



## Lips To Kiss

Sometimes you come across those lips and you think "I just have to kiss them".

But coming closer you leap back thinking "oops - cold sore, better not today."

And you're back on the ground again, as you know the herpes simplex, or cold sore is a contagious condition that brings a very inconvenient painful blister on the lip that may take quite a while to heal. Herpes infections, like cold sore and herpes zoster, or shingles, are viruses which nestle in the nerve system forever. Over 70% of the population carries a herpes virus.

When our body's resistance weakens under stress, a cold, fever or sunburn, the virus can be activated. Especially shingles should be diagnosed and treated preferably within the first 24 hours after the outbreak, to minimize the damage on the very ends of the nerves under the skin. This may mean the difference between an inconvenient shorter period, or a long-term painful experience.

A man from Pukekohe showed me his shingles in December, 10 days after outbreak, and he was, fortunately, not very troubled by it. My uncle, back in Holland, though, had shingles in his late seventies and he could not bear the touch of even his singlet for a whole year.

### How can we prevent the virus becoming active?

Research has shown that the amino acid Lysine inhibits the growth of herpes viruses. The viruses use the amino acid Arginine as substrate to multiply.

A diet rich in Lysine and poor in Arginine, combined with a Lysine supplement, can prevent an infection or slow down an outbreak. I know many people using L-Lysine on a daily basis, who have not suffered a cold sore for years.

Arginine rich foods, best to avoid, are nuts and seeds, peanuts, chocolate, gelatine, carob, onions and mushrooms. Lysine rich foods are meat, milk, cheese, fish, millet and avocado. Basically, vegetarians have a greater risk of a lysine deficit.

An intake of only 1000mg extra Lysine per day already provides prevention. In case of a sudden outbreak it is recommended to use 2000 - 4000 mg per day.

Research has shown that long term use of 8000 mg per day is safe.

People who take extra Arginine, like sports people, are advised to also take extra Lysine, to reduce sensitivity for herpes viruses.

The most effective supplemental form of lysine is the free amino acid form L-Lysine.

Another support against herpes viruses is the herb Cat's Claw.

Scientific research with this herb has shown remarkable positive results with herpes patients. It increases the body's resistance to herpes viruses.

External support for cold sores is Echinacea tincture or Melissa tincture on the lips for 5 days. For shingles it is important to power up the nerves with a good multi vitamins and minerals formula that contains a high dose of the vitamin B range and externally applying Calendula tincture to the shingles.

This is only a brief explanation about cold sores and shingles. If you have any more questions on this subject feel free to call me or my friendly, experienced and knowledgeable staff on 09 238 7806, or see me at the Way of Life Health Shop, 68 Edinburgh Street, Pukekohe. (Did you know that we have our own convenient carpark at the back entrance, adjacent to Countdown's carpark?)



## Wendy's New Year Lifestyle selection



**Tuakau** 1ha nice flat land with cottage, motivated sellers



**Glen Murray** Bare block with x factor \$185,000



**Pukekohe** 1 ha Executive Oasis By Neg



**Miranda** 2 Affordable blocks, from \$209,000



**Patumahoe** 8.5 ha, north facing substantial home By Neg



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