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# Bay Post

## *The Natural* **ALTERNATIVE**

### **Cold sores - prevention**

*with Bev Dunne*

With the cold and flu season now well and truly upon us it may be a good time to write about cold sores.

Cold sores, which are the herpes virus, are very common and can be quite painful as well as looking unsightly. First signs of a cold sore are a tingling sensation on the skin before the appearance of a cluster of small blisters, which then turn into those horrible sores.

Cold sores will quite often appear after a cold - hence the name cold sores. They may also appear after spending time in the sun, particularly if the face and lips have been burnt. They will also often appear when someone is under a lot of stress.

Many have heard of the amino acid L-lysine, which is used often to combat cold sores. If the cold sores continually recur, you may need to take a course of L-lysine - maybe for a few months. However, if you only occasionally suffer from cold sores, L-lysine only needs to be taken at the first sign of symptoms. This should then stop the cold sores from progressing.

Other supplements such as zinc and vitamin C are very important to be taken as an ongoing supplement.

Olive leaf extract is another supplement which is working extremely well for those people suffering from fre-

quent cold sores. As I have mentioned in previous articles, olive leaf extract has anti-viral properties and as cold sores are a virus, we have found olive leaf has worked extremely well for this problem.

As I have also mentioned in previous articles, I have been taking olive leaf for some time with amazing results. One of the benefits I hadn't expected was the cessation of cold sores which I had been suffering from quite regularly.

It is important to address your diet and lifestyle. Foods high in vitamin B such as fresh leafy green vegetables, whole grains, liver, yoghurt, and sunflower seeds may help. Trying to keep down stress levels is also essential.

It has been shown that the herpes virus grows well if supplied with the amino acid arginine. One obviously needs to avoid those foods containing arginine, such as chocolate and nuts, increase foods which contain L-lysine such as fish, chicken, beef, cheese, beans, milk and eggs.

Typically a combination of 3 drops tea tree oil and 1 drop of Myrrh may be used, applied directly to the cold sore. For further information on this problem please don't hesitate to call in to see myself or the girls at Go Vita at 5 North St, Batemans Bay (next to Go Lo) or phone us on 4472 9737.