

Herpes And Dating: My Story, My Advice

A close friend of mine fell in love with someone who has herpes. Sometimes fate has its own funny ways. They had been dating for a while and the man kept postponing sexual intercourse. Both were in their sixties so it seemed normal that they didn't just jump into bed. However, after awhile, my female friend was getting impatient to get closer and was starting to feel rejected. That's when he broke the news to her that he had herpes. Before I knew it, my friend started calling me every other day with questions about herpes and transmission. She was first afraid it would kill her. I told her death was quite unlikely and the reasons why. Suddenly, I was experiencing the perspective of people who think they don't have herpes and are considering getting involved with someone who does. It was an incredible part I had to play. I took a neutral role, discussing the ugly parts first and then telling her about the better parts.

The information I gave included how herpes is transmitted, that it never leaves you once contracted and I gave her all the risk factors. We talked about the ways to prevent herpes transmission and how using a variety of different approaches greatly reduces the risks. I told her everything I knew about alternative herpes treatments and transmission, and then I let her make up her own mind.

Many people don't even know they have herpes, and I advised my friend to have a herpes blood test. 30 years earlier, she had mentioned having "a cold sore down there" and I let her know that once it's there it doesn't go away. She felt reassured and horrified at the same time that she might in fact have herpes already. Her stupid doctor got her to do an IgM type blood test or so it seemed and it was uncertain whether she had it. Surprisingly enough, it was quite certain she didn't have HSV-1 which is quite uncommon at her age.

She thought that as she might already have herpes, she couldn't get reinfected. I told her it was unlikely but possible. I told her what to do to reduce transmission risks to the lowest possible levels. I recommended not to bake chocolate cake for her loved one and also gave her diet recommendations.

All I can tell you is that they are happy and they make a beautiful couple now. The story could have ended differently and I'm sure I've played an important role in educating my friend about herpes. Was it me or the rock solid information I provided that made the difference? I think my valuable information and patience in explaining all things calmly made the difference.

My advice to all people dating with herpes is to be very upfront and convey all important information to your prospective partner. Research and learn about the proven solutions that work and offer plenty of reassurance. There is a special someone for you out there. No doubt about it. Dating with herpes can have happy endings.

If you have herpes and are currently dating with herpes you should learn how to protect your partner and all you can about the virus so that when the time comes, you're prepared and know what to say. I've created a free herpes resource e-mail course, I urge you to get it too because it will help you feel more empowered.

Please visit my website to receive it at <http://www.herpes-wise.com/get-rid-of-herpes-now.html>

About the Author

Nathalie Foy is an alternative treatment specialist. She is the author of Herpes Wise, a herpes book which gives her step by step easy plan to cure genital herpes symptoms in 72 hours and for life. Get her free course now at [Herpes Wise site](#).

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