

Nature's Medicine Guide – Herpes Healing & Lifestyle Rebirth 💕✨

A sacred *breakdown* of the tools, lifestyle shifts, & energetic practices that helped me cure genital herpes (HSV-1) – through the mind, body, & soul.

Please note: It is impossible for me to list every single thing I tried or used – this guide is a focused overview, not an exhaustive record. Trust that what's meant to reach you will, & always listen to what your body responds to.

* = Indicates most essential or most used during my herpes healing journey

Disclaimer: The information shared in this protocol is based on my own research, spiritual understanding, accumulated knowledge, & lived or observed experience. I am not a licensed medical professional, & this is not medical advice. Always consult a trusted health practitioner before making any changes to your wellness routine.

These protocols are inspired by the teachings & philosophies of Dr. Sebi, Barbara O'Neil, Gary Brecka, Phyllis A. Balch, & many other herbalists, health guides, Certified Nutritional Consultants, & spiritual practitioners whose wisdom has deeply influenced my path. I also take inspiration from researchers studying original, non-hybridized foods – those that were here when the Earth was created.

Some of what I share is based on personal experience. Other protocols – like those for conditions I have not personally experienced – are created through years of reading, researching, & absorbing information through books, lectures, & working hands-on in the Wellness Department of a health food store, where I've had access to a wide range of natural healing resources & conversations. While I may not have personally gone through every condition I write about, many of the practices I include are rooted in what worked for me on my own healing journey – approaches that I believe, at their core, support the body's ability to heal & can benefit a wide range of health issues when applied with intention. That said, everybody's body is different – what works for me may not work for you.

Healing is not one-size-fits-all. ALWAYS do *your own* research, feel into your truth, & let your intuition guide you. I encourage you to take what resonates, & leave what doesn't. My goal is to offer what I've learned in the hopes it supports you on your own healing journey.

Double check any/all herbs & supplements you're using with a pharmacist to make sure they won't interact with any current medications or treatments

1.

The Foundation: My Belief Shift

"Healing begins in the mind."

- I always knew there was something off about my diagnosis – that my body wasn't built to harbor a virus "forever"
 - I stopped identifying with the diagnosis
 - I stopped identifying with any beliefs, opinions, perspectives, or standards that I didn't align with or that were indoctrinated into me
 - I rewired my thoughts through conscious self-talk, visualization, & frequency
 - I trusted my body's divine intelligence
 - I repeated mantras like: "My body is in perfect health;" "I am healed & healthy" "I am powerful" "I am love" "I am cured"
 - I even commanded my subconscious: "I command my subconscious to be love, to be healed, to be healthy, to be cured"
 - I treated my mind & body as a garden & temple
 - I aligned my frequency with the version of myself that was already healed
 - I shaved my head – hair holds frequency and acts like an antenna, storing energy and emotion. I shaved my head to release trauma, reset my energetic field, and begin again with completely natural, untouched hair – no heat, no products. It was also a sacred act to honor my grandmother, Gaggly, and step into a new version of myself with clarity and intention.
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2.

Lifestyle Shift: What I Put In My Body

I ate Organic & Non-GMO raw, live foods whenever possible – live foods are raw, fresh, & full of life force – like fruits, vegetables, & sprouts that energize & nourish on a cellular level. Hybrid foods are man-made crossbreeds that may lack full nutritional integrity, & dead foods include anything processed, overcooked, or taken through death – like animal products – carrying low vibration & stagnant energy that can burden the liver & disrupt the body's natural harmony.

The foods that are commonly recommended to avoid aren't forbidden – they can still be enjoyed in moderation. With an 80/20 approach, you allow yourself to indulge in them about 20% of the time, creating a more sustainable & balanced lifestyle.



Diet:

