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The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternate to medical advice.

This publication is presented for information purposes only, to increase the public knowledge of L-Lysine. Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before any major dietary changes.

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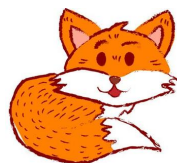
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Introduction

My second son (Toby) got his first cold sore at 10 months. The first outbreak is always the worse and bad for anyone at any age. But for a young child it can be terrible as they have no understanding of what is happening.


At 10 months my Little Fox (his nickname) could not do anything but accept the pain while we tested every product available for him, to see what helped. He was still breastfeeding and constantly had his fingers in or around his mouth.

Long story short I start making the balm (www.littlefoxlipbalm.com) for him; but we also took a look at his diet. We realised that with a few simple changes we could help his little body with diet as another line of defence.

L-Lysine (Lysine) is an essential amino acid, a key structural component of all proteins. In the nine most "essential" amino acids known today, Lysine is the rarest.

It is naturally formed in protein-rich animal foods such as red meat, fish, eggs and especially dairy products.

Present in small amounts of plant foods such as genetically modified soy, nuts and legumes. Grains and vegetables have only little Lysine relative to the above plant foods.



Our bodies cannot produce Lysine on its own, so the only way your body will get the amino acid so is through nutrition.

More and more people around the world are increasing their uptake of Lysine, as part of its role is to keep the immune system healthy, which may help with cold sores.

And the added benefit is that it lead to our family of four all eating a better diet.

Chapter 1

Lysine

Lysine is an essential amino acid. This means that its ingestion through the diet is necessary to avoid nutritional deficiencies. Lysine synthesis is carried out by bacteria, plants and fungi; and passes to the higher animal through feeding.

Lysine has an antioxidant capacity and is a component of proteins. It is necessary for the construction of muscle mass, recovery from injuries and wounds, production of hormones, enzymes and antibodies. It also participates in the absorption of calcium and stimulates the release of growth hormone.

It competes with L-Arginine for its absorption in the intestine. This quality is used to reduce herpes outbreaks.

A deficiency generates fatigue, nausea, irritability, anemia, impaired fertility and limits growth.

The recommended dose of Lysine ranges from 1 to 3 grams per day, for adults. Higher doses can be suitable for situations of herpes simplex outbreaks.

Lysine is found in many foods. But some of the most important sources are:

- Animal origin: red meat, pork, poultry, fish, cheese and eggs.
- Plant origin: although in lower doses than in meats, it can also be found in brewer's yeast, soybeans, legumes, seeds, whole grains, carob, lupine, watercress, asparagus and spinach to name a few.

Applications

Being an essential amino acid, its contribution is necessary for the synthesis of new proteins, and its contribution may be especially indicated when it is intended to increase muscle mass.

It is also useful in the recovery of injuries or skin conditions such as acne, atopic dermatitis, herpes, wounds and burns. Lysine administration may aid in the treatment of cold sores.

Cautions

Lysine consumption is generally very safe. Doses of up to 3 grams of Lysine daily are well tolerated. Very high doses, greater than 10-15 grams a day can cause gastrointestinal complaints such as nausea, abdominal cramps or diarrhea.

If you decide to supplement please see your health professional first.

Chapter 2

Lysine & Your Body

It is a fundamental substance for the health of the skin, tissues and for our immune defenses.

This amino acid is integrated into the diet, since the body cannot synthesize it on its own. For this reason, improper and unbalanced nutrition could cause deficiencies.

What does Lysine do?

There are many and complex functions of this amino acid, but here are some of the main ones are:

- It is one of the constituents of collagen. For this reason, it can help in the recovery phase after a serious trauma or surgery.
- Promotes the formation of hormones (such as growth), enzymes and antibodies.
- It may keep the herpes simplex virus at bay or lessen the recovery time.
- Together with cysteine it is one of the basic elements of hair keratin. Consequently, we find it in many treatments and supplements for the treatment of alopecia and for the well-being of the hair.

Foods that contain Lysine

It is contained in many animal and vegetable proteins, so it will not be difficult to take the right amount. The daily requirement is around 12 mg / kg per day.

Specifically, it abounds in meat, fish, dairy products, eggs, legumes and soybeans. However, in cereals Lysine tends to be scarce.

Lysine deficiency or excess

Inadequate consumption of Lysine can cause serious problems for the body.

A shortage of Lysine can manifest as:

- Hair loss,
- Anemia,
- Nausea,
- Red eyes,
- Poor concentration,
- Tiredness and irritability,
- Loss of appetite/ weight loss,
- Reproductive problems, and
- Growth retardation in children.

To avoid therefore these unpleasant consequences, it would be advisable to consume Lysine supplements.



However, it is good to specify that the opposite is also true, i.e. excessive consumption of Lysine can favor the appearance of other symptoms such as:

- Nausea and vomiting,
- Typical allergy swellings; in the tongue, lips and face, and
- Difficulty breathing.

Supplements are not recommended for those suffering from diabetes, cardiovascular problems or obesity.

Chapter 3

For HSV

A key function of Lysine is its action against the herpes virus, which causes cold sores. This is due to the competitive effect of Lysine against Arginine, a substance necessary for the development of the herpes virus.

In recent decades, extensive research has been conducted on Lysine and its effects on the virus, revealing fascinating results.

