to wind fire toxins which spread through the liver channel and also along the pathway of its complementary organ, the gall bladder. Wang Bing in the **Su Wen** also observed that “the liver vessel rises from the lower abdomen, passes by the stomach, penetrates the diaphragm, spreads into the flanks, follows the throat, and then encloses the base of the tongue.” Since liver fire blazing passes through the groin area and manifests as pain in the ribs, a red face, and headache, and encloses the base of the tongue it is easy to understand that all three forms of herpes infections are a function of liver fire.

From a Western perspective, factors which activate the Herpes 1, 2, and VZV viruses include

- **Age.** As stated before, the elderly suffer much more from shingles than do the young, and outbreaks of genital herpes infections increase with age, particularly in women. However, the frequency of outbreaks of genital herpes usually decreases over a number of years.
- **Stress.** Recently I saw two women in their 60's. One had just lost her husband, the other her father. Within weeks of losing their loved ones both had suffered outbreaks of shingles, with oozing red sores painting a pattern of pain along their thoracic intercostals from their spines extending to just underneath their breasts by *Rugen*, Stomach 18 and down to an area near *Zhangmen*, Liver 13. I used a five pronged approach to treat one patient: acupuncture, indirect moxa, homeopathic injections, guasha massage, and herbs. With the other, I didn't do the homeopathic injections. Both recovered quickly; patients that present for care within a month of initial onset almost always do well. They experienced significant pain relief after the first treatment and noticeable drying up of the sores within 48 hours of the initial visit. By the fourth or fifth visit, they were done.

Patients who present more than a month after sores erupt can suffer serious nerve damage and present with diagnoses from their M.D.'s of post-herpetic neuralgia. Sometimes this is even permanent, but usually we can help. Only once in 40 years of treating post-herpetic neuralgia have I not gotten very good or excellent results, and that was with a 77 year old patient who had suffered more than two years before making her first appointment with me.

- **Trauma to the genital mucosa or skin**
Suppression of the specific cell-mediated immunity by means of drugs (pharmaceutical and recreational), alcohol, tobacco smoke - first and second hand, environmental pollutants, Vitamin D deficiency from lack of sunlight, and radiation— both that used in therapy and from excessive medical imaging

It is noteworthy that Western medicine does not consider diet to be a factor in activation of the herpes viruses.

From a TCM perspective, factors which activate the Herpes 1, 2, and VZV viruses include

- Diet
- Emotions
- Stress
- Trauma
- Malignancy
- Overwork

Symptoms of oral and genital herpes:

The CDC reports the following:

<http://www.cdc.gov/std/Herpes/STDFact-Herpes-detailed.htm>

“Most individuals infected with HSV-1 or HSV-2 are asymptomatic or have very mild symptoms that go unnoticed or are mistaken for another skin condition. As a result, 87.4% of infected individuals remain unaware of their infection.²³(<http://www.cdc.gov/std/herpes/stdfact-herpes-detailed.htm#ref23>) When symptoms do occur, they typically appear as one or more vesicles on or around the genitals, rectum or mouth. The average incubation period after exposure is 4 days (range, 2 to 12).⁵(<http://www.cdc.gov/std/herpes/stdfact-herpes-detailed.htm#ref5>) The vesicles break and leave painful ulcers that may take two to four weeks to heal. Experiencing these symptoms is referred to as having an "outbreak" or episode.

“Clinical manifestations of genital herpes differ between the first and recurrent outbreaks of HSV. The first outbreak of herpes is often associated with a longer duration of herpetic lesions, increased viral shedding (making HSV transmission more likely) and systemic symptoms including fever, body aches, swollen lymph nodes, or headache.⁶(<http://www.cdc.gov/std/herpes/stdfact-herpes-detailed.htm#ref6>) Recurrent outbreaks of genital herpes are common, in particular during the first year of infection.

Approximately half of patients who recognize recurrences have prodromal symptoms, such as mild tingling or shooting pains in the legs, hips or buttocks, which occur hours to days before the eruption of herpetic lesions. Symptoms of recurrent outbreaks are typically shorter in duration and less severe than the first outbreak of genital herpes. Although the infection can stay in the body indefinitely, the number of outbreaks tends to decrease over time. Recurrences and subclinical shedding are much less frequent for

genital HSV-1 infection than for genital HSV-2 infection.

[7\(http://www.cdc.gov/std/herpes/stdfact-herpes-detailed.htm#ref7\)](http://www.cdc.gov/std/herpes/stdfact-herpes-detailed.htm#ref7)”

Symptoms of shingles:

The CDC reports the following:

<http://www.cdc.gov/shingles/about/symptoms.html>

“Shingles is a painful rash that develops on one side of the face or body. The rash forms blisters that typically scab over in 7 to 10 days and clears up within 2 to 4 weeks.

“Before the rash develops, people often have pain, itching, or tingling in the area where the rash will develop. This may happen anywhere from 1 to 5 days before the rash appears.

“Most commonly, the rash occurs in a single stripe around either the left or the right side of the body. In other cases, the rash occurs on one side of the face. In rare cases (usually among people with weakened immune systems), the rash may be more widespread and look similar to a chickenpox rash. Shingles can affect the eye and cause loss of vision.

“Other symptoms of shingles can include

- Fever*
- Headache*
- Chills*
- Upset stomach*

“Postherpetic neuralgia (PHN) is the most common complication of herpes zoster. It is a persistent pain in the area where the rash once was. PHN is diagnosed in people who have pain that persists after their rash has resolved. Some define PHN as any duration of pain after the rash resolves; others define it as duration of pain for more than 30 days, or for more than 90 days after rash onset. PHN can last for weeks or months and occasionally, for many years.

“A person's risk of having PHN after herpes zoster increases with age. Older adults are more likely to have PHN and to have longer lasting and more severe pain.

Approximately 13% (and possibly more) of people 60 years of age and older with herpes zoster will get PHN. PHN is rare in people younger than 40 years old. Other

predictors of PHN include the level of pain a person has when they have the rash and the size of their rash.

“Other complications of herpes zoster include—

- ophthalmic involvement with acute or chronic ocular sequelae (herpes zoster ophthalmicus);*
- bacterial super infection of the lesions, usually due to Staphylococcus aureus and, less commonly, due to group A beta hemolytic streptococcus;*
- cranial and peripheral nerve palsies; and*
- visceral involvement, such as meningoencephalitis, pneumonitis, hepatitis, and acute retinal necrosis.”*

Signs and symptoms of herpes infections from a TCM perspective:

Emotional disorders can affect the flow of qi in the liver and give rise to stagnation which in turn creates liver fire that can blaze upward. Yuzuanyizongjin-jian postulated that chronic constraint of the flow of qi in the liver gave rise to wind fire toxins which spread through the liver channel and also along the pathway of its complementary organ, the gall bladder. Wang Bing in the **Su Wen** also observed that “the liver vessel rises from the lower abdomen, passes by the stomach, penetrates the diaphragm, spreads into the flanks, follows the throat, and then encloses the base of the tongue.” Since liver fire blazing passes through the groin area and manifests as pain in the ribs, a red face, and headache, and encloses the base of the tongue it is easy to understand that all three forms of herpes infections are a function of liver fire.

Herpes outbreaks that relate to damp heat from spleen deficiency manifest with the following signs and symptoms: a paler rash, softer boils and other classic spleen signs such as a pale, wet, scalloped tongue with white moss and a weak, slippery pulse, poor appetite, and loose stools. This damp heat in the spleen, often coming from constrained emotions, can lead to stagnant heat in the liver.

