

What is an outbreak?

Most of the time when herpes sores are not present on the skin the virus remains in a latent (sleeping) state in the central nervous system, where it does no damage.

When the virus reactivates (wakes up) it travels nerve paths to the surface of the skin, sometimes causing what is known as an 'outbreak' or episode of symptoms.

How can I reduce the duration of an outbreak?

The duration of a herpes outbreak and the time between each outbreak can vary. This will normally depend upon the individual and factors such as stress, lifestyle, one's immune system and what particular treatment is being used.

Choraphor is a topical solution that can shorten the duration of an outbreak. Choraphor can also help to reduce the possibility of a recurrence.

Diet and lifestyle changes are other approaches that can also be beneficial in managing herpes.

Good rest, exercise and fresh fruit and vegetable juices will assist in strengthening the immune system (Your body's natural defence system against viruses, such as herpes).

What Symptoms are commonly associated with a genital herpes outbreak?

- Itching, tingling, or burning sensations
- Muscle aches or pains near to the area
- Blisters, cuts, sores, bumps or a rash in the infected area
- Vaginal or penile discharge
- Burning and/or pain when urinating
- Flu-like symptoms such as headache, fever and swollen glands

For pictures of herpes related conditions go online to:
www.herpes-coldsores-treatment-pictures.com

What should I do if I think I have herpes?

If you suspect that you have herpes and have not had your condition diagnosed it is important that you visit your health care provider as soon as possible for a professional analysis.

Genital herpes can be mistaken for many different conditions and should always be diagnosed professionally.

To locate an STD Clinic in your area visit www.herpes-coldsores.com/support



Choraphor.com

Herpes Information and Support Services



Customer Support & Guidance:

Email: support@choraphor.com



Online Herpes Information:

www.choraphor.us



Choraphor Ordering Hotlines:

US: 1-877 553 4488

Australia: 1800 646 921

UK: 0800 0280 956



Choraphor Real Life Success Stories:

www.choraphor.com/testimonials.htm

International Distributor Choraphor Inc.

www.choraphor.com

Toll Free Order Hotline:

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UK: 0800 0280 956

A Guide to Herpes

Management and Understanding



Brought to you by...

Choraphor

What is Herpes?

There are two types of the Herpes simplex virus:

- Type 1 (HSV-1)
- Type 2 (HSV-2)

HSV-1 or mouth herpes are commonly in the form of coldsores on the mouth, nose, face or surrounding areas.

HSV-2 or genital herpes is a more intense strand of the virus commonly found on the genitals.

However, BOTH of these virus types can cause a herpes infection on the face, fingers, genitals or other body areas.

Is having Herpes 'the end of the world'?

No, a person with herpes can live a normal, happy and healthy life just like anyone else.

The more emotionally charged an issue, the more important it is to find out the facts.

Genital herpes is a very common condition and effective treatment is available.

Generally, herpes is not life-threatening and it has no long term repercussions on a person's general physical health.

It is also important to remember that if you have genital herpes you are not alone.

It is a fact that in some countries up to one in every five people are infected with this virus whether they know it or not.

Should I talk about it?

Yes, talking about how you feel can often make a world of difference. Support groups, online discussions, chat groups and counsellors are available if you need to talk privately.

With support groups and online Herpes Help sites you can communicate about how you are feeling with people who are going through similar circumstances or who have been there before.

To get involved visit the Herpes-Coldsores.com Website at www.herpes-coldsores.com, here you will find online discussions and links to support groups across the world.

If you need support or guidance you may like to contact the Choraphor Support Team, who are always happy to help. Email your questions or concerns to: support@choraphor.com

All of these support services are completely confidential and can be used anonymously.

Transmission (Spreading of Herpes)

It is possible to have a sexual relationship and not spread the herpes virus if the necessary precautions are taken.

Herpes often brings about some changes in a couple's sex life, such as abstaining from sex during outbreaks.

For most people with herpes, this occurs only a few times a year and, if Choraphor is used, you can expect even longer periods between outbreaks.

When can the herpes virus be spread?

Herpes is most easily spread when a sore is present, but, it is also often spread at other times too.

Some people notice itching, tingling or other sensations before they see anything on their skin. These are called "Prodromal Symptoms" and they warn that the virus may be present on the skin.

Herpes is most likely to be spread from the time these first symptoms are noticed until the area is completely healed and the skin looks normal again. Contact with the infected area is very risky during this time.

It is important to be aware that herpes can also be transmitted when there are no symptoms, due to asymptomatic (no symptoms) viral shedding.

It is important to use latex condoms or latex barrier protection in-between outbreaks for additional protection (please see your doctor for alternative barrier methods if you are allergic to latex).

How does a person contract genital herpes?

Genital herpes can be transmitted through direct contact with an infected blister or sore, usually through sexual contact such as oral, vaginal or anal intercourse.

Herpes can also be transmitted when there are no symptoms present.

Since the genital herpes virus can be transmitted through oral sex as well as vaginal sex, it is also possible to contract the virus from a cold sore on a partner's mouth or face.

It is possible to pass the virus on even if they did not have a cold sore present at the time of contact.

To help prevent transmission it is important not to touch an infected area during an outbreak. If you do, wash your hands as soon as possible with soap and warm water, this can help prevent the virus from spreading further.

Please consult your health care provider for more information about herpes transmission and prevention.

Treatment Approach

Choraphor - a Topical Application

If you or someone you know experience outbreaks of herpes (including genital herpes, cold sores or fever blisters) Choraphor could be an effective solution.

Choraphor is a topical product (applied externally to the skin) which can assist in speeding up the healing time of herpes outbreaks and can help to reduce the frequency and severity of any recurrences.

This product is odourless and is applied in one single application, once during the outbreak.

Visit the Choraphor Website at www.choraphor.com for more information.

Self Help Relievers

- **Salt Baths:** Used to wash the genital area salt baths can clean, soothe and dry the sores. Use 1 teaspoon of salt in 600mL of water or a handful in a shallow bath
- **Pain relievers:** Include simple analgesics such as aspirin and paracetamol
- **Ice:** Can be soothing if applied directly to the sores (wrapped in a towel)
- **Loose underclothes:** By wearing loose underclothes that are preferably cotton (not nylon) during an outbreak, you can help minimize discomfort and allow healing
- **Water Relief:** For anyone experiencing extreme pain when urinating the process can be less painful when done in a cool bath. It is also important to remember to drink plenty of fluids as this will help dilute the urine
- **Bach Flower Remedies:** May be prescribed to ease the emotional stress of herpes, particularly Rescue Remedy. For information about flower remedies go online to: www.globalherbalsupplies.com

Diet and Lifestyle

By taking better care of yourself you can assist your body's natural immune system defend against the herpes virus.

Also, an appropriate diet high in the amino acid lysine and low in the amino acid arginine may be helpful for people who experience herpes outbreaks.

Some foods containing arginine include nuts, chocolate and caffeine. If herpes outbreaks are a problem for you, see whether cutting back on these foods or eliminating them from your diet helps to relieve your symptoms.