



# HSV WELLNESS GUIDE

Presented by

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**Healing the Mind, Body & Spirit**

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## **Understanding HSV: Scientific Background**

### HERPES SIMPLEX VIRUS (HSV): COMPLETE OVERVIEW

HSV is a lifelong, highly contagious viral infection that affects the skin and nervous system, commonly presenting as cold sores or genital lesions. It is caused by Herpes Simplex Virus Type 1 (HSV-1) or Type 2 (HSV-2).

#### TYPES:

- HSV-1: Commonly oral, spreads through kissing and saliva, but can cause genital infections.
- HSV-2: Commonly genital, spreads through sexual contact.

#### LIFECYCLE:

- Entry via skin or mucous membrane -> replication in epithelial cells -> travels to nerve ganglia -> latency -> periodic reactivation (triggered by stress, illness, UV light, immune changes).

#### SYMPTOMS:

- Primary outbreaks: painful blisters, fever, lymph swelling, fatigue.
- Recurrent outbreaks: tingling, itching, milder sores.
- Many people remain asymptomatic but contagious.

#### DIAGNOSIS:

- PCR swab test, viral culture, or IgG antibody blood test.

#### TREATMENT:

- No cure, but antiviral medications like acyclovir, valacyclovir, and famciclovir manage symptoms and reduce transmission.
- Suppressive therapy is effective in reducing outbreaks and viral shedding.

#### TRANSMISSION:

- Skin-to-skin contact, oral sex, kissing, shared objects (rare), childbirth.
- Most transmission occurs from asymptomatic shedding.

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### PREVENTION:

- Avoid contact during outbreaks, use condoms/dental dams, suppressive antivirals, communication with partners.

### HSV & PREGNANCY:

- Neonatal herpes can occur if a mother is infected during late pregnancy. Cesarean delivery is recommended if lesions are present.

### MENTAL HEALTH:

- HSV carries emotional and social stigma. Psychological support and counseling can be essential.

### RESEARCH ADVANCEMENTS:

- Vaccines: GEN-003, RVx201, and mRNA vaccines are under development.
- Experimental therapies: CRISPR gene editing, propolis, and psychedelics like psilocybin to manage stress-related triggers.

### NATURAL MANAGEMENT SUPPORT:

- Lysine (amino acid) to suppress viral replication
- Zinc and Vitamin C for immune support
- Propolis for topical healing
- Psilocybin: stress reduction, immune modulation, improved emotional health

HSV is highly manageable with medical treatment, lifestyle adjustments, and emotional resilience.

## **Psilocybin and HSV Support**

### **PSILOCYBIN MUSHROOMS: HOW THEY HELP**

Psilocybin mushrooms contain psilocybin, a psychedelic compound that converts into psilocin in the body. Psilocin activates serotonin receptors, especially 5-HT<sub>2A</sub>, enhancing neuroplasticity and suppressing the Default Mode Network (DMN), which reduces depression, anxiety, and overthinking.

### **CLINICALLY STUDIED BENEFITS:**

- Reduces major depression, PTSD, OCD, and end-of-life anxiety
- Helps treat addiction (alcohol, nicotine, opioids)
- Enhances neuroplasticity and emotional processing
- Improves spiritual well-being and personal insight

### **BRAIN EFFECTS:**

- Increases connectivity and cognitive flexibility
- Decreases rigid thought patterns and emotional suppression

### **BIOLOGICAL & IMMUNE EFFECTS:**

- Reduces inflammation and may modulate immune response
- Explored for potential use in multiple sclerosis and chronic pain

### **KEY CLINICAL TRIALS:**

- Johns Hopkins: 71% depression remission
- NYU: Improved quality of life in terminally ill patients
- Imperial College London: Greater results than antidepressants in trials

### **SAFETY NOTES:**

- Avoid if predisposed to schizophrenia or bipolar disorder
- Not for use with SSRIs or MAOIs without medical guidance
- Best used in intentional, supportive environments

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### LEGAL STATUS:

- Legal for therapeutic use in Oregon and Colorado (2025)
- Decriminalized in cities like Denver, Oakland, and Santa Cruz
- Designated FDA Breakthrough Therapy for depression and PTSD

Use psilocybin with intention, education, and safe setting practices.

