

Acupuncture treatment for herpes can help control the symptoms and reduce the recurrence rate a great deal. Patients need twice a week therapy for 3 weeks then cut down to once a week for 4 weeks. Patients need maintenance care one a month for 6 to 8 times.

According to a clinical research report, women who are virus carriers treated by acupuncture or herbs will have much less chances of having the herpes attack than women who have no treatment. Acupuncture is necessary to apply on pregnant women who suffer from herpes even though there are no outbreaks because they are virus carriers. They may pass the virus to their infants. However, caesarian is the major way to prevent the virus from passing through labor. Pregnant women with herpes are recommended to take acupuncture every two weeks until they are in labor.

### Herbal Formula Pao Zhen Qing

#### What is this formula for?

This herbal formula helps patients with pain and broken skin in the genital or oral area. Patients who have sexually transmitted illness is referred to in the TCM diagnosis as damp and heat in the liver meridian. Pao Zhen Qing can clear out the infection and inflammation, ease the pain, and help skin recover.

#### Formula source and description

Pao Zhen Qing is an herbal formula researched and developed by Shanghai Xiong Qi Biological Products, Ltd. This herbal formula completed six years of laboratory and clinical studies for safety and effectiveness and has been approved to help treat herpes in China. It comes in capsule form and is made with 100% nutritional herbs to help patients with genital herpes, oral herpes, and shingles.

#### Ingredients

Fu Ling (Poria Cocos), Da Huang (Rheum Officinale), Huang Bai (Phellodendron Amurense), Xia Ku Cao (Prunella Vulgaris), Huang Lian (Coptis Chinensis), Sha Ren (Amomum Xanthioides), Gan Jiang (Zingiber Officinale), Bai Bian Dou (Dolichos Lablab), Mai Chi Jian (Portulaca Oleracea), Long Dan Cao (Gentiana Sabra), Mu Li (Ostreid Gigas), Che Qian Zi (Plantago Asiatica), Zhi Mu (Anemarrhen Asphodeloides), Da Zao Zizyphus (Jujuba), and Bai Zhu (Atractylodes Macrocephala).

#### How Does It Work?

Preliminary laboratory research shows that HerpEase can effectively protect HeLa cells from infection of HSV-1 in vitro. According to TCM theory, herpes is caused by deficiency of qi (immune system) which allows pernicious external factors to invade the body (sexually transmitted illness by viral infection). The TCM pattern for Herpes is Qi Deficiency-Damp Heat, and Qi Stagnation. TCM treatment plan is to clear the heat and dampness, and strengthen and move the qi to release pain.

#### Clinical Use Data and Guide

This special herbal compound helps detoxify the body, relieve pain and itchiness, reduce local swelling, heal open sores, and strengthen the immune system. Patients who have herpes are suggested to take Pao Zhen Qing simultaneously with their Western medication since it reduces the side effects from the medication. Furthermore, upon stopping the Western medication, we strongly suggest to take this herbal formula for another 2-3 months for body detoxification.

Lab toxicity tests approved HerpEase as safe to use. Some patients in the clinical trials had experienced loose bowels, diarrhea, and stomachache in very rare cases.

#### Suggested Clinical Dosage

Pao Zhen Qing comes in pill form. Patients take 6 pills of the formula twice a day for the first 3 weeks. For maintenance, patients may cut down the dose after consulting with the herbalist. We suggest taking the herbal formula half an hour after eating with warm water. Ice, shellfish, spicy foods, alcohol, caffeine are prohibited upon taking the formula.

#### Purity and Safety Advisory

This formula is a powerful mixture of 100% natural herbs that has been used to successfully relieve symptoms as well as balance the internal conditions. It is approved for import by the FDA as a food supplement and is produced by pharmaceutical factories in America which surpasses international heavy metal and microbiological standards. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



- Herbal formula Pao Zhen Qing works effectively for helping the treatment and prevent ...

[www.drmingqi.com](http://www.drmingqi.com)

[www.mingqicent@aol.com](mailto:www.mingqicent@aol.com)

161 madison Ave, 12th floor Phone: (212) 686-8689  
New York, NY 10016 Fax: (212) 686-8968



**Ming Qi**  
Natural Healthcare Center

## What is herpes?

Herpes also known as the HSV infection is a sexually transmitted viral infection in the genitals or the mouth where in skin blisters and sores appear. This is often spread through sexual contact with a person infected with the herpes blister. In sexual activities, the virus can be spread to or from the genitals, anus, or mouth. The virus enters through a break in the skin or in moist areas such as the mouth, anus, or vagina. HSV can be spread from a genital sore to the lip or a cold sore in the lip to the genitals. Genital herpes is one of the most common sexually transmitted diseases in the United States and worldwide.

## What causes herpes?

Herpes is caused by the herpes simplex virus type 1 (HSV-1) or type 2 (HSV-2) in which the HSV-2 is the more common cause of genital herpes infection.

