

SUGGESTIONS FOR SHINGLES: HERPES ZOSTER

Shingles is caused by the 'chicken-pox' virus; It remains dormant in the body and flares up as shingles when the Immune System is weakened. Often a chronic illness, nervous stress, poor diet, shock to Immune system from vaccines and many other things trigger 'Shingles'. The virus grows on the nerve and the rash appears in the area served by that nerve.

The body has a lot of toxins when you have Shingles and you should follow a course to 'cleanse' it and provide lacking elements to heal it.

1. Go to health food natural remedy store and get a "Lower Bowel Tonic". Take recommended dose each evening with full glass distilled water.
2. On arising in AM drink 2 glasses warm distilled water with juice of a lemon then follow in one hour with 8 oz of unsweetened prune juice. Bowels should get moving freely and frequently; bowel congestion is a big factor in this disorder. Warm water enemas each morning are advisable until condition clears.
3. Between meals drink 6 more glasses of distilled water; You can use half & half unsweetened apple juice or fresh home squeezed orange juice.
4. Eat at least one meal daily of only assorted raw fruits, as much as you want, with perhaps a piece of whole wheat toast.
5. Get "Multi-Mineral Chelates" and take recommended dose daily at breakfast; Lack of minerals is often a factor in low immune system.
6. Get "Super Omega 3-6-9" Take recommended dose day at breakfast. These essential oils are important for immune system, nervous system and skin health.
7. Get 3% Hydrogen Peroxide and mix 1 part with 3 parts warm water; soak a soft wash-cloth in solution and apply to rash leaving on for 15 minutes twice daily at least or more often if desired. If possible, soak affected part in the solution. It does relieve pain and promote healing and the oxygen discourages the virus. Hydrogen Peroxide is just water with an extra oxygen molecule. It really promotes healing.
8. Cut down on animal products, avoid greasy and fried foods and sugar, eat lots of raw salad and fruit and vegetables; plain baked potatoes, yams, steamed greens. Eat your veggies at one meal and your fruits at another. Use some high fiber whole grain items.
9. Make sure you get lots of extra rest and sleep to allow the body to recover itself.