Herpes outbreaks related to the stagnant heat in the liver and its channel manifest with the following signs and symptoms: bright red rash with reddish boils that are more hard to the touch; a dry throat with a bitter taste in the mouth; and sharp, burning pain; tongue reddish along the edges with a thick old yellow moss; and a fast, wiry pulse.

Chen Zi-Ming from the Song dynasty thought that heart fire created by liver fire skin was also an important contributing factor with shingles outbreaks, as the heart fire in turn led to blood heat which damages the *ying* nutritive *qi* and *wei qi*, compromising their ability to moisten and nourish the skin, and causing the itching, burning sores.

These distinctions are important in treatment when choosing TCM herbal remedies and selecting acupoints.

IV. Prevention and Treatment

A. Prevention

The obvious suggestion is to avoid having intimate physical contact with someone who has an active herpetic lesion, be it oral, genital, or shingles. All three are contagious, but only herpes zoster lesions are usually glaringly obvious. Herpes Simplex 1 and 2 can be shedding infectious viral particles with no apparent lesions.

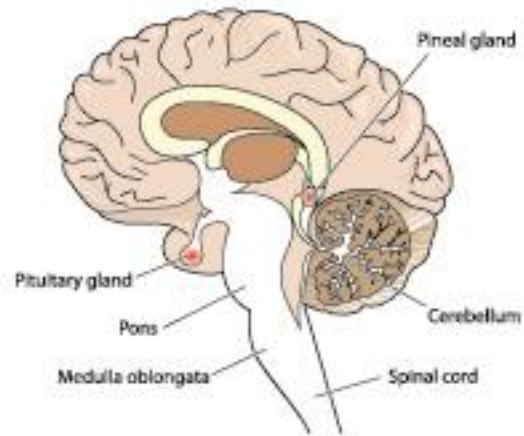
That's why maintaining good health and immunological resistance (*Wei Qi* in terms of TCM) are important. They are underpinned by the Seven Pillars of Health.

What are these seven foundational elements for good health?



The 7 Pillars of Health

- Pure light, which includes electro-magnetic fields, and affects the pineal gland and Vitamin D production
- Clean air
- Clean water
- Adequate exercise
- Enough rest
- Proper nutrition and avoiding toxic drugs
- Peace of mind



Light and the Pineal Gland

light affects the pineal gland and sets the pituitary to work regulating the thyroid, thymus, adrenals, pancreas, tests and ovaries



EMF's are a form of Light too

1. sleeping next to an electric field disturbs sleep and endocrine balance, lowers progesterone and raises glucose and cortisol levels
2. <http://scialert.net/fulltext/?doi=ajava.2011.1084.1088&org=10>



X-Rays too –& they're Mutagenic!

- Senator Barbara Mikulski and Cong. Pat Schroder passed the Mammogram Quality Safety Assurance Act of 1993 because women had been getting zapped with 10 units of radiation per exam. Now it's only 0.163 units. Much safer.
- Sadly, other exams with ionizing radiation are not so regulated, and a CT scan delivers the radiation of 60 X-rays! That can create serious damage to the DNA.
- Dr. John Gofman, who discovered cholesterol, posits that ionizing radiation is the #1 cause for cancer and heart disease.
- Native Americans have the lowest levels of death from cancer and heart disease. Why? Because they get the least medical care and thus the fewest X-ray exams. Their death rates from all the other major diseases – those treatable by doctors – are otherwise among the highest.



Clean Air

In 2014 600,000 people died from air pollution in china



Clean Water

This is not a substitute for clean water.

Adequate Exercise

- Walking and swimming are best, but avoid:
- Overly percussive exercises
- Overly repetitive exercises

Proper Nutrition

- Avoid Obesity – limit daily caloric intake to daily caloric output
- Avoid refined sugar, alcohol, fatty, and hot spicy foods – these contribute to the fire that flares up in herpes outbreaks of all types
- Tobacco – nicotine limits blood and fluid flow to discs and is a heat toxin. Tobacco is also high in the radioactive elements Polonium 210 and Lead 210
- Less feedstock raised meat which is high in Omega 6's – this contributes to inflammation and insulin resistance
- More Omega 3 and Omega 9 rich vegetable and fish oils
- Make sure fish oils are not rancid
- Keep drug use to a minimum. Pharmaceutical and recreational drugs can often be toxic to the mitochondria of human cells, reducing their ability to turn glucose into Adenosine triphosphate or ATP, the energetic molecule that we know as qi. Without adequate qi, everything starts falling apart.

- In general, for anyone suffering from any form of a herpes outbreak I recommend avoiding cheesy, greasy, fried, spicy, and sugary foods as they contribute to the creation of damp heat and phlegm in the body. In particular, I recommend avoiding tobacco, which is a nerve stimulant that increases pain, and the following foods during outbreaks:
- alcohol
- beef
- fried fish
- garlic
- ginger
- lamb
- miso
- nuts that have a high level of arginine (a proper arginine/lysine ratio prevents Herpes Simplex 1 outbreaks)
- onions
- pepper
- roast duck
- smoked meats
- sugar - yes, please avoid highly sugary foods

**Adequate rest is Essential**

1. 6 to 8 hours are optimal
2. At rest the body is in an anabolic state – building up, repairing itself.
3. Awake the body is in catabolism – tearing itself down.



Peace of Mind

- There's no tonic like peace of mind, something we all need to live well-balanced lives.
 - Balance is the place where your body, mind, and spirit feel the most whole, the most healthy.
 - Seek to regain your peace of mind and balance in your life. Easiest way to do this is to seek out and surrender to the will of the God of your understanding. Saying the **Lord's Prayer** helps to remind me of this.
 - Also I use the Serenity Prayer: **"God, grant me the serenity to accept the things I cannot change; the courage to change the things I can; And the wisdom to know the difference."**
 - Most of my patients who have experienced an outbreak of herpes zoster or genital herpes have undergone some emotional stress prior to an outbreak which has weakened their immune system.
 - A healthy motto is "Meditation, not medication."
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B. Treatment

As stated before, there are seven main approaches to treating herpes infections with TCM:

- Acupuncture including fire, plum blossom, and prismatic needling; ear acupuncture; and electro-acupuncture
- Acupoint Injection Therapy with injectable Chinese herbal formulae, homeopathics, and vitamins
- Bloodletting, cupping, and gua sha massage
- Chinese herbal formulae
- Dietary suggestions
- Moxibustion, both direct and indirect
- Poultices and compresses

Most often these are used in combination.

1. Some Variation of Acupuncture (including fire, plum blossom, and prismatic needling; ear acupuncture; and/or electro-acupuncture) is usually my first step in treatment. In their masterful text “**Acupuncture and Moxibustion for Herpes Zoster**”(ISBN 978-7-117-12844-5) authors Zhao Ji-Ping and Wang Jun describe fire needling at the ahsi points and hua to jiaji points of the affected areas for treatment of shingles outbreaks. Heat is very effective at putting any type of herpes fire into a dormant state, but I prefer to use indirect moxa as described later to accomplish this. It's easier to do and more effective than using fire needle technique.

Zhao Ji-Ping and Wang Jun also describe using plum blossom needles along the entire inflamed dermatome to break open pustules and to get blood flowing, thereby resolving stagnation. I find this to be quite messy, and although moving the blood is necessary, there is an easier way to do this which will be described later. Similarly Zhao Ji-Ping and Wang Jun also describe using three edged prismatic needles to bleed points at the head and the tail of the snake (the shingles herpes outbreak) and along its body. This also gets the blood moving but is quite messy. Remember, these viruses can infect you the practitioner; thus be careful when exposing yourself to blood and other exudates.

