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Nutritional Guide



Respond with Confidence:
HSV Immune Support



This guide includes an overview of:

- Key Nutritional Strategies For Immune Support
- Specific Nutritional Approaches for HSV
- Nutritious and Delicious Recipes for you to Enjoy
- Bonus Nutritional Supplement Support

OPTIMAL NUTRITION IS KEY

Welcome! If you or someone you care about is seeking a proactive approach to helping the immune system respond to the Herpes Simplex Virus (HSV-1 and HSV-2), healthy nutrition can be an important foundation of a complete approach.

A strong immune system plays a critical role in the susceptibility, persistence, and clearance of active infections or flare-ups.

HSV is one of the most commonly transmitted viruses in the world yet it can be challenging to manage because of the unfortunate stigma, shame, and embarrassment associated with the symptoms.

This handy nutritional guide is designed to help build your toolkit and your confidence in approaching HPV by providing practical information about key nutritional strategies.

It can be empowering to focus on lifestyle factors like nutrition that we can modify. The good news is that making even small changes in your daily nutritional habits can often make a big difference in bolstering your immune system.



Key Nutritional Strategies For Immune Support

Focus On Whole Foods For optimal function, the immune system requires essential nutrients and minerals that are found in whole fresh foods and are missing in more refined or processed foods. Fast foods can also be pro-inflammatory which can burden the immune system or worsen existing inflammation in the body.

It's also important to note that eating the whole version of a natural food, for instance eating a whole orange vs orange juice, is ideal since you get the benefit of the fiber that helps with blood sugar balance and is beneficial for digestion and for the gut microbiome.

Power Up with Plants- Eating plenty of vegetables and fruits, 6-8 servings daily can help ensure you're getting sufficient amounts of vital nutrients to fuel important functions of the immune system. The bright colours of fruits and vegetables also represent the types of nutrients they contain such as dark-skinned blue or purple berries containing bioflavonoids and orange-coloured carrots, apricots, or squash that are rich in Vitamin A. By simply focusing on having a wider variety of colourful fruits and vegetables daily, often called "eating the rainbow", this can provide you with a diet containing a diversity of vital nutrients.



Remember Gut Loving foods- A staggering 70-80% of your immune cells reside in your gut. Therefore to fully support your immune function it is important to eat foods that nourish your gut microbiome. These foods include a variety of plants containing sufficient sources of fiber as well as fermented foods like sauerkraut or kimchi.

Prioritize An Anti-inflammatory Approach- The more you can decrease inflammation in your body the more this allows the immune system a greater chance to function at its best. An anti-inflammatory diet emphasizes eating plenty of vegetables, fruits, and healthy oils including from low mercury forms of fish while minimizing red meats, refined foods, sugar, and alcohol.

Specific Nutritional Approaches for HSV

Lysine: Some individuals notice that when managing HSV, they benefit from a diet rich in the amino acid Lysine that can be found in fish, eggs, yogurt, poultry, and many fruits and vegetables (except corn and Brussels sprouts).

Lysine Rich foods: Yogurt, Navy beans, Salmon, Chicken, Tempeh, Quinoa, Soymilk, Seitan, Sardines

Multiple research studies have shown that Lysine can help the body respond naturally to viruses (1). Conversely, some individuals found minimizing or avoiding foods high in arginine may also help to limit breakouts including nuts, chocolate, fried foods, fatty meats and gelatin.



Vitamin C: As a powerful antioxidant often suggested to strengthen the immune response to a variety of viruses (2). Vitamin C also has valuable skin healing properties. Food sources for example include red peppers, kiwi fruit, strawberries, broccoli, and cantaloupe.

Vitamin B12: This vitamin, found in poultry, eggs and fish, plays a significant role in cellular immunity (3) and many of the B12-rich foods happen to also be high in protein which acts an important building block to form healthy immune cells.

Zinc: Helping to support critical immune functions (4) and also contributing toward wound healing, Zinc is a valuable multi-purpose mineral. Consider if you are eating enough foods that are rich in Zinc could be helpful support including oysters, crab, and chickpeas for example.

Lemon Balm (*Melissa officinalis*): This herb, aka lemon balm, has long been studied for its ability to reduce stress. Research also supports its ability to help the immune system respond to viruses and cold sores.

Andrographis (*Andrographis paniculata*): An excellent all-around herb used in Western and Eastern traditions. It also has well-researched immune health and anti-viral properties.

Licorice Root (*Glycyrrhiza glabra*): Known as Licorice root, it has been shown to have immune health benefits and anti-viral properties. It is also used to support the immune system and buffers the effects of everyday stress.