- *Vegan alkaline* (Dr. Sebi inspired along with inspiration from other herbalists & wellness experts)
- *80/20 balance:* that means nourishing your body with high-vibrational, healing foods most of the time, while still allowing space for occasional indulgences without guilt – because healing is also about harmony, not restriction.)
- *FASTING*
- No meat, fish, dairy, wheat, soy, processed foods, frozen foods, or fast foods (if consuming meat or fish, make sure it's organic, non-GMO, grass-fed, or wild-caught & avoid salmon)
- I don't anymore but on my healing journey, I ate organic farm or pasture raised eggs
- I still eat honey, unlike other vegans
- No canned fruits & veggies
- No refined sugar (substitutions: raw local honey, 100% pure agave, 100% pure maple syrup, 100% pure, raw, & unfiltered honey, date sugar, coconut sugar) – reducing your sugar intake is more important than reducing your salt intake if you're using mineral salt like Celtic sea salt or Baja Gold salt
- No caffeine
- *NO alcohol*
- *NO sink water/unfiltered water* (fluoride has been shown to calcify the pineal gland – a tiny, crystal-like structure in the center of the brain responsible for producing melatonin & connecting us to our inner vision & higher awareness. When calcified, this gland's function can become blocked, potentially disrupting sleep cycles, spiritual awareness, & intuition.)
- *NO microwave*
- *NO seedless fruits & veggies*
- *NO Shiitake mushrooms*
- *Homemade cooking*
- Allowed myself to cheat with dairy, soy & gluten but never meat or fish on my healing journey; now I no longer cheat with dairy or animal products
- *Highly aware of & particular about ingredients – I looked for the least number of ingredients possible & made sure there weren't any dyes or harmful ingredients*
- *Aim to drink 1 gallon of water a day*

Daily Eating Rhythm:

Time	What to Consume	Why
Upon Waking	Warm water with lime (optional: sea salt, chlorophyll, minerals, vitamins on an empty stomach– if applicable)	Rehydrates, supports detox, wakes up digestion

7 AM – 11 AM	Fresh fruits, smoothies, raw foods	Body is eliminating waste – fruits cleanse & energize gently
12 PM – 3 PM	Main meal: whole grains, veggies, healthy fats, plant proteins	Strongest digestion – best time for grounding, nourishing foods
4 PM – 6 PM	Light meal: soups, salads, steamed veggies	Digestion begins to slow – lighter foods support rest & repair
After 7 PM	Avoid heavy meals/snacking	Eating late disrupts digestion, detox, & sleep quality

 Herbs, Spices, & Supplements I Took or Incorporated Into My Diet – Not all at the same time & not just for herpes, but for immune support, mental wellness, cancer prevention, & overall wellness

Note: Many herbs, spices, supplements, fruits, & veggies can be found in “teas.” They can also be found in juices & smoothies. There were different ways I incorporated everything into my diet & sometimes I did them in more ways than one.

“Tea” – true tea comes from the *Camellia sinensis* plant – this includes green, black, white, & oolong teas. But what most people call “tea” today is often just an herbal infusion: steeping dried herbs, flowers, or roots in hot water. These infusions still carry powerful medicinal & healing benefits, offering the plant’s essence in its simplest, most soothing form.

*I used a range of herbal teas including but not limited to, mountain tea, mushroom blend teas, detox teas, chamomile tea, dandelion root tea, green tea, raspberry tea, Pau d’Arco tea, elderberry tea, dandelion root tea, & other healing herbal teas

Disclaimer: Always do your own research & consult a pharmacist about any potential interactions between pharmaceutical medications & herbal supplements. Some herbs & supplements may not be suitable for long-term use, or during pregnancy, nursing, or breastfeeding. Individual needs vary, so it’s important to listen to your body & seek personalized guidance when making health decisions.

- *Lion’s mane (also consumed the actual mushrooms in my cooking)*
- *Ashwagandha*
- Reishi mushrooms

- *Pau d'Arco*
- *Elderberry*
- *Sea moss*
- *Soursop – AKA Guanabana or Graviola* (I consumed the supplement, smoothies, & juices)
- *Moringa tea* (I started consuming this after I healed myself but Moringa, known as the "miracle tree," is rich in vitamins, minerals, antioxidants, & anti-inflammatory compounds that support immunity, energy, hormonal balance, digestion, & overall cellular healing.
- *Dandelion root*
- *Berries*
- *Tea Tree oil* (**dilute**– can be used internally or topically: I steeped an herbal blend of Lupulo, Arnica, Sage, Prickly, Bayberry, Red Clover, & Blue Vervain (Uterine Wash by Dr. Sebi's Cell Food) in boiling alkaline water, added tea tree oil, let cool, & douched with the solution)
- Vegan multivitamin (**methyalted** form– the methylated form is important for proper absorption & activation of B vitamins, especially for those with MTHFR gene variants, which reduce the body's ability to convert folic acid & some other forms of B vitamins into their active, methylated forms, impairing efficient nutrient use.)
- *Black Walnut*
- *Cayenne pepper*
- *Unrefined Celtic sea salt (coarse)* – this is mineral salt, which provides essential minerals & is vastly different from iodized salt & other salts (I use the fine ground Celtic sea salt to top my food with)
 - They make you fear your salt intake, but the truth is, mineral-rich salts are entirely different from processed iodized salt. What you really want to avoid is iodized salt & refined sugar, especially processed & artificial sugars.
- *Cinnamon* (I learned after I healed that not all cinnamon is the same. There is a meaningful difference between Ceylon cinnamon (often called "true cinnamon") and the more common variety sold in most grocery stores, Cassia cinnamon. Ceylon cinnamon is lighter in color, softer in flavor, and contains significantly lower levels of coumarin – a compound that, in large amounts, may stress the liver over time. Because of its gentler chemical profile and high antioxidant content, Ceylon cinnamon is generally preferred for consistent, therapeutic use. When using cinnamon intentionally for wellness purposes, choosing organic Ceylon cinnamon supports both safety and potency.
- *Hyssop*
- *Oregano*
- *Basil*
- *Parsley*
- *Whole black peppercorns* (use pepper grinder)
- *Wheatgrass*
- *Apple Cider Vinegar w/ "The Mother"*

