



HEAVENLY HERBS and ACUPUNCTURE

8093 Skyway
Paradise, Ca. 95969
(530) 877-7003

HERPES SIMPLEX/ZOSTER SHINGLES NOTES

1. Upon initial symptoms (burning, itching, tenderness in area of previous outbreaks), for ~3 days:
 - Take aspirin 3x/day (or Chinese Medicinal Yin Qiao San) to lower body temp. This will especially work for beginning of a cold sore after out in the heat all day or at the beginning of the common cold.
 - Take high doses (3-6 g) of Vitamin C (to bowel tolerance).
 - Take powdered garlic (3-6 g).
 - Take 15 g or more of Astragalus (Chinese Medicinal: Huang Qi – can be found in formulas such as Evergreen's Immune +, Yu Ping Feng San).
 - Apply Tea Tree Oil topically to area of typical recurrence. (Will burn once blisters form).
 - Take high doses of the amino acid Lysine (1-3 g/day).
 - Avoid caffeine, chocolate and nuts.
 - Reduce stress!!!
2. Once blisters have formed:
 - Continue high dosages of Vitamin C, Garlic and Lysine.
 - Apply Hydrogen Peroxide topically to dry up blisters (will burn though).
 - Other topical applications: Tea Tree Oil, Lavender Oil, Melissa Oil (all will burn when applied undiluted, so dilute by adding to a carrier oil such as Olive or Vitamin E Oil). All have the potential to irritate the skin further, so one must determine what works for you as an individual. There are also Melissa (Lemon Balm) cremes available also.
 - If the above does not work, contact your herbalist/acupuncturist for more specific Chinese Medicine formulas aimed at the virus, including topicals.
3. To prevent recurrences:
 - Take Lysine as preventative (500 - 1000 mg/day). Don't take year-long since it will lose its effectiveness (maybe one month off and another month on, depending on your individual susceptibility to outbreaks.).
 - Try difference techniques aimed at reducing stress!