

lysine

## Description

To Jesus:

You can save this to a "Health" folder for easy access later. Use this as a starting point for your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects. Typing in the name of two medications or a medication & an herb in a search bar of most browsers will bring up results with their interaction effects.

## Lysine

Lysine is an essential amino acid (we need 9) & helps collagen, bone growth, skin health & cognition. When lysine is high & arginine is low, cold sores/herpes/shingles can quickly die, especially if also used topically. The herpes virus family- herpes simplex virus types 1

and 2, varicella-zoster virus, cytomegalovirus (mononucleosis), Epstein-Barr virus, human herpesvirus 6 (variants A and B), human herpesvirus 7, and Kaposi's sarcoma virus or human herpesvirus 8 & the simian B virus should all be vulnerable to temporary lysine supplementation & topical treatment & low arginine diet.

[foodrevolution.org/blog/plant-based-lysine-foods/?j=244368&sfmc\\_sub=61203882&l=137\\_HTML&u=3604179&mi](https://foodrevolution.org/blog/plant-based-lysine-foods/?j=244368&sfmc_sub=61203882&l=137_HTML&u=3604179&mi)

Whitley RJ. Herpesviruses. In: Baron S, editor. Medical Microbiology. 4th edition. Galveston (TX): University of Texas Medical Branch at Galveston; 1996. Chapter 68. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK8157/>

### Category

1. Uncategorized

### Date Created

October 24, 2023

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