Dating with Herpes

Resource Guide

Created by Stacey Herrera

The Sensuality Project

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You must your diagnosis, but don't let it own you. Take your power back.

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10 facts about herpes that everyone needs to know.

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There are some foods that cause herpes flare-ups. So eat these foods in moderation.

08 HERPES FRIENDLY FOODS

This list of foods will help to surpress the virus and keep you in tip-top shape.

09-10 INFO + RESOURCES

Good health begins with good information. Here's a list of sites and books you should read.





“Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light.”

BRENÉ BROWN

Researcher. Storyteller. Texan.

You are not your Dx

REAL TALK



ACCEPTING YOUR DIAGNOSIS

You test positive for herpes. Notice I did not say that "you have herpes," because that's not true. You just test +. **This is not just about semantics, words are energetic**. Saying "*I test positive for the herpes virus*" is accepting what is true without letting the dx own you.

You do not have herpes, you simply test positive for the virus that causes herpes. Testing positive for a virus is nothing to be ashamed of. A virus shares space in your body, but your body belongs to you, and it always will. **You are not your diagnosis.**

TEN THINGS YOU SHOULD KNOW

about Herpes

- 1 out of 6 adults tests positive for genital herpes in the U.S.
- 80% of the people with herpes **DO NOT KNOW** they have it
- Condoms **DO NOT** prevent herpes
- Using condoms can reduce the risk of transmission by up to 50%
- Herpes can be transmitted even when there are no symptoms
- Cold sores are caused by the HSV-1 virus
- Up to 40% of genital herpes is caused by HSV-1
- You can contract herpes through oral sex
- Most STI screenings **DO NOT** include Herpes testing
- Certain foods may trigger an outbreak

THE EMOTIONAL IMPACT OF BEING DIAGNOSED WITH GENITAL HERPES IS OFTEN MUCH WORSE THAN THE CONDITION

NOT-A-GOOD-IDEA

Food List

Arginine* Rich Foods

Coconut
Lentils
Wheat Products
Seeds & Nuts
Gelatin
Protein Supplements
Chocolate
Gelatin

Acidic Foods

Alcohol
Caffeine
Artificial Sweeteners
Processed Flour Products

**Arginine is an amino acid that may cause the herpes virus to grow or replicate.*

HERPES

friendly food list

*These foods will help prevent and heal outbreaks

- Apples
- Figs
- Pears
- Cauliflower
- Broccoli
- Beans
- Beets
- Sweet Potatoes
- Lemon Water
- Mangos
- Apricots
- Whole Grains
- Brown Rice*
- Bananas*
- Goji Berries
- Ginger
- Green Tea
- Mushrooms*
- Potatoes
- Cilantro
- Onion
- Oregano
- Thyme

These foods are rich in B vitamins and/or antioxidents, which may aid in stress reduction.

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Good Health begins w/ good Info

EDUCATION IS THE BEST MEDICINE

Planned Parenthood

American Sexual Health Association (ASHA)

Herpes: A Patient's Guide

Medical Medium - Soundcloud

Herpes Education: Breaking the Stigma

**New Zealand Herpes Foundation

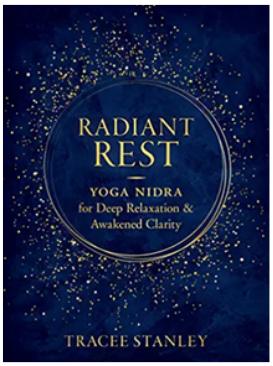
Clickable Links Above

**The New Zealand Herpes Foundation is my favorite online herpes resource.
I highly recommend you take some time and peruse the entire site.

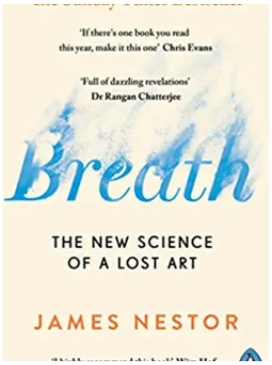
BOOKS + OTHER RESOURCES*



Life-Changing Foods
Medical Medium



Radiant Rest
Tracee Stanley



Breath
James Nestor



The Nature Fix
Florence William

Recommended Supplements



Vimergy - Lysine



Vimergy - Curcumin w/Tumeric



Vimergy - Zinc

**The items recommended on this page contain affiliate links. Which means I may receive monies if you purchase through the shared link. I will use the money to fund my tea habit.*

I'm Stacey Herrera

Creator of The Sensuality Project



Cliff Notes:

- Pronouns: She/Her
- Style: Polyamorous
- Partnered & Open
- Libra Sun + Moon
- Los Angeles, CA, USA

I'm Stacey Herrera, an Intimacy & Relationship coach, writer, and creator of The Sensuality Project.

My work has been featured in major publications such as The Huffington Post, Zoosk, the List, The Good Men Project, and Your Tango. And I've been coaching people on love, sex, and relationships for over ten years.

I believe that relationships sit at the center of our health and well-being. We all deserve to have satisfying, connected romantic and platonic relationships.

I'm a Southern California girl –charming, witty, and always down for a good time. When I'm not writing or coaching, you can find me baking cookies (or any other sweet treat), getting lost in a good book, or spending time with the loves of my life.

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