Ear acupuncture helps. Just needle the part of the ear which corresponds to the affected area on the body.

Generally I do simple acupuncture with a reducing technique to the huatuojiagi points associated with the areas afflicted by outbreaks of shingles, Herpes Simplex1 or Herpes Simplex 2. Sometimes I do acupuncture to the head and end points of the snake in shingles outbreaks, depending upon my intuitive sense of the patient's condition. Sometimes I do electro-acupuncture to the needles inserted at the huatuojiagi points and head and end points of the snake in shingles outbreaks, again, depending upon my intuitive sense of the patient's condition. I set the stimulator on mixed stimulus at 2 and

100 Hz. Sometimes I treat distal points associated with the Liver and Spleen, depending upon the patient's diagnosis, most notably Liver 2 and 3 and Spleen 3, 4, and 6.

Why do the acupuncture? Basically, besides engendering endorphins and relieving pain, the acupuncture increases flow of qi and dilates the capillary sphincters, allowing for increased blood flow. Will acupuncture resolve outbreaks of any type of herpes outbreak? Not really. It mostly only relieves some of the pain, but that's no small thing.

2. Acupoint Injection Therapy takes the treatment of herpes infections to a deeper, more effective level. Homeopathic remedies work, and Engystol by Heel is my go to homeopathic remedy of choice for treating any type of herpes infection. Inject it directly into the associated huatuojiaji points along the spine and, for shingles only, also at a 45 degree angle along the side of the lesions. One can also inject into relevant Liver and Spleen points, e.g. Liver 2 and 3 or Spleen 3, 4, and 6.

A peer reviewed study of Engystol documents that Engystol is profoundly effective against respiratory viruses, promoting interferon release:

(<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2998502/>)

The following discussion about Engystol tablets comes from the United Remedies website, a good source for injectable remedies.

<http://www.unitedremedies.com/products/engystol-n-250-tablets>

The discussion applies to Engystol ampoules for injection as well.

Information: The goal of treatment with homoeopathic combination preparations such as Engystol/N is to activate and support the endogenous defense mechanisms, i.e., to strengthen the infection defenses of the body.

Recommended for: - *Engystol N is recommended for the following problems - see dosages below.*

- Infections with fever
- Common Cold
- Flu
- Viral Infections
- RSV infections
- Corticosteroid-dependent asthma

Dosage recommendation: *Acute:* 1 ampoule Engystol N or 1 tablet Engystol every 15 minutes for a max. of 2 hours... recommended at the onset of infection.

General: 1 ampoule Engystol N 1 to 3 times weekly or 1 tablet Engystol 3 times daily... recommended after alleviation of symptoms and for prophylaxis and chronic treatment

Engystol® Tablets Composition: 1 tablet cont.: Vincetoxicumhirundinaria D6, Vincetoxicumhirundinaria D10, Vincetoxicumhirundinaria D30 75 mg each; Sulfur D4, Sulfur D10 37,5 mg each.

Indications: To activate the non-specific defensive mechanism, particularly in the case of influenza and questionable virus diseases.

[Engystol for Cold Sores Review by a Client](#), from **UK**

“I was skeptical about the use of Engystol to solve problems with cold sore / mouth ulcers , but for my surprise this product is awesome !! I really recommend this to hopeless persons with this kind of problem. Just use 8 caps a day for 2 days under the tongue (1 cap each two hours, and don't eat/drink 15 min. near) and the cold sore will be gone.”

3. Gua Sha, Cupping, and Bloodletting

The various forms of herpes virus all can be considered heat toxins that create the effects of heat in and on the body. These heat toxins erupt as lesions on the surface of the skin, but they also heat the blood and create sha or agglutinated, stuck blood.

What Is Sha?

- Sha is blood stuck in the connective tissue (fascia).
- It represents hemagglutination, sticking together of red blood cells.
- Tissues afflicted with sha aren't getting a proper supply of nutrients, especially oxygen.
- It shows up as slow capillary refill.

You can easily tell if sha is present by pressing on the skin and seeing if it takes a while for the capillaries to refill with blood, leaving a ghost impression as pictured below.

What Sha Looks Like



When someone is afflicted with a herpes zoster outbreak, there is almost always stuck blood or sha created along the afflicted dermatome, and this deprives the connective and nervous tissue with a proper supply of red blood and the oxygen hemoglobin brings to tissues.

Gua Sha Massage

One can treat sha by performing gua sha massage or doing cupping. Complete instructions for performing gua sha may be found+ in my CEU course **Gwa Sha Massage: How to Do It and Why It Works** found at my website

<http://www.hkacup.com/gwa-sha-massage.html>

Simply put, to do gua sha massage one applies vegetable oil or tiger balm along the afflicted dermatome but not directly atop active skin eruptions. Then one rubs the area with a smooth tool. I use a porcelain spoon. I usually do the gua sha massage along the associated area of the spine and along both sides of the eruptions - but not on the eruptions themselves until after all the pus has dried up and the skin has returned to normal. Once eruptions are gone, blood flow to tissues can still be interrupted by sha, and this is a principal cause of post herpetic neuralgia. Herpes Simplex 1 and 2 also create sha, but I don't do local treatments for the sha, instead choosing only to do gua sha massage along the associated huatuojia points associated with the affected nerve root ganglia.

After applying the oil or balm, I start doing gua sha with a smooth-edged porcelain spoon that looks like this.

Porcelain spoon used for gua sha



- An ordinary smooth porcelain soup spoon is commonly used.
- Coins and pieces of smooth bone or plastic are also often used.

This is what the gua sha process looks like:

Beginning Gua Sha

- When the blood is stuck, many therapies often don't work.
- Gua sha massage breaks up such hemagglutination and starts the healing process.



Then this is what the skin looks like after doing the guasha. Don't worry. The red bruises clear up in a few days, and the pain attendant to the herpes outbreak usually is greatly relieved right away after doing guasha.

What Sha Looks Like after Tx



Cupping

Cupping produces very similar effects and therapeutic results. Here's what the most efficient and easy to use cupping tools look like. I prefer using plastic cups and evacuating the air with a pump to create suction. One has much more control that way, and there's no chance of burning the patient as with fire technique using glass cups. Also, if the plastic cups fall off, they don't pose the risk of breaking like glass cups do.

Cupping Tools



Bloodletting is another way to get the blood moving. Although I do use it, for example at Lung 11 to take out a drop of blood to relieve sore throats and fever or at the ting well points to treat peripheral neuropathy, I rarely use bloodletting to treat herpes zoster. However, it is commonly done in China alongside lesions (surrounding the dragon) and right in the center of lesions as well.

4. Chinese herbal remedies work very well too.

There are twelve (12) principal traditional Chinese herbal formulae used in the treatment of herpes zoster, and they are helpful in the treatment of Herpes Simplex 1 and 2 as well:

1. Long Dan Xie Gan Wan

Ingredients (Herbal Times Brand Formulation):

Rehmannia *Shu Di Huang* - 14.5%

Alisma *Ze Xie* -14.5%

Bupleurum *Chai Hu* - 14.5%

Gentiana *Long Dan Cao* - 14.5%

Glycyrrhiza *Gan Cao* - 7.0%

Angelica *Dang Gui* - 7.0%

Plantago *Che Qian Zi* - 7.0%

Akebia *Mu Tong* - 7.0%

Gardenia *Zhi Zi* - 7.0%

Scutellaria *Huang Qin* - 7.0%

Functions:

This formula soothes the liver, strengthens the blood, promotes flow of urine, dispels damp, and it especially reduces heat and fire in the gall bladder and liver and along their respective channels, the latter being why it is so effective when treating herpes of all types, especially when combined with *Chuan Xin Lian*.

