

Cold Sore Remedies

The natural way to prevent and treat cold sores

NEWSLETTER 1: September 2016

Welcome to our first monthly newsletter. We hope you'll find this and subsequent editions useful in helping to inform you of latest research in respect of specific remedies used to prevent and treat cold sores, as well as tips and advice on preventing and treating an outbreak.

You are not alone!

The Herpes virus has been around since ancient times, so it is by no means a recent phenomenon. Many people are unknowingly infected by the virus, for example by someone kissing them during childhood, but cold sores can suddenly be activated at any time in the life-course particularly during times of prolonged stress.

In the UK, and the USA, around 20% of people have recurring cold sores. Some people have cold sores often, others only occasionally. Cold sores usually resolve on their own *without treatment* in 10-14 days, depending on the severity of the outbreak, although the discomfort and appearance associated with an outbreak can cause added stress to those who suffer from them, including mental health issues.

Once a cold sore has developed, the severity of symptoms can be reduced through appropriate use of recognized remedies, but these are *most effective* the *earlier* they are used. Whilst over the counter prescription drugs are used by millions of people, they are not always effective against HSV-1 (cold sores).

Cold Sore Remedies seeks to provide *alternative treatments* that allow you to prevent and control HSV-1 herpes naturally – using only those products that have the best testimonies from around the world.



Above: Herbs such as mint are used in proven products such as Virasoothe concentrate; others include arnica, St John's Wort & calendula.

No known cure

Scientists are still battling to find a 'cure' for the herpes virus, and although some

promising research suggests a breakthrough is possible, widespread availability of any 'wonder drug' is several years away. Unfortunately, once you become infected, the virus never leaves the body. Instead, it silently hides away in nerve endings deep within the base of the brain or spinal cord.

When the herpes virus is activated, typically during a stressful period in your life, the virus multiplies and travels down the nerve sheath to cause cold sore blisters around the mouth.

Warning signs typically include a tingling or itching feeling on the affected site.

What triggers a cold sore outbreak?

What causes the virus to exist remains a mystery, but the dormant herpes virus is easily triggered by a number of common factors.

So, being run down, stressed and fatigued leaves you very vulnerable to an outbreak; if you have (or are) experiencing an illness, such as colds, flu and coughs, this can put you at high risk.

Foods high in arginine – such as chocolate, soy, peanuts and sunflower seeds – can be responsible for triggering an outbreak. Many people are also unaware that exposure to strong sunlight can also bring on an outbreak. Other triggers include drinking too much alcohol. For women, cold sores are also common at the time of their monthly periods.

So how can I help prevent an outbreak, or treat one once it has started?

Prevention is best, so by eating well, taking regular exercise and minimizing stress in

your life you can go a long way to keeping outbreaks at bay. However, you can use regular vitamin and food supplements to boost your immune system and add to the preventative effect.

Struggling to find a way to combat cold sores effectively? Then Cold Sore Remedies can help you!

At Cold Sore Remedies, we promote *only* those natural products that have the *best track record* in prevention and relief of symptoms. Check out the sample of powerful personal testimonies on our website, which we regularly update. These are from *real people* who have used our products – unlike some websites that often make them up!

Our products currently include:

Immunovite

This is a powerful, natural product that supports your immune system. Containing Beta 1-3, 1-6 Glucan, Vitamin C, zinc and selenium, you have an optimal mix of ingredients to help your body at times of stress.

Virasoothe Concentrate

People across the world are literally buzzing about this all natural product, combining a special blend of herbs and oils in a concentrated, powerful formula.



People who have tried everything else in the search for an effective treatment have found that this is what works best! Ingredients include: eucalyptus, olive oil, myrrh, St

John's wort, peppermint, calendula (marigold) – *below* - and more.



Below: Koalas were on to a good thing with eucalyptus leaves having inherently good properties - as used in Virasoothe concentrate!



Siberian Ginseng

Research has shown that Siberian Ginseng (*plant, right*) also promotes resistance to stress and so is widely used as a tonic in times of physical and mental stress.



PLEASE NOTE:

Other proven, natural products will soon be added to our webpage. Let us know what works best for you!

Cautionary advice when managing a cold sore outbreak

Avoid touching or picking at cold sores.

Creams, gels and other topical treatments should be *dabbed on* the cold sores rather than rubbed in to minimise damage to the blisters which can spread the virus.

Thoroughly wash your hands with soap and water if you have accidentally touched a cold sore and after applying any treatment to them.

Using a high SPF factor sunscreen lip balm when out in strong sunshine, and don't share lip balms with other people.

If you use contact lenses, there is a risk of infecting your eyes if contact lenses become contaminated. You can prevent this through careful handwashing before handling your contact lenses. Throw away disposable lenses if you suspect you have contaminated them. Ideally wear your glasses during any cold sore outbreak to minimise risk of infection to your eyes.

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