

How to Cure Cold Sore Easily,  
Naturally and Forever!

# Cold Sore Free Forever

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Easily, Naturally  
and Forever!

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Free Forever*

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# Contents at a Glance

<i>What is a Cold Sore?</i> .....	8
<i>Cold Sore Types</i> .....	11
<i>Transmission of the Virus</i> .....	<b>Error! Bookmark not defined.</b>
<i>Life Cycle of the Cold Sore</i> .....	15
<i>How to Fight Cold Sores</i> .....	19
<i>Are other Methods Available to deal with Cold Sores?</i> .....	21
<i>Strong and Healthy Immune Systems</i> .....	23
<i>Balancing your pH levels</i> .....	24
<i>Increase your Oxygen intake</i> .....	25
<i>Summary of fighting Cold Sores</i> .....	27
<i>Building a Strong Immune System</i> .....	31
<i>Cat's Claw</i> .....	32
<i>L-lysine</i> .....	36
<i>Balancing your pH levels</i> .....	42
<i>Water as an Alkaliac carrier</i> .....	46
<i>An Alkaline diet and you</i> .....	48
<i>More about an Alkaline diet</i> .....	51
<i>Oxygen – The life of the party</i> .....	54
<i>How a lack of Oxygen can affect you</i> .....	56
<i>What are the causes of Oxygen deficiency</i> .....	58
<i>Ways to increase your level of Oxygen</i> .....	59
<i>WaterOz OxyDrops</i> .....	61

<i>WaterHow using waterOz OxyDrops helps you.....</i>	<i>62</i>
<i>The Toothpaste method.....</i>	<i>70</i>
<i>Applying Toothpaste to the cold sore.....</i>	<i>72</i>
<i>Tips to keep your skin cold sore free .....</i>	<i>76</i>
<i>Keeping your life free of cold sores .....</i>	<i>78</i>
<i>Maintenance Guidelines .....</i>	<i>78</i>
<i>Conclusion .....</i>	<i>82</i>

# ***Cold Sores***

## **Chapter 1**

## **What is a Cold Sore?**

There have probably been numerous times when you will have seen a painful cold sore on your lips, and while you are not a fan of this pain nor the unsightly blemish you accept it since you are not sure of any way you can get rid of this blemish. This 'blemish' is also known as the Herpes Simplex Virus (HSV), and many, many people suffer from this virus then you might imagine.

You may know from personal experience that once the cold sore develops all you can do is to allow it to progress through its life cycle. What you may not know about cold sores is the main reason why you keep having to suffer from these attacks. So the aim of this book is to educate and try to help you to live a life that is cold sore free.

The main fact that most people notice about having to deal with a cold sore is both the pain as well as the embarrassment they suffer from having this red, oozing blemish at the corner of their lips. And since most of the medications that are available may be of the short term variety, you may have to suffer getting cold sores many times over. However before you despair it is important to

understand that these medications may only deal with the curing the cold sores after it has developed rather than trying to prevent it from occurring in the first place.

It is for this reason that you may find these medications not as useful as you hope. There are various home and alternate remedies which have also been touted as being quite effective. Yet these like the over the counter medications may deal with curing your cold sore and not the underlying problem.

What you will find in this book may help you to see what changes you can make to your life that will allow you to treat and most importantly prevent any cold sores from developing. To get the best results however you will need to keep two facts in mind. The first fact is that your cold sores will take some time to be cured from your body completely and effectively. The second fact is that you may need to follow the steps laid in this book if you are serious about living a life which is free from cold sores.

Before you get down to the nitty gritty of the matter you should take a closer look at how the virus responsible for cold sores is transmitted. This may help you to take appropriate steps to avoid

getting caught in its web. This is important as without knowing and understanding the potency of the cold sore or just how effective a virus it is you can't take preventative measures to protect yourself.

In the next section you will see how getting a cold sore can affect you. You will also find the reasons behind a person contracting one of the Herpes Simplex Viruses.



## **Cold Sore Types**

There are mainly two different types of Cold Sores viruses. The Herpes Simplex Virus Type-1, and the Herpes Simplex Virus Type-2.

Both are from the same virus, but interestingly enough the HSV Type-2 virus is the one more commonly referred to by its scientific name (or a portion of it anyway). Simply stated, we recognize it more commonly as Herpes – an STD (sexually transmitted disease). The Type-1 HSV is not sexually transmitted.

## Transmission of the virus

Having cleared that distinction up the next aspect of the virus you need to see is how this virus is transmitted, and the speed of transmission. In other words how long it will take the virus germs to infect and attack your body once you have caught the virus.

You will find that there are various ways that a person can develop the HSV type-1 virus. These include transmission from person to person, touching objects an infected person has used, and even using such an item after it has come into the exposure zone.

To summarize the transmission of the HSV–1 virus take a look at the various forms of transmission:

Indirect means of transmission includes, but are not limited to:

- Eating meals using the same cutlery
- Sharing a glass, mug, or even a straw with an infected person
- Using personal effects of someone who has the virus (such as a clothing, towel, underwear, lipstick, etc.)

Direct means of transmission include, but are not limited to:

- Being sexually active with an infected person, including kissing a person. Direct contact with a person in this manner can expose you to contracting the virus.

What this illustrates is the ease with which a person can get the virus from any number of day to day activities that we seldom think about. Therefore if you are serious about preventing the onset of cold sores then you will need to take care when you are around a person who has this virus and if you have it yourself then you should ensure that you don't spread it.

The simple fact is it takes only one small instant of contact for the virus to jump from one person to another person – be it through direct or indirect means. Within that tiny timeframe the virus has been transmitted and it has begun to affect the new host. Not long after the transmission the cold sore becomes visible and painful.

# ***The Life Cycle of Cold Sores***

**Chapter 2**

# **Life Cycle of the Cold Sore**

To help you understand the life cycle this virus goes through take a look at the warning signs your body will begin to exhibit at the onset of a cold sore attack.

These warning signs which many people fail to recognize are the only ways that you can determine if you have developed the Herpes Simplex virus. In general there are 6 stages to this virus but many people will see only a few of these stages. The entire time length from start of warning signals to the end stage takes about 9 - 12 days.

