

Practical Preventable Medicine



ANGRY NASTY LITTLE COLD SORES.

Many know that horrible, tingling, hot sensation that marks the onset of a cold sore. For many that means days to weeks of painful eating, embarrassment and not to mention no kissing!!!

Cold sores are caused by the Herpes Simplex virus and once you have the virus in your system, it tends to hide away awaiting the next time you are run down, stressed, have had a few too many 'big' nights or all the above to rear its ugly head over and over. Long term sufferers will know that unless you catch it early they are very difficult to do much but wait until it runs its course. There are things that you can do but first it helps to understand the process.

Viruses can only reproduce inside cells and normally our immune systems kill or keep them from causing an actual disease. It's only when our immune system is compromised that this virus can manifest. Stress has a huge impact on the immune system and allows whatever virus that lurks around or within the chance to create disease in our bodies so in cases of repeated attacks boost your immune system. Ways that do this is take a supplement that includes Zinc, Lysine and Vitamin C as these aid your immune cells to reproduce and therefore fight. You can take this when you get a cold sore to accelerate healing too.

At the first sign of its onset apply any of the following; geranium or tea tree essential oil neat directly on the tingle twice a day, ice as cold as you can stand it or a topical antiviral cream.

In Chinese Medicine a cold sore is a heat toxin so cooling herbs are good to take at this time, chrysanthemum, peppermint, olive leaf and bamboo shavings are used with good results.

Avoid greasy lip-gloss to hide it as this will keep in the heat and make it worse. Paw Paw cream is good to use if it gets dry crusty and painful but use this in conjunction with herbs and the above mentioned supplements.

In between attacks dose up on keep zinc levels up and take Astragalus, Hypol and if stressed as most of us are right now remember the vitamin B stress formula as these soothe nerves. Eat vegemite, fish, and seaweed (such as sushi) and reduce red meat, spicy foods coffee and alcohol, as these are hot in nature so make cold sores worse. Lots of fresh fruit is important too, especially oranges, kiwi fruits and watermelon.

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Until next time

Stay well

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