

## Luckymumma

I developed a nasty case of shingles immediately following a shock revelation in my personal life. Friends said I should've had the shingles vaccine. Needless to say I ignored them (they have always reached for a pill or line up for a jab at any excuse!) . I treated the line of rash (across my middle ) alternately with hydrogen peroxide 3% and highest grade manuka honey smeared on. Bingo - within less than a week the rash had disappeared and no scarring to be seen. I was fully recovered in just over a week. This worked for me but I am not saying I have proof that it is a recognised cure of course!! No jabs no pills thank you very much !

Posted On 04/23/2024

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## cas2496

Thanks for sharing this - its important information. I've used Manuka honey for years for common cuts and scrapes, and its always used for my grandkids cuts and scrapes too.

Posted On 04/24/2024

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## Guillermou

The antiviral components of peppermint oil is a good remedy to cure cold sores. In these studies the researchers found that peppermint oil exhibited high levels of virucidal activity against HSV-1 and HSV-2. After three hours of incubation of the herpes simplex virus with peppermint oil, an antiviral activity of around 99 percent was demonstrated. The oil proved to be most effective in the early stages of symptoms. [pubmed.ncbi.nlm.nih.gov/13678235](https://pubmed.ncbi.nlm.nih.gov/13678235) [www.thaiscience.info/.../10905309.pdf](http://www.thaiscience.info/.../10905309.pdf) Scientific studies reveal the use of Peppermint and have attributed biological effects such as antioxidant, antimicrobial, antiviral, anti-inflammatory, biopesticide, larvicide, anticancer, radioprotective, genotoxic and antidiabetic activity. [onlinelibrary.wiley.com/.../ptr.6664](https://onlinelibrary.wiley.com/.../ptr.6664) (2020) In this link with scientific references 4 effective natural remedies for cold sores [heal.me/articles/herbalism-four-effective-natural-remedies-for-cold-so..](https://heal.me/articles/herbalism-four-effective-natural-remedies-for-cold-so..) This article reports on some practical and fast-acting solutions to treat cold sores.

[healthnile.com/how-to-get-rid-of-a-cold-sore/?utm\\_source=google&utm..](https://healthnile.com/how-to-get-rid-of-a-cold-sore/?utm_source=google&utm..) (2024).-- The isotopic responses of Herpes Zoster vary greatly. A literature search revealed 32 cases of isotopic granuloma annulare (GA) after HZ. [pubmed.ncbi.nlm.nih.gov/25348763](https://pubmed.ncbi.nlm.nih.gov/25348763) [www.jaadcasereports.org/.../S2352-5126](https://www.jaadcasereports.org/.../S2352-5126) (18)30070-5/fulltext Elevated levels of total homocysteine tHcy and reduced levels of melatonin MLT may be associated with the manifestation of herpes zoster HZ. [onlinelibrary.wiley.com/.../jmv.25484](https://onlinelibrary.wiley.com/.../jmv.25484) (2019)

Posted On 04/23/2024

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## Guillermou

SHINGLES NATURAL TREATMENT: FOODS, SUPPLEMENTS & OILS [draxe.com/.../5-shingles-natural-treatments](https://draxe.com/.../5-shingles-natural-treatments) ,..... 6 NATURAL TREATMENTS FOR SHINGLES [www.healthline.com/.../shingles-natural-treatment](https://www.healthline.com/.../shingles-natural-treatment) .----- Also one of the most popular natural remedies to combat genital herpes is through black tea. This drink manages to relieve and improve the sores caused by genital herpes due to its anti-inflammatory and soothing properties. To treat your condition, you will only have to soak a black tea bag in warm water (never hot) and apply it to the affected area by pressing lightly. Repeat this procedure twice a day and, little by little, you will notice how the infection improves.

