

## Help for Herpes by Brad L. Surette, BA, RMT

Lately I've been noticing many clients arriving for appointments flustered and embarrassed with the look of their mouths.

Herpes, often referred to as cold sores or fever blisters, are caused by the herpes simplex virus type one (HSV-1).

It is estimated that one in five Canadians will be affected by the herpes virus at some point in life.

Having suffered from cold sores since I was a young boy I can definitely relate to the uncomfortableness that comes with a cold sore or fever blister.

I'd have to say that the teenage years were the worst - especially during school exams. Many times I can recall days of hiding in my bedroom, skipping school, avoiding friends, and even crying at the reflection of the hideous Quasimodo I saw looking back in the mirror.

Most people are infected sometime during early childhood or adolescence but unfortunately the virus can be a lifelong problem.

This is because the nasty virus has the ability to lay dormant in nerve roots near the affected skin area until a particular trigger awakens the virus.

Did you know that stress is the number one cause for a herpes outbreak?



However, the sun can be to blame as well. Too much sunlight has the potential to produce sores that can not only be physically painful but emotionally painful as well.

But what can we do?

Well, first, it is essential to know some important and helpful facts.

Genital herpes are caused by the herpes simplex virus type two (HSV-2) but HSV-1 can be transmitted to the genitals by direct contact with infected skin or secretions including saliva, causing a HSV-2 infection.

That is why it is so very important to keep your hands away from your mouth during a herpes outbreak.

If you accidentally rub or touch the sore always be sure to wash your hands with warm soapy water immediately afterwards in order to avoid a potential secondary contamination.

Finding ways to minimize your stress levels can really help. Some of the most popular suggestions include yoga, meditation, massage, or some type of cardiovascular exercise.

Using a sunscreen or lip balm and keeping your lips moisturized can help prevent a future outbreak.

There are many antiviral drugs on the market but as with any prescription there is the potential for undesired side effects.

Many people have tried the amino acid L-lysine and found it has lessened the duration of their cold sores while preventing future outbreaks. You can find this supplement at your local pharmacy and a one month supply is roughly ten dollars.

As a side note please consult your medical practitioner regarding your intake of lysine, especially if you are either pregnant or nursing. No amino acid in large doses should be taken for long periods of time. - Brad L. Surette, BA, RMT