- *Alkaline Balance supplement*
- *Oregano oil* (I started taking this after I healed myself. It's known for its immune-boosting benefits.) NOTE:
 - **Dilute** – can be used internally or topically
 - 70–85%: Therapeutic and safe, especially if taken internally or used long-term.
 - 90–95%: Very potent, great for short-term, targeted use (e.g., for colds, parasites, or yeast overgrowth), but should be used with caution and often diluted.
- I didn't get to try these yet but they're known for benefitting immune & genital health support – Wormwood, Nano-silver, Copper, Anise Hyssop, Olive leaf, & Black seed oil 100% cold-pressed & unrefined – look for it in its most potent form, Thymoquinone (TQ). TQ is the key active compound responsible for the oil's powerful benefits, including immune support, inflammation reduction, & cellular protection.

 **Healing Foods That Benefitted Me Most** – not an exhaustive list, but a curated one based on what felt most essential for healing:

*Soak your fruits, veggies, & fresh herbs in a baking soda or pure distilled white vinegar (one or the other– do NOT combine both or else it will create a chemical reaction & neutralize both ingredients, making them less effective)

- *100% organic pure coconut water*
- *Fruit & Veggie juices (100% fruit or veggie juice)*
- *Natural Alkaline water (pure spring water) – proper hydration is key: put a pinch of Celtic sea salt in your water and a pinch on your tongue (the sodium draws water into cells)*
- *Dates*
- Figs
- *Avocados*
- *Seeded fruits & veggies*
- *Key limes*
- *Tamarind* (I made my own juice, desserts, & sauce. Other cultures use it in their cooking too, so if I ate out, I would look for it in my meals. For example, in a sauce. Tamarind & Soursop juices & smoothies can also be found at most Latin American restaurants in my experience.)
- *100% Soursop juice* (I drank this daily & have yet to find the actual fruit besides frozen, in America–the juice can be found in local farmer's markets or health food stores.)
- *Burro bananas*
- Okra
- *Wakame or any other sea vegetables*
- Cactus

- Watercress
- *Red onions*
- *Roma, plum, cherry, or grape tomatoes*
- *Fresh herbs– basil, parsley, thyme, bay leaf*
- *Kale*
- *Tomatillos*
- *Walnuts*
- Avocado oil
- *100% Organic Cold-Pressed Unrefined Coconut oil*
- *Pure 100% Organic Cold-Pressed Unrefined Extra Virgin Olive oil (EVOO)*
- Fennel
- Burdock root
- *Aloe vera*
- *Cacao*
- Naturally fiber-rich foods
- 100% organic pure maple syrup
- Organic, pure, raw, & unfiltered honey (always best to buy fresh local)
 - Raw Manuka honey (with UMF & MGO or MSO – the higher the numbers are, the higher the potency & antibacterial strength are) – this is something I tried after I healed myself
 - Bee pollen offers a wide range of health benefits (I also tried honey that contains pollen, propolis, & honeycomb after I healed myself)

Natural antibiotic: honey (especially Manuka honey), infused in red onion & garlic

Instructions: Chop about half a red onion & a couple cloves of garlic. Add about ½ cup of honey. (Use your own measurements, whatever feels right for you.) Store in a mason jar, in the fridge overnight or at least a few hours (the longer it soaks, the more potent it will be). Strain the red onion & garlic from the honey, & put the honey back in the mason jar. Store in the fridge.

Gut Cleanse Shot: Mix in a 2-4 oz cup or container, Olive oil (100% Organic, Cold-pressed, & Unrefined EVOO), Coconut oil (100% Organic, Cold-pressed, & Unrefined), whole black peppercorns, cayenne pepper, Celtic or Mineral sea salt, & key lime juice (Use your own measurements, whatever feels right for you.)

