

THE SHINGLES SOLUTION

JULISSA CLAY

The Shingles Solution PDF Book & Program by Julissa Clay

The Shingles Solution PDF Book & Program is about Julissa Clay's original program to effectively face the shingles (a relatively common viral infection that can produce a mildly itchy to intensely painful rash) and Postherpetic Neuralgia or PHN... with a completely natural approach.



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The Shingles Solution PDF Book & Program by Julissa Clay has a very solid reputation and tens of thousands of delighted followers. Julissa Clay herself is a celebrated and highly respected natural health practitioner who specializes in resolving particularly unpleasant disorders.

My brother isn't really into natural remedies. But he'd been in that much pain he was willing to step outside the box in search of something to end the misery.

One problem: he'd got hold of The Shingles Solution PDF Book & Program way too late. He'd had painful PHN for more than 7 months at that point.

Ideally, you start to follow The Shingles Solution PDF Program's guidance in the first days of shingles – while you've still got the scabs and itching. Not 7 months later when you're in daily agony with PHN.

But the pain wasn't letting up. So he just did everything the program told him to do. Incredibly, just about a week later the PHN had melted away. It had faded from about the 3rd day and disappeared completely by the 8th.

My brother was disbelieving, relieved, grateful.

His doctor was happy for him but couldn't explain it. She admitted some natural remedies do work very well where medicine had failed.

But now, 11 months later here he was at the start of the second attack of shingles. And if my brother knew anything... he knew he wasn't going to go through PHN again.

He told us something though that we didn't know.

He said that The Shingles Solution PDF Program by Julissa Clay had been easy to follow – and clearly had worked – but once his PHN cleared he'd not bothered to keep up with its simple instructions.

And that mattered – a lot. Why?

Because one of The Shingles Solution PDF Book & Program's strongest benefits was that it not only resolved itching and pain during shingles... it

not only avoided PHN after shingles... it also took away the causes of shingles ever occurring again.

He should have stuck with it after the pain had ended. He wouldn't have shingles again if he had.

And he knew it.

This time he did it right from day one. He followed the instructions in The Shingles Solution PDF Book & Program to the letter.

And his experience of shingles was dramatically different.

This time itching was minimal and infrequent. Nerve pain was mild and lasted days instead of weeks.

He suffered none of the fatigue of last time. He didn't lose any sleep. He was able to continue going to work. He endured fewer scabs – and they cleared quickly, mostly without scarring.

And when all was clear about 15 days later.... he didn't have even a hint of PHN. And this time he didn't make the mistake he made last time.

This time he maintained the changes. And 7 years later he's not had even a whisper of shingles.

In fact, he believes that the virus that causes it has died out completely.

Now all this is good and well. But it wouldn't be a reason for me to be writing to you today if that was the end of it.

Once again, it wasn't the end of it. But here's the twist in the tale. 6 Months ago it was me who had shingles.

I went to bed fine, I woke up very much not fine. But at least I knew what it was. And I knew what to do. My first call was to my doctor. My second was with my brother.

He sent me the program. And I did exactly what The Shingles Solution PDF Book by Julissa Clay told me. I followed the guide to the letter. I cut no corners, took no chances. And I saw my shingles out in just 15 days. Which has to be some sort of world record.



But more than that – and I thank my stars for this – I never suffered Postherpetic Neuralgia (PHN).

The possible weeks, months, or years of intense nerve pain, sleepless nights, and very low moods were what I was most scared of.

I'd seen my brother suffer it all. And I'd read about other people's experience of PHN and I wanted more than anything to avoid that. And I did avoid it. All of it.

The Shingles Solution PDF Book & Program by Julissa Clay did 4 things for me. These are essential for anybody suffering shingles right now. They were crucial to my quick and full recovery:

The Shingles Solution Program cleared up my shingles scabs in record time. They dried quickly and cleared with virtually no scarring.

It reduced the itching to almost nothing – and ensured I had almost no pain at all. Shingles for me was almost a background feeling – it didn't affect my day to day life at all.

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The program included in The Shingles Solution PDF Book by Julissa Clay stopped me suffering postherpetic neuralgia (PHN) – a fate I absolutely dreaded. I was probably most glad about this. When my shingles went there were no PHN complications afterward.

Julissa Clay's program has ensured that my first attack of shingles was my last attack of shingles. Even though I was able to minimize my shingles experience I certainly didn't want it a second time.

I had shingles for less than half the time most other people have it. And I suffered zero after-effects.

If you have to have shingles... this is the way you want to have it!