The virus feeds on arginine. Foods that contain Arginine, such as chocolate, peas, popcorn and nuts, should be avoided as they can aggravate the problem.

To enter the cells, Arginine competes with Lysine. This led scientists to conclude that the presence of Lysine in the body reduces Arginine levels, thus inhibiting the growth of the herpes virus.

In combination with vitamin C (~1000 milligrams per day) and bio-flavonoids it can reduce the healing time of wounds caused by herpes.

Lysine supplements are available in tablets or powder. In some pharmacies it is also sold in liquid or in capsules.

When using Lysine, keep in mind that this amino acid is very sensitive to the effects of food processing, such as dry heat.

High levels of Lysine in protein-rich foods, such as legumes, can be reduced when food is cooked or boiled.

Foods to avoid during an outbreak:

- Cereals,
- Nuts,
- Beer,
- Broccoli,
- Rice,
- Carrots,
- Chickpea,
- Chocolate (in any form),
- Coconut,
- Coffee and tea,
- Colas,
- Corn (in any form),
- Eggplants,
- Gelatin,
- Mushrooms,
- Oatmeal,
- Onions,
- Red Wine,
- Shellfish,
- Seeds,
- Soy,
- Sugar, and
- Tomatoes.

Chapter 4

Food Ratio List

The foods at the TOP of the charts have a high Lysine ratio (above 1) so may be helpful in managing herpes, whereas the foods with a high arginine ratio (below 1) may aggravate herpes outbreaks for some people.

For a quick guide use these:

Best



Okay

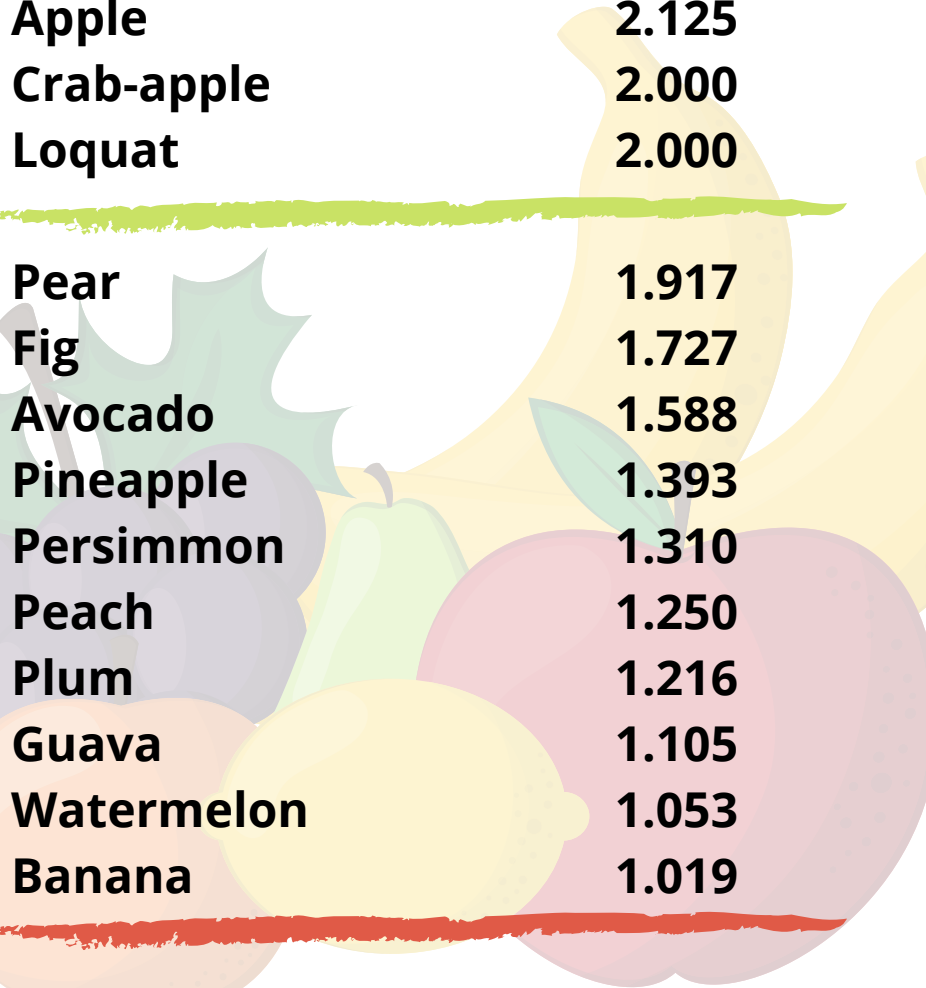


Bad



Fruits

Fresh



Papaya	2.533
Mango	2.179
Apricot	2.146
Apple	2.125
Crab-apple	2.000
Loquat	2.000
Pear	1.917
Fig	1.727
Avocado	1.588
Pineapple	1.393
Persimmon	1.310
Peach	1.250
Plum	1.216
Guava	1.105
Watermelon	1.053
Banana	1.019
Strawberries	0.949
Tangerine	0.730
Orange	0.729
Elderberries	0.559
Plantain	0.556
Blackberries	0.347
Blueberries	0.347
Grapes	0.310 - 0.308

Fruits Dried

Pear	2.071
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Apple	1.947
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Apricot	1.816
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Fig	1.740
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Peach	1.258
--------------	--------------

Dates	0.909
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Coconut	0.270
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Vegetables