## ***Stage One***

At this beginning stage, you will be able to feel the onset of the virus. These include,

- A burning sensation on the affected area
- An itchy sensation on the affected area
- Highly sensitive lips if the cold sore is in that area
- A spot which is similar to a pimple
- Pain in the area where the sore is coming up

## ***Stage Two***

In this stage you will be see the virus getting itself located on the spot where the attack will take place. At this point the antibodies in your body will converge on this area in preparation for the attack. It is at this point in time that you will notice the skin developing a red color as the infection and the antibodies make their presence known.

## ***Stage Three***

This is the stage where the cold sore will develop almost fully.

## ***Stage Four***

The cold sore ulcers are the cause of the pain you will experience. The oozing which can sometimes make its appearance also arises from these ulcers.

## ***Stage Five***

During this part of the virus cycle the virus begins to retreat. The body begins the healing process by forming healing scabs on the areas where the cold sore appeared and also on the open oozing

wounds. As these wounds disappear the pain and the inflammation will recede as well.

## **Stage Six**

By this time your cold sores have completely disappeared. In the healing stage you will see new skin forming over the cold sores wounds.

The next section will help you to see the different methods which may be used to deal with the cold sores. Each of these detailed sections may provide you with information that you can use to prevent, cure and become free of cold sores for life. To learn how to apply these tactics you need to read and understand each section from now on. Allow these steps some time to work as your body's reaction will be different from that of other persons.

# ***How to Fight Cold Sores***

**Chapter 3**

# How to Fight Cold Sores

## ***Prevention and Cure***

A good way to deal with many diseases or illness is prevention. However, where prevention is not an option, you will naturally enough have to go for a cure. The problem with this in regards to Cold Sores unfortunately, is that there is little attention being paid to *preventing* cold sores from occurring.

There may not exist a complete cure in western medicine for cold sores. This may leave you wondering what on earth you can do about your cold sores.

Well, the truth of the matter is that while there may not be a complete cure for the Herpes Simplex virus in western medicine, there are a number of treatments available which will help you to deal with the onset of cold sores. These will help to minimize and even fight back the virus, but it may not cure it completely.

Indeed, the medications which have been developed have been mainly developed with two goals in mind. These are:

- to minimize the time needed to heal already developed cold sores, and
- to increase the length of time a person will go through *before* developing another outbreak of cold sores.

As you can see, these goals are neither preventative in nature, nor are they curing the virus. They are merely trying to play catch-up with the virus and contain the effects of it as much as possible.

## **Are other methods available to deal with cold sores?**

The answer to that is, 'Yes!' There are a few avenues open to those of us willing to look a little beyond the boundaries of western medicine. And the good thing about these methods is that you may not need to go too far to look for them.

The most common of these methods includes:

- Strong and healthy immune systems,
- Balancing your pH levels
- Increasing your oxygen intake
- Using toothpaste (yes, toothpaste)

With these factors you will find your body has a greater chance of developing a higher level of resistance to cold sores. As you look at the sections which will help you overcome the recurring cold sore menace you will probably wonder how each of these methods will help you to prevent future outbreaks and cure your cold sores forever. The answer lies within the structure of the virus. In the cold sores virus the genetic ability to multiply is not there.

The reproduction ability of this virus therefore takes place in the other cells which are near the virus and can be easily attacked in their weakened state. By using medications, topical ointments and creams specifically designed to treat this virus from the outside you are just treating the surface problem.

The methods which will be outlined in the few sections that follow work below the surface problem by attacking the virus at its cellular structures and denying the virus the environment it needs to live.

## ***Strong and Healthy Immune Systems***

You will find that with a strong and healthy immune system you are empowering your body in its fight against the virus. Since the virus is potent and strong enough to linger in your body even after an episode has been successfully combated you will find that with a strong and healthy immune system you may have a better chance of becoming free of the tentacles the virus places into your body.

With a healthy immune system you will find there are two strategies which will come into play. These points of success are:

- Helping the white blood cells to protect the body against various viruses like this virus.
- Help create needed proteins which have the ability of disabling the virus from replicating and reproducing.

## ***Balancing your pH levels***

In every person's body there is a balance between an acid state and an alkaline state. This balance is known as a pH balance. In this balance the desired pH level of health you need is 7.0. Below this level your body goes into an acidic state and above this level of body goes into an alkaline state. Cold sores will have a better chance of developing and thriving when the body's pH is below ph of 7 (acidic state). This state is called acidosis.

Since cold sores are capable of thriving in environments where the acid levels are high, you will need to search a way of increasing your pH level above 7.3 as there is a good chance of the HSV-1 virus developing if you do not have enough alkalines within your body. To help ensure that you keep your body in a cold sore hostile environmental state you may need to:

- Take alkaline supplements or consult with a physician if your body is low on alkalines
- Adopt a diet plan which includes plenty of alkaline rich foods
- Reduce your stress with workouts

## ***Increase your Oxygen intake***

In the above section you were informed that the HSV-1 virus can't live in an environment where there is healthy level of oxygen. To help your body fight and prevent any future cold sores it is best if you can help to increase the amount of oxygen within your body. To aid your body in this requirement there are numerous steps that you can follow.

When you have attained a healthy level of oxygen you will see the environment within your body is no longer hospitable for the production of cold sores. This in turn will cause the cold sores present in your system to go into a state of remission. Moreover you will also find that:

- The amount of cold sore occurrences may diminish
- Recovery time is reduced
- You may become free from cold sores for life

## ***Using Toothpaste***

Many of us consider toothpaste as being useful for cleaning our teeth. However there are properties in the toothpaste which makes it an ideal remedy to fight cold sores. When applied around the mouth it reduces the pain and the itchy feeling in this area. It may also help the blood in flowing away from the mouth area which in turn reduces the pain.

## **Summary of fighting Cold Sores**

These main points listed above: strong immune system, increased oxygen intake, balanced pH levels and the use of toothpaste are key elements you will use to combat the presence of cold sores in your body and to prevent the future outbreak of this virus. From this point on you will see how the program detailed below can help you to live your life free from both the pain as well as the embarrassment that is part of the cycle of dealing with cold sores.

