

THE BRIDGE | SOL | WEEK 4 – Post Egypt pause

1. FOOD DELIVERY

<http://www.nutrisabor.com.ar/>

Looks OK, not mouth-watering food photos ;) but worth a try!

Remember to tell them your diet restrictions and request:

DIET: low L-arginine, high L-lysine

Included / Prioritised

All fish, egg, chicken, turkey
Cooked vegetables, avocados
Dairy ok - yogurt, cottage cheese

Removed / Reduced – All High-arginine foods generally

No nuts and not nut milks (coconut milk ok)
No chocolate
No legumes (lentils, chickpeas, beans, soy)
No seeds, no seed breads, crackers or mixes
No grains, no quinoa, oats, brown rice

Reduce, but OK:

Starches – white rice, polenta, potatoes, sweet potatoes

2. SUPPLEMENTS- KEEP GOING

L-lysine | 1000 mg daily

Escalation to 3000 mg daily (1000 mg, 3× per day) at sign of early symptom or symptom onset
Taken with or without food, (empty stomach preferred).

Reishi tincture Daily | 30–60 drops (1–2 mL) twice daily
During higher stress | Early symptom: up to 60–90 drops daily
Taken in warm water or tea

Magnesium | Night-time | keep dosage the same

Melissa officinalis (Toronjil) tea 3–4 g dried herb per 250 ml cup
2–3 cups daily minimum, sipped through the day
Reishi tincture may be added to the tea

NEW TO ADD - FROM LABS

Vitamin B12 (low–borderline)

Your B12 is technically “normal” but not optimal. B12 supports your nerves, your energy and your immune resilience. When it’s borderline, the nervous system can be a little more reactive and less steady under stress. I know you had a skin reaction with B12 in the past, but it must have been too high. I suggest a B12 oral spray, and at a low, steady dose over the next few months. Increasing your B12 has the potential to lower breakout intensity and severity by giving your nervous system more stability and your immune system better baseline support!

Iron support (Ferritin) functional low + Vitamin C – OVERALL IMMUNE

Your ferritin suggests your iron stores are sitting on the lower side of functional. Iron isn’t just about preventing anaemia. It’s central to immune strength. When reserves are low, the body can feel more easily depleted, especially during hormonal shifts or periods of stress, and particularly after menstruation when blood and iron are lost. This is another potential easy win. **Vitamin C is included to improve absorption and support overall immune function.**

Vitamin D3 - functionally low range.

When levels are suboptimal, antiviral defence and immune response are less robust so let's optimise! Literally one of the most studied supplements for immune optimisation.

QUALITY SUPPLEMENTS

There is a well-rounded and lab-supported supplement regimen for you now that will should absolutely support the objective of fewer outbreaks if followed, and if quality supplements are taken.

Here is the brand I use, and they do not ship to Argentina sadly, we can still use for your Europe trip.

<https://www.sunday-natural.co.uk/>

Meanwhile, looking for companies with Clean excipients and Real documentation.

3. THE HSV | LUNAR | MENSTRUAL CHART MAPPING – REVIEW

This is a full calendar-year tracker bringing three rhythms together in one [GOOGLE DOC](#)

1. Lunar activity
2. Menstrual cycle
3. HSV intensity and symptoms

Even though you're already tracking your cycle in an app, this visual layout allows us to see everything layered together at a glance.

This way we're not just tracking flares, we're looking for patterns.

You can see I've input January as samples so you see how you will input your menstrual cycle (bleed and ovulation days, as well as intensity) and 3. HSV intensity and symptoms, which you can use the samples. The lunar calendar is fixed of course.

4. CONTINUED PRACTICES

MOVEMENT

4- MINUTE WORKOUT – 2-3 X DAILY

NERVOUS SYSTEM PRACTICES

10-0-10 Conscious Moment Awareness counting
Oxytocin Blooming practice
Guided Soul Sync meditation

DIET - KEEP GOING

Slightly undereating – BREAKFAST, protein vs fruit.
Aim to included protein at every meal
Increased healthy fat intake