

Cold Sore Remedies Will Not Stop Cold Sores

That is fact. Only your immune system can stop a cold sore outbreak. Oh yeah, there are medicines and remedies that can assist the body in doing its miraculous work. But don't be fooled into thinking that anything other than your body can actually heal or stop a cold sore.

So, don't expect to stop a cold sore outbreak or make it speedily disappear until you have your body and its marvelous immune system back up and running properly.

YOUR BODY IS THE HEALING FORCE

But first, who am I? What qualifies me to speak on such an important topic?

My name is Dan Adams. I am a 63 year old man that has been highly involved with cold sore "victims" since 1998, which happens to be when I first introduced my own Clearlipz overnight cold sore remedy.

Okay, I promise you that will be the end to all product promotions in this cold sore review. But it is the only way I can qualify my acquired knowledge of cold sores to you.

Believe me, I am not writing this cold sore review about me or my products. This review is dedicated to the ever elusive herpes cold sore virus and to what knowledge is truly necessary for you to intervene and possibly even stop a miserable cold sore outbreak.

To begin with "THERE ARE NO KNOWN CURES FOR THE COLD SORE VIRUS." (HERPES SIMPLEX, FEVER BLISTER, HSV 1) So, I will not waste your time by going through the multiple medications approved by the FDA simply because none qualify as a cure and most do little better than the most commonly used home remedies.

The key lies in early detection. The quicker you recognize the symptoms leading up to a outbreak the sooner you can put a halt to a full blown unsightly crusty critter cold sore.

This is a small list of what many have reviewed to me as early warning indicators preceding their cold sore outbreak:

- * Cold or Flu Symptoms
- * Excessive sun exposure
- * Wind exposure (especially in cold weather)
- * Cold weather

- * Over exertion
- * Dehydration
- * Recent cold sore exposure from someone else
- * Stinging sensation in the corner of your smile
- * Mouth ulcers
- * Anxiety (should be listed as number one cause)
- * After a dental visit
- * Injury to lip or mouth
- * Nasal sinus drainage or leaking nose from cold or flu
- * Depression (should be listed as number two cause)
- * Medication that lower the immune system
- * Over fatigued do to long work hours or because of lack of sleep
- * Constipation
- * Extreme chlorine in swimming pools
- * Drug or alcohol abuse
- * A combination of any or all of the above

I am not going to give a description of most of the causes as they are pretty much self explanatory.

Besides this is just a beginners list. There are certainly a good many more causes for a cold sore outbreak. But they will almost always relate to lowered resistance of your immune system.

However, the two causes that stand out the most are anxiety and depression.

An above average number of my customers have stated that these two emotional areas were often related to their cold sore outbreaks.

It is medically accepted that both anxiety and depression will often lower the body's natural immune system. That is a guaranteed open gate to potential cold sore attack. Unfortunately, most of us are limited to what we are able to do to suppress either anxiety or depression.

But as you read down the list you will see that many of the potential warning indicators can be corrected or avoided. So, it makes sense that if you have a outbreak after long periods without sleep, then it just might be a good idea to get some sleep.

If you are dehydrated then you should drink more liquids.

If you outbreak after being intimate with someone else that is active with a cold sore, it would make sense to avoid close contact with them until they are healed.

Always keep in mind that a cold sore can be infectious (do to constant flaking away of skin cells) long before a cold sore actually appears. And the cold sore virus can remain infectious 3 or more days after the cold sore is no longer visible.

The answer is to use your knowledge of what causes your outbreaks to know what you need to avoid.

With this knowledge of prevention under your belt it is now necessary to accept that with the best of efforts there are still other causes for cold sore outbreaks that are not within our control and many that are not on the primary list above.

What (if anything) can be done to slow, stop or even eliminate an outbreak that is beyond normal preventative control? This is where it gets a bit tricky.

You see the cold sore virus was not born yesterday. And it has fullest intention of surviving beyond the millions of years that it has already managed to stick around.

The Herpes Simplex 1 cold sore virus is just another of our many world life forms that are continually evolving in order to survive. And, because man has only recently began slamming into this long evolved virus with multiple killing agents the highly evolved Herpes Simplex virus has now learned to quickly adapt and become immune to most everything modern man has available to throw at it.

This means that the basic Herpes Simplex virus becomes as individual as each and every person it invades.

What I mean to say is, that each of us has hereditary immune systems that are derived from a mixed variety of ancestry. Thus, our particular immune system is as equally unique as our fingerprint.

The fact is, that when the Herpes Simplex cold sore virus invades an individual it must overcome that person's specific immune system. After it has invaded and immuned its self to that specific persons hereditary immune system it becomes a new personal variety of the Herpes Simplex cold sore virus.

What does this really mean? It means that if every person on earth acquired the Herpes Simplex virus that there would be over three billion variations of the cold sore virus.

Of course, that is not the case. But there is a huge percentage of the world population that has been exposed to the cold sore virus. Most of them were actually infected before the age of three. Why? Because that cute little Angel Face is just so kissable that everyone has to give him (or her) a little kiss and hug. Which is all that is needed to pass the virus to the youngsters body for a lifetime.

After the Herpes Simplex virus is presented to its new little host it begins adapting to the new individuals immune system. At which time the cold sore virus settles quietly at the base of a nerve and waits patiently for some cause that lowers the natural immune system of the new host.

When the host immune system weakens the already adapted cold sore virus escapes from its hidden cubby hole and follows the nerve up to the surface of the skin. Most often as a very untimely ugly crusty critter cold sore around the lips or nose.

As we all know, cold sores are extreme showoffs. So it's certain that your cold sore (also known as a fever blister) will break out somewhere on the face where it can be easily seen by all.

