



**The Natural Way to Treat and Prevent Cold Sores NOW!!**





## What Causes Cold Sores?

Before we talk about treating and preventing cold sores, it's important to understand what a cold sore is and what causes it.

Cold Sores are caused by the herpes simplex virus. An estimated 90% of adults have the virus in their bodies, but about a third of those are actually afflicted with the painful, fluid-filled blisters. The reason the sores only affect some of the people who have the virus comes down to the immune system. The stronger your immune system, the better able you will be to fight the virus and head off sores.

## Cold Sore Triggers



You might be generally healthy and rarely get sick, no matter what you're exposed to, and still get cold sores. This is because the virus lives in your nerve endings and is highly sensitive to changes in your body. Poor diet, sometimes certain dietary triggers, physical or mental stress and fatigue are all known to deplete your immune system just enough that something else might not get you down, but still be enough to trigger a sore. Even hormonal changes and sun exposure can increase your chances of an outbreak.

## Preventing Cold Sores

The good news is that a few simple dietary changes can go a long way to prevent cold sores. The better news is that all of these strategies will boost your immune system and protect you from illness in general.

### Foods to avoid

- Arginine - This protein provides a vital building block for the herpes virus. If there is no arginine, the virus is not able to replicate. Arginine is found in nuts, seeds chocolate, oats and wheat. Some of these foods are otherwise good for you, so don't cut them out completely. Eat them in moderation and try to avoid them when you feel like you might be more prone to breakouts.
- Caffeine - Because the virus lives in the nerve endings, stimulating the nervous system can stimulate the virus.

Disclaimer: The information contained herein is not to replace advice from a qualified healthcare professional. Always seek advice from such a professional before commencing any course of treatment.

- Processed and sugary foods - Processing removes much of the nutrients from food and adds a lot of sugar. All around bad news for your immune system.

## Foods to Eat

- Vitamin C - You will probably want to avoid vitamin C rich foods during an outbreak because the citric acid is painful on the sores. As a preventative measure, however, they are great. Also, take 3,000-4,000 mg of vitamin C per day, especially during a breakout when you may not want to eat an orange.
- Zinc - Foods rich in zinc include dairy, egg yolks, fish and legumes. An extra 50 mg per day, especially during stressful times can also help boost your system.
- Lysine - Foods rich in lysine can neutralize arginine and stop it from feeding the virus. Lamb, fish, legumes and dairy are all good sources.
- Vitamins! - If you're like most people, your diet is lacking in some areas. A good multivitamin can help fill those gaps.
- Immune boosting foods - Spirulina, green tea, shiitake mushrooms and echinacea are all great for your overall immune system.
- Fresh fruits and vegetables - Fresh produce are always great immune boosters.
- Drink plenty of water - Staying well hydrated can help flush toxins from your system and help you to function more effectively. Any kind of detox is good, but drinking plenty of water is one of the simplest ways to do this.



Aside from dietary changes, meditation, relaxation, visualization and walks in the park are all good ways to lower your stress level to help you decrease your chances of an outbreak.

