



# Cold Sores and Canker Sores

## Natural Aids for Fever Blisters and Mouth Ulcers

A cold sore, also known as a fever blister, is an infection by the herpes simplex virus that causes a painful, oozing group of blisters usually located around the lips. It usually starts with localized tenderness and a small bump, which develops into a blister. It then turns into a scabby sore. Cold sores develop about three to ten days after exposure to the virus. They last about three weeks. The sores can be very painful, and the condition is contagious.

Once the virus is in the system, it can remain dormant for long periods. Further cold sores develop whenever something weakens the immune system or stresses the body. For example, exposure to wind and summer sun will often cause outbreaks. Outbreaks can also be caused by fever, colds, stress or menstruation.

Canker sores differ from cold sores in several ways. They are not a viral infection, but are the result of inflammation in a localized area of the mouth. Also known as mouth ulcers, they are often connected with inflammation in the gastrointestinal tract and an overacid condition in the body.

Canker sores do not raise blisters like cold sores, but they do develop into red, ulcerated spots with yellowish borders. They can appear suddenly and leave suddenly, lasting from four to twenty days. Cankers can also be very painful and interfere with eating.

In spite of their differences, the remedies that aid cold sores and canker sores are identical, suggesting both involve similar internal conditions in the body. One of the very best remedies for both is an herbal formula called VS-C. It was developed by Dr. Wenwei Xie, a traditional Chinese medical doctor, specifically for combating the herpes simplex virus. The product was subjected to medical testing, and research documented its effectiveness against the virus. This formula is very effective in rapidly eliminating both cold sores and canker sores.

The dosage is four capsules, which can be taken 3-6 times per day depending on the severity of the problem. It is also available in a liquid form, which can be taken orally in doses of 1/2 to 1 teaspoonful 3-6 times per day. The liquid can also be applied topically. VS-C can not only rapidly clear outbreaks of herpes, it can actually help eliminate the virus, if taken regularly for a period of three to six months. In addition to its ability to deal with cold and canker sores, it is also effective against warts and other viral disorders like shingles.

There are other remedies that can be effective against these

sores. One of these is an amino acid, L-lysine. In combination with citrus bioflavonoids with vitamin C, L-lysine has also proven effective against herpes infections and cold sores. It has also been used for mouth ulcers. L-lysine is one of the essential amino acids that must be obtained through the diet.

In contrast, the amino acid L-arginine, tends to aggravate cold sores and herpes infections. Persons who are trying to eliminate cold sore outbreaks should avoid foods high in arginine. These include carob, chocolate, coconut, meat, oats, peanuts, soybeans, walnuts and wheat.

Single herbs that can be helpful in eliminating cold sores include antiviral agents like echinacea, pau d'arco, black walnut, and maitake, shiitake or reishi mushrooms. Black walnut extract has been applied topically to successfully aid healing. One of the best herbs for canker sores is goldenseal, which is very effective in alkalizing the body, reducing inflammation in the digestive tract, and rapidly healing mouth ulcers. Take 2 capsules every two hours. It is even more effective (and pain-relieving) when the powder is removed from the capsules and placed directly on the sores. This helps rapidly relieve pain, even though the taste isn't exactly pleasant.

Essential oils can also be helpful in speeding the healing process when applied topically to both cold sores and canker sores. Tei Fu Essential Oil will almost instantly kill the pain of a mouth ulcer. Other oils that have been successfully used include tea tree oil and peppermint oil. There are probably others as well.

Frequent outbreaks of cold sores may be a sign of a weak-end immune system or low thyroid function. In cases of a compromised immune system, Nature's Immune Stimulator can be effective. Zinc lozenges can also help boost immune function against viral infections, and are helpful for cold sores and canker sores. Black walnut contains iodine, and can be helpful for low thyroid as well as cold sores.

Where canker sores are a frequent problem, pay attention to the intestines. Soothe them with Intestinal Soothe and Build and rebuild the friendly flora with Probiotic Eleven. Also, avoid acid-forming foods (meat, grains) in favor of more alkalizing foods (fruits, vegetables).

### Sources

*Prescription for Nutritional Healing* by James F. Balch and Phyllis A. Balch  
*The ABC+D Approach to Natural Healing* by Tree of Light Publishing  
*The Encyclopedia of Natural Healing* by Siegfried Gursche

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