2. Chuan Xin Lian

Ingredients (Herbal Times Brand Formulation):

Andrographis *Chuan Xin Lian* - 50%

Taraxacum *Pu Gong Ying* - 25%

Isatis *Ban Lan Gen* - 25%

Functions:

This formula consists of three strong anti-viral and anti-bacterial herbs which clear heat toxins from the organs (especially the liver), lymph, cool the blood, and reduce swelling. It is very effective, but as with all herbs that clear heat toxins, it is cold in nature, and prolonged use can overly cool the spleen, thus impairing digestion which results in loose stools. One way of instructing the patient that he/she has taken enough *Chuan Xin Lian* is that their stools will become loose. By that time the fire has usually gone out from the viral/bacterial infection, symptoms have cleared, and there's no further need to keep taking the formula.

Conditions which result from viral heat toxins are as follows: herpes simplex, herpes zoster, chicken pox, hepatitis, and tonsillitis. Conditions which result from bacterial heat toxins are as follows: boils and other skin infections, cold and flu, dysentery, sinusitis, sore throat, and tonsillitis. All are amenable to effective treatment with *Chuan Xin Lian*.

3. Yunnan Bai Yao

Ingredients:

Notoginseng *Sheng Tian Qi*

All other ingredients are secret

(The exact formula is a state national military secret of the People's Republic of China)

Functions:

Yunnan Pai Yao invigorates circulation of blood, breaks up blood stasis, eliminates toxins, and dramatically promotes healing of wounds such as are found with herpetic lesions. *Yunnan Pai Yao* is a hemorrhagic powder. It stops bleeding externally or internally. This herbal powder is sold in capsule or bottle form and can be taken internally (except during pregnancy) as well as dusted on wounds externally. It is useful for even serious lacerations or for multiple traumatic injuries.

Women can take it after delivery to reduce post partum blood loss. It is useful for severe internal injuries when taken internally and for severe external injuries when dusted onto the wound. If a butterfly bandage is then applied to draw the wound tight, stitches often prove to be unnecessary.

It is considered by the People's Republic of China (PRC) to be another national treasure. In fact, its exact formula is a closely guarded state secret, because the

Chinese military considers it to provide a secret advantage over enemies during wartime.

Indeed, the North Vietnamese say, seriously, that the reason they won the war over the Americans was because their wounded soldiers could treat their injuries with *Yunnan Pai Yao*. All North Vietnamese Regular Army troops and those fortunate Viet Cong carried it with them into battle in a little waterproof pouch.

A Vietnam veteran friend of mine told me the following which I believe to be true: *Yunnan Pai Yao* proved to be so effective that American troops on R and R (Rest and Recuperation) in Hong Kong would buy it - until the Chinese government got wind of their interest and forbade further sales.

Without question it is of great value in any first aid kit. Dr. Jake Fratkin, OMD, L. Ac. speaks at length about its benefits: "In various clinical studies, it has been shown to reduce clotting time by 33% to 55%. The complete formula has never been revealed, but the main ingredient is known to be Notoginseng *Sheng Tian Qi*."¹

I have used it for years with great and wondrous effects. I sprinkle it on active shingles outbreaks with good effect and have shingles and herpes 1 and 2 patients also take it internally. One of my patients is a famous treasure hunter who broke his wrist in a hurricane at sea. Upon arriving on land he had his wrist cast, and I prescribed *Yunnan Pai Yao* for him. Upon reexamination three weeks later, the doctor could find no sign of the break in his X-rays. Were it not for the cast, he would have thought that he'd X-rayed the wrong wrist. The doctor had never seen a faster healing process.

Another patient of mine, HIV positive with thrombocytopenia purpura, had a platelet count of less than five (5), when in an adult, a normal count is about 150,000 to 450,000 platelets per microliter ($\times 10^{-6}$ /Liter) of blood. Platelets are essential for clotting the blood and without adequate numbers of platelets, patients can easily bleed to death. Yes, this patient's platelet count was five (!), but he maintained a normal quality of life for a couple of years simply by taking *Yunnan Pai Yao* internally on a regular basis.

Then he won a major architectural award for which he was honored at the White House, and he thereafter flew to Europe to receive another award. Upon arriving in Holland, the sudden change in cabin pressure upon the aircraft's descent provoked a major nosebleed for him, one which he could not stop. Fortunately he remembered that he had a package of *Yunnan Pai Yao* in his luggage. Upon retrieving it, he rushed into a restroom, nose dripping with blood and began to snort *Yunnan Pai Yao* like a coke fiend. Within moments his bleeding stopped, and he was able to resume the rest of his life.

I have used this remedy with so many patients, both internally and externally, for so many injuries that I've lost count. It also helps with prolonged menstrual bleeding, ulcers, and hemorrhoids.

¹**Chinese Herbal Patent Medicines** by Jake Fratkin, p. 400, Shya Publications, Boulder, CO, 7/2001

It is made by Yunnan Baiyao Group Co. Ltd.; Kunming

4. *Xue Fu Zhu Yu Wan*

Ingredients: (Herbal Times Brand Formulation):

Persica *Tao Ren* - 16%
Rehmannia *Sheng Di Huang*- 12%
Cyathula *Chuan Niu Xi* - 12%
Angelica *Dang Gui* - 12%
Cartamus *Hong Hua* - 12%
Citrus Aurantium *Zhi Shi* - 8%
Paeonia *Chi Shao* - 8%
Platycodon *Jie Geng* - 6%
Ligusticum *Chuan Xiong* - 6%
Glycyrrhiza *Gan Cao* -4%
Bupleurum *Chai Hu* - 4%

Functions:

As its translated name implies, “Blood Mansion Drive out Stasis Pill,” this formula breaks up blood stasis, moves the blood, invigorates and nourishes the blood and its circulation, and consequently relieves pain. It also clears heat, expels the resultant toxins, dredges the liver, and unblocks the *jing* and the *luo*.

5. *Chi Shi Wei Ling Wan* (Eliminate Dampness Calm the Stomach Poria pill)

Ingredients:

Cortex Magnolia *Hou Po* - 6gm
Pericarpium Citri Reticulatae *Chen Pi* - 10gm
Polyporus *Zhu Ling* - 10 gm
Rhizoma Alismatis *Ze Xie* - 10 gm
Poria Rubra *Chi Fu Ling* - 10 gm
Rhizoma Atractlodis Macrocephalae *Bai Zhu* - 10 gm

Talcum *Hua Shi* - 6 gm (not recommended because of possible asbestos contamination)

Radix Saposhnikoviae *Fang Feng* - 10 gm

Raw Fructus Gardeniae *Shan Zhi Zi* - 10 gm

Caulis Akebiae *Mu Tong* - 6 gm

Cortex Cinnamomi *Rou Gui* - 3 gm

Radix et Rhizoma Glycyrrhizae *Gan Cao* - 3 gm

Medulla Junci *Deng Xiu Cao* - 6 gm

Functions: This formula resolves internal dampness, especially at the level of the skin, It tonifies the spleen, improving digestive and immune function, has a diuretic action, stemming from Spleen deficiency, and clears pathogenic heat toxins.