In order to yield positive results you may need to follow the program as it has been detailed. Whether you are a teenage or a busy executive you will find that following this program will help to not only reduce the number of cold sore attacks you undergo but also to destroy the HSV-1 virus in your system totally.

By following this program as is, a number of people will find that it may be possible to get rid of their cold sores in about a few days.

Needless to say results vary from individual to individual.

By following this program, you will notice the changes in your cold sores are taking place internally as a result of the external

application you are using. These changes will put your cold sores into remission.

Provided that you follow this program and stick to it, you may be assured of seeing positive results soon. With the help of this book you may be able to destroy the cycle of cold sore virus outbreaks permanently.

Remember this encouraging fact as you decide whether you are prepared to change your life for the better. Once you step on this track you may need to follow the program and you may soon find that you are living a life which is free from cold sores...just like you have always wanted.

### **Begin the program:**

As mentioned previously the program consists of four factors which can help you to successfully fight and win against cold sores. These factors once again are:

- Strong and Healthy Immune systems
- Balancing your pH levels
- Increasing your oxygen intake

- Using Toothpaste

The sections from this point will describe these points and provide you with the required information which can help you to overcome your problems regarding cold sores.

# ***Strong and Healthy Immune Systems***

**Chapter 4**

## **Building a Strong Immune System**

All of the points that you have read have provided you with ways that you can make your immune system stronger and more capable of fighting numerous diseases and viruses like cold sores more easily. You will find that while eating the right foods and applying medications which deal with cold sores at the root problem is highly effective the immune system itself needs help in becoming strong without any props. To help you achieve this condition you will need to consider what you have read up to now and the information that you will find contained here.

Among the various steps that you can take to help boost your immune systems strength and effectiveness there are a number of different herbal remedies which have been used for the eons and have proven their worth in a number of different scenarios. Of these many you will take a look at a few different ones. The first one to be looked at is known as Cat's Claw.

## ***Cat's Claw***

The other names you will find this herb by are uña de gato. The Latin names for it are - *Uncaria tomentosa* and *Uncaria guianensis*.

This herb is an ancient remedy which was used by the indigenous Peruvians for a number of health issues. It was used for many centuries to treat diseases, cancer, arthritis, Alzheimer's diseases, HIV and other viral infections like cold sores. As well as being helpful in preventing these diseases, this herb has other helpful benefits such as strengthening the kidneys and boosting the immune system so that it may be capable of function at its optimum and fighting off various diseases and viruses in a shorter period of time.

You will find there are numerous ways that you can use Cat's Claw. This herb is available as herbal tea, liquid extract, and capsules. The inner bark of the herb is used in the preparation as this is where the chemicals *Oxindole Alkaloids* and *quinoic acid glycosides* can be found. The chemical Oxindole Alkaloids is an immune system booster and the second chemical quinoic acid

glycosides is a viral replication inhibitor – it stops viruses from being able to replicate themselves.

*Warning: while this herb is excellent for use in boosting the immune system and fighting off viral infections such as cold sores, if you are pregnant, breastfeeding, trying to become pregnant, have tuberculosis, are taking drugs which suppress the immune system, are on anti-hypertensive medication or taking blood thinner or have any other condition or taking any other drug you should avoid using this herbal remedy.*

*The side effects which can be experienced from this herb at the current time of writing are possible lowering of blood pressure, headaches, vomiting, can cause dizziness and others.*

*It is highly recommended that you consult a qualified physician before using this herb or any other product. You must also consult your physician on the right dosages. Any dosages in this manual are only indicative and might not be the proper dosages for your individual case.*

### **Dosage information:**

- Cat's Claw has been made from the inner bark of the wild crafted herb which grows in the rain forest of the Peruvian Amazon.
- You will find this herb is available in capsules, liquid extracts, tea bags and tablets.
- It is available in 250 mg to 1,000 mg
- When you are buying this herb make sure that it contains Uncaria tomentosa as another plant – **Acacia greggi** – which also goes by the name Cat's Claw is highly toxic.

Dosage per person – 2 tablets in the morning and 2 tablets in the later afternoon may provide you with the optimum immune system boost. But as said before, consult your physician.

### **Best Possible Dosage of Cat's Claw:**

You will find that each form of this herb has varying dosage instructions, however if you are taking the 1,000mg tablet form you may want to take 2 tablets in the morning and another 2 tablet dose in the late afternoon. You may need to continue taking this herbal dose until you can no longer see any sign of the cold sore. As soon as the cold sore has cleared up you may reduce the dose from 2 tablets per day to that of 1 tablet in the morning and 1 tablet in the later afternoon. Even though the immediate threat of cold sores no longer exists you may need to continue taking the Cat's Claw for another week until your body's immunity against this viral infection has fully developed. After this point you should refer to the next chapter to help you keep the cold sores away.

## ***L-lysine***

Another great remedy you will find in your fight against cold sores is that of L-lysine. This item is a type of amino acid that is not produced by the body, it has to be ingested via food, or by supplements. L-lysine has various benefits which are useful for a person who is looking forward to strengthening their immune system. L-lysine is known as a protein building block for the entire body. It has the ability absorb calcium, helping the body to recover from sports related injuries and surgery, and building muscle proteins.

As L-lysine's ability of helping the body to boost its immune system capability is well known you will find a range of supplements that you can take.

You will be able to buy this amino acid in creams, tablets, capsules and liquids. Each of these forms will be sold in the L-lysine form. You will also be able to find foods which contain L-lysine as well.

These foods that you can use in your diet are:

- Brewer's yeast
- Cod

- Sardines
- Soybeans
- Spirulina
- Fenugreek seed
- Eggs
- Low fat fruit yogurt
- Low fat yogurt
- Fruits – apples, apricots and pears
- Milk – skim milk, goats milk and buttermilk

### **Supplement facts about L-lysine:**

In a 1000mg of L-lysine you will find –

- Vitamin C as natural ascorbic acid and from Rose Hips
- Zinc as an amino acid chelate, citrate and picolinate
- Vitamin B6 as Pyridoxine HCl
- L-lysine as L-lysine HCl
- Other ingredients you will be able to find in this product are magnesium, stearic acid, stearate, and cellulose.

