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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Home Remedies For Fever Blisters**

**By Sharon Hopkins**

Fever blisters or cold sores are small red blisters that usually appear on the lips and outer edges of the mouth. They often display a clear liquid and form scabs after a few days. They are caused by herpes virus that becomes active when something triggers them. There is no cure for cold sores, but there are remedies that will reduce the severity and frequency. They appear after colds, fever, exposure to sun and stress during menstruation.

Foods that contain chocolate, peanuts and other nuts, grains, peas, seeds, oatmeal and whole-wheat products should be cut out or reduced from the diet. Cold sore is preceded by tingling, burning or itching sensation, fever, and enlargement of lymph nodes close to the sores and a general feeling of malaise.

–When you feel the tingling, burning or itching sensation, rub juice from aloe plant on the affected area. Dab of aloe gel is effective too. Aloe will begin the healing process immediately and not allow the sore to grow.

–Apply cornstarch paste to the affected area.

–Mix a drop or two of grapefruit seed extract either with aloe or olive oil and dab it on the sore.

–Rub ice cube on the sore for 10 minutes every hour at the onset of fever blisters. It will prevent the movement of the virus to the skin.

–Extract of lemon balm reduces the symptoms and speeds up the healing process.

–Combine equal parts of tinctures of echinacea, calendula, oats, burdock, and lomatium. Take ½ tsp four to five times a day to soothe the inflamed tissue, remove the toxins from the body and kill the viruses and bacteria.

–Topical application of extract of mint will speed the healing of the blister.

## Home Remedies For Fever Blisters

- Drink several cups of sage tea with a dash of powdered ginger till the blisters are not cleared up.
- Steep an ordinary tea bag in boiling water, cool it and then apply to the blister. The blister should disappear within few days.
- Vaseline will help to moisturize and soften blisters to prevent them from cracking and bleeding.
- Dab a drop or two of St. John's Wort essential oil. It not only soothes, but reduces the pain and speeds up the healing process.
- Apply Witch Hazel on sores.
- Put some common salt on your moistened index finger and press it on to the sore for a minute twice a day for 2–3 days.
- Apply spirit of camphor on the sore.

The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using if you are allergic to something. The responsibility lies with the reader, not the site, and the writer.

Sharon Hopkins manages

<http://www.home-remedies-for-you.com>

, providing information on home

based natural cures. If you are suffering from cold sores or fever blisters, read up on tried and tested home remedies.

### **What To Do If Your Child Has Chicken Pox**

**By Gary Ruplinger**

Chicken pox is a common affliction that affects people of all ages but is most commonly seen in children. The symptoms of chicken pox are red bumps on the body that turn into blisters and that increase in quantity over several days. The bumps may look like insect bites or a rash and is often difficult to diagnose the first few days. Often, it is accompanied by a fever. Watch the bumps to see if they turn into blisters and if more bumps emerge over a few days. If so, it is likely chicken pox.

Most cases of chicken pox do not even need a consultation with a physician and are easily treatable. However there are times when consulting a doctor is advisable. If after three days you are still unsure of the diagnosis, consult a doctor. If the child is an infant, you should bring the child in for diagnosis. If your child's bumps seem infected or are located on eyelids, it is best to get it checked. Also, if your

## Home Remedies For Fever Blisters

child seems unusually ill, has severe headaches, a high fever that lasts more than five days, or if the child develops other cold like symptoms such as a cough a doctor's opinion should be sought.

Chicken pox is highly contagious and the child should be quarantined for the duration. Do not allow the child to interact with peers at school or with friends. Once the child starts getting spots, it will take approximately seven days until he or she is no longer contagious. The day after all the spots have scabbed, the child will no longer be contagious and can resume normal activity.

The accompanying fever should only be treated if it is above 101° F. Studies indicate a slight fever will help the child heal. Motrin, Advil or Tylenol can be used to treat the fever. Use only acetaminophen and ibuprofen products for fever but do not use aspirin. A child can have a severe reaction to aspirin during this time so it is important not to use it.

The child should try not to scratch the bumps because it may cause infection. Take greater care to keep the fingernails short and clean during this time. Frequent baths will help soothe the itching. Adding oatmeal to the bath will also help. Brands such as Aveeno are ideal for this. Benadryl or other off-brand topical antihistamines can be used as needed and greatly reduce the itching. These are readily available over-the-counter at any pharmacy.

Children who have chicken pox and who have a slight fever but otherwise seem well typically do not need to see a doctor. Ensure they stay isolated until the ailment passes and they are no longer contagious. See a doctor if unusual symptoms occur or if the child seems very ill. Chicken pox is a common ailment, easily treated, and quickly recovered from. Most people only get one case of chicken pox in a lifetime.

Gray Rollins is a featured writer for

<http://www.chickenpoxhelp.com>

. To learn more about the chicken

pox, visit:

<http://www.chickenpoxhelp.com/chickenpoxtreatment/>



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