

## Cold Sore Cures - Is There A Way To Cure Your Cold Sores?

**Cold sore cures - is there a way to cure your cold sores or is it just sales hype? If you could take a moment, I will tell you both sides of this debate and let you judge if there really are cold sore cures.**

Some people state cold sore cures are not currently possible.

Others say cold sore cures are real and thousands of people are using them successfully everyday.

### **Which group is telling the truth?**

Actually, you will be surprised to hear that both sides of the argument are accurate.

Sounds crazy doesn't it? But, it is a fact - they are simply not talking about the same thing.

The folks who tell you cold sore cures do not exist at this time mean there is no way known to remove the herpes simplex virus from your body. This is the virus responsible for cold sores and fever blisters (both are oral herpes).

Once you are infected by this parasite virus, it will remain hidden in your body for a lifetime.

### **And this is true.**

Cold sore cures, by their definition, must be able to remove the herpes simplex virus completely from the body. Since there is no method currently that can do this, they argue that there are NO cold sore cures.

Then there are medical professionals who claim cold sore cures do exist. They maintain that these cold sore cures are being used extensively today for curing cold sores, fever blisters and oral herpes.

These folks are referring to the elimination of the symptoms of cold sores.

### **Now, ponder this for a moment.**

Every disease has a specific set of symptoms. In medical science, you are not considered to have a disease unless you display the symptoms.

Also in the medical community, if they are able to eliminate your symptoms (like in cancer) you are declared cured.

And this is true with cold sores, fever blisters and oral herpes too. The elimination and prevention of cold sores is being accomplished every single day throughout the world.

Estimates are that nearly 90% of humans are carrying the herpes simplex virus. It is simply that contagious. Even if you were able to kill the virus in your body, you would likely catch it again quite quickly.

### **It is a very tough parasite type virus.**

But you can live with the virus and never get cold sores. In fact, 35% of those infected have built-in cold sore cures - they never will experience a single outbreak.

Cold sore cures are not defined as getting rid of the herpes simplex virus. These cures make you immune to the herpes side effects - the visible cold sores.

Whether you desire to cure current cold sores, or prevent them altogether, there are some very good cold sore cures that will accomplish what you seek.

**But beware of those drug store cold sore cures. They are great for comfort, but do not expect any more than that - in spite of some wild**

**claims to the contrary.**

Most of these have been around for years. If they actually cured or stopped cold sores, why are so many millions of folks seeking help?

You should be aware, too, that there is not one perfect cure that will work for everyone. This is true because each of us is different and has different needs.

Now, having said that, one of the basic cold sore cures that you will find is simply starting a good daily multiple vitamin program.

Internal resistance to the activation of the herpes virus is the primary way to develop immunity to cold sores, fever blisters and oral herpes. This can only be brought about by proper nutrition. This usually requires a top-shelf vitamin supplement.

In addition, increasing your intake of the amino acid "lysine" will supercharge your resistance to cold sores. Lysine capsules are cheap, easy to find and the best way to flood your cells with this amino acid.

**Lysine will often extinguish cold sores like water extinguishes a fire.**

Before spending any money on cold sore cures, even the ones I recommend, be sure to get going with the daily vitamins first. This will supercharge any other cold sore cures you may try.

### About the Author

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