There is one point that is important to keep in your mind when you are taking this supplement. For the L-lysine to work without any

hindrances you will need to take the dose on an empty stomach otherwise any arginine rich foods will interfere with the L-lysine's affect on the cold sores. You will not have to worry about irritating your stomach with this supplement as it is recognized by the body as a protein building amino acid.

As most of the foods eaten today don't state whether they contain arginine or L-lysine a small list of foods which are high in these amino acids may be of some help to you. For further information you can use the internet to find more foods which are helpful to you when you have cold sores and also find the arginine foods to avoid.

Arginine containing foods:

- Chocolate
- Cola
- Chicken soup
- Seeds, nuts, peas
- Gelatine
- Beer
- Cereal grains

You may need to take 3 tablets of your chosen L-lysine supplement each day of your cold sores duration. As the supplement works best on an empty stomach you can take it between meals. Once the cold sore has cleared up the dose may be reduced to 1 tablet a day. You may need to keep taking this supplement dose for another 2 more weeks to help your body build up its immunity against the cold sore virus. From this point onwards you may take the L-lysine as part of your overall dietary supplement as it can help your body fight off any future cold sore occurrences.

Should you develop a new bout of cold sores then you may need to increase the dosage back to 3 tablets a day until the cycle has been broken. You should only reduce this dose back to one tablet once the cold sore has gone. As said before, consult your physician regarding the dosage.

# ***Balancing your pH levels***

## **Chapter 5**



## **Balancing your pH levels**

The relationship you have with a stable pH level can be seen in the way your alkaline and acid levels interact with your body's health. Various factors like poor diet, numerous stresses and lack of exercise can lead to a lowering of oxygen as well as the buildup of acids. This buildup leads to acidosis which has the potential to kill you by allowing life threatening diseases free reign in your body.

A study that was conducted by an eminent doctor found evidence of the stages of acidosis and the various ailments, health problems and life threatening diseases which come about with this greater than normal build up of acid.

In stage one there are minor health problems such as a person will have difficulty with getting up for the day. This is an indication that your body is having a problem in carrying out its daily functions. At stage two the health complications become worse and are interfering with your life. Take the example asthma where the act of breathing is difficult and you need a respirator to pump short bursts of air into your lungs. The final stage of acidosis is the worst stage as here the life threatening diseases have entered the arena

and now you are fighting to live. These diseases include ones like AIDS where your immune system has become so compromised that any illness like even a common cold can kill you

As you can see this is a way that acidosis can turn ugly and destroy your life all without your even noticing the early warning symptoms.

You will develop this acid buildup when your pH level drops below the standard balance of 7.0. In order to stop this problem and the risk to your life you do need to take action. The action that you decide upon may be ones that can help your body to increase the amount of oxygen in your body and bring the pH level up to a level ground of 7.0 or even better at 7.3 where the pH level turns to the alkaline scale of the pH balance.

At this stage your body is fighting the cold sores by correcting the acidosis and introducing better health conditions, which in turn may help to save your life in the long run.

## **pH Relationship Results**

From the various studies which have been carried out it is clear that your pH level and your health are connected. To live a healthy life it is vital that various causes which can lower your pH level should be identified and steps taken to reduce these causes or find ways of changing the way you live so that these acidosis identifiers can no longer affect you.

While there are numerous reasons which will increase the acids in your body there are some which are more commonly occurring due to the lifestyle that modern living brings about. These possible causes are listed below. As you are looking at these causes keep in mind that these are only a few which are known to give root to acidosis.

- Internal toxicity increases as a result of less sleep and relaxation
- Emotional disturbances in your mental and emotional state
- Gastritis
- Problems with your immunity on various health issues

- A diet which is more acid based than is healthy – e.g. junk food

In addition to these reasons you will find that your pH level is also affected by a mix of internal and external factors such as the lack of essential minerals being absorbed into your system. Two very vital minerals that your body requires in the fight against acidosis are calcium and sodium. If the body detects a lack of these minerals when it is combating viruses like cold sores it will look to your internal systems to see where it can get the required minerals.

In the case of calcium the needed mineral can be leached from your bones leading to weak and brittle bones. In other words osteoporosis may result if you are not taking enough calcium rich foods and supplements to provide your body with this item. The required sodium will be taken from the stomach which will result in an imbalance in the stomach environment. To counter this possibility you will also need to make sure that your diet includes a rich assortment of foods which will provide the daily intake of sodium.

## ***Water as an Alkaline Carrier***

In looking at the different ways that you can increase the amount of alkalizes to your system you may see the effectiveness of using a water soluble alkaline tablet or supplement. By adding this supplement to water you will be enabling your body to absorb the alkaline faster and help your body to change from that of acidic one to that of an alkaline state.

Looking at the various products you can use in this regard will show you that another product made by the WaterOz Company will help your body in its fight against cold sores and other harmful bacteria, germs and viruses. You will find the WaterOz BodyAlkalizer to be quite helpful as stated in the official description provided by the company.

## **No more Mental Stress**

Stress in one aspect of living a high power and high pressure lifestyle. The problem is that stress is no longer confined to careers which deal with these issues on a daily basis. Without realizing it stress has crept into every part of modern day living and it is part of the issues regarding health that so many people face. You might

at this point ask what does stress have to do with your cold sores and why should you be concerned about this fact.

The first point that is important to understand is that stress contributes to mental stress and emotional imbalances. As you try to fit everything which your life demands into a small segment of time you feel as there is a gigantic pressure weighing your down slowly. You will feel short tempered, frustrated with yourself and everyone around you, you might begin to feel inadequate and at the end of your rope.

These are issues which creep into your mind and self confidence when you are bowed under the pressure of modern living and these in turn contribute towards mental stress. Luckily while stress is one unfortunate part of life in today's society there are remedies that you can try to reduce or eliminate the causes of stress in your life.

## **An Alkaline diet and you**

As stated earlier there are various factors which can contribute towards your developing cold sores and an acidic pH level is one such factor. You will also have seen the different routes you can take to reduce or change the acidity in your body to that of an alkaline state. One such effective method is to look at the foods that you eat. While every one has their personal favorites it is important to ask yourself how many of these foods that you consume on a daily basis are healthy for you. How many of these foods are full of chemicals, preservative and additives which add to the acidity in your system.