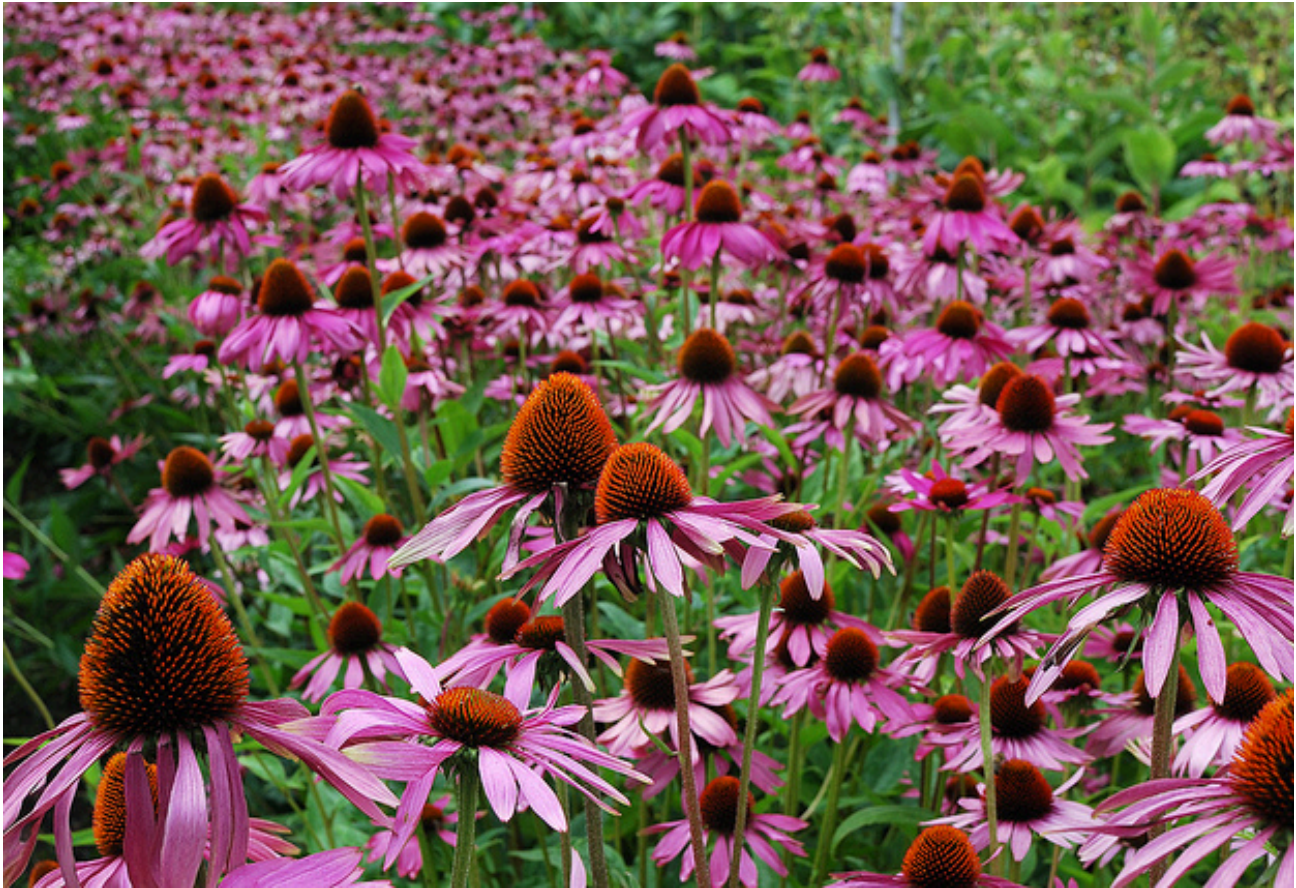
## Treating Cold Sores

Prevention is great, but there may be times that all of your prevention efforts aren't quite enough to completely keep the virus at bay. Never fear, there are some things you can do to help it heal more quickly.

- Ice - The virus loves warm, moist areas (like your mouth!). Apply ice at the first sign of a breakout to delay, reduce or even stop the blister in its tracks.
- Lysine - Take 1,000 - 3,000 mg of lysine to starve the virus of arginine.
- Avoid acidic foods - This is when you want to lay off the vinegar based dressing and even the vitamin C rich foods. Vitamin C is still good to help your body fight the virus, but trade the grapefruit for a supplement to avoid aggravating the sore.
- Salt - It sounds painful, but apply a bit of salt to the sore to help it heal faster.
- Lemon extract or lemon balm oil - Both can be applied topically to speed healing.

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- Tea - Place a moistened tea bag over the sore for several minutes every hour to promote healing.
- Echinacea - Lotion containing echinacea can also be applied frequently. Or try lavender, calendula, myrrh or lavender. All of these having healing properties.



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