

## Powerful Proven Remedies For Cold Sores And Oral Herpes Outbreaks

There is no shortage of remedies for cold sores. The stores and internet are full of them. Most are fine for immediate comfort but are not very effective in healing your cold sore quickly.

You really need both - quick healing and fast symptom relief. You will find the best cold sore remedies are usually quite simple and probably already in your cupboard. And they are certainly much cheaper.

The following remedies for cold sores are a few of the best and most proven that we know of today. Often people combine two or more of them with outstanding results.

Here are several remedies that you will find work better than store-bought treatments.

### CALCIUM --

Calcium is the main mineral your body uses to keep a health alkaline balance. If you don't provide it with food or supplements, your body will rob it from your bones. The herpes simplex virus that causes cold sores cannot operate in an alkaline environment. Stress causes cold sores because stress turns your body acid. Take optimal amounts of calcium every day. You should be taking a multi-vitamin with a minimum of a 1000 milligrams of calcium per daily dose. If cold sores are a big problem for you, get a calcium supplement for a daily intake of at least 2000 milligrams. Cabbage and asparagus are excellent sources of calcium also.

### TEA --

Tea is an excellent cold sore treatment. At the first sign of a cold sore ( you know, the itching and tingling ) apply frozen wet tea bags to the area. This will slow herpes activity, and may even stop it cold. Tea contains micro-nutrients that repel viruses like the herpes simplex virus. Making a strong tea and dabbing it on a cold sore really helps stop further development.

Once a cold sore opens up, apply hot tea bags as often as possible. The warmth brings additional healing blood to the scene and the tea micro-nutrients really zap the cold sore virus. Black tea works quite well but herbal tea with mint or lemon balm gives the best results.

### ZINC --

Zinc is a powerful healing mineral. Zinc can prevent or stop the common cold as well as cold sores. You should be getting a daily dose of 15 milligrams of zinc in your multi-vitamin. Putting zinc directly on cold sores can be a great help if you use the right form of zinc. Some zinc, such as zinc oxide (the white stuff) does not penetrate the skin - it just sits on the surface and is useless. Look for zinc sulfate or zinc gluconate (a zinc-glucose combination). These will work best as a topical remedy. The best solution is a zinc nasal gel.

You can apply it inside your nose for fast absorption into the bloodstream. You can also apply it directly to your cold sore for amazing combined results. This is one of the most effective remedies for cold sores that you will find.

### GARLIC OIL --

Down through the ages, garlic continues to be one of the most powerful healing herbs known to man. And garlic oil is one of the top remedies for cold sores too. Garlic penetrates the skin into the bloodstream quickly. Put some on your feet and you will taste it in your mouth in about 20 minutes. It is simply amazing. And it is death against any virus, bacteria or fungus. Cut a garlic clove and rub the fresh oil on your cold sore area. If you also eat the garlic, you will attack the cold sore virus from both directions at once. Some people find garlic oil gel caps very convenient. You can snip the gel cap and squeeze the oil on your oral herpes cold sore. You can also take the gel cap supplements for an internal remedy.

Treating and getting rid of your cold sores does not have to be difficult anymore. Hopefully the remedies for cold sores mentioned above will give you great success.

## About the Author

More great remedies for cold sores? Go to Denny Bodoh's popular web site, stuffed with expert FREE info about [Cold Sores](#). You will discover some of the latest [Cold Sore](#) remedies and secrets you can use right now.

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