While you may not desire to change your entire dietary habits in one go, acknowledging that you may have a problem is the initial step. The step that follows is to identify the foods which are full of acids or have the ability of producing acid once it enters your body. Some of these food items that you should make a point of avoiding are ones like:

- All forms of meat – including that of chicken as these products may have been injected with chemicals and

hormone enhancers. If you wish to include meat in your diet you will need to make sure that you select meats which are free range and low in cholesterol.

- Vinegar – while vinegar can add some taste to your food you will find from reading the ingredients that it contains acids to help preserve the liquid.
- Dairy products – this will include various types of cheese, ice creams, butters and margarines as well as the different flavors of milk.
- Sugar – while sugar can sweeten your foods and deserts it has plenty of chemicals which have been used in the refining process.
- Alcohol – while you may enjoy the odd glass of wine, when you are a cold sore sufferer it may be advisable to stay away from all forms of alcohol as the alcohol will add to the acidosis you are playing host to. As your goal is to change your body from an acidic state to that of an alkaline state the consumption of alcohol will hinder any progress that you will make.
- Coffee – you may enjoy drinking black or milky coffee but behind the milk and the sugar you are drinking caffeine and

this product will help to lower your pH level to below the balance level of 7.0.

Just as there are foods that you should avoid when you are trying to change the acidity to that of an alkaline state, you will also find foods which are helpful in changing the pH state of your body. As there are various you may need to compile a more thorough and complete list but here are a few foods that you may find useful to add.

- Aloe Vera
- Vegetables like spinach, collards, leafy greens, beans
- Seaweed
- Fruits

An important point to keep in mind when you are planning your diet is that your body will need an equal balance of both alkaline foods and acid based foods. For this reason you should look at foods which may give you this balance without tipping your diet heavily into the acid zone as this will provide the virus that is responsible for the cold sore with a foothold that you do not want. In general you will need to ensure that only 25% of your diet contains foods which have an acidic content as any more may not provide you

with the full range of nutrients, minerals and vitamins which are essential for a healthy body which can easily throw off the effects of cold sores and other illnesses.

### ***More about an Alkaline Diet***

While there are various advantages to eating a diet which is healthy and perfect for fighting diseases like cold sores there may be times when you may wonder how you are going to continue with this diet change especially when you are faced with situations like eating at restaurants, eating at a friend's place or having take-out food which you have not ordered. These are situations which plague many people and may cause you to feel as if your control over your diet is not possible.

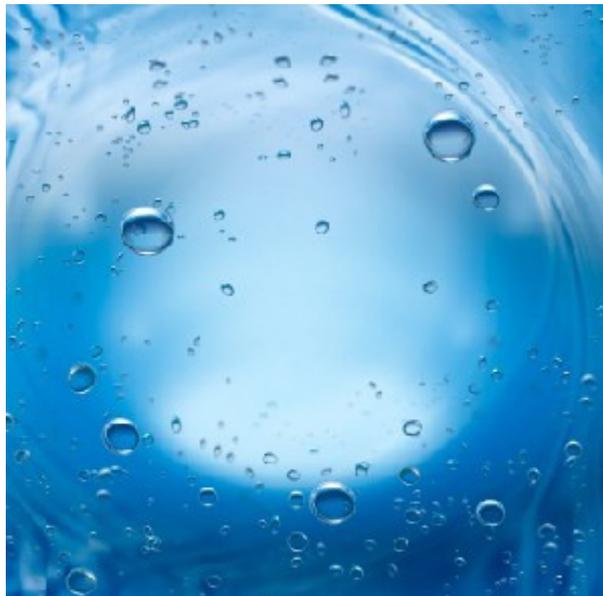
However even with these situations there is no need to despair as there are some simple short cuts available to help you eat only the foods which contain a balanced amount of alkaline foods and acid foods and which will also provide you with a healthy meal to boot. You will first need to be aware of what foods you should avoid as these may contribute towards your cold sore problem getting

worse. Once you have this information placed in a convenient spot then you may be ready for the next phase of operations.

Here you can plan your meal times so that you will be able to eat a healthy meal and tasty one at that. When you are going out to a friend's place or know that you will be eating out you can choose to make a light meal which should make you at least half to  $\frac{3}{4}$  full so that you may not be hungry but not full either. With some food in your stomach you can look at the meal you have been served and decide which foods you can eat and which ones you can politely leave aside. This way you will be able to satisfy the social aspects and ensure you are eating in a healthy manner.

# ***Increasing your Body's Oxygen Supply***

**Chapter 6**



## Oxygen – The life of the party

Okay you know just how important oxygen is to living but have you considered what it can do to viruses like the HSV-1 virus. Since germs and viruses thrive in low oxygen areas making the cells in that area weak and unable to fight off the disease, they have a greater chance of replicating and spreading to the healthy cells and infecting them as well. When you provide your body with more oxygen you are creating an internal environment which is hostile to the germs, bacteria and viruses as the cells are now infused with oxygen which not only destroys the hostile invaders but also stops the replication sequence in its tracks.

As well as to fighting off diseases, germs and viruses you will discover an astounding fact about your body and its relation to oxygen. Your body requires oxygen for these following functions –

- Breathing
- Fighting off germs, bacteria, viruses and hostile microbes
- Efficient functioning of internal organs like the brain, heart, lungs and stomach – yes your stomach – requires oxygen as the blood which flows through the stomach carries much needed white blood cells and oxygen to balance the stomach

acids and prevent an imbalance in the stomach from occurring.

- Increased mental cognitive functions.

As you consider these facts you will understand just how important having a good supply of oxygen is to your health. While the traditional way to get the best amount of oxygen in to your system is the great outdoors, you may think that going outside for a few minutes a day may do the trick and you may have more than enough oxygen to fight off all diseases, viruses and germs. But the cold hard fact is that with the ever increasing amount of pollution in the air the chance of getting pure uncontaminated oxygen is getting remoter with every passing day.

## ***How a lack of Oxygen can affect you***

Oxygen is very important for living organisms. You know that to live and breath without difficulty, oxygen is a vital commodity. There is however more to the body's need for oxygen than simply breathing. By having a balanced level of oxygen in your body all of your vital organs will work as they are supposed to. You will find benefits like increased energy levels, stronger immune system and better health.