Beetroot	2.400
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Tomato	1.519
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Turnips	1.516
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Soybean sprouts	1.451
------------------------	--------------

Potato	1.357
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Celery	1.333
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Baked potatoes	1.322
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Summer squash	1.308
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Green beans	1.213
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Lentil sprouts	1.166
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Romaine lettuce	1.160
------------------------	--------------

Iceberg lettuce	1.154
------------------------	--------------

Cauliflower	1.125
--------------------	--------------

Spinach kale	1.089
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Chinese cabbage	1.073
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Corn	1.051
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Sweet potato	1.050
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Turnip	1.050
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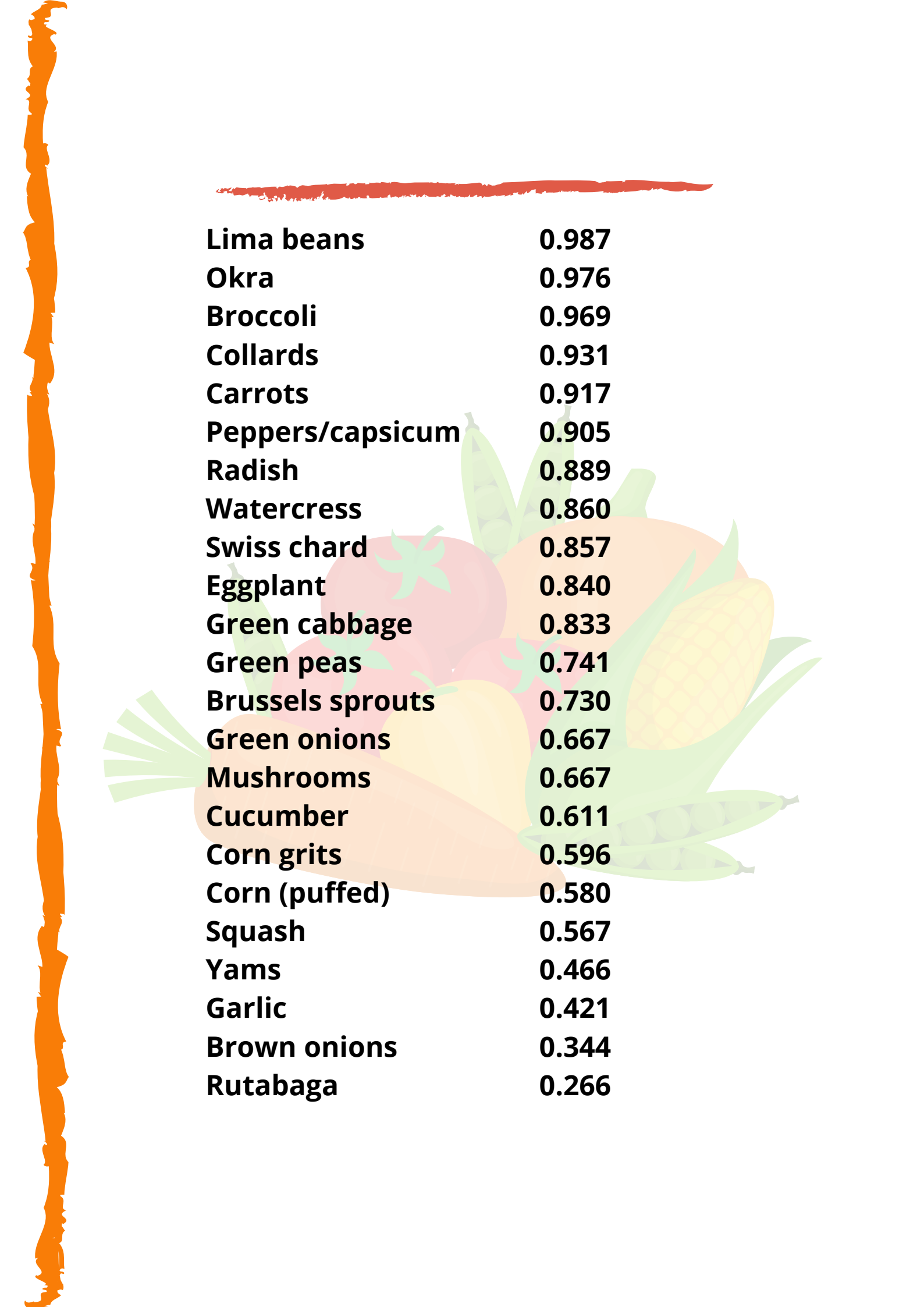
Asparagus	1.038
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Beet greens	1.010
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Endive	1.000
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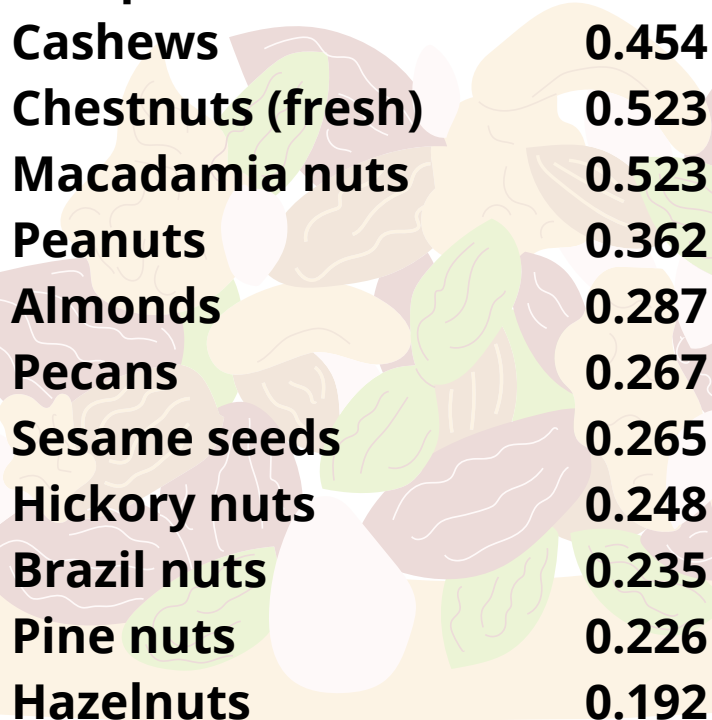
Leeks	1.000
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Pumpkin	1.000
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Lima beans	0.987
Okra	0.976
Broccoli	0.969
Collards	0.931
Carrots	0.917
Peppers/capsicum	0.905
Radish	0.889
Watercress	0.860
Swiss chard	0.857
Eggplant	0.840
Green cabbage	0.833
Green peas	0.741
Brussels sprouts	0.730
Green onions	0.667
Mushrooms	0.667
Cucumber	0.611
Corn grits	0.596
Corn (puffed)	0.580
Squash	0.567
Yams	0.466
Garlic	0.421
Brown onions	0.344
Rutabaga	0.266