[www.ncbi.nlm.nih.gov/.../PMC3698045](https://www.ncbi.nlm.nih.gov/.../PMC3698045) You can treat herpes with aloe vera. This plant is ideal for relieving skin conditions since it has powerful antibacterial properties that strengthen our body to be protected from external conditions. To take advantage of its benefits, you will need to apply a little aloe vera gel on the sores caused by herpes and let it dry, that is, you should not rinse it, you should let it act deeply. Repeat this procedure 2 times a day and you will see how your infection improves significantly.

[es.emuaid.com/.../managing-shingles-cndc01](https://es.emuaid.com/.../managing-shingles-cndc01) Baking soda is also a perfect ally for treating genital herpes and, among its properties, its qualities stand out for calming irritation by drying up the infection. In order to take advantage of these benefits you will have to apply a little of the powder of this product on the herpes ulcers and let it act for about 10 minutes; Then rinse the area and repeat the procedure 2 times a day to ensure that the infection dries up as quickly as possible.

[www.health.com/.../home-remedies-for-shingles](https://www.health.com/.../home-remedies-for-shingles)

Posted On 04/23/2024

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## forbiddenhealing

Try megadosing Vitamin C and apply Vit C/aloe paste to lesions. [www.lewrockwell.com/2024/04/capt-randall/scurvy-underneath-your-radar-..](https://www.lewrockwell.com/2024/04/capt-randall/scurvy-underneath-your-radar-..)

Posted On 04/23/2024

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## Luckymumma

That sounds more sensible possibly than my approach - I certainly too ascorbic acid orally whilst suffering and upped my D3 to 10k iu whilst ill. Incidentally off topic - I was not aware then of the importance of K2 to take with the Ds . This should be widely taught . I first learned of it last year when I watched a lecture by Dr Pradip Jamnadesh. At 75 years young I am learning something new and vital every day and try to share with friends who are willing to listen - just a few left !! It is hopeless expecting good advice from our GPs here in the U.K. and I have long ago learned to follow the good Dr M and others in his sphere of knowledge. I also learn a lot from reading comments on here - everyone has so much knowledge to share for which I am most grateful - thank you .

Posted On 04/23/2024

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## bpm4539

I remember from one of the interviews with Dr Thomas Levy that he said he has seen mega dose of C cured shingles.

Posted On 04/23/2024

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## ash3743

I soak a herpes blister in liposomal c a couple of times and BAM it goes away.

Posted On 04/23/2024

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## dav8619

I am 61 and have sworn off all vaccines but have been reminded to get my shingles vaccine (2-part). I know several people who have had severe complications from shingles (eye issues), so want to make the correct decision. Any thoughts on the new shingles vaccine (seems to be better efficacy vs. the old one.)?

Posted On 04/23/2024

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## **sschank**

I say NO to all injections. It is an irreversible invasive medical procedure. As we just read, there are many other ways to treat. You can stop the treatment anytime if you develop side effect. Can you do the same with an injection? Why would you trust the medical system now?

Posted On 04/23/2024

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## **DrLizbeth**

We know that the mRNA Covid "vaccines" triggered shingles. The shingles vaccine is not mRNA but side-effects have been reported. I wish Mercola discussed risks vs benefits of Shingles vaccines to avoid the agony of post-herpetic neuralgia and eye/brain infection. Balancing lysine vs arginine in your diet doesn't seem like a practical solution for the average person.

Posted On 04/23/2024

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## **bpm4539**

Wow, after the Covid Plandemic, people are still debating about V. It is clear now the true purpose of V, which is not for our benefit, to say the least. You have opened your eyes, but they are still half open.

Posted On 04/23/2024

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## **Cabocho**

The usual prescribed medication for an outbreak of shingles is aciclovir which is very effective. At the same time, it is helpful to avoid eating sources of arginine such as chocolate and nuts while increasing lysine sources such as milk, butter and yoghurt. Keeping the immune system in tip top condition, managing stress and optimising sleep help ward off an attack.