When your oxygen levels become decreased you may become aware of this lack of oxygen in your body, as you will feel weak and not having any energy to perform even the most simplest of daily tasks. What this shows is that in order for your body to function at its optimum performance, a plentiful supply of oxygen is absolutely necessary. The lack of adequate oxygen in the body can lead to numerous health complications. One health complication which can arise from this lack of oxygen is that of the Herpes Simplex Virus-1.

To help you understand how not having enough oxygen can cause the cold sores virus to manifest itself you should think about how

your pH levels are linked to your supply of oxygen. As you level of oxygen drops, your pH level also changes and becomes acidic. This in turn creates an environment that is fruitful for the virus that is responsible for the cold sores. To ensure that this condition does not arise, you will need to change the amount of oxygen which enters your body. The more oxygen which enters your body the more oxygenated the body environment is, which in turn makes your body inhospitable to the Herpes Simplex virus.

## ***What are the causes of oxygen deficiency?***

The environment that most people live in today is that of the industrialized world. Here you will see cars which emit carbon fumes as they drive by and wait in traffic. There are industries which release their by-products into the environment without stopping to think about the harm they may cause. In short the world we live in is steadily decreasing the amount of oxygen in the air and introducing more pollutants to the environment. To help you see these causes take a look at the list given below:

- Forests being felled more and more frequently
- Increased pollution of the air around us

Considering the world as it stands today you can see just how important it is for your body to have more than adequate amount of oxygen. The oxygen in the body in addition to providing you with air to breath, providing your body with energy and helping your vital organs to function at their peak capability is also the method by which toxins and harmful substances are ejected from your body. So if you are looking to have a healthy body you will need to

increase your amount of oxygen intake. The next section will provide you with some helpful insights.

### ***Ways of increasing your level of oxygen***

While many people may tell you of some interesting methods they use to increase their oxygen intake you will need to research these ideas yourself to find the pros and the cons of these methods before you try them as a remedy to eliminating your cold sores. One method which has been used by many people is that of oxygen supplements.

As there are different oxygen supplements that you can use, it is best if you read and decide which ones are best for you. Of these you may want to see about using oxygen supplement drops. These are one of the easiest ways for the body to absorb oxygen.

# *WaterOz OxyDrops*

## Chapter 7



## **WaterOz OxyDrops**

Of the many different brands of oxygen supplements that you may find many physicians are most comfortable with prescribing WaterOz OxyDrops.

WaterOz OxyDrops are marketed by a company known as Herbal Remedies. While Herbal Remedies markets this product it has been produced by the WaterOz Company. You can learn more information about the WaterOz OxyDrops from their web site. The web address you will need is:

<http://www.herbalremedies.com/h20stable.html>

## **How using WaterOz OxyDrops helps you**

Many people live their lives without considering the effects that oxygen has on their health. While for the most part you might consider oxygen as being needed only for breathing, it can help you with strengthening the immune system. There are other functions which require a level amount of oxygen in the system. These are detoxifying the body of harmful chemicals, viruses, germs and bacteria which have been building up unchecked, providing your body with more energy to do the various tasks needed for each day, improving your immune systems capabilities in fighting off viruses and repairing the damage caused by these diseases.

It is for these reasons that having a more than adequate amount of oxygen is needed to live well. Because many people may not be aware of the other functions the body carries out with the help of a high level of oxygen they will not consider what occurs with a low amount of oxygen. This is an important point that you may wish to consider as a low level of oxygen may lead to numerous health complications. These complications will start out with the simple issues like tiredness, cold sores, having difficulty getting up in the

mornings to the more serious health issues such as Chron's disease, Raynauds disease to AIDS.

So you see the case for having a high sustained level of oxygen is the body is vital. To help you achieve this effect there are various methods and routes that you can employ.

You can start by practicing an exercise regime which will cause your body to slowly start requiring more oxygen entering your lungs and blood stream.

You will also find there are foods which can increase the oxygen in your blood. Some foods which are excellent sources of oxygen enrichment are beans, and lots of green vegetables. There are also good complex carbohydrates which can provide your body with this enrichment, however if you are suffering from cold sores you should make sure that the foods you choose not only have the ability of helping to improve your oxygen intake but will not aggravate your cold sores.

You can also try some yoga. These exercises will help to strengthen your lungs, which in means that you are increasing your body's ability to take in more oxygen.

There is one important fact you should consider and this has to do with smoking. Everything you have heard about the effects smoking has on a person's health also plays into the oxygen levels in your body. Whether you smoke or inhale second hand smoke fumes the results are the same. There is more nicotine entering your body than is healthy. This increase in nicotine helps the carbon monoxide levels in the body to rise and the oxygen levels to decrease.

Among the various methods that you can employ to increase your oxygen intake is the use oxygen supplements. These supplements like the WaterOz OxyDrops will help to increase the amount of oxygen which enters your system. As each supplement works in a particular manner you will need to accurately read the accompanying material to understand the dosage amounts, the after care – what you will need to do once your oxygen levels have risen to the amount which is deemed healthy for an active person

– and any side effects you might experience by using one of these products.

Currently of the numerous oxygen supplements that you will find on the market, WaterOz OxyDrops is the one that most medical practitioners are comfortable advising their patients to use when they need a form of stabilized oxygen. This is because the health benefits from using this product are well known.

As you use this product you will find that not only is your oxygen intake increasing but the various health problems you were suffering from – some of these you may not even have been aware of – are getting cleared up. The presence of this stabilized oxygen in your system will make the body inhospitable for viruses, hostile microbes, and bacteria to flourish. Likewise the effects of free radical which are spawned by stress are also killed off by the richer oxygen environment.

To help you get the increase in your oxygen levels you may wish to mix about 5 drops of OxyDrops with that of 8oz. of water. This dosage may be taken once in the morning and once in the late afternoon. While this oxygen supplement may not kill all forms of

viruses and diseases it may have the effect of putting your cold sores into remission. In the WaterOz OxyDrops the oxygen has been stabilized into sodium chlorite drops.