6. *Chai Hu Shu Gan Wan*

Ingredients (Herbal Times Brand Formulation):

Bupleurum *Chai Hu*- 25%

Cyperus *Xiang Fu* - 19%

Citrus Aurantium *Zhi Shi* - 19%

Paeonia *Bai Shao* - 19%

Ligusticum *Chuan Xiong* - 12%

Glycyrrhiza *Gan Cao* -6%

Functions:

To treat stagnation of liver blood and qi. This formula soothes and dredges the liver, harmonizes spleen and liver, and gets the blood moving.

7. *Jia Wei Si Miao Yong An wan*

Ingredients:

Flos Lonicerae Japonica *Jin Yin Hua* - 30 gm

Fructus Forsythia *Lian Qao* - 30 gm

Radix Isatidis *Ban Lan Gen* - 30 gm

Folium Isatidis *Da Qing Ye* - 30 gm

Radix Angelicae Sinensis *Dang Gui* - 20 gm
Radix Scrophulariae *Xuan Shen* - 15 gm
Radix Paeoniae Rubra *Chi Shao* - 15 gm
Radix Curcumae *Yu Jin* - 10 gm
Radix et Rhizoma Glycyrrhizae *Gan Cao* - 10 gm

For facial herpes add -

Rhizoma Chuanxiong *Chuan Xiong* - 10 gm

For herpes in the lower jiao areas add -

Rhizoma Atractylodis *Cang Zhu* - 10 gm
Radix Acchyranthis Bidentatae *Niu Xi* - 10 gm
Cortex Phellodendri Chinensis *Huang Bai* - 10 gm

Functions:

This formula is anti-inflammatory, anti-viral, and antibacterial. Its herbs clear heat, eliminate toxins, move, cool, and nourish the blood while dispersing stagnant blood. The formula also balances qi and harmonizes the liver.

8. *Bu Yang Huan Wu Tang* (“Tonify Yang Restore Five Decoction”)

Ingredients (Plum Flower Brand):

Astragalus *Huang Qi* - 83.3%
Paeonia *Chi Shao* - 4.2%
Angelica *Dang Gui* - 4.2%
Ligusticum *Chuan Xiong* - 2.1%
Persica *Tao Ren* - 2.1%
Carthamus *Hong Hua* - 2.1%
Lumbricus *Du Long* - 2.1%

Functions:

This formula strengthens the wei qi and ying qi and tonifies blood via its principal ingredient *Huang Qi*. Moreover, it moves the blood and energy through those areas that become stagnant from the heat spawned by viral herpes infections - the channels and

collaterals which need to be dredged. That stagnation is the cause of pain and post herpetic neuralgia. This formula that tonifies and moves blood and qi is the remedy.

9. *Dieh-Dah Qi Li San*

Ingredients (From the Catalog of the East Tao Herb Pharmacy):

<i>Chinese Pinyin</i>	<i>English</i>	<i>Pharmaceutical</i>	<i>%</i>	<i>TCM Energetics</i>
<i>San Qi</i>	Pseudoginseng	Radix Notoginseng	20%	Resolve Blood Stasis and promote the healing of injury;
<i>Xue Jie</i>	Dragon Blood	Sanguis Draconis	20%	
<i>Ru Xiang</i>	Boswellia	Gummi Olibanum	5%	
<i>Mo Yao</i>	Myrrh	Myrrha	5%	
<i>An Xi Xiang</i>	Benzoin	Benzoinum	5%	Relieve pain and stop Bleeding
<i>Chuan Xiong</i>	Ligusticum	Radix Ligustice Chuanxiong	10%	
<i>Hong Hua</i>	Safflower	Flos Carthami Tinctorii	10%	
<i>Dang Gui</i>	Angelica Root	Radix Angelicae Sinensis	5%	
<i>Da Huang</i>	Rhubarb	Radix et Rhizoma Rhei	5%	Resolve Blood Stasis and move Qi-Blood;
<i>Zhi Zi</i>	Gardenia	Fructus Gardeniae Jasminoidis	5%	
<i>Mu Dan Pi</i>	Moutan Bark	Cortex Moutan Radicis	5%	Clear the blood stasis Heat
<i>Mu Xiang</i>	Saussurea Root	Radix Aucklandiae Lappae	5%	

NOTE: If there is ulceration with pus, add these to the formula -

Flos Lonicerae Japonicae *Yin Hua* - 20 gm

Herba Taraxaci *Pu Gong Ying* - 10 gm

Herba Viola *Di Ding* - 10 gm

Rhizoma Coptidis *Huang Lian* - 10 gm

Radix and Rhizoma Glycyrrhizae *Gan Cao* - 6 gm

Functions:

This formula moves the blood, eliminates blood stagnation, and help the skin to heal.

It can be ground up, mixed with sesame oil and vinegar, and applied locally as a paste to the afflicted area several times a day.

10. *Niu Huang Jie Du Wan*

Ingredients

Rheum *Da Huang* -32.1%
Gypsum *Shi Gao* - 25.6%
Scetellaria *Huang Qin* - 19.2%
Platycodon *Jie Geng* - 12.8%
Glycyrrhiza *Gan Cao* - 9.6%
Bovis *Niu Huang* - .6%

Functions:

This formula relieves pain by clearing fire toxins (viruses were fire toxins to the ancient Chinese) from the upper part of the body and is especially good for sores of the mouth and tongue, boils on the skin, infections of the ears, sinuses, throat, and eyes. It can be used as a dressing for herpetic sores by first grind it up, adding it to boiling water, and making it into a paste, applying it directly to herpetic sores, and then covering it with a wet cloth. Reapply the poultice twice daily.

11. *Qi Li San*

Ingredients:

Calamus *Xue Jie*- 30 gm
Dipsacus root *Xu Duan*- 30 gm
Acacia Catechu *Er Cha*- 9 gm
Radix Saussurea *Mu Xiang*- 9 gm
Carthamus Flower (safflower) *Hong Hua*- 6 gm
Boswellia carterii (Frankincense) *Ru Xiang*- 6 gm
Myrrh *Mo Yao*- 6 gm
Gardenia Fruit *Zhi Zi*- 6 gm
Borneol Crystal *Bing Pian*- 3 gm

Functions: This formula moves the blood, eliminating stagnation, and thus relieving swelling and pain.

12. *Ching Wan Hung*

Ingredients:

Lobelia <i>Ban Bian Lian</i> -	27.5%
Myrrha <i>Mo Yao</i> -	17.5 %
Angelica <i>Dang Gui</i> -	12.0 %
Borneol <i>Bing Pian</i> -	12.0%
Sanguisorba <i>Di Yu</i> -	8.5 %
Chaenomeles <i>Mu Gua</i> -	8.5 %
Boswellia <i>Ru Xiang</i> -	8.5 %
Carthamus <i>Hong Hua</i> -	5.5 %
plus oil base	

Functions: *Ching Wan Hung* is the queen of Chinese herbal ointments for the treatment of 1st, 2nd, and 3rd degree burns throughout China. It clears heat, moves the blood stops pain and suppuration, promotes tissue regeneration, and transforms the flesh. This stuff really works, and I keep it at home in the kitchen for whenever I might get a burn from cooking.

Ching Wan Hung is relevant in the treatment of herpes zoster and herpes simplex 1 and 2 in two ways. First, as a practitioner using moxa, even indirectly, it is possible to burn the patient. If you have any doubt as to whether or not you've burned the patient's *huatuoji* or other points, simply apply a little bit of *Ching Wan Hung* to the area and cover with a small bandage.