### PSILOCYBIN MUSHROOMS & HERPES SIMPLEX VIRUS (HSV) SUPPORT

While psilocybin mushrooms do not cure HSV, they may help reduce outbreak frequency and severity by addressing common triggers and supporting the immune system.

#### 1. REDUCES OUTBREAK TRIGGERS:

- Calms stress, anxiety, and depressive symptoms
- Improves sleep and emotional regulation
- Helps break behavioral patterns linked to outbreaks

#### 2. IMMUNE SYSTEM SUPPORT:

- May reduce inflammatory cytokines like IL-6 and TNF-alpha
- Enhances immune system balance and resilience
- Supports parasympathetic activation, reducing immunosuppression

#### 3. NEUROLOGICAL RELIEF:

- Improves neuroplasticity; may aid in nerve repair
- Reduces pain perception and nerve-related outbreak symptoms
- Some users report reduced tingling and prodromal signs with microdosing

#### 4. MICRODOSING FOR MANAGEMENT:

- Typical protocol: 0.1-0.3g every 3rd day
- May reduce stress and enhance emotional balance

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- Anecdotal support for reduced outbreak frequency

### 5. EMOTIONAL & LIFESTYLE HEALING:

- Helps release shame, stress, and trauma
- Promotes self-care, healthier boundaries, and introspection
- Enhances mind-body awareness, potentially reducing somatic outbreak triggers

### IMPORTANT:

- Psilocybin is not an antiviral and does not eliminate HSV.
- Always consult a licensed provider before modifying HSV treatment plans.
- Not for use with SSRIs or in individuals with bipolar or psychotic disorders.
- Use in accordance with local laws and in supportive settings.

### SUPPORTED BY:

- Cell Reports (Ly et al., 2018): Increased neural growth
- JAMA Psychiatry (Davis et al., 2020): Long-lasting antidepressant effects
- Anecdotal reports: Decreased outbreaks during microdosing protocols

Use with intention. Integrate insights. Honor your body and emotional needs.

## Top Fruits That Help HSV

### FRUITS THAT SUPPORT HSV MANAGEMENT AND WHY THEY HELP

Although no fruit can cure HSV, several fruits contain compounds that help inhibit HSV replication, improve immune function, reduce inflammation, and accelerate healing of sores and nerve damage.

### KEY FRUITS & SCIENTIFIC REASONS:

#### 1. Cherries (especially tart):

- Quercetin inhibits HSV replication
- Melatonin reduces oxidative stress
- Anthocyanins aid in skin and nerve healing

#### 2. Blueberries:

- Rich in quercetin and resveratrol, both antiviral
- Antioxidants support nerve and skin health

#### 3. Pineapple:

- Bromelain reduces inflammation
- Vitamin C promotes collagen and wound healing

#### 4. Kiwi:

- High in Vitamin C and polyphenols
- Boosts white blood cell activity and immunity

#### 5. Citrus fruits (Oranges, Lemons, Grapefruit\*):

- Flavonoids like naringenin have antiviral effects
- Vitamin C accelerates recovery from outbreaks

(\*Grapefruit can interfere with antivirals)

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### 6. Apples (with skin):

- Quercetin suppresses HSV gene expression
- Fiber and pectin support immune-gut axis

### 7. Bananas:

- High in lysine, low in arginine
- Good for nervous system and mood regulation

### 8. Watermelon:

- Lycopene and hydration reduce inflammation
- Citrulline supports nitric oxide production

### 9. Strawberries:

- Vitamin C and ellagic acid promote immune defense
- Protects against UV-triggered outbreaks

### 10. Elderberries:

- Potent antiviral, blocks viral entry and replication
- Boosts cytokine production during immune response

### CAUTION:

- Avoid high-arginine fruits like grapes, raisins, and dates during outbreaks.
- Grapefruit may interact with medications.

Fruits with antiviral flavonoids, immune modulators, and lysine-rich profiles are valuable for HSV control.



## **Top Vegetables That Help HSV**

### VEGETABLES THAT SUPPORT HSV MANAGEMENT AND THE SCIENCE BEHIND THEM

While no vegetable cures HSV, many contribute to HSV suppression, healing, and immune balance.

