

# Short Naps and Better Sleep Beats Bad Bugs

*A small study suggests that lack of sleep is linked to poor health, but short naps counteract that effect. (1)*

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“Infected with the herpes virus (HSV-1, or HSV-2)? The CBCD, which conducted two separate post-marketing clinical studies on the natural, antiviral formula of [Novirin](#), recommends taking this effective herpes remedy to help the immune system target the latent HSV.” - Greg Bennett, CBCD

A short nap may improve the health of the immune system. Research shows that “a 30-minute afternoon nap can restore alertness.” (1) Study authors further wrote that “napping has stress-releasing and immune effects. Napping could be easily applied in real settings as a countermeasure to the detrimental health consequences of sleep debt.” (See JCEM, from June 6, 2014) (2) Examples of the harmful effects of sleep deprivation include “a negative impact on brain function, metabolism, hormones and the immune system.” (1) The study authors suggested that “napping countermeasures may reduce these deleterious health effects by improving the recovery of the neuroendocrine and immune systems.”

(2)

In simple terms, what does this mean?

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If you are an individual with a job that keeps you up all night, we recommend taking Novirin in addition to napping.  
*Greg Bennett, CBCD*

People who don't get enough sleep may be damaging their immune system. “People who sleep too little are more likely to develop chronic diseases such as obesity, diabetes, high blood pressure and depression.” (See Endocrine Society, from February 10, 2015) (3)

This may be because a lack of sleep causes a drop in the antiviral proteins produced by the immune system. “Lack of sleep also affected the levels of interleukin-6, a protein with

antiviral properties, found in the subjects' saliva. The levels dropped after a night of restricted sleep...” (3) When these antiviral proteins produced by the immune system are reduced due to a lack of sleep, a latent virus can reactivate and cause disease. This is exactly what happens with the herpes virus. After an initial infection, it establishes a life-long latent infection, and can reactivate, causing a painful outbreak whenever the immune system is weakened. “For most, a sore appears, heals and is forgotten, although the virus remains latent just waiting for the right circumstances to come back.” (See ScienceDaily.com from October 31, 2012) (4) The CBCD recommends that in addition to taking naps to improve the health of the immune system, individuals infected with the herpes virus should



also take Novirin to help the immune system target the latent herpes virus. The formula of this natural herpes remedy was found to safely and effectively reduce HSV symptoms in two separate post-marketing clinical studies that followed FDA guidelines.

Learn more about [herpes symptoms](#).

The formula of Novirin was tested by Hanan Polansky and Edan Itzkovitz from the CBCD in two clinical studies that followed FDA guidelines. The studies showed that the Novirin formula is effective against the herpes simplex family of viruses, which includes VZV. The clinical studies were published in the peer reviewed, medical journal Pharmacology & Pharmacy, the first, in a special edition on Advances in Antiviral Drugs. Study authors wrote that, "individuals infected with the (HSV-1) ... reported a safe decrease in their symptoms following treatment..." (5) The study authors also wrote that, "we observed a statistically significant decrease in the severity, duration, and frequency of symptoms." (5)

Novirin can be ordered online through the product website, here: <http://www.novirin.com>

Novirin is a natural antiviral dietary supplement. Its formula contains five natural ingredients: Selenium, Camellia Sinesis Extract, Quercetin, Cinnamomum Extract, and Licorice Extract. The first ingredient is a trace element, and the other four are plant extracts. Each ingredient and its dose was chosen through a scientific approach. Scientists at polyDNA, the company that invented and patented the formula, scanned thousands of scientific and medical papers published in various medical and scientific journals, and identified the safest and most effective natural ingredients against latent viruses.

To date, Novirin is the only natural antiviral product on the market with published clinical studies that support its claims.

The Mayo Clinic agrees with the study mentioned above, noting that "lack of sleep can affect your immune system. Studies show that people who don't get quality sleep or enough sleep are more likely to get sick after being exposed to a virus, such as the common cold. Lack of sleep can also affect how fast you recover if you do get sick. During sleep, your immune system releases proteins called cytokines, some of which help promote sleep. Certain cytokines need to increase when you have an infection or inflammation, or when you're under stress. Sleep deprivation may decrease production of these protective cytokines. In addition, infection-fighting antibodies and cells are reduced during periods when you don't get enough sleep." (See MayoClinic.org from July 10, 2012) (6)

When the immune system is weakened, and can no longer protect against viruses, the number of latent viruses will increase, and some might even reactivate.

What is the problem with a high number of latent viruses?

Dr. Hanan Polansky from the CBCD has shown how the DNA of latent viruses can cause major chronic diseases, such as obesity, diabetes, high blood pressure and depression. Please note that these are precisely the diseases mentioned in the report on stress, and the chronic diseases that may develop when someone experiences long-term sleep deprivation.

According to Dr. Hanan Polansky's theory of Microcompetition, fragments of DNA, called N-boxes, can be dangerous. When foreign N-boxes enter the body (naturally, or artificially, like through an injection of some treatment), they end up in the nucleus, where they attract scarce genetic resources. It is interesting that many common latent viruses, such as the herpes family of viruses, have strong N-boxes in their DNA. (See Microcompetition with Foreign DNA and the Origin of Chronic Disease, from

2003) (7)

What is the problem when the herpes virus reactivates?

When the herpes virus reactivates, it may cause recognizable symptoms such as a genital herpes outbreak. Dr. Charles H. Cook said that "because almost all people are infected by one or more herpes family viruses during their lifetime, the potential impact of these findings are significant ... we hope that by understanding how these latent viral infections are controlled that we can prevent reactivation events and improve people's lives." (4) Dr. Cook is the director of surgical critical care at The Ohio State University College of Medicine in Columbus, Ohio. Dr. John Wherry, the deputy editor a medical journal that published a study on the latent herpes virus, said that "Finding ways to control herpes flare ups is important, not only for the health of the person with the virus, but also for preventing its transmission." (4)

"Although sleep is essential when it comes to maintaining a healthy immune system, sometimes, no matter what you do, you just can't get enough. If you are an individual with a job that keeps you up all night, are under a lot of stress, or are taking a medication that interferes with your ability to sleep, we recommend taking Novirin in addition to napping. The formula of this natural herpes remedy was designed to help the immune system target the latent HSV." – Greg Bennett, CBCD

What other treatments are currently available for herpes infections?

"Two types of antiviral treatments against HSV are available: topical and oral. The treatments include penciclovir, acyclovir, famciclovir, and valaciclovir. However, their effectiveness is limited. For instance, a meta-analysis of five placebo-controlled and two dose comparison studies evaluated the effect of aciclovir, famciclovir or valaciclovir on symptoms. The meta-analysis showed that oral antiviral therapy decreases the duration and the associated pain of an outbreak by merely one day." (5). There is also the natural supplement Novirin, which has a formula that was designed to help the immune system target the herpes virus when it is in a latent form.

Interested individuals can view the studies published on the antiviral formula of Novirin here:

<http://www.scirp.org/journal/PaperInformation.aspx?PaperID=36101#.VNc8leaUf90>

and

<http://www.scirp.org/journal/PaperInformation.aspx?PaperID=44234>

All orders of Novirin are completely confidential, and no information is shared or sold to any third party. Privacy is assured.

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