Second, it is helpful to apply *Ching Wan Hung* directly onto areas of lesions themselves. It will promote healing and reduce the incidence of scarring, while at the same time relieving pain.

Many years ago, in the mid 1980's, I made the mistake of using the carbonized smokeless moxa sticks, which are unfortunately still on the market and even being sold by acupuncture medical supply companies. While treating one patient with indirect moxa on his back shu points, the moxa stick exploded and hurtled a glowing red hot ember onto my patient's back.

The reason why this occurred, I learned thereafter, is because sometimes a bit of water is trapped inside the carbonized stick during the manufacturing process, and when that moisture is exposed to heat, it vaporizes into an expanding gas which serves as a propellant to shoot the carbonized missile forward. The Chinese were always good at fireworks.

Anyways, without a moment's hesitation, I snatched the glowing moxa coal off my patient's back with the index finger and thumb of my left hand, searing my own flesh but minimizing the burn on my patient. I immediately applied *Ching Wan Hung* to my patient and put a little Band-Aid over his afflicted area. He thought it was all part of the

treatment and no burn mark, discomfort, or scarring ensued for him – and no major malpractice lawsuit befell me.

Parenthetically, I was once called as an expert witness in another case in which a patient's leg had been severely burned by an indirect moxa stick. The patient required a skin graft, and the practitioner and his liability carrier were responsible for \$50,000 in damages.

As for my own scorched fingers, I embalmed them in *Ching Wan Hung* and wrapped them in gauze. Within minutes the searing pain had stopped. I replaced both gauze and ointment every 24 hours, which is its preferred method of use when treating burns with *Ching Wan Hung*, and within a week my fingers were as good as new with no sign of scarring. This personal testimonial is representative of comments many of my patients have told me and is why *Ching Wan Hung* is considered a state national treasure in China.

Recently I treated a patient who had suffered from a severe radiation burn on his right arm, a tender and quite discolored (brown) area about three inches wide extending five inches down from his elbow crease on the medial aspect of his arm. The radiation had been given after surgery to remove a malignant melanoma, but the burn resulted in severely disturbed skin for six full months after the surgery and radiation therapy. In the patient's own words, "Under the surface had the texture of mashed potatoes." He'd been to several specialists with no relief or prospect of healing. I applied *Ching Wan Hung* to the area and sent him home with a jar. Three weeks later he returned to show me that the burn had completely healed with no trace of tenderness or discoloration.

Ching Wan Hung is also useful for the treatment of hemorrhoids, eczema (especially for children), psoriasis, bedsores, and boils.

Its only drawbacks are that it has a dark color which easily stains clothing and bed sheets and that it is not to be used during pregnancy on the lower abdomen or lumbar spine. Otherwise it is very safe.

5. Dietary Advice

Patients who suffer from herpes infections of all types, especially during outbreaks, should minimize intake of drugs, herbs, and foods whose energetic qualities promote the creation of fire and heat in the body. Think about it. When there is too much heat and fire in the body, why add fuel to the flames? Western medical practitioners rarely think in these terms, but they are important.

A. Pharmaceutical Drugs that Are Warming

Many pharmaceuticals can produce fire and heat in the body and promote an adverse environment that can lead to and/or prolong outbreaks of the various types of herpes. The drugs listed below are the most likely to increase heat in the body:

Antibiotics

There are many different types of antibiotics used to treat bacterial infections, but those most likely to generate heat in the body are the sulfonamide (e.g. sulfisoxazole, sulfamethoxazole/trimethoprim) and beta-lactam (e.g. penicillins, cephalosporins) classes of antibiotics. A good example of a sulfonamide antibiotic that produces heat is **Bactrim**. It is commonly used to treat acute otitis media, bronchitis, diarrhea, Pneumocystis pneumonia, methicillin-resistant staphylococcus aureus (MRSA), Shigellosis, and urinary tract infections.

Consider **Bactrim's** common side effects:

- Fever
- Itching (an expression of the body trying to expel heat)
- Rash (an expression of the body trying to expel heat)
- Skin that is sensitive to sunlight.
- Dizziness (indicative of liver heat causing wind to rise).
- Feel Like Throwing (reverse flow of stomach qi)

Another example of an antibiotic which produces heat is **Isoniazid**. Here are some of its more common side effects:

- Unsteadiness (think wind)
- Rash
- Hives
- Itching
- Fever
- Dark urine.
- Nausea or vomiting
- Burning, numbness, pain, or tingling in hands and feet
- Yellow eyes or skin (liver fire and heat)

Anti-arrhythmia Drugs

Drugs used to treat abnormal rhythms of the heart can produce heat. Here are two examples:

- Procainamide
- Quinidine

Anti-epileptic Drugs

Drugs used to prevent epileptic seizures (also called anticonvulsants) can produce heat. Here are two examples:

- Phenytoin (diphenylhydantoin)
- Carbamazepine - which may also be used to treat bipolar disorder and trigeminal neuralgia. When one considers how effective acupuncture is for treating trigeminal neuralgia and how ineffective anticonvulsants are, one wonders why western doctors use them to treat trigeminal neuralgia and ignore acupuncture.

Anti-hypertensive Drugs can produce heat.

An example is

- Alpha-methyldopa

Anti-fungal Drugs

Drugs used to treat fungal infections can produce heat.

Here's an example:

- Amphotericin B

Ephedrine

Our old, now banned, standby ephedra or Ma Huang (*ephedra sinica*) contains ephedrine and pseudoephedrine, two alkaloids that may be found in a number of pharmaceuticals, over-the-counter (OTC) drugs, and some herbal and nutritional supplements. Ephedrine and pseudoephedrine definitely have thermogenic, heat producing effects, and they also have many clinical uses and are commonly found in the following:

- Appetite suppressants
- Bronchodilators for bronchitis and asthma
- Nasal decongestants for allergies, colds, and hay fever
- Thermogenic metabolism/energy boosters to increase mental and physical stamina, combat fatigue, and spur weight loss.

Narcotics/Illegal Recreational Drugs

Depending on how much of the substance is consumed, the following drugs can increase body temperature:

- Amphetamines
- Cannabis (marijuana)
- Cocaine
- Ecstasy (MDMA)
- Phencyclidine (PCP)

B.Chinese Herbs that Are Warming

Thanks to John and Tina T. Chen and their wondrous text, **Chinese Medical Herbology and Pharmacology** for insights such as follow about the warming properties of herbs.

Besides pharmaceuticals, herbs also have thermal properties ranging from “cold, cool, neutral, warm and hot.” [Chen]

Yang tonifying herbs that replenish blood, *jing*, and Kidney yang and interior warming herbs that mostly warm spleen and heart yang share similar warming properties and are often important constituents in herbal formulae to support health. However, taken excessively, inappropriately, and/or without proper herbs to balance their thermogenic effects, warm and **especially hot herbs** can contribute to an environment favorable to outbreaks of the various types of herpes.