#### KEY HSV-SUPPORTIVE VEGETABLES:

##### 1. Cruciferous Vegetables (Broccoli, Kale, Cauliflower):

- Contain sulforaphane and indole-3-carbinol
- Boost detox, reduce inflammation, suppress HSV reactivation

##### 2. Garlic:

- Allicin is antiviral; shown to inactivate HSV in vitro
- Boosts immunity and helps shorten outbreak duration

##### 3. Onions (Red, White, Shallots):

- Contain quercetin and sulfur compounds
- Quercetin inhibits HSV replication and viral gene expression

##### 4. Spinach and Leafy Greens:

- Rich in folate, magnesium, and antioxidants
- Enhance mucosal healing and support immune cells

##### 5. Sweet Potatoes and Carrots:

- Beta-carotene supports skin repair
- Improve barrier integrity to prevent viral reactivation

##### 6. Bell Peppers:

- Extremely high in vitamin C
- Support wound healing and antiviral defense

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### 7. Medicinal Mushrooms (Reishi, Shiitake):

- Beta-glucans stimulate immune response
- Reishi shown to suppress HSV-induced inflammation

### 8. Cucumbers and Zucchini:

- Hydrating, low in arginine
- Support collagen and skin healing

### 9. Asparagus:

- Rich in glutathione and Vitamin E
- Supports detox and reduces HSV-related inflammation

### 10. Parsley and Cilantro:

- Apigenin and chlorophyll reduce viral replication
- Detoxify and support antioxidant pathways

### VEGETABLES TO LIMIT:

- Beets, seaweed, legumes (arginine-heavy)
- Eggplant, tomatoes (nightshades may trigger outbreaks)

HSV-friendly vegetables support viral control, immune resilience, and tissue repair when consumed regularly.

## **Top Ingredients That Help HSV**

### INGREDIENTS THAT SUPPORT HSV MANAGEMENT AND WHY THEY HELP

No single ingredient cures HSV, but many natural compounds inhibit the virus, support healing, and reduce outbreaks.

#### TOP HSV-SUPPORTIVE INGREDIENTS:

1. Garlic (Allicin):

- Directly inactivates HSV in lab studies
- Boosts immune defense, anti-inflammatory

2. Lysine (L-Lysine):

- Competes with arginine, blocking HSV replication
- Shown to reduce recurrence and severity in studies

3. Propolis (Bee Resin):

- Contains CAPE and flavonoids
- Heals lesions, reduces viral load and inflammation

4. Reishi Mushroom:

- Contains triterpenes and beta-glucans
- Suppresses HSV-induced inflammation and boosts immunity

5. Olive Leaf Extract:

- Oleuropein blocks HSV replication
- Antioxidant, antimicrobial and anti-inflammatory

6. Quercetin:

- Flavonoid that inhibits HSV gene expression
- Antiviral, antioxidant, and immune-supportive

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### 7. Zinc (Oral and Topical):

- Interferes with viral entry and replication
- Reduces healing time and supports immunity

### 8. Vitamin C:

- Supports T-cell and collagen formation
- Shortens outbreak duration and boosts antiviral response

### 9. Beta-glucans:

- Found in mushrooms and oats
- Enhance innate immune activity (NK cells, macrophages)

### 10. Melatonin:

- Regulates stress response and reduces outbreaks
- Immune modulator and antioxidant

### 11. Echinacea:

- Enhances white blood cell response
- Mild antiviral and immune stimulant

### 12. Lemon Balm:

- Blocks HSV cell entry, antiviral effect
- Speeds lesion healing and reduces recurrence

### AVOID:

- High-arginine foods (nuts, chocolate, seeds) during outbreaks
- Refined sugar, excess alcohol and caffeine

These ingredients contribute to an HSV-resistant internal environment, faster healing, and stronger immune response.