And do be clear about this: there is nothing unusual about the outcome I enjoyed. I wasn't some rare, lucky person.

Put plainly, thousands of people with shingles take this natural, evidence-based approach to their illness and get well quickly – with minimal pain and no after-effects.

Others trust drugs and pharmaceuticals only – and take their chances. That – as my brother found out – can end very badly.

Let me tell you how The Shingles Solution PDF Program by Julissa Clay achieves what it does, and you'll see for yourself.

You're possibly aware that shingles are caused by the varicella-zoster virus.

Remember chickenpox? The varicella-zoster virus has been with you since you got rid of that illness – which was possible decades ago.

Our immune systems beat and then suppress the virus so that it no longer harms us. However, the virus still lies dormant in our nerve cells. Our immune system keeps it in check so that it does us no further harm.

However, if the immune system falters... the varicella-zoster virus reactivates. And shingles are the result.

The Shingles Solution PDF Book & Program by Julissa Clay has been quietly beating shingles at its own game for years now. Tens of thousands of people who started with shingles have followed Julissa's guidance. They've had a very different experience to the usual horror stories.

- Far less itching.
- Little to almost no pain at all.
- Very fast recovery from the initial attack.
- No PHN afterward.
- And no repeat of the disease.

The weakness of the standard medical approach to shingles is that they focus heavily on reducing the symptoms of the disease – and not nearly enough on obliterating its causes.

This means all too often they suppress the effects of the illness... but leave its underlying cause in place. So, in effect, you remain ill even when it seems on the surface that things are being managed.



The program included in *The Shingles Solution PDF Book* by Julissa Clay doesn't make this mistake.

The cause of shingles is a weakened immune system. Therefore, *The Shingles Solution Program* focuses entirely on returning your immune system to its full strength.

So *The Shingles Solution Program* did give me very effective remedies to quickly end the terrible itching and pain of shingles. But it also did

something vitally important for my long-term health: it completely rejuvenated my immune system. And because of that...

- I suffered significantly less – and for a much shorter time – while I actually had shingles...
- my body fought off shingles – and the fatigue, the joint pain, the itching, and the intense pain – in double-time...
- I suffered absolutely no after-effects – PHN being the one I feared most...
- And I don't expect to ever get shingles again – so no fear of going through all this ever again.

The Shingles Solution PDF Book & Program by Julissa Clay is a complete response to shingles. It powerfully treats the illness while you've got it – and you need some relief while you have the illness.

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But it also protects you from even worse complications – and the possibility of it coming back again.

A weakened immune system let the virus get the upper hand. That's why we get shingles.

A strong immune system – capable of handling whatever comes its way – is the only response to this disease.

Shingles are considered a lifestyle disease.

After all, an immune system doesn't just become weaker for no reason.

There's a cause. And the cause is specific lifestyle habits that compromise the immune system, meaning it's no longer strong enough to hold off the virus. Undo what you're doing that is weakening the immune system... and you once again have a strong immune system.

None of this is magic. Every single piece of information and guidance in The Shingles Solution PDF Book & Program by Julissa Clay has years of scientific and research evidence behind it – all verified at university and research institutions across the world.

The Shingles Solution PDF Book & Program is hard science applied to a distressing and painful disease in a practical, straightforward and completely natural way. And it has absolutely fantastic outcomes.

For all its power, Julissa Clay's The Shingles Solution Program is a simple plan delivered in 2 straightforward phases over just 4 weeks.

Each phase comes with a daily instruction sheet. I knew what to do and when to do it. No guesswork. Just do it and feel the change.

The first 7 days are a little stricter than the rest of the plan – but that's because we want to quickly see the end of the fever, itching, pain, and fatigue that accompanies the disease.

We adjust back to a more relaxed protocol as soon as you feel better.

But as a result of these gentle changes I enjoyed powerful benefits:

- I got quick, lasting relief from the itching and pain I had been suffering from the onset of the illness...
- My immune system became much stronger so shingles just couldn't reactivate again...
- My body was able to remove cells from throughout my body that had been corrupted by the virus...

- My body was able to repair all those damaged nerve endings...
- The immunity boost I got reduced the chances of me ever getting the liver disease, heart disease, or stroke...
- It also protects me against degenerative brain disease...
- And it acts strongly against brain inflammation, nerve damage, paralysis, and chronic pain.

There are several strands to Julissa's The Shingles Solution. One of them is, of course, food.

Food is nutrition. Specific foods prevent illness, repair the body's varied structures, and ensure that internal processes run properly to keep us fit and alive. Other foods cause illness, damage the body, and prevent those internal processes from keeping us in the best possible shape.