Following is a list taken from the Chen’s (p. 434) of interior warming herbs:

- *Fu Zi* (Aconiti Lateralis Preparata)- aconite, mother root of common monk’s hood – acrid, hot. **Note well:** Although useful for dispelling interior cold, all four aconite herbs are quite toxic, and must be prepared properly and in combination with other herbs. Fully 60% of all herbal poisonings in China involve the use of aconite herbs!
- *Chuan Wu* (Radix Aconiti Preparata) - prepared aconite - acrid, bitter, hot
- *Wu Tou* (Radix Aconiti)–aconite root - hot
- *Cao Wu*(Radix Aconiti Kusnezoffii) – bitter, hot
- *Rou Gui* (Cortex Cinnamoni) – cinnamon - acrid, sweet, hot
- *Gui Xin* (Cortex Rarus Cinnamoni)
- *Tu RouGui* (Cortex Cinnamoni Burmannii)
- *Gan Jiang* (Rhizoma Zingiberis) – ginger - acrid, hot
- *Pao Jiang* (Rhizoma Zingiberis Preparatum)– prepared ginger -acrid, hot
- *Wu Zhu Yu* (Fructus Evodiae) - Evodiae fruit - acrid, bitter, hot
- *Xi Xin* (Herba Asari) – wild ginger - acrid, warm
- *Tu Xi Xin* (Herba Asarum Forbgesii)
- *Hua Jiao* (Pericarpium Zanthoxyli) – prickly ash pepper tree peel – acrid, hot
- *Jiao Mu* (Semen Zanthoxyli Bungeani)– Bunge pricklyash seed – toxic until dry fried – bitter, pungent, warm
- *Gao Liang Jiang* (Rhizoma Alpiniae Offiinarum) – alpinia, galangal – acrid, hot

- *Hong Dou Kou* (Fructus Alpiniae Galangae)– red cardamom – acrid, hot
- *Ding Xiang Pi* (Cortex Caryophylli)– clove – acrid, warm
- *Mu Ding Xiang* (Fructus Caryophylli) – clove fruit - warm
- *Hu Jiao* (Fructus Piper) – black pepper – acrid,hot
- *Bi Ba* (Fructus Piperis Longi) – long pepper – acrid, hot
- *Bi Cheng Qie* (Fructus Litseae)- litsea – acrid, warm
- *Xiao Hui Xiang* (Fructus Foeniculi) – fennel – acrid, warm
- *Shi Luo* (Fructus Anethum Graveolens)–dill – acrid, warm
- *Da Hui Xiang* (Fructus Anisi Stellati) – star anise – sweet, warm
- *Mang Cao* (Fructus Illicium Lanceolatum) - toxic! – Mang Cao has ten to thirteen parts -
- do not confuse with *Da Hui Xiang* star anise which has only eight parts

Acrid tasting herbs disperse the qi or energy and open up the pores. They are also drying and should be used with caution when yin is deficient.

C. Foods that Are Warming

What foods do produce fire and heat? Foods do not produce nearly so much heat as pharmaceuticals and herbs, however sugar, fats, and cheeses do tend to produce some heat, hot spices can produce much more, and alcoholic drinks can create bonfires, particularly in their higher proof forms. Once again, for anyone suffering from any form of a herpes outbreak I recommend avoiding cheesy, greasy, fried, spicy, and sugary foods as they contribute to the creation of damp heat and phlegm in the body. In particular, I recommend avoiding tobacco, which is a nerve stimulant that increases pain, and the following foods during outbreaks:

- alcohol
- beef
- cheeses
- chili peppers from the genus *capsicum*
- fried fish and fried foods
- garlic
- ginger
- lamb
- miso
- nuts that have a high level of arginine (a proper arginine/lysine ratio prevents Herpes Simplex 1 outbreaks) - Those suffering from herpes outbreaks should supplement with the amino acid lysine to balance the arginine/lysine ratio.
- onions
- black pepper
- roast duck
- smoked meats
- sugar - yes, please avoid highly sugary foods

V. Case Studies

Case 1. Johnny P. was a wealthy 80 year old man who called me one day in excruciating pain from an outbreak of shingles. He wanted me to do a treatment immediately, and since I had an opening in my schedule, I could readily comply. Johnny had previously given over \$9,000,000 to a hospital in his hometown and was very well acquainted and not impressed with the services M.D.'s could provide for the treatment of shingles, a malady from which he had previously suffered.

A year before Johnny had an episode of epistaxis that had sent him into a panic, and he'd called me on a Sunday morning for an emergency home treatment. He'd previously been hospitalized for six weeks for repeated treatments of a posterior nose bleed from the right sphenopalantine artery, and he dreaded another hospitalization. That Sunday morning I brought along some *Yunnan Pai Yao* powder and a short straw. I had him snort the *Yunnan Pai Yao*, and with a very few minutes his nosebleed was over, never to return. This instilled confidence in him that I could relieve his shingles.

Syndrome Differentiation

Johnny took Imitrex for migraines and Lipitor for high cholesterol pharmaceuticals. The only supplements he took were DHA oil capsules for cognition, and he was a drinker of alcohol, sometimes two or three martinis in the afternoon. His eating patterns were moderate with no spicy foods. His tongue was pink to reddish, with a yellow greasy moss, and some redness along the edges which indicated liver fire. Pulses were wiry, fast and floating. Johnny had angry, itchy, moist but hard red lesions on the right side of his back along the spaces between his 7/8th, 8/9th, and 9/10th ribs. I diagnosed this as a case of liver fire blazing upwards with some damp heat.

Treatment

Treatment consisted of acupuncture to the huatoujia points lateral to intervertebral spaces 7/8 (GV 9), 8/9, and 7 (GV7) followed by indirect moxa 29 times to each of these points using tiger warmer sticks held by my hand ¼ inch away from the points for less than one second each time. I also inserted needles surrounding the dragon of the

various lesions. Then I sent him home with bottles of *Long Dan Xie Gan Wan* and *Chuan Xin Lian* and told him to take 4 of each three times a day for a week.

Results

Johnny reported back to me the next day that his pain had disappeared immediately after the treatment and that his lesions had already dried up and were no longer itchy or painful.

Case 2. Jessie V. was a 52 year old woman whose father had just died. With the emotional stress of that loss came an onset of shingles on her right side. She had suffered from recurrent lesions for five weeks with pain flaring on and off daily at least twelve hours a day, despite wearing lidocaine patches. Physical examination revealed lesions in the intercostals spaces adjacent to right UB 14, 15, 16, 17, and 18 to the subaxillary region and under her right breast.

Syndrome Differentiation

She had a red tongue and fast, floating, wiry pulses. Jessie drank a good deal of alcohol every day to relieve her grief and was resistant to advice that she curtail her drinking as it contributed to the environment which spawned the outbreak of shingles.

Diagnosis: Shingles from liver fire rising.

Treatment

a. Acupuncture to the huatuojiaji points adjacent to UB 14, 15, 16, 17, and 18 and also to local points surrounding the herpetic lesions

b. indirect moxa to the local lesions and also to the huatuojiaji points adjacent to UB 14, 15, 16, 17, and 18

c. Rx: *Chuan Xin Lian* and *Long Dan Xie Gan Wan*

d. gua sha massage to the intercostal spaces adjacent to UB 14, 15, 16, 17, and 18 after the lesions had dried during her 3rd and 4th and 5th treatments (which included repeats of a, b, and c).

Results

Five treatments were spaced 3 days apart. Perhaps 60% of Jessie's pain was relieved after the first treatment, 20% more after the 2nd treatment 3 days later, and the lesions had almost all dried up by the 4th day after the first treatment. However, she experienced residual post herpetic nerve pain, especially in the intercostal area under her right breast, which the gua sha massage alleviated by the fifth treatment. I considered her recovery to be slowed by her insistence on drinking alcohol.