## Quick Reference Chart: HSV-Supportive Foods and Ingredients

Category	Name	Main Compounds	HSV Benefit
Fruit	Cherries	Quercetin, Melatonin, Anthocyanins	Inhibits replication, reduces inflammation, improves sleep
Fruit	Blueberries	Quercetin, Resveratrol, Anthocyanins	Suppresses replication, antioxidant and neuroprotective
Fruit	Kiwi	Vitamin C, Polyphenols	Boosts white blood cell function, speeds healing
Vegetable	Garlic	Allicin	Kills HSV in vitro, boosts immune system
Vegetable	Cruciferous Vegetables	Sulforaphane, Indole-3-Carbinol	Detox, immune boost, suppresses inflammation
Vegetable	Bell Peppers	Vitamin C, Carotenoids	Supports healing, high vitamin C
Ingredient	Lysine	Essential Amino Acid	Blocks arginine, reduces recurrence
Ingredient	Propolis	CAPE, Flavonoids	Antiviral, heals sores faster than acyclovir
Ingredient	Reishi Mushroom	Triterpenes, Beta-glucans	Reduces HSV inflammation, boosts immunity

## **Recipes and Meal Applications**

### **Blueberry Immune Smoothie**

Ingredients: Blueberries, banana, spinach, flaxseed, almond milk, lysine powder, vitamin C powder

Preparation: Blend all ingredients until smooth. Serve cold.

### **Tropical Kiwi Bowl**

Ingredients: Kiwi, mango, shredded coconut, chia seeds, papaya, Greek yogurt

Preparation: Layer fruits over yogurt, sprinkle with chia seeds and coconut.

### **Garlic Spinach Omelet**

Ingredients: Eggs, garlic, spinach, onion, olive oil, black pepper

Preparation: Sauté garlic and spinach, add beaten eggs, cook until firm.

### **Sweet Potato Hash**

Ingredients: Diced sweet potatoes, red bell pepper, onion, garlic, olive oil

Preparation: Sauté all diced ingredients until golden and tender.

### **Lysine-Powered Chia Pudding**

Ingredients: Chia seeds, almond milk, mashed banana, lysine powder, cinnamon, Manuka honey

Preparation: Mix all ingredients and refrigerate overnight.

### **Berry Banana Oatmeal**

Ingredients: Oats, banana, blueberries, almond milk, cinnamon, lysine supplement

Preparation: Cook oats, stir in fruit, cinnamon, and supplements before serving.

### **Reishi Mushroom Scramble**

Ingredients: Eggs, shiitake mushrooms, spinach, garlic, reishi mushroom extract

Preparation: Sauté mushrooms and spinach, scramble in eggs with reishi.

### **Apple-Cinnamon Quinoa Bowl**

Ingredients: Cooked quinoa, diced apple, cinnamon, almond milk, crushed walnuts

Preparation: Cook quinoa, add apple and milk, heat gently and sprinkle cinnamon.

### **Lemon Balm Green Smoothie**

Ingredients: Kale, banana, lemon balm tea (cooled), kiwi, apple, flaxseed

Preparation: Blend all ingredients into a green smoothie. Serve chilled.

### **Elderberry Yogurt Parfait**

Ingredients: Greek yogurt, elderberry syrup, blueberries, granola, pumpkin seeds

Preparation: Layer yogurt, elderberry syrup, fruit, and seeds in a jar or bowl.

### **Immune Power Grain Bowl**

Ingredients: Quinoa, kale, sweet potatoes, beets, red bell peppers, olive oil, pumpkin seeds

Preparation: Cook quinoa, roast veggies, combine and top with seeds and dressing.

### **Garlic Ginger Stir-Fry**

Ingredients: Broccoli, cauliflower, garlic, ginger, carrots, olive oil, coconut aminos

Preparation: Stir-fry all vegetables in garlic and ginger until tender.

### **Sweet Potato & Kale Salad**

Ingredients: Roasted sweet potatoes, massaged kale, red onion, apple slices, olive oil, lemon

Preparation: Massage kale with olive oil, mix with roasted sweet potatoes and toppings.

### **Lemon Balm Lentil Soup**

Ingredients: Cooked lentils, carrots, onion, garlic, lemon balm tea (used as broth), spinach

Preparation: Simmer lentils with garlic and onion in lemon balm tea broth, stir in spinach.

### **Zinc-Rich Quinoa Wrap**

Ingredients: Quinoa, chickpeas, red bell pepper, cucumber, pumpkin seeds, lemon-tahini dressing

Preparation: Combine all ingredients in wrap or bowl, top with tahini dressing.

