



VS-C

Antiviral Formula for Herpes and Other Viral Conditions

Dr. Wenwei Xie a traditional Chinese medical doctor from Beijing China came to the United States as part of a research project on Chinese remedies for the herpes simplex virus. He formulated this product and tested it in the lab. It reduced viral counts more than 50% with no toxicity. The researchers were unable to find any "active" compounds in the herbs that could be developed into drugs, so the project was abandoned. As a result, he introduced the formula to Nature's Sunshine, who made it commercially available.

According to traditional Chinese medicine, the combination helps to resolve viral disorders by cooling the blood and regulating the chi. Many of the herbs in this formula are antiviral and anti-inflammatory. They are also detoxifying. VS-C has been clinically successful in resolving a wide variety of viral conditions including colds sores or fever blisters, canker sores, genital herpes, shingles and chicken pox. It is also useful for weak individuals who have tried unsuccessfully to control infections with antibiotics. The herbs in this formula work as follows:

Dandelion is an alterative and a tonic that aids the function of the liver, kidneys, stomach and blood. It reduces inflammation and relieves sores. It has been used to treat lymphatic swelling and bacterial infections. It gently detoxifies the body by promoting healthy liver and kidney function.

Scute Root is an antiseptic that reduces inflammation and relieves pain. It is related to the Western herb, skullcap, and has similar nervine effects. A detoxifying herb, it has a fever reducing effect and is antiviral and antibacterial. It also eases allergic reactions.

Purslane is a common garden weed, seldom used in Western herbalism. However, in Oriental medicine it is considered a cooling remedy for fever and inflammation. It is used to cleanse the liver and blood, and has been used to treat warts, sores, boils, stings and malaria.

Indigo Herb and Root detoxifies the blood, reduces fever and is anti-inflammatory. In Oriental medicine it has been used for eruptions on the skin, including derma-

titis, chronic eczema, infected wounds and abscesses. It is also used for canker sores and skin ulcers.

Thlaspi expels pus, purifies the blood, reduces fever and arrests pain. It is a bitter, acrid herb that has been used in Chinese medicine to treat viral disorders like hepatitis and mumps.

Pinellia dissolves phlegm, stimulates digestion and absorbs toxins. It is primarily a decongestant herb that has been used to treat sinus congestion, bronchitis, tuberculosis, croup, sore throat and asthma, but it has also been used in Oriental medicine for blood poisoning.

Bupleurum is a major Chinese herb for the liver. It helps reduce fever and has been used to treat hepatitis and skin eruptive diseases. It has some antibacterial and antiviral effects, too.

Ginseng is a general tonic that acts as an immune stimulant and improves energy. It balances the cooling effect of the other herbs in this formula.

Cinnamon Twig is an aromatic herb with antiseptic qualities. It acts as a catalyst in this formula to improve digestion and stimulate circulation.

Licorice is included in many Chinese formulas because it is a balancing herb. It is also anti-inflammatory and has some antiviral activity.

The general indications for this formula include fever or inflammation and skin eruptions. It may be helpful for any viral condition that causes skin eruptions. The normal dose of this formula is two capsules or 1/2 teaspoon of the liquid formula twice daily. For acute outbreaks, larger doses can be taken, up to 4 capsules four times daily. Long term use (about six months) has permanently cleared up some cases of herpes and other viral conditions.

Sources

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Information provided personally from Dr. Wenwei Xie in the files of Steven H. Horne

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