2016 and Still no Herpes Cure, Yet there is Hope for Herpes Sufferers with Announcement of Best Personal Care Practices

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Herpescurehq.com has announced best personal care practices for those who suffer from herpes. As 2015 comes to and end and we approach the new year, there is still no herpes cure available for those who have acquired the disease. 2016 holds no more hope for a herpes cure than 2015. In fact, up to 80% of people who have the virus don't even know they have it, and, therefore, don't know if they are passing it along to their sexual partners.

The site explains that herpes can present itself in two different ways. Type 1 herpes can cause sores on the mouth, lips, and nose. Blisters appear and then scab over, and they can be painful and ugly. Type 2 herpes is known as genital herpes. Blisters and sores break out on the genitals and can be spread through sexual contact. Either type of herpes is uncomfortable, but most of the unpleasantness of the disease comes from the stigma of the disease. Worrying about having to tell sexual partners about the disease or worrying about having to walk around with big blisters on the lips and face can be very stressful.

Although there is no cure for herpes, there are several ways to manage it, the site says. Many people take Acyclovir or Valtrex, which are oral medications that prevent breakouts, and get rid of breakouts quickly when they occur. A person can still transmit herpes when it is dormant, though, and, therefore, condoms should be worn at all times during intercourse. Herpes infected genitals will always 'shed' the virus and make it possible to be passed on, even when no blisters or sores are evident.

According to the site, besides medications, there are other things a person can do to prevent herpes outbreaks.

1) Cut down on stress.

2) Get proper sleep and rest.

3) Keep the immune system strong by eating the proper foods and taking vitamins, which can prevent the body from being susceptible to breakouts.

It's a very unpleasant setback to find out that one has the herpes virus, but it doesn't have to consume the life of the infected. Many people who take an antiviral like Valtrex report having one outbreak per year or less. It's not something that should define a person, and all people should take preventative measures to keep the body healthy whether or not they are infected with the herpes virus. It's difficult, but the site's advice is to try not to stress or worry.

Check out the video: http://www.youtube.com/watch?v=0AyDsBZyUS0.
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