Posted On 04/23/2024

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## stoneharbor

For me, the important trick to make sure I don't suffer from these viral infections is to watch the lysine/ argenine ratio. All one has to do is search on the internet for that ratio. Then you can find lists of foods that are high in each amino acid. Right now I seem to eat enough butter and goat cheese that even when I have considerable chocolate or nuts I do not suffer a viral attack.

Posted On 04/23/2024

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## sve3229

20-30 years ago, I used to have outbreaks On my lips and nose very often. And every time, I was treated with Aciclovir. It did help, but it also upset my stomach so severely that I would deal with diarrhea up to two weeks following the treatment. It took me a complete change in the way I think and a change in my diet (I'm predominantly Carnivoir now) to essentially forget what this infection is. I would very rarely get a very mild case of it. But what I found to be most effective is Monolaurin, which works like a miracle - way more effective than Aciclovir and even more effective than Lysine - it only takes a couple of days. Monolaurin is also super effective against a flu, common cold or upset stomach.

Posted On 04/24/2024

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## bancroft

I had shingles twice. 1st time was close to my eye and doctor said blindness could occur. Fortunately, that did not happen. 2nd time was in a toe area. Pain was very bad and had to wear open toed sandals in the winter, and could not even place a sheet over my foot at night because of pain. I know now how to keep it at bay. I wish this experience on no one.

Posted On 04/23/2024

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## helpothers

I'd read a while back that shingles was making a comeback with adults due to the chickenpox vaccine being given for school aged children. That re exposure to chickenpox as an adult would "re-inoculate" the adult and that is why it wasn't a very common occurrence before the vaccine. I got chickenpox at 26 and was re exposed by my first child at 31, and my other two who were 1x vaccinated but got them anyway at 43. Hopefully some grandkids will provide me another dose if that in fact does work. No one mentioned zinc and I thought that was a anti viral replication deterrent.

Posted On 04/23/2024

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## Bunny3

There are very serious forms of shingles, which I am surprised wasn't mentioned. Ramsey Hunt is a form of shingles that spreads over one side of the face and neck and damages the facial and auditory nerves. People have varying degrees of facial paralysis. At worst it is similar in appearance to having a stroke. When movement comes back, many times the face looks different, as the nerves don't go completely back to normal and the expressions and movement often change, depending on the severity. The mouth is noticeably changed so the corners turn down and sometimes the nerves cause indentations to appear from the nose to the mouth and downward. Since the eye cannot blink for months and there are very little tears, if any, it can damage the cornea if care is not taken with moisturizing the eye and taping the eye shut during sleep.

It can takes months for the eye to blink or for the mouth to lift back into place though the eye and mouth may never look the same. It also can cause deafness. Hearing may return partially or not at all. If shingles occurs around the eye area, it can cause blindness. Shingles can reoccur, sometimes multiple times and on different parts or sides of the body. It is a life-changing illness, often leaving a person's face damaged, possible eye damage, hearing loss, speech defects, even tooth decay and gum problems because of lack of saliva and difficulty brushing and flossing when the face is paralyzed and drooping.

Posted On 04/23/2024

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## and328931

I have an interesting story about Herpes that shows the importance of doctors treating the whole patient and not just focusing in on the location of pain. I was a repairman for IBM back in the 1970s and I developed pain across my left side. I went to the doctor that my mother used and she diagnosed me with Herpes and said that the rash would soon appear. You didn't argue with this doctor about pain as she survived the holocaust and would tell you "pain, you don't know pain." After a while, still with pain and no rash, I decided to get a second opinion.

The new doctor didn't focus on my side but asked me about my life. When I said I was on the road most of the day, he asked whether I drove with the kick vent open. I replied that it was always open. He told me to close it and, within days, the pain disappeared! It turns out that the cold NY winter air rushing along my left side was the problem. For those younger readers, the kick vent was a vent near the floor that was used to bring fresh air in before all the climate control stuff for cars was invented.