There are so many additional things I've tried, even after I healed myself, that I feel deeply support my health & carry powerful, proven benefits – like neem honey, manuka honey, noni juice, 100% pure aloe vera added to water, Peruvian mineral salt, nano-silver, & powerful herbal blends are just a few examples. The truth is, the world of natural healing is vast & the remedies are endless, because it's all centered around one core principle: restoring the body with the vitamins, minerals, & nutrients that are already naturally occurring in nature & in our bodies.

The most important thing is to begin incorporating these into your lifestyle in the most natural way possible – through real, whole foods & plants. The goal isn't to rely on supplements forever, but to nourish your body so deeply that it no longer needs them. When the diet is clean & aligned with what the Earth already provides, fruits & vegetables become the supplements – because they already contain everything your body is designed to receive.

(More coming soon: I'll share specifics + sourcing in the future)

2.5.

Cannabis

CBD & THC – the healing compounds within the cannabis plant, have shown powerful potential in supporting the body's natural defense systems. Both have antiviral, anti-inflammatory, & immune-modulating properties that have shown to help support cellular healing. In its concentrated form, like Rick Simpson Oil (RSO), cannabis delivers an even more potent dose of these therapeutic compounds, making it a powerful ally for deep immune support & holistic healing. *I didn't experiment with topical cannabis use during my healing journey but I did consume cannabis & mushrooms)

- CBD: non-psychoactive but has positive effects on brain, mood, & sleep
- THC: the primary psychoactive component in cannabis that gets you high (if used in very low doses it won't have that effect)
- *Look for the RSO form (Rick Simpson Oil)* – full-extract cannabis oil extremely high in THC; it's raw, full-spectrum, & most importantly not diluted or refined (It's not meant to be smoked, lit in a joint, or used in a blunt. Applying high heat (like with a lighter) can burn off many of its therapeutic compounds, especially delicate cannabinoids & terpenes. For best results, RSO should be taken orally, sublingually, or used topically – preserving its full-spectrum benefits for deep healing & cellular support.

- o It's named after Rick Simpson, a Canadian engineer who is known to have cured his own skin cancer in the early 2000s using this potent oil, applying it topically & ingesting it.
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3.

The Detox: What I Removed

Targeted parasites, fungus, & mucus

- Pharmaceutical medications (I stopped taking the antiviral medication (Valtrex) – I don't take anything pharmaceutical, not even Advil.)
 - Fluoride & toxic personal care products
 - Environmental stressors where possible
 - Negative media & energy-draining conversations
 - Any foods that create mucus or are harmful to the body
 - Heavy metals
 - Any products or consumables with harmful chemicals, dyes, preservatives, or pesticides (READ INGREDIENTS)
 - Technology/Electronics in my room to reduce radiation & frequency exposure
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4.

The Energetics: Mind–Body–Soul Techniques

 Practices that kept me aligned:

- Fully encompassing love
- Remaining celibate during the healing process
- Unlearning & relearning
- Daily meditation & visualization
- Priming the day
- Trusting myself & my intuition
- Mental, written, & vocal affirmations
- Putting my dreams, goals, & accomplishments in writing (writing things down has a profound neurological effect on the brain – it helps bridge intention & action by activating multiple areas at once: thinking, processing, & doing. It activates the Reticular Activating System (RAS) – the RAS is a filter in your brainstem that decides what information is important. When you write something

down, especially goals or desires, the RAS flags it as significant, making your brain more alert to opportunities, ideas, & decisions that align with it – kind of like tuning your awareness.)