## What are the symptoms of herpes?

The first-time (primary) outbreak of HSV often starts with painful itchy blisters on the penis or on the vulva (the area surrounding the opening of the vagina). The blisters rupture and turn into oozing shallow sores that take up to 3 weeks to heal. A primary outbreak may also include flulike symptoms, such as fever, headache, and muscle aches; painful urination; and abnormal discharge. However, most people who become infected with HSV have no symptoms, or the symptoms are so mild that they do not recognize that they are infected. The incubation period (the time from exposure to genital herpes until the primary outbreak of infection is 2 to 14 days).

After the primary outbreak, the herpes simplex virus remains in the nerve cells below the skin in the area where the sores first appeared. The virus becomes inactive, causing no symptoms. In most people, the virus becomes active from time to time, traveling from the nerve cells to the skin and causing repeated blisters and sores (recurrent outbreaks). Sores from recurrent outbreaks usually heal faster and are less painful than those from the primary outbreak.

However, genital herpes infections can be severe in people with impaired immune systems, such as people infected with human immunodeficiency virus (HIV). Factors such as stress, illness, a new sex partner, or menstruation may trigger recurrent outbreaks. Whether you have symptoms or not, you can still transmit the infection. If you are sexually active, condoms can help reduce, but do not eliminate, the risk of spreading HSV.

## How is genital herpes diagnosed?

Genital herpes is usually diagnosed based on your medical history and a physical exam. Your health professional may ask you questions about your symptoms and your risk factors for STDs. Risk factors for genital herpes include:

- Having multiple sex partners.
- Having high-risk partner(s) (partner has multiple sex partners or HSV-infected sex partners).
- Having unprotected sexual contact (not using condoms).
- Starting sexual activity before age 18.
- Having an impaired immune system.
- Being a woman. Women are more likely than men to become infected with HSV and tend to have more severe and longer-lasting symptoms. Women also are at a greater risk of having complications from genital herpes infection.

If this is your first outbreak of suspected genital herpes, further testing, such as a culture (sample) of the sore, may be done to confirm the diagnosis.

How is it treated by western Medicine?

Several antiviral medications are available to treat genital herpes. These medications can relieve symptoms, shorten the length of outbreaks, and prevent some recurrent outbreaks. They cannot cure genital herpes nor prevent all recurrent outbreaks. A vaccine to prevent herpes infection is not available at this time, but several are being studied and may be available soon.

There is no cure for genital herpes. After the primary outbreak, some people have just a few recurrent outbreaks over their lifetime, while others may have 4 to 6 outbreaks a year more quickly than the primary outbreak. Usually the number of outbreaks decreases after several years. While genital herpes is bothersome and may cause emotional distress, it usually does not cause serious. Recurrent outbreaks are more likely if the cause is HSV-2 and generally are less severe health problems in otherwise healthy adults.

Preventing an STD is easier than treating an infection once it occurs. You can take measures to reduce your risk of becoming infected with HSV or another STD. You can also reduce the risk of transmitting HSV to your sex partner(s) by practicing safe sex.

- Talk with your partner about STDs before beginning a sexual relationship. Find out whether he or she is at risk for an STD. Remember that it is quite possible to be infected with an STD without knowing it.

- Avoid sexual contact if you have symptoms of an STD or are being treated for an STD.
- Avoid sexual contact with anyone who has symptoms of an STD or who may have been exposed to an STD.
- Don't have more than one sexual relationship at a time. Your risk for an STD increases if you have several sex partners.
- Use condoms. Condom use reduces the risk of spreading or becoming infected with an STD. Condoms must be put on before beginning any sexual contact. Use condoms with a new partner until you are certain he or she does not have an STD. Male or female condoms can be used.

## Can herpes infect a newborn?

If you are pregnant, take precautions to avoid becoming infected with HSV. If you are infected with HSV, you risk passing the infection to your baby during delivery, which can cause serious complications in your newborn.

- Tell your health professional if you have been exposed to genital herpes or have had an outbreak in the past.
- Let your health professional know if you are currently having an outbreak of genital herpes, especially if it is during the last part of your pregnancy.
- Avoid oral sex with partners who have cold sores. Herpes in newborns can be caused by HSV-1, the virus that most commonly causes cold sores.

Newborns may be infected at birth with HSV especially when the mother has her primary outbreak close to delivery or through a normal delivery from the vagina. Recurrent outbreak in the mother poses less risk for infection in the newborns. HSV can cause serious health problems in newborns wherein it may take up to 3 weeks after a newborn is infected before he/she becomes ill.

## How can acupuncture help treat herpes?

Acupuncture can enhance the body's immune system and improve body's antibodies and growing T-cells. Meanwhile, acupuncture can also control the pain from the herpes outbreak, helping the skin wound heal.

Some herpes attack are commonly related to stress, triggered by the flu or caused by different infections of the body especially genital infection or urinary tract infection. Acupuncture treatment will also contain those preventive care needs. Relaxation and detoxification will be used along with the treatment to strengthen the immune system.