Land & Sea

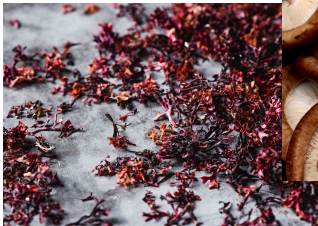
Nutritional Supplement Support

Researchers all over the world have been increasingly studying the many potentially important therapeutic benefits of sulfated polysaccharides.

Two noteworthy foods containing this ingredient that are often taken in supplement form to get the optimal amount are Seaweeds like red marine algae and Shitake mushrooms.

They both can stimulate the immune cells that regulate microorganisms and they have antioxidant properties to help support cellular health (5) which is vital in the body's immune response to HSV.

Irish Moss



Shitake Mushrooms

What are... Sulfated Polysaccharides in Mushrooms and Seaweeds?

Polysaccharides are large molecules found in plants like seaweed and in fungi (aka mushrooms). They are long, branching chains of different kinds of sugars with specific groups of mineral compounds known as sulfates attached along this chain.

While Sulfated Polysaccharides are technically made up of sugar, these are long and complex types that do not behave anything like the sugars or carbs you would get in your diet. It is precisely their large size, in combination with the attached sulfates, that is responsible for their benefits. The Sulfated Polysaccharides physically interact with proteins and work to maintain healthy immune function. Moreover, Sulfated Polysaccharides also stimulate the immune cells that regulate microorganisms and they have antioxidants properties to help support cellular health. Now you see can why we call them superpowers!

Seaweeds

Seaweeds have naturally occurring highly effective polysaccharides. Specifically, the brown seaweed *Laminaria japonica*'s active component is called Fucoidan. This compound is shown by scientific studies to reliably support the immune system function in response to HSV. Complementing *Laminaria*, *Chondrus crispus* is a red marine algae that has naturally occurring, powerful sulfated polysaccharides with antioxidant properties for an effective immune response.

Medicinal mushrooms

Lentinula (aka shiitake) is a well-known edible mushroom from Japan. As a rich source of polysaccharides, It is a potent immune stimulant. Make sure to use a hot water mushroom extraction to preserve the active polysaccharides or go ahead and eat them cooked.



EGGS WITH VEGGIES

*(source of protein, antioxidant
and anti-inflammatory)*

INGREDIENTS

- 2 free-range eggs (or vegan alternative that contains protein)
- 2 cups leafy greens (spinach or chopped kale)
- 1 cup chopped cherry tomatoes
- 1 clove garlic, chopped
- 1 tsp. butter, virgin coconut oil, or your preferred heat-stable oil
- Juice of ½ lemon
- Salt and pepper

INSTRUCTIONS

Heat a medium-sized saucepan over medium heat. Add oil and chopped garlic to the pan and cook for one minute. Add vegetables (leafy greens can be cooked separately from tomatoes or together) and cook on low-medium heat for 5 minutes until fragrant. Squeeze lemon juice onto the vegetables, and season with salt and pepper. Remove vegetables from the pan and cook eggs.

BENEFITS

Consuming protein in the morning helps regulate blood sugar, and keeps you feeling full. Cooking enhances the lycopene levels in tomatoes.



GRILLED SALMON WITH BROCCOLI

(rich in omega-3-fatty acids & antioxidants)

INGREDIENTS

Salmon

- 2 wild-caught salmon filets
- 2 tbsp. olive oil
- 1 tbsp. balsamic vinegar
- 2 cloves garlic, chopped
- Pinch of oregano
- 1 chopped shallot
- Salt & pepper
- 1 lemon

Salmon

Season salmon with olive oil, balsamic, oregano, garlic, shallots, salt and pepper. Grill or pan sauté salmon for 4-5 minutes per side on medium heat. Served with lemon slices.

Broccoli

- 2 heads of broccoli chopped
- 2 tbsp. olive oil
- 2 cloves garlic, chopped

Broccoli

Steam broccoli for 5 min in a pot. Remove broccoli, toss water from pot, and add garlic, olive oil and a pinch of salt into same pot. Cook garlic for 1 minute then return the steamed broccoli to the pot and stir.

Thank You

Questions? Email us at customerservice@papillex.com

Since each individual is unique, it's important to notice your body's own response to certain foods to establish a dietary approach that works best for you, and that optimally supports your immune system response.

Remember it's a healthy immune system that keeps viruses at bay, so don't underestimate the power of food as medicine.

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