### **Shiitake Veggie Tacos**

Ingredients: Shiitake mushrooms, cauliflower, red cabbage, onion, garlic, corn tortillas

Preparation: Sauté mushrooms and veggies, serve in warm corn tortillas.

### **Spinach Chickpea Curry**

Ingredients: Spinach, chickpeas, onion, garlic, coconut milk, turmeric, black pepper

Preparation: Simmer all ingredients until tender, serve over brown rice or alone.

### **Broccoli Apple Slaw**

Ingredients: Shredded broccoli stems, apples, carrots, lemon juice, olive oil, sunflower seeds

Preparation: Mix all slaw ingredients, toss with lemon-olive oil dressing.

### **Elderberry Chicken Salad**

Ingredients: Shredded chicken, elderberry vinaigrette, mixed greens, beets, apple slices

Preparation: Mix shredded chicken with vinaigrette, serve over greens and fruit.

### **Avocado Cauliflower Bowl**

Ingredients: Cauliflower rice, avocado, red pepper, lemon juice, garlic, parsley, olive oil

Preparation: Pulse cauliflower into rice, toss with toppings and dressing, serve chilled.

### **Stuffed Bell Peppers with Quinoa**

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Ingredients: Red bell peppers, quinoa, onions, garlic, spinach, olive oil, pumpkin seeds

Preparation: Stuff peppers with cooked quinoa and sautéed veggies, bake until tender.

### **Baked Garlic Cauliflower Steaks**

Ingredients: Cauliflower, garlic, olive oil, black pepper, lemon juice

Preparation: Slice cauliflower into steaks, roast with garlic and lemon until golden.

### **Spinach Mushroom Lentil Bowl**

Ingredients: Spinach, lentils, shiitake mushrooms, onions, garlic, turmeric, olive oil

Preparation: Simmer lentils, sauté spinach and mushrooms, combine in bowl with herbs.

### **Zucchini Noodles with Lemon Basil**

Ingredients: Zucchini noodles, garlic, basil, lemon juice, olive oil, pine nuts

Preparation: Sauté garlic, toss zucchini noodles with lemon, basil and nuts.

### **Broccoli & Sweet Potato Curry**

Ingredients: Broccoli, sweet potatoes, onion, garlic, ginger, coconut milk, curry powder

Preparation: Cook all ingredients together in coconut milk until creamy and soft.

### **Herbed Chicken with Beets & Greens**

Ingredients: Chicken breast, roasted beets, kale or mixed greens, olive oil, lemon zest

Preparation: Grill or bake chicken, serve with roasted beets and wilted greens.

### **Lemon Ginger Vegetable Soup**

Ingredients: Carrots, celery, onion, garlic, ginger, spinach, lemon balm tea, herbs

Preparation: Simmer all chopped vegetables in lemon balm tea with herbs.

### **Elderberry Glazed Salmon**

Ingredients: Wild salmon, elderberry syrup, garlic, olive oil, lemon, fresh herbs

Preparation: Bake salmon with garlic and lemon, glaze with elderberry reduction.

### **Stuffed Portobello Mushrooms**

Ingredients: Portobello caps, onion, garlic, kale, olive oil, quinoa, balsamic drizzle

Preparation: Sauté filling, stuff mushroom caps, bake until tender and juicy.

### **Roasted Veggie Medley with Olive Oil**

Ingredients: Beets, carrots, cauliflower, red peppers, garlic, olive oil, sea salt

Preparation: Roast all veggies at 400°F until golden; toss with olive oil and season.

### **Psilocybin-Infused Herbal Broth**

Ingredients: Psilocybin mushrooms (microdose or therapeutic dose as appropriate), garlic, onion, ginger, lemon balm tea, carrots, celery, olive oil, turmeric, black pepper



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Preparation: Sauté garlic, onion, and ginger in olive oil. Add lemon balm tea as broth base with chopped vegetables. Simmer gently, stir in psilocybin mushrooms near the end of cooking on low heat to preserve potency.

### Golden Psilocybin Mushroom Risotto

Ingredients: Arborio rice, psilocybin mushrooms (finely ground), onion, garlic, olive oil, vegetable broth, kale, lemon zest, parsley

Preparation: Cook garlic and onion in olive oil. Add rice, gradually stir in warm broth. Add kale and psilocybin mushrooms near the end, stirring until creamy. Finish with lemon zest and parsley.