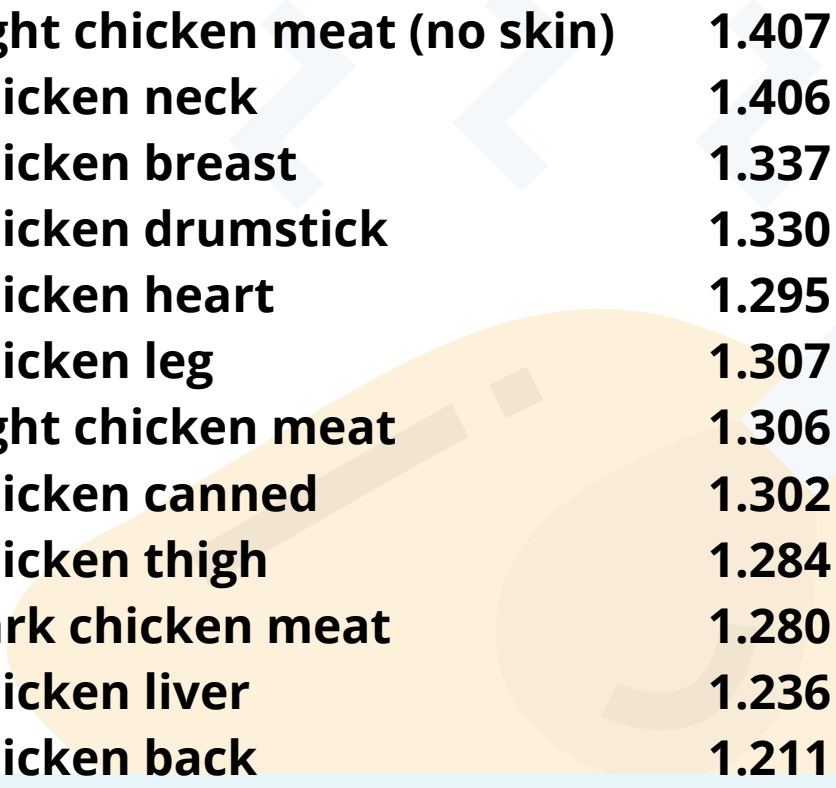
Nuts



Pistachios	0.987
Pumpkin seeds	0.588
Cashews	0.454
Chestnuts (fresh)	0.523
Macadamia nuts	0.523
Peanuts	0.362
Almonds	0.287
Pecans	0.267
Sesame seeds	0.265
Hickory nuts	0.248
Brazil nuts	0.235
Pine nuts	0.226
Hazelnuts	0.192
Walnuts	0.185

