



ASPEN **INTEGRATIVE**
MEDICINE

Herpes/Shingles Protocol

- 1. Buffered Vitamin C with Bioflavonoids 1000mg by Metabolic Maintenance: 2000mg 2x/day**
Find on Amazon
- 2. L-Lysine 1000mg by NOW Foods: 3000mg /day**
Find on Amazon
- 3. L-Methylfolate 15mg by Opti-Folate: 2x/day**
Find on Amazon
- 4. Lypo-Spheric Vitamin C 1000mg by LivOn Laboratories: Apply topically 1/2 packet 2x/day**
Find on Amazon
5. Avoid nuts, chocolate, refined carbs, and sugar.
6. Consider getting an ozone sauna 2x/week at Fahrenheit Spa.
7. If not improving in 3-4 days, come to clinic for Vitamin C IV