

## What Cold Sore Remedies Work Best?

Cold sore remedies are much needed today. Nearly 89% of the public now carries this type of herpes virus. About 67% of them will get cold sores this year. Those folks do not need hype - they need cold sore remedies they can depend on.

Many cold sore remedies you buy in stores are best for comfort. They relieve your pain and misery with oils and numbing agents such as lidocaine.

Nevertheless, commercial cold sore remedies do little for getting rid of cold sores in less time. Your best options for healing fast are natural home remedies.

Here are some cold sore remedies that are proven very useful for quickly eliminating your sores. You may be surprised to find they work better than any commercial products.

### 1. GARLIC.

Garlic is an amazing remedy. Under a microscope, you will see viruses flee from even the smell of garlic.

Garlic also has the unique ability to go right through the skin directly to the infection.

Always use fresh cut or crushed garlic for best results.

When it is not convenient, you can buy soft gels at the vitamin store used as an oral supplement. Just nip the end and squeeze the oil directly on your sores.

Also, take garlic internally. It will greatly improve the results. In addition, you will be more resistant to any other virus too.

### 2. MINT OIL.

Mint is also very powerful remedy for healing your outbreaks. It seems to stop sores almost instantly and heal them in short order. It smells a lot better than garlic too.

The best way to obtain the safest peppermint oil for directly applying to your sore is to buy peppermint soft gels where vitamins are sold. Then, like the garlic gels, you can snip them and press out the oil.

There is also available bottled peppermint oil for aromatherapy use. This is too strong and can burn your skin. Get aromatherapy instructions and follow them for diluting it with extra virgin olive oil.

### 3. WARM TEA BAGS.

When you apply heat to a sore it really speeds up healing because it brings a rush of oxygen and blood to the scene.

The best way to do this is by using warm tea bags. Common black tea works good. Tea that contains mint or lemon balm will work much faster.

Caution. Never heat a tea bag in a microwave. You can heat the water first, and then use the hot water to heat the bag. The microwave radiation destroys most of the special health benefits of tea.

### 4. THE POWER OF LYSINE.

Lysine is one of the most powerful and popular treatments you will find. No matter what other cold sore remedies you use, this should always be part of your plan.

Lysine is a common protein found in dairy and fish. It works by reducing the amount of arginine in your cells. Arginine is the protein fraction needed by the herpes virus to create new viruses.

If you stop the herpes replication process, you will prevent - or quickly eliminate - any cold sores. Lysine dramatically hinders this process.

Folks start taking it the minute they feel an outbreak coming on. They continue to take it until the skin is again clear. Normal dosage during this time is 3000 milligrams per day.

Lysine is quite safe. For example, a large serving of Flounder contains about 10,000 milligrams of lysine. For me, I prefer lysine capsules. They are cheap and very convenient to use.

These are just a few of the most powerful cold sore remedies we know of today.

Be sure to try them. You will enjoy great healing results and get your social life back fast using these top cold sore remedies.

### About the Author

Want the latest proven [Cold Sore Remedies](#)? Look no further than Denny Bodoh's wonderful web site. You will get all the answers you seek about cold sores and some exciting and proven FREE cures that will make you smile. Stop suffering and go now to

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