HEALTHY TIPS

The Best Natural Ways to Alleviate Herpes Symptoms

By bestfolkmedicine · 27/06/2019 · 2 min read



Herpes is one of the most common STDs and this virus can stay dormant inside one's immunity for a lifetime. Periodically, it can trigger blisters which burst and form cold sores or ulcers before they heal.

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When not treated, the sores will usually last for a week or two. They can be quite uncomfortable and cause burning, pain, and redness. Sometimes, people can be embarrassed too.

So, this is why a lot of individuals are looking for natural ways to remove it for good. Though the virus which is the cause for herpes (whether on the mouth or on the genitals) cannot be cured, there are a lot of beneficial remedies to put it into remission.

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With the right approach, the symptoms can stay dormant for a long period of time. To learn how to keep herpes breakouts at bay, continue reading the article.

Herpes Explained

Both the cold sores on the mouth and genitals are triggered by more than 70 related viruses.

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These infections cause the blisters on the skin and mucous membranes. There are 8 distinct types of herpes simplex viruses in children and adults and the most common ones are HSV-1 and HSV-2.

The former is the cause for breakouts around the mouth or lips whereas the latter is known as genital herpes because the cold sores appear in the genitalia area. Both types are contagious and can lead to cold sores in either or both areas.

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What Are the Treatment Options for Herpes?

Unless the patient has a problem with infection management, as in people with HIV/AIDS, this infection is nothing more than an inconvenience.

In conventional medicine, doctors can prescribe meds to keep the virus dormant or to speed up the healing of the sores.

However, the best way to increase your tolerance to this virus is through lifestyle improvements as well as practicing safe sex.

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Below, check out the best natural ways to reduce herpes breakouts:

- **Consume more nutrients**

To minimize outbreaks, you need to strengthen the immunity. This can be done by increasing the amount of nutrients you consume.

This includes foods abundant in L-lysine such as turkey, chicken, fish, legumes, and veggies, red and orange veggies, wild-caught fish, lean protein, high-zinc foods like pumpkin seeds, nuts, spinach, grass-fed beef, and organ meats.

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- **Stay away from inflammatory foods**

Some foods and drinks can increase inflammation and weaken the immunity. These are added sugar, alcohol, premade foods, GMOs, acidic foods, foods abundant in L-arginine.

- **Add supplements**

Some supplements can help you boost the immunity's fight against infections and inflammation. The best ones against herpes are lemon balm extract, vitamin C, zinc, antiviral herbs, L-lysine, and B-complex.

- **Essential oils**

The best essential oils for people with herpes simplex are tea tree, clove, and myrrh oil. Apply several drops three times per day onto the cold sores. For those with sensitive skin, dilute the oil with carrier oil prior to application.

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Sources:

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