

## **Acute Herpes Zoster (shingles)**

An attack of shingle will last about 30 days and then resolve in about 80% of people so affected. For about 20% of shingles sufferers the pain and related symptoms last longer than 30 days. This condition is then referred to as Post Herpetic Neuralgia.

Within 3 days of the onset of the shingles rash, see a physician to begin a program of antiviral drugs and pain relief therapy. If you are over 50, and have no contraindications, steroid therapy may be beneficial in minimizing the development of Post Herpetic Neuralgia.

Cimetidine (Tagamet) may effectively put the brakes on a shingles outbreak. Begin Tagamet as soon as the symptoms appear. Take 200mg three times daily and 400mg at bedtime.

At the same time, start a program of nutritional supplements with antiviral and anti-inflammatory activity. These supplements will serve to minimize the multiplication of the viruses, thus shortening the course and minimizing the potential complications. Think of it as engaging the help of all your friends to help you out of a difficult situation. The following program, with some additional suggestions has been recommended by the Life Extension Foundation.

- Vitamin C such as (Ester C with Bioflavonoids) 3,000mg 4 times daily
- Supplement with Lysine up to 2,000mg daily until the shingles is gone
- Garlic extract, up to eight 900mg capsules daily
- Olive leaf extract, one to two 500mg capsules daily
- Fish oil: Take a high-concentrated supplement containing at least 1,000mg of DHA, 400mg of EPA and 900mg of GLA (gamma-linoleic acid).
- Grapefruit seed extract, one to three 125mg capsules daily, or green tea extract five to seven capsules daily.
- Monolaurin, one to two 300mg capsules daily
- Oregano, 30 drops of liquid extract daily or Rosemary oil, 20-40 drops of tincture daily.

Take a good multivitamin rich in anti-oxidants that will neutralize free radicals and B vitamins that will promote healing of the nerves.

Add extracts of Chinese motherwort and Ling Zhi to a bath as these help relieve the itching and discomfort of shingles.

In order to reduce pain and stimulate recovery, soak a cloth rag in apple cider vinegar. Next, sprinkle cayenne pepper powder over the lesions, and cover them with the damp rag. Put a hot water bottle on top of the rag, or use some other safe source for heat. Be careful not to burn the person. This procedure should dramatically reduce recovery time if repeated regularly. It will also provide much needed relief to the itching.

Zinc oxide or calamine lotion may also help soothe the itching and discomfort

The herpes family of viruses are particularly affected by a person's L-arginine to L-lysine ratio. These are natural amino acids that are found inside the human body, but they come from foods. There must be a greater level of arginine in the body for herpes viruses to thrive.

Lysine is found in proteins, dairy, and most vegetables. Arginine is found in nuts, chocolate, and tomatoes. Use the chart below to ensure that the diet is higher in lysine foods, until the outbreak passes.

<b>Foods with Lysine (Encouraged)</b>	<b>Foods with Arginine (Avoid)</b>
All meats	Tomatoes
Fish	Wheat Germ
Yogurt	Brussels sprouts
Cheese	Cashews
Milk	Grapes
Eggs	Pumpkin Seeds
Apples	Pecans
Pears	Blackberries
Apricots	Blueberries
Avocados	Peanuts
Pineapples	Chocolate
Green beans	Sugars
Asparagus	