Meat

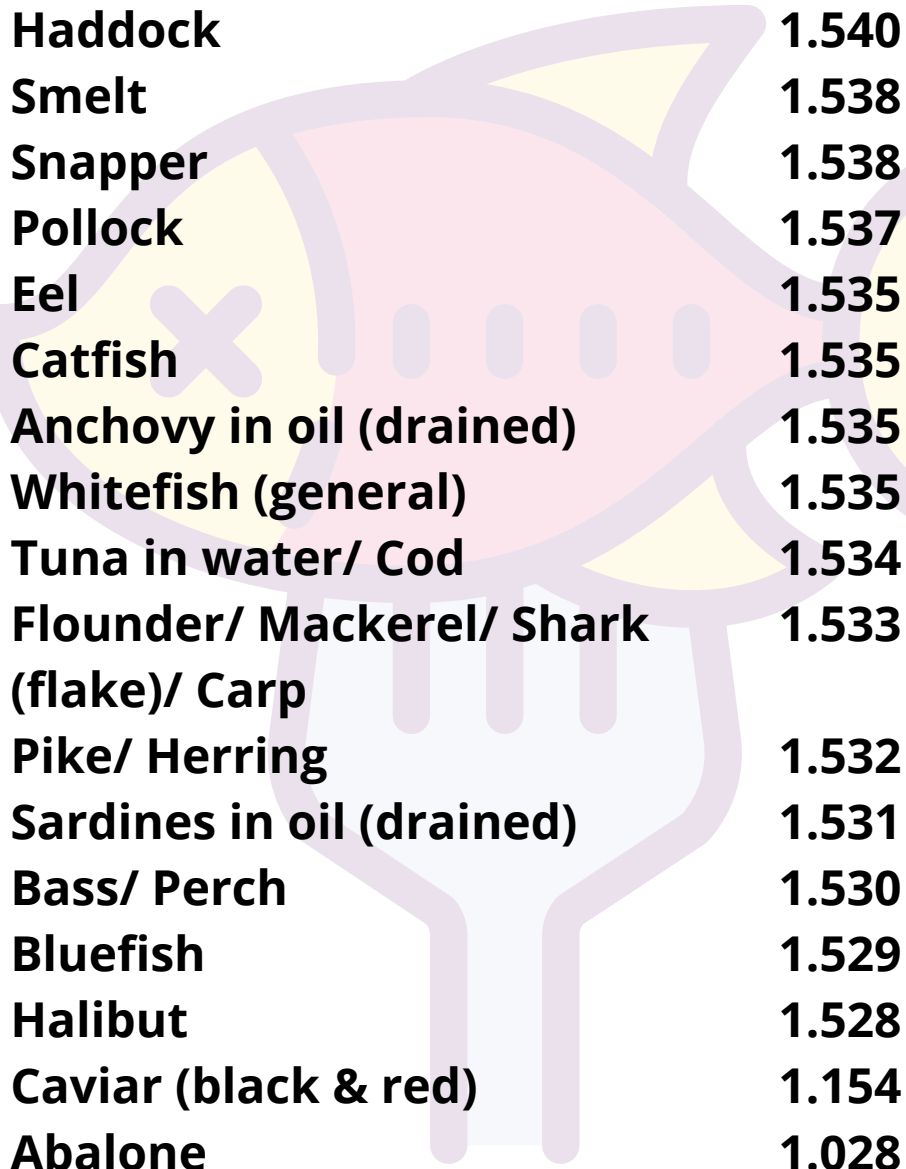
Chicken



Dark chicken meat (no skin)	1.409
Light chicken meat (no skin)	1.407
Chicken neck	1.406
Chicken breast	1.337
Chicken drumstick	1.330
Chicken heart	1.295
Chicken leg	1.307
Light chicken meat	1.306
Chicken canned	1.302
Chicken thigh	1.284
Dark chicken meat	1.280
Chicken liver	1.236
Chicken back	1.211
Chicken wing	1.193
Chicken gizzard	0.961

Meat




Seafood



Salmon	1.550
Swordfish	1.550
Haddock	1.540
Smelt	1.538
Snapper	1.538
Pollock	1.537
Eel	1.535
Catfish	1.535
Anchovy in oil (drained)	1.535
Whitefish (general)	1.535
Tuna in water/ Cod	1.534
Flounder/ Mackerel/ Shark (flake)/ Carp	1.533
Pike/ Herring	1.532
Sardines in oil (drained)	1.531
Bass/ Perch	1.530
Bluefish	1.529
Halibut	1.528
Caviar (black & red)	1.154
Abalone	1.028
Oysters	1.025
Clams	1.024
Scallops	1.019
<hr/>	
Shrimp	0.993
Crab	0.993

Meat



Beef



Round steak	1.319
Flank steak	1.322
Porterhouse steak	1.317
T-bone steak	1.316
Sirloin steak	1.315
Rib roast	1.315
Short ribs	1.315
Chuck roast	1.314
Tenderloin	1.314
Corned beef brisket	1.244
Pastrami	1.242
Bologna	1.239
Frankfurter	1.239
Ground beef	1.238
Lean ground beef	1.237
Beef smoked	1.210
Beef jerky	1.208

Meat

Pork




Canadian style bacon	1.445
Pork spareribs	1.416
Liver cheese	1.409
Pork leg	1.365
Pork loin chop	1.364
Pork shoulder	1.363
Ham on the bone	1.306
Bratwurst (cooked)	1.289
Italian sausage (cooked)	1.288
Pork sausage	1.286
Mortadella	1.230
Bacon	1.208
Brotwurst	1.205
Salami	1.197
Pork bologna	1.196
Braunschweiger	1.189

