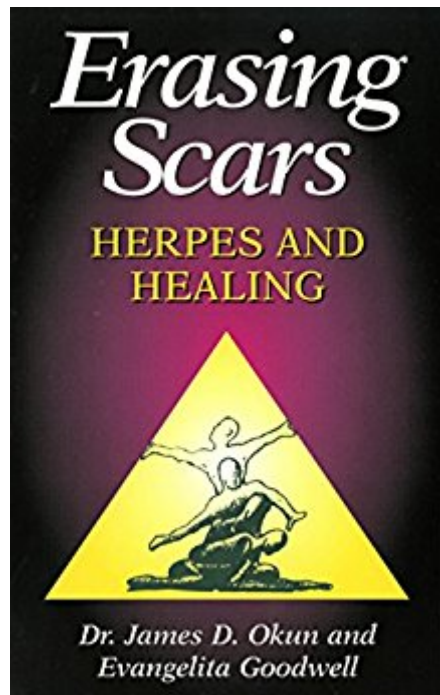




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# Erasing Scars: Herpes And Healing



## Synopsis

Millions of Americans are afflicted with genital herpes with tens of thousands of new cases being reported each year. This ravaging disease afflicts its sufferers with both physical and emotional scarring, and while effective treatments for the physical aspects of the disease have been developed in recent years, relatively scant attention has been given to the emotional trauma associated with the disease. And even less attention has been given to the connection between patients's stress levels and recurrences of herpes outbreaks. Reducing Stress and OutbreaksDr. James D. Okun, MD addresses the role of emotional well-being in the effective treatment of herpes in his book *Erasing Scars: Herpes and Healing*. Drawing on the philosophy of Aesthetic Realism founded by poet and critic Eli Siegel and the clinical studies of UCLA Dermatologist Stanley M. Bierman, Okun makes the case for herpes sufferers' coming to terms with their infection and seeking effective medical treatment for it, while pursuing therapies that will enable them to combat stress and thereby reduce the likelihood of further outbreaks once the physical symptoms have been dealt with. ADDITIONAL FOREIGN REVIEWSVerified Review .co.UK 2/22/2017"Erasing Scars: Herpes and Healing5.0 out of 5 stars Fantastic read and an invaluable guide for herpes suffers and those in the medical professionBy Customer - 22 Feb. 2017 Verified PurchaseI found this book extremely interesting and educating, and after supporting a best friend through the shock of contracting genital herpes, I know this would have provided her immense comfort and support. Dr. Okun begins the book by telling us his own personal story, taking the reader through his medical training journey, and how he came about researching Herpes, which was very engaging.What was very heartfelt in the book is how it explains the emotions Herpes sufferers go through when they first contract it, ie feeling ashamed, why me?, who is going to love me now?, I'm never going to get married and have children? These were the questions my friend kept repeating.Then the book moves onto explain how stress can cause the constant flare up of outbreaks and how the philosophy of 'Aesthetic Realism' can help. Two of the main principles really stood out for me, i) how the deepest desire of every person to like the world in an honest way and ii) not to have contempt for the world. I agree that these can create a positive outlook on life, which in themselves would reduce stressful emotions that arise within.My friend's herpes flare ups dramatically reduced when she met a special man in her life who was understanding and non-judgemental, which I think brought her an inner calm within, which therefore reduced her outbreaks. She also undertook regular Reiki sessions which were extremely beneficial for stress relief and releasing any negative emotions.Overall this was a fantastic and insightful book, and I would recommend it to [herpes.org.uk](http://herpes.org.uk) to put on their reading list!