### Blueberry-Lemon Psilo Smoothie

Ingredients: Blueberries, banana, lemon juice, psilocybin mushrooms (microdose), almond milk, flaxseed

Preparation: Blend all ingredients until smooth. Serve chilled.

### Immune Boosting Green Juice

Ingredients: Kale, spinach, cucumber, green apple, lemon balm tea, ginger root

Preparation: Juice or blend ingredients; strain if desired. Serve cold.

### Citrus Ginger Elixir

Ingredients: Orange juice, lemon, grated ginger, turmeric, black pepper, raw honey

Preparation: Mix ingredients in a glass or blend for a smoother texture.

### Elderberry Recovery Tonic

Ingredients: Elderberry syrup, lemon juice, apple cider vinegar, warm water

Preparation: Combine ingredients and stir well. Drink warm or at room temperature.

### Golden Mushroom Latte

Ingredients: Almond milk, turmeric, cinnamon, ginger, reishi powder, psilocybin mushrooms, Manuka honey

Preparation: Warm almond milk, whisk in all ingredients. Do not boil. Serve gently warm.

### Lysine-Powered Berry Shake

Ingredients: Mixed berries, Greek yogurt, lysine powder, almond milk, flaxseed

Preparation: Blend all ingredients into a thick shake. Add ice if preferred.

### Cooling Lemon Balm Iced Tea

Ingredients: Lemon balm tea (steeped and cooled), lemon slices, mint leaves, raw honey

Preparation: Steep tea and cool, add lemon and mint. Serve over ice.

### Spiced Carrot Detox Juice

Ingredients: Carrots, ginger, lemon, apple, turmeric, cayenne (optional)

Preparation: Juice or blend ingredients, strain if desired. Add a pinch of spice.

### Psilo-Cacao Ceremony Drink

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Ingredients: Raw cacao powder, almond milk, psilocybin mushrooms, cinnamon, vanilla, pinch of sea salt

Preparation: Heat milk gently, blend in ingredients, serve warm for meditative sipping.

### Apple Kale Morning Cleanse

Ingredients: Green apple, kale, lemon, cucumber, parsley, flaxseed, water

Preparation: Juice or blend all ingredients, drink fresh for best effect.

### Minty Green Lysine Cooler

Ingredients: Cucumber, kale, apple, lysine powder, mint leaves, lemon juice

Preparation: Blend ingredients and serve over ice. Garnish with mint.

### Psilo Pineapple Ginger Fizz

Ingredients: Pineapple juice, fresh ginger, psilocybin microdose, sparkling water, lemon slice

Preparation: Blend pineapple and ginger, stir in psilocybin, top with sparkling water.

### Apple Cider Detox Splash

Ingredients: Apple cider vinegar, cinnamon, raw honey, warm water, cayenne (optional)

Preparation: Mix all ingredients in warm water. Stir and sip slowly.

### Kiwi Spinach Rejuvenator

Ingredients: Kiwi, spinach, green apple, flaxseed, lemon balm tea

Preparation: Blend all ingredients until smooth. Serve cold or over ice.

### Reishi-Citrus ImmuniTea

Ingredients: Reishi powder, lemon, orange slices, green tea, honey

Preparation: Brew tea, add citrus, reishi, and honey. Chill or drink warm.

### Spiced Beet Root Latte

Ingredients: Beet root powder, almond milk, cinnamon, ginger, Manuka honey

Preparation: Warm almond milk, whisk in beet and spices. Serve hot.

### Cucumber Elder Tonic

Ingredients: Cucumber, elderberry syrup, lemon juice, mint, chilled water

Preparation: Mix all ingredients in a shaker or blender. Serve cold.

### Lemon Honey Psilo Sparkler

Ingredients: Lemon juice, honey, psilocybin mushrooms (light infusion), sparkling water

Preparation: Lightly steep psilocybin in hot water, chill, mix with lemon and honey, top with fizz.

### Blueberry Lavender Smoothie

Ingredients: Blueberries, Greek yogurt, lavender tea (chilled), flaxseed, honey

Preparation: Blend all ingredients, chill and garnish with lavender sprig.

