

Making Peace with Herpes Book & Self-Hypnosis CDs



Making Peace with Herpes is the most thought-provoking and original book ever written on the subject of herpes. Christopher Scipio started off as a victim of the virus and transformed himself into one of the most experienced holistic practitioners who treats herpes in North America. The good news and the ironic news is that herpes is one of the easiest diseases to manage naturally. There is absolutely no need for drug-therapy for herpes. This book isn't just about how to have fewer outbreaks or how to stop having outbreaks; just doing that isn't enough to be healthy. This book is about holistically healing your herpes and living a healthy, happy and balanced life. Making Peace with Herpes is a must read for everyone with herpes, it's a self-empowerment guide of the first order. Hypnotherapist Karen Miller was commissioned to create a self-hypnosis programme based on Christopher Scipio's herpes protocol and his book Making Peace with Herpes. The physical symptoms of having herpes are the easiest to deal with, it's the shame, guilt, anxiety and depression that often comes with having herpes that is the more challenging aspect. This simple, effective self-hypnosis programme will help you stop having outbreaks, help you deal with stress and other triggers for outbreaks, help you sleep better at night, and most importantly will help ease the guilt, shame and anger often experienced by those with herpes. The self-hypnosis cds expand on all the themes in the book and will become a welcome part of your routine. You can now get a soft-cover book and the two self-hypnosis cds for twenty dollars less than buying them separately and a free 15 minute phone consultation with Christopher Scipio is also included in the package so you can ask him questions directly and get further suggestions on how to manage your herpes holistically.

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Christopher Scipio, Illustrator: Christopher Scipio, Category: Books, Price: free, Length: 87 pages.