Case 3. Elizabeth was an 82 year old woman who had an outbreak of shingles on her right side at the level of thoracic vertebrae 8, 9, and 10. Her daughter, a nurse, was a friend of mine and called from Ohio with a request for advice. I was unable to see the patient, nor was I able to refer her to a competent acupuncturist in her area. On a hunch I suggested that her daughter get a hair dryer and simply heat the area adjacent to T8, T9, and T10 for a few minutes, taking care not to burn her mother. The daughter did so, the lesions dried up the next day never to return, and the pain disappeared altogether as if the outbreak had never even occurred.

Case 4. Harold, a 69 year old man, presented with an onset of oral Herpes Simplex Virus 1. Blisters were just starting to form on the right side of his lips. Outbreaks would only occur on the right side of his mouth and would happen after the patient had been in the sun all day boating or skiing. He used Abreva with good results, but the blisters would still erupt and take three to four days or longer to disappear.

Syndrome Differentiation

Patient had a pale tongue with a thin white moss and teeth marks showing. Pulses were slow, sinking, and empty in the Stomach/Spleen area. He did not drink alcohol nor eat spicy foods.

Diagnosis: Damp heat from spleen deficiency

Treatment

Patient did not want the smell of moxa on his clothing nor did he want to take any herbs such as *Chuan Xin Lian* or *Long Dan Xie Gan Wan*. Instead, I simply injected Engystol into the nerve root ganglion by C1, C2, and C3.

Results

Patient's mouth did not erupt in cold sores at all, and he has been free of them ever since - quite a surprise to me. He did not even take Engystol tablets. His recovery was solely a result of the local Engystol injections.

Case 5. Dave was a thirty year old man who had contracted Herpes Simplex 2 on his genitalia after an episode of unprotected sex. The outbreak was pretty severe, and besides localized lesions, he suffered from swollen lymph nodes and fever.

Syndrome Differentiation

Dave was a big man, 6'3", 240 pounds, and a serious bourbon drinker on occasion. He had his own still, and when a batch of bourbon was ready, that was an occasion. His tongue was red. The coating was *tan yin*, dirty yellow moss. His eyes and face were red. His mouth was dry. His pulse was wiry, and his stools were dry.

Diagnosis: Liver Fire blazing upwards, a textbook case.

Treatment

- a. Acupuncture bilaterally to Liver 2 and 3
- b. Acupuncture bilaterally to UB 22 and 23 and the associated huatuojiaji points and the sacral foramen at UB 27, 28, and 29 - followed by indirect moxa to those points, then followed by injections of Engystol. Why these points? Because the nerve roots that affect the genital area originate at the lumbar one/two space and the 2nd and 3rd sacral foramen.

c. Recommended that Dave take *Chuan Xin Lian* and *Long Dan Xie Gan Wan* daily for 8 days and cease drinking bourbon

Results

Even though Dave kept on drinking, his lesions dried up in three days, his fever ended, the lymphatic swelling subsided, and he has not experienced a recurrence of lesions. This is not to say he has stopped shedding HSV 2 viral particles and is a safe partner with whom to have unprotected sex.

Cases 6 and 7. I received this note from a colleague via email:

“...by the way I tried a few times the protocol for herpes you were talking about at the seminar...with Engystol, moxa, and *Long Dan Xie Gan Tang* ...it worked BEAUTIFUL...it was a couple who struggled for more than 20 years with very often flare ups (almost every month). Since the treatment they are doing extremely well.

Here are two case histories she sent me about those patients:

Case histories - married couple

Female, 40 years old

Chief complaint: Infertility ...with a miscarriage a year ago

History: Hashimoto, Thrombophilia, Herpes Simplex 1 for 20 years and Herpes Simplex 2 for 5 years, breast cysts and uterine fibroids.

Diagnosis: KD Yang def with Damp-Phlegm Accumulation

Tongue: pale, scalloped, wet

Pulse: deep, weak, slightly slippery

Treatment: I treated her with infertility protocol since July 2016 but on 10/14/2016 she got a flare up in the genital area with itch, pain and blisters so first I needled her: DU 20, LI 11, LI 4, LV 3, SP 10, ST 25, ST 28, ST 40, *Zi Gong Xue*; 11/06/2016, 11/24/2016, and after I did moxa to the Jia Ji points in the L2-L5 area following by Engystol injection 1ml on the same points. I treated the same protocol 3 times every other day and the patient took *Long Dan Xie Gan Wan* (8 tea pills 3 times/day for the next 10 days).

Results: Up to date...she didn't have another flare up of Simplex 2 or 1...and she is 4 months pregnant. She is very happy so far because she use to have flare ups of simplex 1 almost every month and simplex 2 every other month.

Male, 47 years old

Chief complaint: Pain in the right side, HBP, Insomnia, very low energy

History: Trauma since he was 4 years old when his mother died, Herpes Simplex 2 for 20 years, HBP for the past 2 years, GB stones and digestive issues

Diagnosis: SP Qi and KD Yin Def. + slightly LV Qi Stagnation and some Phlegm Accumulation

Tongue: red sides, scalloped, yellowish coating back in the KD area

Pulse: rapid, wiry

Treatment: I treated him since March 2016 for pain and digestive issues (diarrhea), HBP, insomnia etc...but on 10/13/2016 he got a herpes flare up in the genital area, not aggressive and not itch or burning sensation, just two little blisters. I needled him *Si Shen Cong*, GB 20, LI 11, LI 4, LV 3, SP 10, ST 25, Ren 3, *Shen Guan*, SP 6, ST 40 and after I did moxa the Huato Jia Ji points in the lumber area L2-L5 following by Engystol injection 1 ml in the same points. I treated the same protocol 3 times every other day and he took *Long Dan Xie Gan Wan* (8 tea pills 3 times/day for the next 10 days).

Results: For him the flare up returned by end of December, 2016 but again one little blister with no itch or pain or burning sensation...he came back to repeat the same protocol. About 10 days ago he came to see me because he got a little herpes in the corner of his mouth which he said never had before, so this time I used the same protocol but I injected in the T 1-3 area. The very next day the herpes was dry and gone quick.

Case 8. Gisele was a 50 year old woman, mother of two, very fit and health conscious who had suffered for four months with a persistent rash in her Gall Bladder 29 and 30 area, atop her right gluteus maximus and piriformis muscles. Her words: "Four months ago I developed a rash that wouldn't completely go away. Sometimes it would itch. Other times burn; was very hard to sit for long. Used essential oils, cortisone creams (ineffective), Benadryl cream (ineffective), Acyclovir (which helped)."

Syndrome Differentiation

Gisele had a healthy pink tongue, moist but not wet, with little moss but not peeled. She ate a very clean, balanced diet; had smooth pulses (not empty nor floating nor sinking), no alcohol nor hot spicy foods in her diet; no headaches or other signs of liver fire; good digestion, regular well-formed bowel movements, and no sign of weak spleen with damp heat; and bright shen coming from her eyes. She was healthy, and I could not determine what underlying pathological syndrome had set off her herpes zoster attack, except perhaps for the psychological stress of having prepared for her daughter's wedding. However, from the look of the red, open, oozing sores, I knew that she was suffering from shingles.

Treatment

- a. Acupuncture to UB 25, 25, 27, 28, 29, associated huatuojiaji points, and GB 30
- b. Indirect moxa to those points and around and atop the sores
- c. Injection of Engstol to the huatoujia points and around and directly into the sores
- d. Rx: *Chuan Xin Lian* and *Long Dan Xie Gan Wan*

Results

I treated Gisele one time. She went into remission immediately; her sores dried up, and she had no pain. Then five weeks later the patient returned complaining of a flare up. I repeated the same treatment once, and her symptoms disappeared for good.

Download Worksheet From Below Link :

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