

Janet Starr Hull an **Alternative Health Nutritionist** with a background in Chemical Engineering states that the virus responsible for chickenpox is the Varicella zoster virus (this is the same virus that causes shingles). For people who have had chickenpox, the virus may never fully clear out of the body; so, it can remain dormant in the nerve tissues. **When severe physical or emotional stress occurs, or if toxic food chemicals (such as aspartame or long-term use of toxic medications) have saturated your tissues and nerve endings, the body's immune system can weaken.** If enough toxins build within your tissues, under the skin, or around the nerve endings, the chickenpox virus can re-activate and spread along the nerve fibers to the area of the skin that involves that nerve, or nerves.

After a recent nasty outbreak, the clue was taking the amino acid **Lysine**.

The lack of the amino acid in one's diet is considered to make one liable to viruses such as shingles. I would recommend high dose **B12**, even injections for shingles. B12 has antiviral properties, and it used to be used to treat them before the advent of antivirals. Shingles near the eyes may even cause blindness, so I can't help but ask you to hurry. B12 will also treat post herpetic neuralgia, which can be debilitating.

**Coconut Oil:** My friend was diagnosed with Shingles. It was the left side of his face, from his eyelid up to his hairline. It was very painful. He was prescribed steroids and an anti viral medication. I immediately went to your site to see what else he could use to help the affected area. He uses coconut oil. It soothed the area, and it is helping the area heal faster.

**Coconut Oil:** My sister had an attack of shingles with pain so bad she could barely walk. She was misdiagnosed at first and told she would need back surgery. The 3rd doctor diagnosed shingles, and warned her that the terrible pain could possibly be permanent and that the ugly blisters on her back might cause scarring. She told me this on a Sunday morning and I said, "Try coconut oil. Keep it in your system (3 tablespoons a day)." She did, plus rubbed it on her back. The very next day, Monday, she went back to work (she had been out over 2 weeks), and worked ALL day. She told me that her pain had stopped and that the blisters were going away. It has been a week now and she is feeling "better and better." Because of her success, I began using Coconut oil for myself and noticed overnight improvement for my rosacea. May I also say that I think coconut oil tastes delicious!

**Cut out Sugar:** For at least the next six - eight weeks, ELIMINATE SUGAR from your diet. When I had shingles a few years ago, getting off sugar helped because shingles seem to thrive on sugar. Take supplements to strengthen your immune system. As your body strengthens, the pain will get less and usually the lesions will go away within 6 months or so.

CAUTION: Don't start taking Aspartame or Splenda, they are well known culprits!

**Geranium Oil:** I very quickly cured the external shingles with geranium oil after reading some scientific papers about geranium oil. For me, it worked better than anything I tried, apple cider vinegar, aloe vera, etc so I thought I would pass that along. Geranium oil appears to work wonders for shingles externally if my mother's case is typical.

I **avoid foods that are high in arginine** (nuts, seeds, chocolate, especially), which can lead to excruciating bouts for me. Dairy is helpful (high in lysine). I remain aware of lysine versus arginine ratios in my diet, tipping the scale toward more lysine. I eat lots of vegetables, leafy greens.

**Lysine 1 Gram:** My dad had the worst outbreak of shingles ever seen by the local hospital.[he is diabetic, so immune compromised] I started him on 1000 mg of lysine, daily. He experienced rapid healing, and with one daily has experienced no further outbreaks. This also works for oral herpes, if taken at first sign of tingling- 2 1000 mg to start, then 1 cap 2x daily for one week.

**Lysine:** My mum had shingles and the best thing that worked for her was taking 2000 Lysine and applying Salve a few times a day. Diet is important too, maintain a positive attitude and stay away from depression, it doesn't help at all.

**Lysine and Diet:** For me, it's the only thing I've tried, and it works every time. I used to get shingles regularly, and have used l-lysine each time, except for the time the MD didnt recognise the condition, and gave me antibiotics!

Wow. I also use the dietary guidelines, and eat foods rich in lysine, and low in arginine. Stress will up the arginine, and bring on the outward manifestation of the virus. L-lysine, when taken immediately upon infection will cure shingles.

**Lysine B12 and B Complex:** I believe my shingles are from stress. I immediately stated the L-lysine and Vitamin C - 1000 mg each 3x/day after 2 weeks of very little sleep. I then added liquid vitamin B12 by a company called Now, it includes B-Complex also- 2x/day. This has made a significant difference.