Meat Other

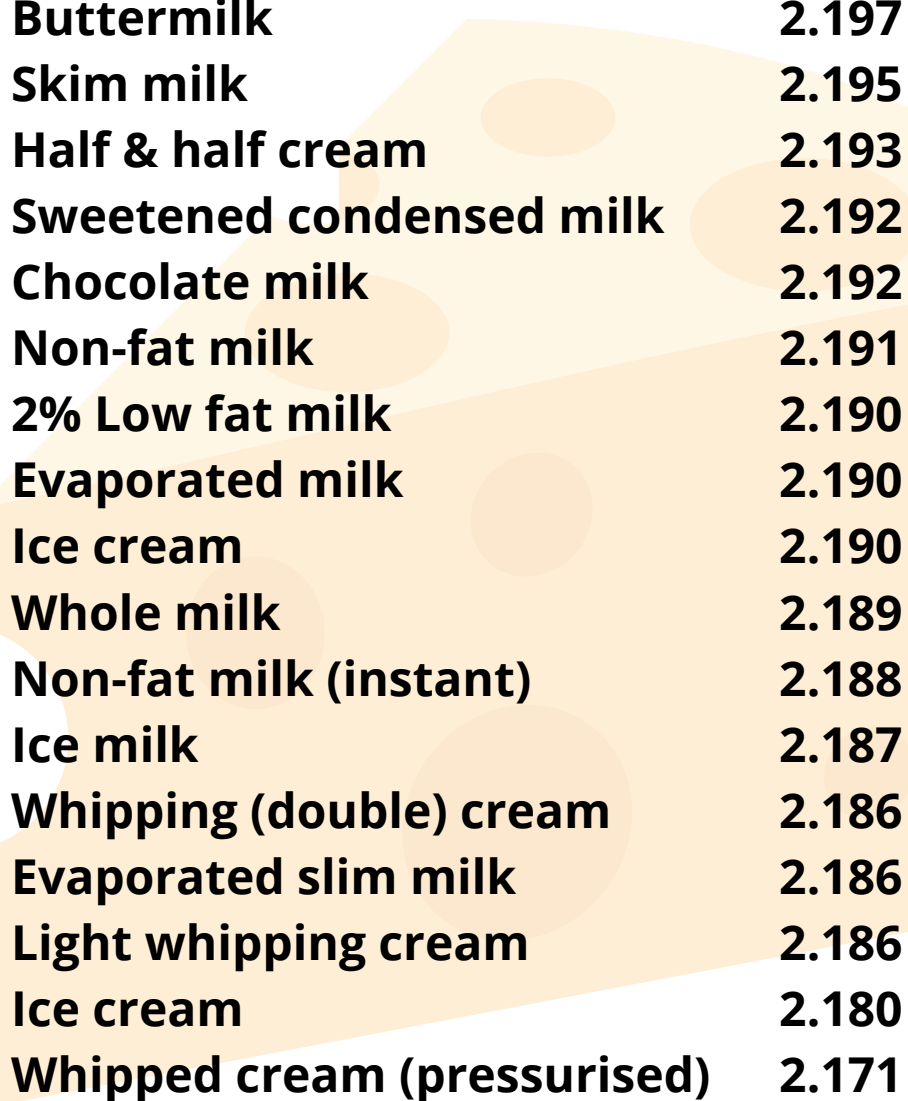
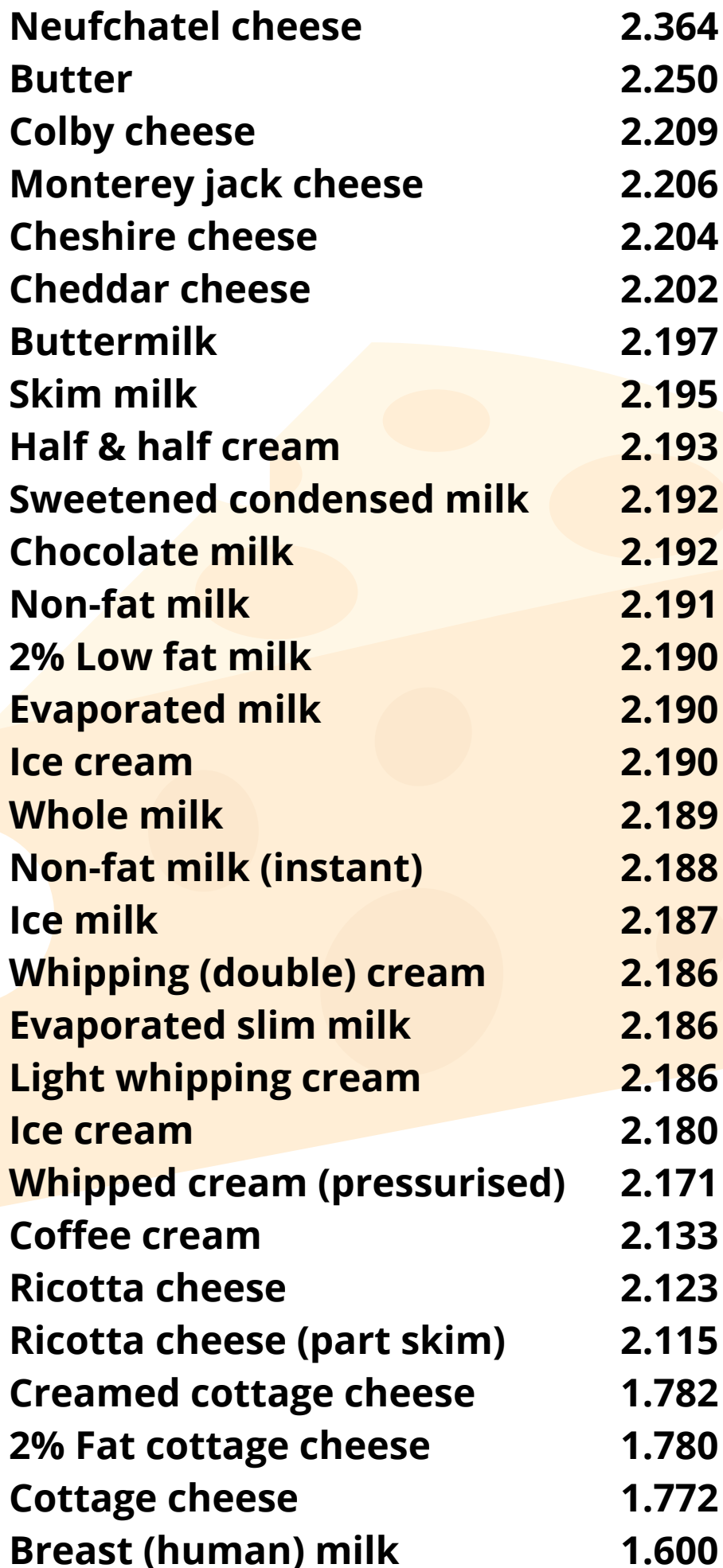