- Frequency healing – listening to healing frequencies (especially during sleep)
- Sleep meditations
- Listening to uplifting/intentional music
- Listening to motivational & uplifting podcasts, shows, movies, documentaries, talks, & seminars – also detoxing from overstimulation, allowing my body to function without outside influence
- Being aware of the energy being put into my body
- Constantly, reading, researching, writing, & educating myself
- Keeping myself open – and not limited in terms of my perspectives, beliefs, & opinions
- Only speaking if your words are more beautiful than silence
- Ending karmic cycles
- Making amends & peace with anyone I hurt in any way, intentionally or unintentionally
- Establishing core values, beliefs, & principles
- Aura healing – using a copper pyramid (wearing it casually & while doing breathwork)
- Using crystals, incense, essential oils, & Palo Santo (aka- "holy wood:" – a sacred wood often used as incense for cleansing, grounding, & releasing negative energy.)
- Speaking to my cells with intention
- Nature grounding – walking barefoot & touching my feet to the Earth
- Connecting with Nature/Earth energy – being in nature & hugging trees
- Sungazing – watching the sun 30 minutes during sunrise & 30 minutes before sunset
- Cord-cutting rituals/Burning rituals/Full moon rituals
- Shadow work
- Cold water therapy (Wim Hof cold shower challenge)
- Mantras throughout the day, especially while in the shower
- Sunlight exposure
- Journaling & subconscious reprogramming
- Emotional healing & spiritual release work
- Forgiveness & letting go
- Surrendering
- Gratitude
- Unwavering faith
- Yoga
- Breathwork (on my own, with my cats because cats are spiritual animals, or using/wearing a copper pyramid)
- Connecting with my higher self, being 100% authentic
- Prayer
- Astral Projecting

- Blessing my food & water
 - Physical movement/Exercise – rebounding, squats, sit-ups, & stretching every day
 - Setting intentions & planting seeds
 - Limiting screen time
 - Placebo Effect – the power of the mind and belief
 - Tapping into the energy of the universe– noticing signs & synchronicities, connecting to nature's energy, & asking for help & guidance from my ancestors & spirit guides
 - Being conscious & aware of my thoughts, words, & actions
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5.

Consistency + Faith

This isn't a one-time fix – it's a commitment to your evolution.

- I gave myself grace, but stayed disciplined
 - I believed before I saw results
 - I leaned into discomfort, knowing it was part of the detox & release
 - I stayed aligned with my "why": total freedom, truth, & sovereignty
 - I stayed consistent & committed to my health even after receiving negative results
 - I stayed in the knowing that everything always works out for me & my highest good & that I am universally protected & aligned
 - Unseen support – I truly believe I was guided through this by more than just my own will. My grandmother Gaggy and my sister Addison were my biggest supporters – even when others doubted me or called me crazy. I felt Gaggy with me the whole way, along with my guardian angels and spirit guides. Their presence reminded me that I was never alone, even when it felt like no one else understood.
 - *We are powerful healers – both men and women – but there is something especially sacred about the divine feminine. Women are creators, nurturers, and portals to higher dimensions. I tapped into that energy within me – the ancient, intuitive wisdom that lives in the body, the womb, and the soul. Healing became a remembrance of who I truly am and a reclamation of the divine feminine power that has always been mine.*
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6.

My Results

They called it "incurable." But my body knew better.

- I felt the herpes virus physically, mentally, & spiritually leave my system before receiving confirmatory test results
- My symptoms cleared
- My test results came back negative
- My mind, body, & soul are in harmony
- I now live in full peace, helping others awaken to their healing power

*Everyone's body is beautifully unique, which means what works for one person may not work the same for another. Your healing journey should be adjusted to fit your own rhythms, needs, & intuition — & your results will always reflect your level of **dedication** & the **beliefs** you hold about what's truly possible for you.*

When you ask yourself if you should keep maintaining these lifestyle changes or natural remedies, remember— it's not just about fixing a symptom, it's about maintaining your overall wellness. Most issues in the body don't start where they show up, & healing isn't just physical — it's emotional, mental, & energetic. Unaddressed emotional wounds & mental stress often manifest in physical form, showing up as chronic symptoms or imbalances in the body. *Think of your body like a home: you can care for it, keep it clean, nourished, & balanced, or you can let it go, fill it with toxins, & hope it doesn't catch fire.*

Not every herb is meant to be taken long term, & nothing should be relied on forever — you don't want to become dependent when nature already provides everything your body truly needs. The goal is to reconnect with that natural rhythm while being consistent & intentional with your health.

"Your two greatest assets in life are health & time — invest in your health, it will buy you more time."

And remember... "After getting what you prayed for, pray for discipline to keep it & wisdom to multiply it."

~Feel free to explore all of my guides – some contain tools, insights, & practices that apply universally to the body's healing, even if they're labeled for a specific condition. You may find something in another guide that resonates deeply with your own journey. Trust your intuition & take what aligns.

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Disclaimer: I am not a licensed medical professional & I am not claiming to be able to diagnose, treat, cure, or prevent anyone else's diseases or illnesses. The information shared in this protocol is based on personal experience, research, & holistic wellness practices. Always do your own research & double-check how what you're taking may interact with each other. Consult with a qualified healthcare provider before making changes to your health regimen, especially if you are pregnant, nursing, breastfeeding, taking pharmaceutical medications, or managing a chronic condition.