

Suggested Talking Points

What prompted you to write this book?

You say that women are more likely to get herpes than men. Why is that? (106)

How common is this STD? (85)

How does herpes present? (86 – 89)

What exactly IS herpes? (80)

Do you think everyone should get checked for this STD, even if they don't have symptoms?

Why don't the normal STD series of tests not include herpes testing? (99)

Can you transmit it without even knowing you have herpes? (90)

You say you didn't want to treat your condition with pharmaceuticals – can you tell us about your experience?

Do you think it's possible to actually 'cure' herpes? (23)

What did you discover in your quest to 'cure' herpes? (29)

Do you prescribe Western (allopathic) medications to your herpes patients? (32)

You say 'self-love' has a role to play in living successfully with herpes. Can you discuss this? (30)

What does our sympathetic and parasympathetic nervous system have to do with controlling outbreaks? (p76)

What is the #1 thing you can do to protect yourself from getting herpes? (93 + 123)

Can you discuss pregnancy and herpes? (113-121)

Women are susceptible to more toxins than men because of our use of makeup, tampons, and even our excessive use of the cell phone. Can you give listeners some quick tips on how to limit their toxins while still leading a normal life? (127-131)

You recommend a mindful makeover – tell us about this! (132-134)

You've got a whole 30-day section at the back of your book that has to do with nutrition, workout, meditation, and even cleanses. Is this for everyone or just the hard-core amongst us? (148-151)

You also include natural remedies to control and heal herpes outbreaks. What are some of these? (154-164) And bodywork and healing remedies. (199-209)

You even offer advice for how to deal with the emotional aspects of herpes like how and when to tell your partner about your condition. Is it ever easy? (165)