Fortunately, eating well to treat shingles isn't especially restrictive. I found myself eating most of the foods I used to eat. It's more a case of eating less of the few things that definitely won't help you manage shingles and more of the things that strongly fight off the illness.

But knowledge is key here. We can't use just any 'healthy eating' plan.

For example, there are foods you love that you fear you'll have to reduce... You'll be happily surprised to discover that, actually, it's okay to consume them.

There are a few foods generally considered 'healthy' that you should actually eat less of. Which surprised me when I first learned it.

Very occasionally there are critical changes you simply have to make. There can be no dilly-dallying because certain foods are very bad for you in the first weeks of shingles. And others are extremely helpful to you. We want none of the bad and lots of the good – at least for a few weeks...

And, again, proper knowledge is crucial here.

For example, there is a particular food nutrient that sometimes is your best defense against shingles... but other times it directly feeds the shingles virus, making it as bad as it can be. Knowing how best to use it is straightforward – and it's a key weapon in the fight against shingles.



On the other hand, there's a specific food ingredient that is proven time and again to feed unwanted organisms in the body... which leads them to generate inflammation throughout the body, ruining our immune system. To ensure our current attack of shingles ends quickly and without after-effects absolutely requires that we get this ingredient out of our diet immediately.

And so on.

None of this is difficult – and *The Shingles Solution PDF Book & Program* by Julissa Clay lays it all out for you so you can just follow without worrying

about the scientific details behind it. But if you're going to avoid PHN and future recurrences of shingles you must get this right.

There are simple daily habits you can incorporate into your life that not only support the fight against shingles right now – but which crucially make any future recurrence extremely unlikely.

Your damaged immunity system is what permitted the shingles virus to reactivate. There are reasons why your immune system is damaged. An important reason is related to nutrition, as already described.

But a critical cause of immunity weakness is underlying tiredness and background stress – which can measurably destroy a person's health. And this can't be over-emphasized.

Stress comes in many forms. Perhaps you recognize some of these in your life: physical stresses and aches in the body; mental or emotional stresses and worries; work pressures and concerns; family matters, being too busy to fully wind down, and so on.

All these work in the background suppressing the immune system and so allowing the virus to come back to life.

In the days after following Julissa Clay's sleep and stress advice in The Shingles Solution PDF Program, I not only slept more deeply than I ever had in my life. I also felt an almost religious sense of peace come over me. It's hard to describe – but wonderful to experience.

Fueling the body properly through exactly the right foods... and giving it the deep, restorative rest it needs... literally transform a person's ability to defeat shingles.

Suddenly having access to what it needs gives your body a burst of healing that you can almost feel happening.

Added together, the effect of The Shingles Solution Program is to treat the illness you currently have – and its itching, pain, and fatigue – quickly so that you get the relief you so badly need.

Following The Shingles Solution PDF Program's simple guidance keeps us from agonizing PHN – and a repeat of the whole nasty illness later on.

But it also makes your immune system bullet-proof, ensuring that anything that an immune system could possibly fight off....is something that your immune system can fight off.

So this is not just a recipe for freedom from shingles. It offers us freedom from dozens of diseases that a malfunctioning immune system – and the chronic inflammation that comes with it – typically give rise to.

And given that immunity and inflammation conditions include heart disease, liver disease, blood sugar imbalances, tumors, and metabolic disease... I certainly feel I've done myself a huge favor by taking care of this aspect of my health.

Adding to your lifestyle simple habits that enhance your immune system and cause it to ramp up a level boosts that life-giving effect. In short, the body is quick to reward us when we take care of it.

Time is of the essence. Catching the disease as quickly as possible pays off in ways you have to feel to believe. Tackle your condition now. Don't let intense itching or burning pain ruin the next month of your life.

But, especially, don't leave yourself open to the agony of months – but possibly years – of postherpetic neuralgia. PHN is one of the cruelest and most painful afflictions known. I saw my brother suffering... there's nothing he wouldn't have risked to put an end to it.

Few diseases get better on their own. Shingles are no exception.

Protect yourself. Address shingles where it's actually caused – and literally feel the difference. The Shingles Solution PDF Book & Program by Julissa Clay isn't just for you!

My brother got this program then passed it on to me. You would do the same for a loved one. Everyone you know who has had chickenpox (which amounts to 99% of everyone you know!) is at risk of shingles.

One-third of Americans get it in the end. When you've made yourself well you will be glad you can pass on the knowledge. Look after yourself and look after the people you love with your copy of The Shingles Solution PDF Book & Program by Julissa Clay.

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