Okay, we now accept the fact that there is no known cure for this persistent virus. The reality is that, even if there was some medical cure, it would have to be some kind of miracle. How else would it be able to destroy the millions (possibly billions) of Herpes Simplex virus variations developed in each individual host it has adapted to?

If the Herpes Simplex virus is not curable, is it still possible to control the outbreaks?

The answer is a definite yes. Besides the obvious ability to avoid outbreaks through prevention of the various causes, there are a couple of pieces of information that can help you to prevent, control and even stop a cold sore in its tracks.

What are these little bits of secret inside information?

Well, first of all, let's get it straight that these wondrous little cold sore control treatments are not necessarily the results of the mega-billion dollar pharmaceutical companies. Nor are they all subject to the scrutiny of the famous FDA. Truth is the treatments that work for all the different folks around the world are dependent more on how they are used. Not what they are made of.

You already know, thanks to the knowledge given to you by the foregoing paragraphs, that the Herpes Simplex virus is quick to adapt to any attacking enemy. And that it has been doing so for millions of years.

By the same token, our human bodies have also been adapting to the Herpes Simplex virus for a few million years, as well. The evolving antibodies that our miraculous bodies have produced through thousands and thousands of generations

are the only reason that our faces are not continually covered with crusty critter cold sores.

This simply means that our immune system has some ability to control the cold sore virus outbreaks as long as it is up to par. And it also means that any "new" healing aids will most likely assist the body when our immune system is not up to par. (Would that be a bogie or a birdie?)

Anyway, the secret is simply the key word "new".

The Herpes Simplex cold sore producing virus is a master at adaption. So it becomes necessary to either use a totally different treatment from anything used in the past or find a formula that the virus is unable to adapt to.

Simply put, it is not what treatment you decide to use on your present outbreak. But more importantly, to determine what you have already used in the past.

It is more likely that whatever you have used in the past has already been adapted to by your personal brand of Herpes Simplex virus. Thus, your cold sore virus is already immune to the past treatments and will not be affected at all if you choose to use the same treatments, again.

All right then, just what are your options?

1. Make a list of available treatments and use a "new" different variation or combination on each cold sore outbreak.
2. Try some of the all natural cold sore remedies that are formulated using nature's powerful elements that the cold sore cannot adapt to.

Why choose an all natural cold sore remedy? Because the Herpes Simplex virus cannot adapt or immune it's self to certain powerful Elements of Nature, such as Oxygen. An advantage to all natural cold sore remedies is that they can be used repeatedly. That is simply because the cold sore virus is not able to adapt to the powers of nature. Thusly, you will gain the advantage of being able to reuse the same remedy multiple times over longer periods of time. Rather than making multiple purchases of differing products to avoid repeating past usage.

However, you are better off exhausting all the readily available cheaper remedies (often found in your home) before investing in some of the more expensive all natural cold sore remedies.

There should be little difficulty in using different treatments or different combination of home remedies.

Many are more than likely within easy reach. Such as lemon juice, aloe, peroxide, toothpaste, vinegar, ice, egg white, margarine (softener), Vitamin E (liquid capsule),

antibiotic hand wash, antibiotic creams rubbing alcohol and so many more that can be found by simply searching Google for "cold sore home remedies".

As I've already pointed out, "the secret is not in the remedy ingredients but in the fact that the remedy being used is "new" and different from remedies that have been used in the past".

The reality is that the Herpes Simplex Cold Sore Virus is actually a timid virus. When confronted with something "new" or something it is unable to adapt too quickly, it simply runs away and hides at the base of a nerve.

Remember, you are not out to destroy the virus because it just can't be done. You simply want to give it a reason to retreat so you can better control the infectious bacteria scab area it started.

What you really want your "new" remedy to do is stop the building infection that results from the small split caused by the virus.

The infectious visible sore is the result of invading and colonization of bacteria. It is not a creation of the actual formation of the cold sore virus. So, using most any variation of antibiotic, be it prescription, over-the-counter cream or simply the more common rubbing alcohol or Peroxides.

The rapid healing results you are looking for are two fold. First you want to give the cold sore virus a reason to retreat. Then you want to quickly destroy the invading bacteria. Which is actually creating the highly visible rapidly growing crusty cold sore scab.

With all you have learned from this review it should be obvious what the answer to my review title question is ... Yes, all natural cold sore remedies do work. As will just about any medication or home remedy. Just don't overuse any one of them and still expect to get the same rapid healing results every time.

Your personalized hybrid Herpes Simplex virus is continually adapting as fast as it can to every remedy you use. It is making each past treatment as obsolete as a black and white TV.

The only way you will ever win the war against cold sores is to be smarter than they are. So, remember that you are actually the new guy or gal on the block. Herpes Simplex has a tremendous head start on us homo-sapiens because it has been around a whole lot longer than we have.

The cold sore virus has learned how to quickly adapt and survive. And the more we treat it with various medication and remedies the better it becomes at adapting.

At this stage of the game we are more likely to find a cure for hiccups than to find one for the Herpes Simplex virus.

But that does not mean we have to bow down to this crusty critter. Its only advantage is that it is able to sometimes create an embarrassing highly visible sore that seems much like a red flashing light on our forehead.

You now know the truth about your cold sores which should give you a tremendous advantage over the Herpes Simplex cold sore virus. Just by knowing what it takes to control and even stop a cold sore outbreak should set you free from having to go through the usual 2 week torment of dealing with an ugly cold sore.

Keeping your body at the peak of health, getting proper rest, varying the types of remedies applied or using natural alternative remedies will definitely help you to control any future cold sore outbreaks.

Knowledge Is Power. You Have The Knowledge. You've Got The Power.

Good Luck.

ABOUT THE AUTHOR: Dan Adams is the founder of the Clearlipz Natural Cold Sore remedy. Available at <http://www.Clearlipz.com>