Wild pheasant	1.426
Summer sausage	1.395
Knockwurst	1.315
Dark turkey meat	1.297
Light turkey meat	1.292
Canned turkey	1.288
Wild quail	1.286
Goose	1.273
Pork & beef sausage	1.270
Bologna (beef & pork)	1.263
Duck liver	1.236
Turkey liver	1.232
Goose liver	1.230
Polish sausage	1.202
Duck	1.181
Vienna sausage	1.124
Liver	1.106
Kielbasa	1.071
Frankfurt (beef & pork)	1.065

Dairy



Margarine	3.000
Plain yogurt	2.979
Low fat fruit yogurt	2.978
Skim plain yogurt	2.967
Low fat plain yogurt	2.953
Swiss cheese	2.787
Gruyere cheese	2.783
Edam cheese	2.762
American cheese spread	2.755
Gouda cheese	2.755
Whey	2.750
Blue cheese	2.604
Provolone cheese	2.586
Brie cheese	2.524
Camembert cheese	2.518
Parmesan cheese	2.512
Grated parmesan cheese	2.494
Gjetost cheese	2.484
Goats milk	2.433
Brick cheese	2.427
Muenster cheese	2.424
Limburger cheese	2.399
Tilsit cheese	2.398
Port du salut cheese	2.396
Processed swiss cheese	2.375
Cream cheese	2.370
Mozzarella cheese	2.369
Processed american cheese	2.369