This form of stabilized oxygen was discovered by Dr. Moises deGuevarra back in 1929. The oxygen molecules are derived from the sodium chlorite at 32,000ppm. This molecular formation of the water oxygen drops has turned the oxygen into a form of liquid electrolytes. When these liquid oxygen electrolyte molecules come into contact with free radical caused by stress, anaerobic bacteria, viruses and harmful parasites, the oxygen molecules will destroy these harmful invaders. However the friendly aerobic bacteria and tissues in your body are not harmed.

Of the various liquid electrolyte oxygen drops on the market you will find that WaterOz OxyDrops are considered to be one of the strongest, most stable and one which has been made to the highest standards.

While this preparation is not harmful or toxic in any way to your health you should still get medical advice prior to using this product.

As well as to providing your body with helpful immune system defenses the WaterOz OxyDrops are also another source of unadulterated chlorine – not the unhealthy version which is used to clean pool – and oxygen. You will find that in addition to the minerals, vitamins and oxygen which are necessary for good health your body also requires a healthy amount of chlorine as well.

Every 4oz dropper bottle of OxyDrops will provide you with a 120 days supply of WaterOz stabilized oxygen. While the stabilized oxygen in this bottle is highly alkaline you will find that will remain quite stable even after coming into contact with a low pH stomach acid. By diluting the WaterOz drops with water you are lowering the alkalinity from approximately a pH 12 or 13 to that of a pH 8.6. This lowering in turn causes the oxygen molecules and the chlorite ions to separate from the sodium. Besides these you will find that tiny amounts of chloride dioxide have also been released into the blood stream.

The benefits that may be gained from taking WaterOz OxyDrops include oxygen enriched blood, a stabilizing effect of the stomach

pH levels and an oxidizer which has the ability to destroy harmful protozoa, bacteria, microbes, free radicals and viruses. WaterOz OxyDrops has proven itself highly effective in killing cholera, staphylococcus aureus, streptococcus, salmonella, pseudomonas and E coli. For these reasons alone you will find it highly worthwhile to take WaterOz when you are travelling to foreign countries as you will have no problems with drinking the water with the addition of the water drops.

# ***The Toothpaste***

## ***Method***

### **Chapter 8**



## **The Toothpaste Method**

Using toothpaste is a viable and very good choice. You should however understand that it may take the toothpaste some days to eliminate the HSV-1 virus.

In the treatment of cold sores the first method of elimination that many people try is that of toothpaste. You will find that when you use toothpaste the cooling and the numbing effect produced by the toothpaste draws the blood away from the cold sores areas. The drawing away of the blood is what causes the pain and the itching sensation in the area of the HSV-1 virus to become reduced.

The process of creating toothpaste has provided it with ingredients which are quite useful in combating bacteria, germs and viruses. As a result of these qualities you will find that toothpaste is a perfect tool to use in your fight against the HSV-1 virus. However before you buy any type of toothpaste you need to understand there are some which are not suitable for use against cold sores.

While using toothpaste to get rid of your cold sores is an excellent route to take there are times when you will have some problems

with using the toothpaste. Usually the problem will result with a burning sensation around the mouth and the cold sore area. This burning sensation is not one that you need to overly worry about as changing your choice of toothpaste can solve this dilemma.

To put this matter into perspective let's say that you have chosen a gel toothpaste with a substance like cloves or cinnamon oil as one of the ingredients. While this oil may taste great and have properties which are useful in combating germs and viruses – that is what a cold sores is – it also is spicy meaning “hot”. When you apply something which contains this substance on your skin you will feel as if that area is burning; becoming uncomfortably hot.

When this happens the best thing you can do is to stop using that particular toothpaste and look for an alternative choice. Here you might want use one which comes in the regular paste form and which does not have any flavors or extras added. By choosing a toothpaste like this – no flavors or added extras – you will get the germ fighting capabilities of the toothpaste minus the pain.

## ***Applying Toothpaste to the Cold Sore***

So having looked at how toothpaste will help you fight cold sores and the best type to use the next item it is important to know is how to use this tool effectively. Before you progress any further there are some steps which must be carried out as these steps are the road which will help the toothpaste get to grips with the cell structure of the HSV-1 virus. These steps are pretty basic and all that you will need is soap and water long before you start using the toothpaste.

### **Step 1**

This all important step involves cleaning the area of the cold sore as well as the surrounding areas. By taking this step you are removing any possible chances of the cold sore germs and bacteria being able to settle onto another part of your mouth. For this step you will need to use warm water and carefully wash the mouth area. As you are washing this part of your face take special care that your actions don't break the already present cold sore as the germs – pus – can spread to other areas of your face.

## **Step 2**

Allow your face to dry slightly while you bring in the big guns. Your choice of weapon is that of a mild and gentle cleansing soap. Work up a lather and apply the soap gently around the face first and then the mouth area next. Finally you will need to cover the mouth and the cold sore wound with the soap. Lightly spread the soap on the wound for a few minutes and allow to penetrate in and around the lesion. With warm water wash the soap off your face without allowing the soap to come into contact with the other areas of your facial skin.

## **Step 3**

This step is where you will be using the toothpaste. Once you have cleaned your face and the cold sore is free from excess germs and bacteria you will be able to pat a dab of the paste onto the cold sore itself. Since the toothpaste works best if it is covering the HSV-1 lesions you must make sure the wound is covered in toothpaste at all times.

As the toothpaste with its oxygen content comes into contact with the cells of the virus they will break the virus down at the cellular

level and destroy the virus's ability to replicate. By making sure the virus wound is covered in toothpaste you are coating the virus with an oxygen rich environment.

To get the maximum fighting capabilities of this tool you will need to incorporate a set time to dab the toothpaste onto your skin. As you will need to cleanse and sterilize this area of your face you may want to try this method after you have taken a shower or a bath as the chances of washing off the newly applied toothpaste are now low.

At the end of the third day stop applying the toothpaste and take a look at the cold sore. Is the sore is visible and giving you pain or has it begun clearing up? If your cold sore looks as if it is healing you should follow these steps to boost the healing process.

Step 1: Wash your face with warm water and air dry for a few minutes

Step 2: Use mild sanitizer to destroy excess germs

Step 3: Lightly dab some toothpaste on cold sore.