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### Golden Apple Elixir

Ingredients: Apple juice, turmeric, lemon, cinnamon, black pepper, flax oil

Preparation: Mix juice with spices and flax oil. Shake well and serve warm or cold.

### Kale Chips with Garlic and Olive Oil

Ingredients: Kale, olive oil, garlic powder, sea salt

Preparation: Toss kale in olive oil and seasonings, bake at 300°F for 15-20 min until crisp.

### Sweet Potato Hummus with Veggie Sticks

Ingredients: Mashed sweet potato, tahini, lemon juice, garlic, carrot sticks, cucumber sticks

Preparation: Blend all ingredients until smooth. Serve with veggie sticks.

### Crispy Roasted Chickpeas with Turmeric

Ingredients: Chickpeas, turmeric, olive oil, black pepper, garlic powder

Preparation: Roast chickpeas with spices at 400°F for 20-30 minutes until crunchy.

### Stuffed Dates with Pumpkin Seeds & Honey

Ingredients: Dates, pumpkin seeds, raw honey or Manuka honey

Preparation: Stuff dates with seeds and drizzle with honey. Chill before serving.

### Apple Slices with Elderberry Almond Butter

Ingredients: Apple slices, almond butter, elderberry syrup drizzle

Preparation: Spread almond butter on apple slices, drizzle with elderberry syrup.

### Lysine-Rich Coconut Berry Bites

Ingredients: Shredded coconut, mixed berries, lysine powder, maple syrup

Preparation: Blend all ingredients, shape into balls, freeze for 30 minutes before eating.

### Chocolate Psilo Truffle Balls

Ingredients: Cacao powder, almond flour, psilocybin mushrooms (powdered), coconut oil, cinnamon

Preparation: Mix ingredients, roll into balls, chill. Consume responsibly in microdoses.

### Manuka Honey Baked Apples

Ingredients: Apples, cinnamon, Manuka honey, crushed walnuts

Preparation: Core apples, stuff with walnuts and honey, bake at 350°F for 20 minutes.

### Lavender Blueberry Oat Bars

Ingredients: Oats, blueberries, coconut oil, lavender flowers, flax meal

Preparation: Mix ingredients, press into pan, bake at 350°F for 25 minutes. Cool and cut.

### Psilocybin Mango Bliss Bites

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Ingredients: Dried mango, shredded coconut, almond flour, psilocybin (microdose), vanilla

Preparation: Blend all ingredients, shape into balls or bars, chill until firm.



## **Foods to Avoid with HSV**

AVOID THE FOLLOWING IF YOU HAVE HSV:

- Foods High in Arginine:

(nuts, chocolate, seeds, oats) HSV uses arginine to replicate. Lysine blocks it.

- Refined Sugar:

Suppresses immune response and increases inflammation.

- Excess Alcohol:

Disrupts liver function and weakens white blood cell activity.

- Caffeine Overuse:

May increase anxiety and outbreak risk via cortisol and stress response.

- Processed Meats & Fried Foods:

Increase systemic inflammation and oxidative stress, which can trigger outbreaks.

Use moderation, timing, and substitution strategies (like lysine-rich foods) to protect against flare-ups.

### Glossary

#### Arginine

An amino acid that HSV uses to replicate. High-arginine foods may trigger outbreaks.

#### Lysine

An amino acid that can help suppress HSV replication. Found in many protein-rich foods.

#### Psilocybin

A psychedelic compound in certain mushrooms, known for its mental health and neuroplastic benefits.

#### Psilocin

The active metabolite of psilocybin that affects serotonin receptors in the brain.

#### Microdosing

Taking sub-perceptual doses of psychedelics to enhance mood, focus, and neuroplasticity.

#### Neuroplasticity

The brain's ability to reorganize and form new neural connections.

#### Default Mode Network (DMN)

A brain network linked to self-referential thought. Psilocybin temporarily suppresses this network.

#### Cytokines

Immune signaling proteins. Some cytokines, like IL-6 and TNF-alpha, drive inflammation and may worsen HSV.

#### HSV

Herpes Simplex Virus, a lifelong virus that can cause cold sores or genital lesions.

#### Integration

The process of reflecting on and applying insights gained from a psychedelic experience.

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