



Shingles Overview by Health Coach Bibi of 360 Degree Health & Wellness

According to the Mayo Clinic: “Shingles is a viral infection that causes a painful rash. Although shingles can occur anywhere on your body, it most often appears as a band of blisters that wraps from the middle of your back around one side of your chest to your breastbone. Shingles is caused by the varicellazoster virus — the same virus that causes chickenpox. After you've had chickenpox, the virus lies inactive in nerve tissue near your spinal cord and brain. Years later, the virus may reactivate as shingles. Incidentally, there are indications that the chicken pox vaccination program for children might have had the unintended consequence of increasing the incidence of shingles in adults and increasing the severity of outbreaks. While it isn't a life-threatening condition, shingles can be very painful.

Vaccines can help reduce the risk of shingles, while early treatment can help shorten a shingles infection and lessen the chance of complications. Based on my own experience and common sense, we are more likely to develop shingles when doing things that lower immune function—e.g. being under unusual stress, not eating food with enough nutrition and over-consuming sugar. Caffeine can make your nerves tender and so more reactive to the shingles pain.

The faster you start remedies and the more of them you use, the more likely you are to whip shingles promptly. I had shingles a while back and, using only the natural treatments listed below, I was back to normal in just a few days. I remembered how long my Dad had suffered with shingles and, being in a big hurry, I threw the book at it using a variety of approaches. Relieve pain fast. There is nothing wrong with symptom relief because, if you can feel a little better, you might be more able to attack the root of the shingles symptoms.



Treatment options available at 360 Degree Health & Wellness

- ♥ Vitamin C and alkaline powder by Optimum Wellness (10 000mg or more = 2 glasses per day).
- ♥ Vitamin D by Optimum Wellness (8000 IU) = 4 drops on tongue.
- ♥ Collagen by Optimum Wellness (10 000mg) is a great source of help.
- ♥ MSM (Methylsulfonylmethane) by Optimum Wellness (1600 mg) = 4 capsules per day.
- ♥ CBD oil – 5 drops on tongue at night or apply onto area for relief.
- ♥ Far Infrared Sauna dome treatment. Sweat helps the body get rid of heavy metals and petrochemical contaminants that gum up cellular function. Also drains the lymph's and reduces inflammation.
- ♥ Spine alignment - Chi massage. Having any of your structure out of alignment can short circuit the flow of healing energies and oxygen.

- ♥ **Lymphatic drainage massage.** You may only be familiar with one part of the lymphatic system, the lymph nodes that sometimes swell and hurt during a sore throat or other illness. The lymphatic system is actually a secondary circulatory network that moves toxins toward the exits and circulates immune cells.
- ♥ **Drink LOTS of clean water.** (I use and recommend Aqua e Vida water).
- ♥ **Lots and lots of rest.** Your body does most of its repair work while you sleep.
- ♥ **Reduce toxic load.**

Other treatment options

- ✓ Ice packs help a lot to cool down the itch and pain of shingles.
- ✓ Aloe vera gel topically helps calm the pain and boosts the healing of shingles damage just as it does for sunburn. (Aloe Vera internally helps immune function and boosts antioxidants in the blood as well as helping you absorb your other supplements).
- ✓ Add some magnesium to calm the nerves.
- ✓ Vitamin A 10,000mg or more.
- ✓ Vitamin B complex – (50-100mg) plus sublingual B12.

Note: Be more cautious about upping minerals except as noted in this article (e.g. zinc and magnesium). There is less flexibility with mineral doses than with vitamins because it is important to keep them in balance and they stay in the body longer.

- The amino acid L-Lysine is good for any virus but particularly well known for suppressing herpes type viruses and shingles is one of those. Milk, potatoes and chicken are good sources, but in this case use supplements and at higher doses than the label says, maybe 1,000 mg 3 times a day.
- Selenium yeast, 200 micrograms.
- Immune herbs: Echinacea is fairly well researched.
- Reduce inflammation. • Anti-inflammatory herb: Curcumin from Turmeric
- Fish oil. The omega-3's are good for immune function too and a whole bunch of other things.

Natural antivirals: The doctor may prescribe antiviral drugs because it is the main tool medicine has for shingles. Please read the side effects of the particular medication. You can use these natural virus remedies along with medication to go after the shingles virus from different directions.