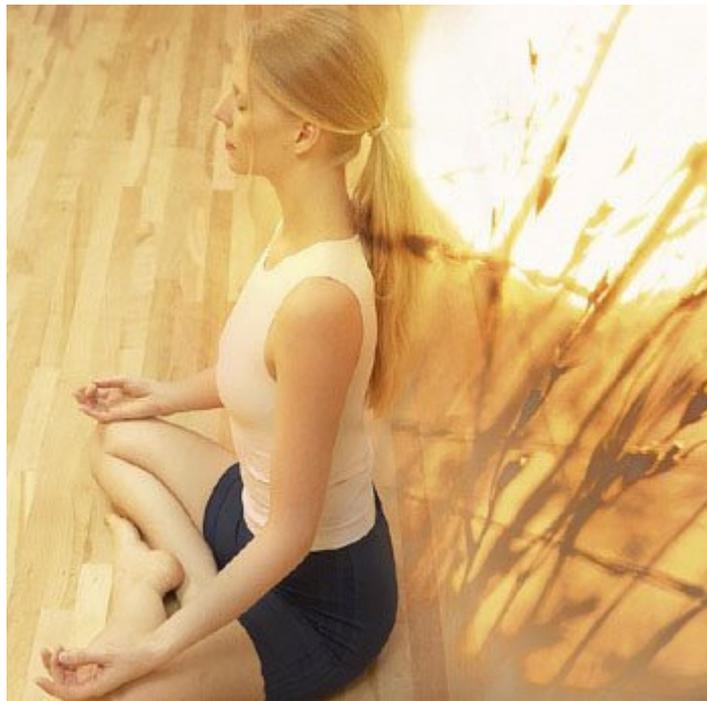
Finally to help the wound and the skin heal you must carefully apply some moisturizer on this area. As the day progresses, you will begin to see the healing process taking place. At this time the lesion will develop a brittle look and feel to it as the germ fighting properties take effect and the healing begins.

## ***Tips to keep your skin cold sore free***

- To avoid breaking the cold sore DON'T touch it.
- Never allow the site of the cold sore to get clogged full of dirt.
- Any method you use to treat your cold sores make sure you apply ONLY on the cold sores otherwise you will have to deal with irritated and red skin.
- Toddlers and young children have tender skin, so make sure that you find out if you can apply toothpaste to their cold sore lesions. If you do use these products make sure to apply them to the cold sore only otherwise you will cause them skin irritation and slight skin burn.

# ***Keeping your life free of Cold Sores***

## **Chapter 10**



## **Keeping your life free of Cold Sores**

By following the instructions given in this book you will find that you no longer need to live with cold sores. At this point you will need to do some maintenance work to ensure that you are not afflicted by cold sore once again. The section detailed below will provide you with some guidelines to follow. These guidelines will help prevent you from making any mistakes which will cause your skin and body to become hospitable to the cold virus. These guidelines are ones which many followers of this book have tried and found that it helped them to live life free of cold sores. With this help you too can achieve this same freedom.

### ***Maintenance Guidelines***

#### **Toothpaste anyone?**

Earlier you saw the effectiveness of the toothpaste against cold sores. While you may be tempted to continue using the toothpaste even after the viral infection has cleared up, it is best if you don't. The properties found the toothpaste are effective when they are faced with a bacteria, germs, microbes or a viral infection like cold

sores. As toothpaste is not a preventative cream you will find there are no benefits to be gained from using it.

### **WaterOz Oxy Drops in the long run**

Of the various brands of stabilized oxygen you will find that WaterOz is one of the best. To gain the maximum results you should carefully follow the instructions provided with your container of WaterOz as this will help your body to receive the right amount of liquid oxygen which will help to fight cold sores at their root.

If you are interested in buying another brand of stabilized oxygen you should do some research to find ones which can provide you with a good source of liquid electrolytes, cold sores fighting ability and enough oxygen for your body's daily needs. Any preventative action which needs to be taken with regards to cold sores will be detailed with the provided instructions given by WaterOz OxyDrops.

### **Cat's Claw**

As you use this product you will find that your cold sore is clearing up and you are not experiencing the pain or embarrassment which

seems to be part and parcel of this affliction. As soon as the cold sore has gone you may feel as if you can forget about this useful herb, however hang on for a while longer.

Right after the cold sore has cleared up in the initial period you can reduce the dosage to about 2 tablets for one week's time. The dose may be increased to 2 tablets in the morning and 2 tablets in the late afternoon only if you experience another bout of cold sores.

### **Exercise, exercise, exercise**

Look to using an adequate exercise regime in your life. Before you decide on any exercise program you will need to consider how your age, gender, health condition and lifestyle will be impacted by this exercise program. For the optimum results you should consult with your physician or personal trainer. Along with this exercise regime you will also need to incorporate a proper diet which includes more alkaline foods.

# ***Conclusion***

**Chapter 11**

## Conclusion

Well now you have come to the end of this wild ride. After reading everything here you may feel as if you are getting an information overload and there is no way that you can apply everything which you have learned to your life. Before you start panicking take a few deep breaths and think about what you have read. The various information that you will find are helpful tips, hints and techniques which will show you one of the best way to be treat cold sores. And while some of these ideas may seem hard to implement all at once the best thing is that you don't need to change your life around 360 degrees.

You can start out small and let one step, hint or technique in this book become a normal share of your living. As you get used to this step then see what other steps can be integrated in this same manner. As time goes by you will see that you have slowly used most if not all of the information that was given. You may also see that hopefully you cold sores are not coming back and your body is growing stronger.

These are the benefits that you will find just by using this book in the long run. That's right this book is for the long term usage. There is not need for you to absorb everything given here all at once and try everything immediately. Use this book slowly and see how each section can be of help to you in your fight against cold sores.

While there are numerous Americans who face cold sores in their lives, you may not necessarily have to be part of this equation. The detailed information given in this book shows you a different way of living your life and methods which can destroy the cold sores at their cell structure itself.

These methods may kill the present cold sores and make sure that your body is hostile to all future cold sores. By choosing the route described in this book you can take positive steps to control your life and how long you will need to face the effects of cold sores.

In Remember that cold sores may not an affliction that you must necessarily suffer from for all your life. There are steps that you can use to end the cycle that this virus is causing you.

Learn from this book how to fight your war against cold sores and begin to live your life free from the threat of cold sores forever.