## Book Information

File Size: 1734 KB

Print Length: 180 pages

Publisher: Jane Publications (January 30, 2013)

Publication Date: January 30, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00B8YSE14

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #264,496 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Herpes #553 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > New Age > Mental & Spiritual Healing #587 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Alternative Therapies

## Customer Reviews

Dr. Okun delivers a winner! His handling of the plight of his patients shows his compassion for his fellow man. The book brings to light what has been known for thousands of years that the mind is a powerful healing tool. Dr. Okun shares the balance between modern medicine and the healing power of the mind. It also delves into actual cases of people afflicted with Herpes using medical and mind techniques to help heal themselves inside and out. The plight of real people going through this affliction adds a very real drama to the book. If you are a physician or a person looking for alternative treatment for this terrible disease or any other illness, this book connects the medical and patient communities extremely well. With so many people looking to read about actual success stories of patients with Herpes this book shows a multitude of possibilities of a balanced healing approach. I was excited to read this book and would highly recommend it to anyone looking to learn more about holistic approaches to healing. A terrific read! 5 Stars!

I am impressed by the personal level of this book and would recommend it to anyone, rather they have a medical condition or not. It teaches Aesthetic Realism, which I'd never heard of until I began reading. I also did not realize how this disease would effect someone emotionally or the scars, physical and emotional, that can be left behind. I couldn't help but turn to the next page to read what would come next.

Erasing Scars by Dr. James D. Okun MD was very informative. "Aesthetic Realism" was very interesting, therefore I had a difficult time putting this book down. I learned that there is emotional scarring that goes along with this disease. The emotional side can be just as difficult as the physical while dealing with the disease. Those suffering from herpes have to learn how to deal with stress to reduce the likelihood an outbreak. Dr. Okun wrote this book very well, and I recommend it to anyone who may be dealing with herpes or has a family or loved one who is. I give Erasing Scars five stars.

Erasing Scars by Dr. James D. Okun MD is a very informative and interesting book. Bringing a new way to see beyond the disease, with Aesthetic Realism, this book can help you to develop the deepest desire to like the world in an honest way and teach you an accurate way of dealing with the stresses inherent to your life. I recommend this book highly to everyone.

This book is absolutely fantastic. I had no idea that there are so many different kinds of herpes, nor did I know about all of the different kinds of treatment that exist for it. You will learn so much from reading this book. Like all of Dr. James Okun's book, this one is easy to read and understand. It is presented in easy to digest chapters that make the learning and retaining of the knowledge that much easier. I highly recommend this book to anyone and everyone.

Erasing Scars provides a program and a method towards preventing outbreaks caused by the herpes virus. It does not advocate for you to replace or substitute any of your current medication and it certainly does not provide a magical solution to any problem. It simply points out the crucial part of understanding what leads to the outbreak of the disease and how you can prevent it from happening, or at least moderately resolve it. When I initially started reading this book I felt overwhelmed with the information, however; slowly I realized that Erasing Scars is not just a book creating awareness to Herpes, it is also offering new theories and developments that can be proven to work. Aesthetic Realism is the philosophy offered in this book, developed by the poet and critic Eli Siegel and is the main breakthrough for this disease. As Dr. Okun studies more

into this philosophy, he discovers that there is a link between deep psychological pain, vision, and the herpes infection. This is where the book caught my attention. I have never read this anywhere through my studies. It is a fascinating discovery, and from there I did not wish to put the book down anymore. Dr. Okun believes that Aesthetic Realism teaches people an accurate way of dealing with the stresses inherent to life, and its role in alleviating stress. He is convinced that Aesthetic Realism is directly connected with the body's own immune responses. The book also covers what the meaning of stress is and offers many subject examples to solidify its discovery. In summary, I recommend this book to anyone that is open to new medical discoveries and innovative remedies to healing. [...] Written by Jeyran Main

An offering that will be of assistance to those looking beyond solely a traditional treatment for this condition moving into a more comprehensive personal treatment that can be helpful on a deeper and more individual basis than previously thought within the medical community.

I must say, the concept is quite extraordinary. This is being said by someone who strongly believes in the power of self and the mind. The three case studies presented were powerfully executed. Thank you for sharing and I wish you all the best.

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