

# Can Sex Trigger a Herpes Outbreak? CBCD Reviews the Medical Evidence

*Friction caused by intercourse may trigger a herpes outbreak. (1)*

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“Infected with the Herpes virus (HSV-1 or HSV-2)? We recommend taking [Novirin](#) or [Gene-Eden-VIR](#).” Greg Bennett, CBCD

Some people wonder if having sex could trigger a genital herpes outbreak. The answer is yes. According to medical sources, “Some people find that the friction of sexual intercourse irritates the skin and brings on symptoms.” (1) All medical sources recommend avoiding having sex during a herpes outbreak. “Avoid these sexual activities when you have sores on your genitals, or when you feel a herpes outbreak coming on: vaginal sex, anal sex, receiving oral sex (fellatio, cunnilingus, and anilingus), between outbreaks, it's OK to have sex, as long as your partner understands and accepts the risk. For example, as long as you don't have herpes sores on your mouth, you can perform oral sex on your partner, including when you have an outbreak of genital symptoms.” (2) The Center for the Biology of Chronic Disease (CBCD) recommends that individuals infected with HSV-1 or HSV-2 take Novirin or Gene-Eden-VIR. These natural, antiviral products have a formula that was shown to reduce HSV symptoms in two separate post-marketing clinical studies that followed

FDA guidelines.

Click to learn more about [herpes symptoms](#).



effective against a broad range of latent viruses, including herpes viruses (HSV-1 and HSV-2). 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 (a latent virus) ... reported a safe decrease in their symptoms following treatment...” (3) The study authors also wrote that, “we observed a statistically significant decrease in the severity, duration, and frequency of symptoms.” (3)

Both Gene-Eden-VIR and Novirin can be ordered online through their respective websites here:

<http://www.gene-eden-vir.com>

and

<http://www.novirin.com>

Gene-Eden-VIR and Novirin are natural antiviral dietary supplements. Their 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 were 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, Gene-Eden-VIR and Novirin are the only natural antiviral products on the market with published clinical studies that support their claims. Note: Novirin has the same formula as Gene-Eden-VIR. However, it contains higher quality and more expensive ingredients.

How can one prevent a herpes outbreak due to sex?

“Using a water-based lubricant can help reduce irritation. Don't use one that contains the spermicide nonoxynol-9, however. Nonoxynol-9 can irritate mucous membranes, such as the lining of the vagina. Oil-based lubricants are a no-no, too. They weaken latex, making condoms more likely to break.” (1)

“Remember that triggers may not be the same for everyone, and doctors are not certain how much lifestyle affects herpes symptoms.” (1) The CBCD recommends that if you think something triggers your symptoms, talk to your doctor about Gene-Eden-VIR or Novirin.

What other treatments are available against the herpes virus?

“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.” (3)

As noted above, there are also natural antiviral products that studies show to be safe and effective in reducing herpes symptoms. Two of these products are Novirin and Gene-Eden-VIR. The only treatments that were designed to target the latent herpes virus are Novirin and Gene-Eden-VIR.

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

References:

- (1) WebMd.com - Genital Herpes Health Center - Potential Herpes Triggers - Reviewed by Traci C. Johnson, MD, FACOG on September 30  
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- (2) WebMd.com - Genital Herpes and Your Sex Life - Reviewed by Traci C. Johnson, MD, FACOG on September 22  
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- (3) Polansky, H. Itzkovitz, E. Gene-Eden-VIR Is Antiviral: Results of a Post Marketing Clinical Study. Published in September 2013.  
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