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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!

Shingles Natural Treatment

By Wayne McDonald

In the past ten years recent studies and research with alternative treatments for shingles has shown it is possible to recover in less than one week and to reduce outbreaks of lesions and pain in three days.

Shingles is a serious health condition and it is important to follow your doctor's recommendations. Traditionally, most doctors prescribe painkillers for the temporary symptomatic relief of the pain and an antiviral drug to suppress the virus. This form of treatment with drugs reduces the severity and frequency of outbreaks but does not eliminate it from the body. This course of treatment can take six weeks or more and does very little for the patient. The pain associated with shingles can continue long after the initial outbreak.

Some doctors prescribe steroids or itch-relieving creams that contains steroids. Recent studies question the effectiveness of steroids in relieving shingles and suggest avoiding any treatment with steroids. Monitoring by your doctor is recommended, if steroids have been prescribed. It is best to find alternative treatments with your doctor and to seek out natural remedies.

The virus herpes zoster causes shingles and is the same virus that causes chicken pox. Shingles is an infection of the central nervous system and may affect the elderly, those with a compromised immune system, anyone under severe stress or those who have been exposed to the chickenpox virus again. Symptoms may include burning, itching, or pain in one part of the body. A few days later, blisters and a rash appear. The infection may run along a nerve path and look like a branch of a tree. Shingles usually appear on the trunk area and the chest but can also be found on the face. Shingles can cause blindness if it affects the eyes. If an outbreak occurs on the face the patient should get immediate medical care.

Natural Remedies For Shingles

A good starting point for treating shingles is a diet full of fresh fruits and vegetables. A good diet and reducing daily stress will help boost your immune system

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A simple remedy for lesions is to apply a cool or cold wet washcloth or towel to the affected area. A wet towel can be put into the freezer for a while after wetting it to make it colder.

Eliminate sugar from your diet and add these important nutrients to your daily diet – vitamin E, vitamin B12 and vitamin C.

* Vitamin C is suggested with an initial diagnosis of shingles. You may start with 1,000 mg. (+)

* Vitamin E taken daily before meals may reduce the pain of shingles (Study published in the Archives of Dermatology) (+)

* Vitamin B12 injections may reduce the pain of shingles (Study published in the Journal Geriatrics) (+)

(+) It is recommended that you consult with your doctor before starting any vitamin program.

* E capsules can be squeezed directly onto lesions.

* Avoid heat as well as tight clothes and itchy fabrics like wool.

* Calamine lotion may relieve the pain and help dry the lesions.

Shingles is a serious illness and before starting any treatment program you should consult with your doctor. Shingles is the same virus as chicken pox. You cannot catch shingles from someone else unless you've never had chicken pox. If you have shingles you should use caution being around pregnant women who have not had chicken pox – you could infect both the woman and her unborn baby.

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Wayne McDonald is a Health Practitioner and contributing editor for Safe Natural Treatments for Shingles and Herpes Zosters. For more Tips and Shingles Facts You Need To Know visit

<http://www.OurFamillyHealth.com/shinglestreatment.html>

Roofing As An Occupation

By Herbert Sanchez

Roofing and shingles is a process whereby tiles are laid partially overlapping in an ascending manner up and along rooftops. This is done as much for style as it is for structural and architectural soundness.

Roofing and shingles is a particular occupation that specializes in roof repair and coverings. This job entails making sure that roofs are attractive as well as providing protection from the elements and increment weather. The particular conditions wherein these specialized tradesmen and women perform

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roofing and shingles are met with certain building and fire codes and architectural standards of the countries, states, cities, or provinces in which the job is done. Further, learning roofing and shingles, like the trade work of electricians and plumbers, requires particular knowledge and skills that must be conducted and completed correctly, otherwise the roofs could pose a hazard to those living in the house. Patching up holes and cracked wood before appropriately covering the roof securely with shingle tiles is one example of this.

Materials used for roofing and shingles vary, but everything used is sturdy and safe architecturally and health-wise. Shingles used to be made of wood, but due to growing fire and structural hazard concerns, this material is rarely or seldom considered; instead, bitumen-soaked paper covered with aggregate (asphalt) or ceramic shingles are now used for their safer and more visually appealing nature.

Roofing and shingles also used standard appending. Shingles are tacked or nailed on securely, but only where the shingle tile meets the roof; shingle tiles are never tacked or nailed at the overlap. Such a procedure would be deemed less secure (as it is more difficult to nail through multiple asphalt shingle tiles), and the appearance looks awkward. For ceramic (and occasionally with the asphalt), a heavy-bonding tar or paste is sometimes used to attach the tiles to the roof. The shingle tiles are laid in a row along the bottom edge of the roof, and each ascending row, as said, overlaps the one beneath it by about half a length of the tile. The top edge of the roof is then capped.

Roofing slates, also call "slate shingles," are also used in roofing and shingles, and are applied the same way. Because of the heavy consistency of slate, it's unlikely that nails or tacks are used; instead, paste or tar seems the better choice for a bonding method.

Roofing and shingles is a meticulous and time-consuming process that must be carefully rendered for a roof to acquire that architectural appeal. Not only should know-how be necessary, but careful movement and stepping are a definite requirement as well.

Find more roofing resources and other great topics at

<http://www.info-checkpoint.info>



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