

Shingles

What Is Shingles?

Shingles is a virus, and while it is the most difficult to deal with, diet and stress can help to keep it under control and keep shingles out of your system.

What Causes Shingles?

A shortage of zinc is a known factor in viral problems, and the recommendation is to supplement until clear. Zinc helps white cells release antibodies and increases the number of killer cells fighting against cancer, as well as the number of infection-fighting T-cells. Zinc is also known for its antioxidant properties and its ability to protect cells in the body from damage by free radicals, which contribute to the development of a number of health problems.

Shingles FAQ

Q: I have got shingles on my face, and I'm so worried it might leave me scarred. Please can you suggest anything to perhaps prevent it and to help make it better? I have been given some tablets called Aciclovir, but they make me feel sick and sleepy, but I know I must take them to prevent any sores going on my eyes. I hope you can help.

A: This is a virus, and they are the most difficult to deal with. Diet and stress are the things that you must keep under control all of your life to keep them out of your system. The true secret to a strong immune system is to steer clear of carbs, high-sugar foods/drinks, and processed foods and to start consuming really healthy foods. Adequately feeding your immune system boosts its self-defense ability. You can go out and purchase a high dose supplement such as OptiZinc (for better absorption). The better way is to eat six oysters (fresh or canned) as this delivers a super dose in the healthiest form.

Your body doesn't need a large amount of zinc as a supplement if you are consuming a really healthy diet. The recommended daily minimum from food for adults is 10mg, which you can get in the D.I.P. supplement. Six oysters per day for two days will give you a boost. The long-term health plan is below, but order some Releev to have on hand. You can get Zovirex at the pharmacy, and try that topically as well.

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“I have been in severe pain for 15 months with swollen muscles in my back following an attack of shingles. My doctor just called it post herpetic pain and said there was nothing he could do. A week last Sunday, I bought some Serrapeptase capsules from the local health store and took 2 per day. When I woke up on the Wednesday, the pain had gone. I was absolutely gob smacked!

I am still pain free, and it is great to be able to turn over in bed. I am telling everyone I meet about Serrapeptase and have told the shop to make sure he has plenty in. I have never written to any company to say thank you before, but I am so pleased I just had to tell you.”

- Sheila Wright

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Follow the Health Plan as recommended for the best results:

SHINGLES HEALTH PLAN

The following health plan is designed to provide relief for shingles. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve shingles and to achieve overall good health in the long-term

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy skin - in order of priority:*

- **Releev** - Always have this on hand and use daily to find relief for cold sores and shingles.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **D.I.P. Daily Immune Protection** - Take 1 capsule x 4 times a day and then drop to 1 x 2 times with meals.
- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.