Posted On 04/23/2024

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## Freedomofchoice1

Guillermou, So good to see some Essential oils as treatment, Thank you... they are very much underrated. Peppermint, Thyme, Lavender, Frankinsense, Eucaluptus, I must stop BUT these are some that are never missing.... Thank you again for bringing these up. Natural is always best.. and as we may be going into even more trying times... nature will always help and YES Immune system is the real fighter so keep it healthy and fighting fit! Thank you

Posted On 04/23/2024

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## dmckee

In my early 60's, I had a small breakout on one of my ankles. I went to my primary care doctor and the PA immediately diagnosed it as shingles. It went away but would come back every 3 or 4 months. At one point, when the shingles was not active, I got the shingles vaccine. Didn't help. When COVID arrived, I started taking Zinc. I noticed that suddenly, I was no longer having shingles outbreaks. My wife read up on the blood pressure medicine I had been on for quite some time (Lisinopril). In the warning info it clearly says that that medicine depletes Zinc in your body. Bingo! That explained it all! I mention this to my Dermatologist. He said that it was his experience that Lisinopril causes skin conditions with many of his patients, but he didn't know why. He said my wife was a genius to figure the problem out. I have never had another shingle breakout. I take Mercola's mineral formula every other day. It contains Zinc and other important minerals. Just saying.....

Posted On 04/24/2024

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## sve3229

Monolaurin is super effective for all types of herpes outbreaks, it only takes a couple of days.

Posted On 04/24/2024

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## babies

This one really hits home as a mom of a college student that came home with shingles this past December. To all the people that are considering the VAX It is spreading (meaning those that are vaxxed) to so many other people the doctor told us to consider my sons Shingles infection as a chickenpox vaccine failure, the young kids are being vaccinated against chickenpox and it is not working. Now they are getting shingles spread to them from people that are vaxxed against Covid and shingles It is not the way it is supposed to work!! It is such a mess! Stop the madness and find a natural cure. There are many out there.

Posted On 04/23/2024

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## 9ellie1

I was studying the various vaccines to find out which ones were "live vaccines" and shingles is one of them. I believe I got it in the grocery store. It boggles my mind that "the idiots that be" vaccinate people in the grocery store.

Posted On 04/23/2024

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## Bunny3

I got mine from a B & B. I believe the towels weren't clean. My guess is transmission from a vaxxed person, though not sure if the person was vaxxed against shingles or the Chicken Pox. I believe both are live.

Posted On 04/25/2024

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## bpm4539

In 2020, during the height of Plandemic, I suddenly got a breakout of shingles-like blisters. On the back and chest which got worse and worse for two days. I did not go to doctor, it was never diagnosed. After a little research, I applied neem oil a few times a day on the blisters. They were gone in 2 days and never came back.

Posted On 04/23/2024

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## umfuli

Interestingly I have had success treating herpes with my Rife Machine. One session seems to eliminate it until the next "stress" materialises.

Posted On 04/23/2024

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## Almond

Many years ago, I knew Hungarian doctor. He dressed quite fashionably and was far ahead of his time. he claimed that there was no need for antibiotics if the body had good drainage and detox systems. Later, I was taught, that, (except for traumatic injury), most health conditions were the result of an obstruction to the flow of blood or qi. If we look to bio-physics, we understand that health is in harmony (and matter aligns with energy) when each cell "vibrates" at it's own frequency.

Posted On 04/23/2024

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## LSquare

I'll never take another Covid vax, nor a flu one, but after seeing the agony that my mother went thru with shingles years ago, I think that I'm going to bite the bullet on this one. She could only wear a very loose nightgown for months until it went into remission! Not eager to get it (I've put it off for several years now), so I don't need to hear "No vax ever!", but until you see someone unable to function for months because of it, and if it can be prevented, then it might not be the worst choice that one could ever make.

Posted On 04/23/2024

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## Bunny3

Careful. I've heard of people who got shingles soon after getting the shingles vaxx. Whatever your decision, I wish you the best.

Posted On 04/25/2024

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