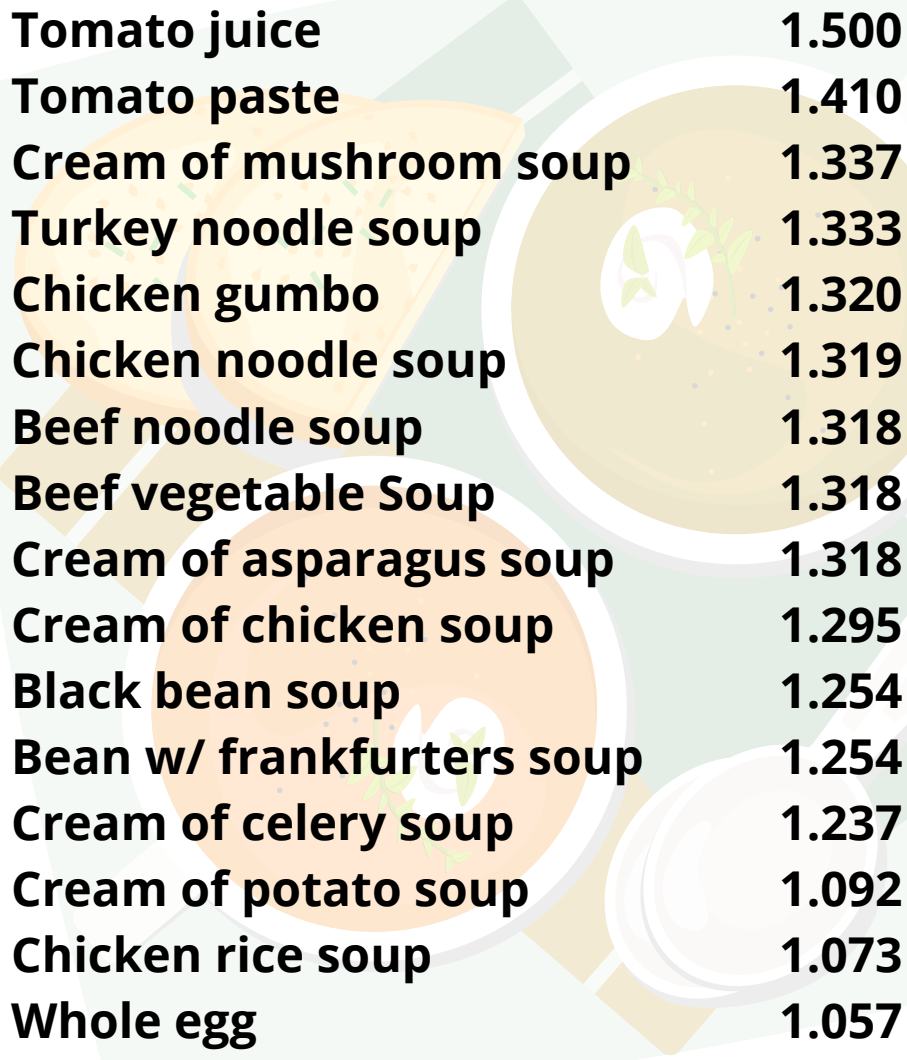



Neufchatel cheese	2.364
Butter	2.250
Colby cheese	2.209
Monterey jack cheese	2.206
Cheshire cheese	2.204
Cheddar cheese	2.202
Buttermilk	2.197
Skim milk	2.195
Half & half cream	2.193
Sweetened condensed milk	2.192
Chocolate milk	2.192
Non-fat milk	2.191
2% Low fat milk	2.190
Evaporated milk	2.190
Ice cream	2.190
Whole milk	2.189
Non-fat milk (instant)	2.188
Ice milk	2.187
Whipping (double) cream	2.186
Evaporated slim milk	2.186
Light whipping cream	2.186
Ice cream	2.180
Whipped cream (pressurised)	2.171
Coffee cream	2.133
Ricotta cheese	2.123
Ricotta cheese (part skim)	2.115
Creamed cottage cheese	1.782
2% Fat cottage cheese	1.780
Cottage cheese	1.772
Breast (human) milk	1.600

Other



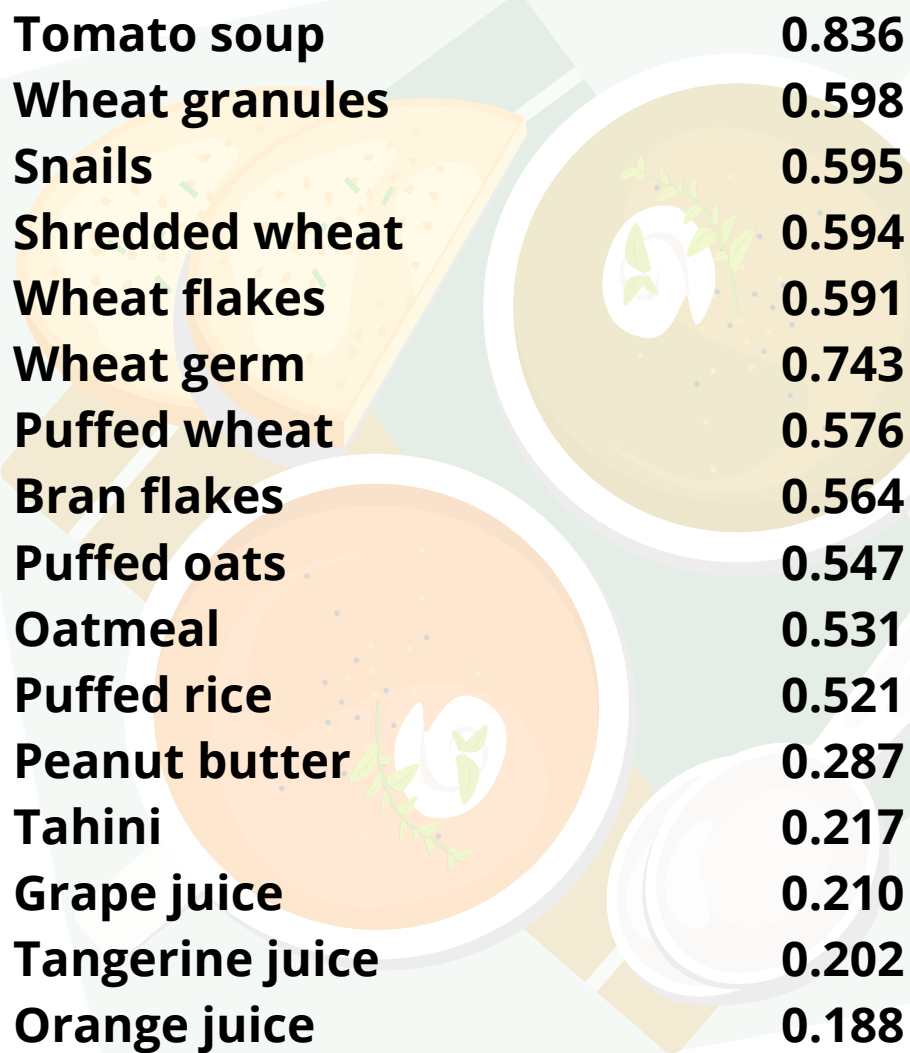
Sherbet	2.192
Eggnog	2.005
Applesauce (unsweetened)	2.000



Tomato juice	1.500
Tomato paste	1.410
Cream of mushroom soup	1.337
Turkey noodle soup	1.333
Chicken gumbo	1.320
Chicken noodle soup	1.319
Beef noodle soup	1.318
Beef vegetable Soup	1.318
Cream of asparagus soup	1.318
Cream of chicken soup	1.295
Black bean soup	1.254
Bean w/ frankfurters soup	1.254
Cream of celery soup	1.237
Cream of potato soup	1.092
Chicken rice soup	1.073
Whole egg	1.057
Powdered egg	1.054
Vegetable soup	1.010
Oat flakes	1.007
Mayonnaise	1.000



Pea & ham soup	0.990
Egg yolk	0.979
Minestrone	0.924



Tomato soup	0.836
Wheat granules	0.598
Snails	0.595
Shredded wheat	0.594
Wheat flakes	0.591
Wheat germ	0.743
Puffed wheat	0.576
Bran flakes	0.564
Puffed oats	0.547
Oatmeal	0.531
Puffed rice	0.521
Peanut butter	0.287
Tahini	0.217
Grape juice	0.210
Tangerine juice	0.202
Orange juice	0.188