



Cold Sores (herpes)

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Nobody likes it. That burning, tingling, itching, tender blister that appears on the lips, face, and elsewhere; a cold sore, a fever blister - otherwise known as herpes.

What Causes It

A virus that people used to think was sexually transmitted is most commonly transferred now through vaccines - a favored medium for growing cultures of flu strains and other immunization agents. When carried in the human body it's mostly dormant until stress, illness, or trauma strikes, which awakens the sleeping pathogen that lives on tissue cells under certain conditions. Sores can also be spread through kissing and sharing eating utensils, but only if the recipient has the right internal environment.

Virus of all types can only live in the human body when the right conditions exist to support its growth. Eliminate those conditions and then the bacterial or viral pathogen goes away. The internal environs that sponsor herpes growth are:

- Acidic pH balance
- Dehydration
- B-vitamin deficiency
- Bacteria in a digestive organ, such as bile duct or gall bladder
- Fatty acid deficiency

All of which make us prone to stress, pathogen infection, and other illnesses.

How to Get Rid of It

When a break out occurs, or better yet, when the first tingling starts, is the best time to kill the virus - while it's in the "active" state.

Herbal Therapy:

- **Lemon balm** extract (30 drops 4-6 times daily) or strong tea (5-6 cups daily)
- **AVF** (Anti-Viral Formula) 20 drops 3-4 times daily
- **Coconut oil** or **beeswax** mixed with lavender or tea tree essential oils applied topically

Supplements:

- **B-complex plus Potassium** 2 tsp 3-4 times daily
- **L-Lysine** capsules, 500 mg 3-4 times daily
- **Lecithin** capsules, 2 twice daily
- **Eleuthero** capsules, 3 twice daily



Homeopathy:

Apply or take as directed

- **Natrum muriaticum**
- **Rhus toxicodendron**
- **Mercurius**
- **Sepia**

How to Prevent It

Lifestyle:



Avoid undue stress; make daily yoga, deep breathing, or meditation a daily practice; don't share personal items with infected friends or family; and wash hands frequently with biodegradable soap not antibacterial varieties. Keep hydrated with a minimum of 8-eight ounce glasses of water daily, especially during times of stress, cold weather, and flu season. Regularly apply dabs of lemon balm extract or peppermint essential oil to areas that have previously broken out before.

Food:



Keep the body supplied with readily usable essential fatty acid sources, such as extra virgin olive oil, avocados, flax oil, hemp and coconut oils, and raw almonds.

Eat foods that contain high amounts of vitamins A, B, and C on a regular basis:

- Vitamin A rich foods are: papaya, persimmon, salmon (wild caught), yams, cantaloupe, peaches, apricots, nectarines, and
- Vitamin B-Complex rich foods are: brewer's yeast, nutritional yeast, red kidney beans, red potatoes, sprouted wheat, and barley, alfalfa and wheat grass juices.
- Vitamin C rich foods are: raspberries, tangerines, pineapple, strawberries, blackberries, lemons, limes, Swiss chard, cranberries, pomegranate, Roma tomatoes, kiwi, and cilantro.

Be Pro-Active

Nature provides us with a treasure chest full of remedies for every malady. When we know how to take accountability for our body's needs, and which of nature's herbs and foods to use both on a daily basis and when pathogens get the upper hand, we feel empowered and fully prepared to handle any situation.

- Keep pH balanced with plenty of raw, organic Peak Frequency Foods to keep bacteria in check, and prevent both bacterial and viral infections.
- Stay hydrated with the body's favorite fluid - water.
- Supplement with B-complex vitamins daily to ward off stress and disease.
- Flush with herbal teas on a regular basis, such as thyme, chamomile, red clover, and alfalfa.
- Keep the body supplied with essential fatty acid so that minerals can be utilized.

Now you are armed with all the information you need to prevent and rid cold sores. Stock up on your supplies and take good care of yourself.