

## **COLD SORES (Herpes Simplex Type 1)**

Cold sores are also known as Herpes labialis. Diets high in the amino acid lysine can reduce the incidence of herpes. Conversely, the amino acid arginine can worsen herpes outbreaks.

Studies have shown neat applications of melissa to be effective against Herpes Simplex type I and Herpes Labialis. The healing period was short-ened, the spread of infection prevented, and symptoms such as itching, tingling and burning were lessened.<sup>15,16</sup>

Peppermint and tea tree oils have also been studied for positive effects on the pain of herpes.<sup>17,18</sup>

### **Single Oils:**

Melissa, tea tree, peppermint, lavender, sandalwood, mountain savory, ravensara, oregano, thyme

### **Blends:**

Thieves, Melrose, Purification

### **EO Applications:**

#### **TOPICAL:**

NEAT, apply one drop as soon as a cold sore starts. Repeat 5-10 times daily.

DILUTE 50-50, dilution in V6 Oil Complex will help to reduce discomfort or drying of the skin when applying essential oils to an open sore.

### **Dietary Supplementation:**

ImmuPro, Super C, Longevity Caps, VitaGreen, ImmuneTune, Stevia, Cleansing Trio, JuvaTone, JuvaPower/Spice

### **Topical Treatments:**

Thieves Antiseptic Spray, Thieves Lozenges, ImmuGel

Apply ImmuGel with 1 drop each of sandal- wood and tea tree.

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15. Dimitrova et al., "effect of *Melissa officinalis* L. extracts," *Acta Microbiol Bulg* 1993;29-:65-72.
16. Koytchev R, et al., "Balm mint extract (Lo-701) for topical treatment of recurring herpes labialis," *Phytomedicine* 1999 Oct;6(4):225-30.
17. Davies SJ, Harding LM, Baranowski AP, "A novel treatment of postherpetic neuralgia using peppermint oil," *Clin J Pain* 2002 May-Jun;18(3):200-2
18. Carson CF et al., "*Melaleuca alternifolia* (tea tree) oil gel (6%) for the treatment of recurrent herpes labialis," *J Antimicrob Chemother* 2001 Sep;48(3):450-1.

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