

How Long is the First Outbreak with the Herpes Virus? CBCD Reviews the Medical Evidence

A first herpes outbreak may be the most severe, lasting for up to a month. (1)

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

Many people wonder how long a herpes outbreak can last when they first become infected. The answer, according to the CDC, is that “The average incubation period after exposure is 4 days (range, 2 to 12). 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.” (1)

WomensHealth.gov goes further, stating that, in some cases (HSV symptoms) can last more than a month. “Genital herpes infection also can be severe and long-lasting in people whose immune systems don’t work properly....” (2).

The WebMD website notes that during an initial outbreak, “the entire body may be affected, causing you to feel as though you have the flu. Blisters appear around the genitals or anus or in the area where the virus entered the body. The blisters break within a few days and become painful, oozing sores. The sores usually heal within 3 weeks (without treatment) and do not leave scars. Sores that occur in women usually take longer

to heal than sores that occur in men.” (3). The Center for the Biology of Chronic Disease (CBCD) recommends that individuals concerned about a herpes infection take Gene-Eden-VIR or Novirin. The formula of these natural antiviral products was shown to reduce symptoms associated with the herpes virus in two separate post-marketing clinical studies that followed FDA guidelines.



Hanan Polansky and Edan Itzkovitz from the CBCD in two clinical studies that followed FDA guidelines. The studies showed that the formula of Novirin and Gene-Eden-VIR is 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..." (4) The study authors also wrote that, "we observed a statistically significant decrease in the severity, duration, and frequency of symptoms." (4)

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.

The CDC continues, warning the public that herpes symptoms are confusing. "Genital herpes can be a confusing disease. Symptoms can look like other conditions, or there may be no symptoms at all." (1). Many people then wonder how they can tell if they are infected. "Often it's hard to tell by looking. The textbook symptom of genital herpes is a cluster of small fluid-filled blisters that break, forming painful sores that crust and heal during several days. Affected areas include the penis, scrotum, vagina, vulva, urethra, anus, thighs, and buttocks. But many people don't get these sores. Some people have no symptoms at all, while others get symptoms that can be easily mistaken for razor burn, pimples, bug bites, jock itch, hemorrhoids, an ingrown hair, or a vaginal yeast infection (1)."

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." (4)

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 Gene-Eden-VIR and Novirin. The only treatments that were designed to target the latent herpes virus are Gene-Eden-VIR and Novirin.

"When a person has a genital herpes outbreak, we recommend asking the doctor about Gene-Eden-VIR and Novirin. These natural antivirals were clinically proven to safely decrease symptoms of a

genital herpes infection in a study that followed FDA guidelines.” – Greg Bennett, CBCD

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) CDC – Frequently Asked Questions About Genital Herpes. Last reviewed on August 6, 2012.

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(2) WomensHealth.gov – Publications – Genital Herpes Fact Sheet. Last updated on July 16, 2012

<http://www.womenshealth.gov/publications/our-publications/fact-sheet/genital-herpes.html>

(3) WebMD – Genital Herpes Health Center – Genital Herpes – What Happens. Last updated

December 21, 2010, <http://www.webmd.com/genital-herpes/tc/genital-herpes-what-happens>

(4) Polansky, H. Itzkovitz, E. Gene-Eden-VIR Is Antiviral: Results of a Post Marketing Clinical Study. Published in September 2013.

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