**Lysine Vit C and B Complex:** They seem to be the best get rid of them forever cure. I have had about 3 or 5 breakouts in 20 years since I discovered Lysine and Vitamin C. Always take the Lysine the minute you notice a breakout. Before this my breakout would occur regularly. My life is high stress. Stress causes outbreaks. If the lysine and Vitamin C don't quite do it, add **liquid b vitamins** also to your diet. So far, I'm going on 8 years since my last breakout!

**Olive Leaf:** Have had shingles on and off for several years. What really seems to knock them out is olive leaf extract. Olive leaf has anti-viral properties and brought me almost instant relief during the last outbreak. I have found using the standardized extract of 20% Oleuropein in 300 mg /3 times a day worked well. I have also found that the Zyrtec antihistamine helps with the uncontrollable itching. Diet/stress for me seems to cause an outbreak. Usually chocolate and nuts are factors. How long they last seems to depend on rest, diet and supplementation. Lysine, B & C vitamins along with the olive leaf extract really helps me.

**Olive Leaf, Vitamin C:** I got a nasty case of the shingles right below my rib cage on my right side a few weeks before I left for an overseas trip. It was so painful, I really thought I would have to cancel. The valcyclovir did nothing but upset my stomach, so I only took it for a few days. What really killed the shingles was olive leaf extract and vitamin C. I took 4 capsules of 20 percent standardized olive leaf extract and 500 mg of vitamin C 6 times a day for 10 days, when I reduced it to 3 capsules plus 500 mg vitamin C 4 times per day. After a month, I reduced it to 3 capsules plus 500 mg vitamin C 3

times per day and so on. It significantly reduced the pain and blisters and in 2 weeks both were pretty much gone, save for some zapping pain every once in a while. I continue to take a reduced dose just to make sure it doesn't return. Oh, and I had a great trip!

**Oregano Oil:** My husband got a small case of shingles after the passing of his father. He is in good health and low stress otherwise, a traumatic event can bring on shingles as well as stress. Anyone who had chicken pox can get shingles if all the chess pieces fall into place, like stress or trauma or even old injury. He took a couple of drops of oil of oregano in water every day for a month and the shingles were gone within two weeks of that month.

He carried on with the oil after just to make sure.

"My wife occasionally suffers from shingles and in researching for anything to relieve her pain I found **Wonder Salve**. I purchased it for her and because she was in so much pain I had it shipped overnight. We got the product straight away and my wife began using it. Instantly her pain was reduced and within a very short time the shingles were gone and all the while her pain was diminished. Anyone who suffers from shingles knows how painful they are.

"About 10 years ago I come down with shingles, which anyone who has had them knows they are very painful and burning. I tried everything the doctors gave me but nothing worked, they keep coming back. they would appear in the night and by the morning, I'd be in pain and burning. My daughter read a article about **Wonder Salve** from Durham's Bee Farm. I gave it a try. As soon as I felt the burning coming on, I rubbed your Wonder Salve on the spot and it disappears in a matter of minutes. It has been 4 years since I have had shingles because I use your Durham's propolis salve, so if you have shingles, it WORKS. It works for me and it could work for you"

Here is a list of food that is **high in Lysine** and should be included in your herpes diet:

- Cheese
- Meat
- Legumes
- Dairy products
  - Chicken
  - Potatoes
  - Eggs
  - Yogurt
- Vegetables
  - Fish
  - Avocado
  - Beef
  - Milk

**Other foods that are highly recommended:**

- Broccoli
- Cranberry
- White and green tea

**And here are some foods that are Arginine Rich.**

**The following should be kept at a minimum in your herpes diet:**

- Chocolate
- Nuts
- Oats
- Soya beans
- Raisins
- Whole wheat bread
- Cereal grains

Try to create a balance in your herpes diet, there is no reason totally exclude Arginine Rich Foods in your diet. However try by all means to keep the ratio of Lysine Rich foods higher than that of the Arginine Rich Foods. If this is not possible you could try out some **Lysine supplements** as they will have the same effect.

HOPEFULLY THIS INFORMATION FROM VARIOUS FEEDBACKS FROM MY RESEARCH WHEN EXPERIENCING AN OUTBREAK OF SHINGLES PERSONALLY WILL HELP YOU.  
SEE WHAT WORKS FOR YOU!