Article Side
Best natural cure for cold sores by Purx Health

Article published on April 6th 2012 | Health

Cold sores, despite being a common problem, can leave you feeling isolated and embarrassed. Also known as fever blisters, cold sores are caused by the herpes simplex virus (HSV), the same virus that causes genital herpes. From its close association with an STD to the unsightly blisters it causes, oral herpes is a dreaded disease that can strike social fear into the hearts of those afflicted when they realize there is no medicine that can cure cold sores While there is no cure for cold sores, you can calm your mindâ€"and your outbreaksâ€"by learning about easy tips for natural relief for cold sores. While no one method is a guaranteed way to suppress an outbreak of cold sores, following the many tips available may drastically reduce your outbreaks.

Avoid trigger foods. According to the Herpes-Cold Sores Support Network (HCSS), argentine is an amino acid that can trigger a herpes outbreak. Foods that contain argentine include chocolate, nuts, peanut butter, oats and protein shakes that have added argentine. HCSS also suggests avoiding sugar, processed food and excessive alcohol and caffeine, all of which are acidic foods. Acidic foods lower your pH level, which in turn triggers viral growth.

you have to eat foods that protect against outbreaks. HCSS also says that foods that contain lysine, another amino acid, can be helpful against cold sores. Dairy products, avocados, tomatoes and chicken all contain lysine. To counteract the effects of acidic foods, eat plenty of green vegetables.

Echinacea: While looking for a natural remedy for cold sore, the University of Ottawa found that Echinacea produced â€œsignificantâ€• activity against HSV. According to the University of Maryland Medical Center, Echinacea contains compounds that boost immune system and have antiviral effects.

Licorice: The Learning Channel listed licorice, a plant native to parts of Europe and Asia, in its list of effective herbs against cold sores. Science Daily reports that, while searching for a new & best cold sore treatment, researchers from New York University School of Medicine effectively used licorice to fend off herpes outbreaks.

Cold soresâ€™ propensity to show up at the most inopportune times, such as before pictures or big social events, adds to a sufferâ€™s distress over contracting this common virus. Although there is no fast cold sore cure, by following common sense advice for suppressing an outbreak and giving your immune system support by taking an immune booster that includes both vitamins and herbs that are proven to be natural aids for cold sores; you can avoid and reduce the duration of an outbreak.

Article Source:
http://www.articleside.com/health-articles/best-natural-cure-for-cold-sores.htm - Article Side

Purx Health - About Author:
Scott Mince is backed with the biggest online store that deals with the a cold sore treatment options that renders you with maximum relief from the painful cold sores. So, make an immediate effort in the direction of the cure the cold sore at the most rapid rate at the most affordable prices as well as also assures you of having no side effect. For more details visit a www.purxhealth.com

Article Keywords:
best cold sore treatment,cure cold sores

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!