

Cold Sore Home Remedies - 7 Top Ways To Stop Your Cold Sores

Looking for cold sore home remedies?

If so, I have some GREAT NEWS for you today. When you read this short article, you will discover an excellent variety of cold sore home remedies that really work.

Cold sore home remedies usually work much better than all those over-hyped salves and lotions you find in the store. And these are cheap or even free. You do not have to waste any more time and money - with your own cold sore home remedies here.

Many home remedies for cold sore outbreaks have come to light thanks to the worldwide information now available on the internet. Most of these are very simple. However some of these cold sore home remedies have been found to work best only if used as described below.

You will discover many of these will work well by themselves, but are much more powerful if combined with others.

Here are seven all-time favorites.

CALCIUM AND SUPPORTING MINERALS - Many people who are plagued with cold sores are found to be deficient in calcium. You should start taking at least 2000 milligrams of calcium per day - along with about 400 milligrams of magnesium. Best choice - a good multi-mineral supplement.

The idea here is to keep your pH balance on the alkaline side. That is one of the main functions of calcium in your body. Viruses cannot survive in an alkaline environment.

FLOUNDER FISH - Flounder is one of the richest natural sources for lysine. This delicious fish contains about 14 grams of body-ready lysine per pound. Lysine can stop a cold sore in its tracks. Folks report that eating one pound of flounder does the trick.

BLACK TEA - Once the cold sore blossoms, using heat will speed the healing process. Better yet, apply heat using a boiled tea bag. Tea contains some amazing anti-virus micro-nutrients that really help to get rid of your cold sore quickly.

ZINC - Zinc is a powerful healing mineral. It is excellent for healing and preventing cold sores. Zinc works best when used both internally AND applied directly at the same time.

You know those zinc lozenges for head colds? They also work great for cold sores. As you dissolve one in your mouth, the zinc gets into your bloodstream quickly. Rubbing a wet lozenge on the sore will also apply the zinc directly.

Or you can get a zinc gel used for head colds that is very handy too.

ASTRAGALUS - Astragalus is a well-known healing herb that is available in capsules or a tincture. The tincture is handy because it can be used like zinc - internally and externally at the same time. Do not take astragalus more than 7 days at a stretch. Your body will tend to get used to it and it will lose effectiveness.

HONEY - Honey is truly an amazing food. It is anti-viral, anti-fungal, and antibiotic. In the old days, people used honey on all types of wounds.

Honey is excellent to use, especially when nothing else seems to work. No germ can live in it. It is sticky thus may not be your favorite for putting on your lip sore.

GARLIC - Garlic is well proven as a remedy for any illness or disease. In lab tests, germs avoid even the smell of it - as do our friends.

Use this as both an internal and external remedy for cold sores. Fresh is always best. Split a clove and rub the fresh oil on the wound. Use fresh garlic cloves in your salad anytime, but surely during a cold sore attack.

These seven cold sore home remedies are some of the best care options for cold sores we know about today. They will beat the drug store and prescription remedies in cost and positive results.

Generally speaking, these cold sore home remedies work for nearly everybody. Each person has different needs, however. What works great for one person may not be your best choice. Try different things, and try combining with each other.

By experimenting, researching and combining various proven methods, it won't be long before you discover your own list of best cold sore home remedies.

About the Author

Denny Bodoh knows [COLD SORES](#). Check out his great free info on cold sores right now. You will discover powerful [COLD SORE](#) cures and remedies you will want to use right now.

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