

Avoiding Shingles

“Prevention is always a better investment than waiting to experience the consequences of a weak immune system, like shingles.”

Most of us have had chickenpox caused by the virus herpes zoster, and although we've recovered from the hundreds of sores, the virus is still present and can be activated by stress, injury, trauma, or long-term illness. I'll share a protocol for shingles, but keep in mind that a protocol like this will be effective for other viruses as well.

One out of three Americans will get shingles in their lifetime. And people older than age 60 are up to 10 times more likely to get shingles than younger people. With a healthy immune system, blisters from shingles usually scab up in 7-10 days and disappear in 2-4 weeks. But if someone has a weakened immune system, the blisters and pain may last much longer. About 40% of people who get shingles feel a burning, shooting pain for months or years after the rash is gone. It's called post herpetic neuralgia, or PHN. Others feel a chronic itch in the area where the rash once was.



My thanks to Dr. Mark Force for allowing me to share the protocol from the book he edited with Dr. Eidenier titled Clinical Insights on Structure and Nutrition by Dr. Dan Duffy. This book represents over 100 years of clinical practice by these three experts. You can see the protocol to the right, but let me give you a few highlights.

Although the sores are ugly and painful, it's the potential long-term nerve pain that should be addressed right away. With nerve pain, always think B12 and B vitamins. Consider B12-2000 Lozenges, 1 tablet dissolved by mouth 6 times a day. Each lozenge of B12- 2000 contains 2000 mcg

of hydroxocobalamin, which is the optimal form of oral B12. Also contained are 2 mg of B6 as P-5-P and 800 mcg of calcium folinate. Make sure you ask the patient to allow the tablet to slowly dissolve to get maximum benefit. (It tastes so good, patients want to chew them, I know I do.) In that same light, B vitamins, particularly B1, support the adrenals and help alkalize the body by reducing lactic acid. An acidic chemistry will increase inflammation, irritation, and pain. Bio-B 100 by Biotics Research contains the B vitamins in a phosphorylated form. The tablets are intentionally small in size, so the levels can be titrated as

needed. Three tablets of Bio-B 100 supply 100% of the RDA, use 5 tablets tid.

One of the most underutilized products in the Biotics line is Cytozyme-THY, which is neonatal thymus. I shared on an earlier Tuesday Minute where thymus tissue was used to support and even rid the body of viral titers from hepatitis B. Dr. Carson Burgstiner successfully treated a number of patients with thymus tissue, including the well-known singer Naomi Judd. Neonatal thymus tissue feeds and supports the orchestra leader of the immune system, the thymus. Consider 5 tablets tid.

In a personal conversation with Dr. Eidenier, he said the application of Swedish bitters topically to lesions really helps control pain and assist with healing. He also feels the use of ultra violet light 10-20 minutes over the lesions makes a huge difference as well.

I always like to add homeopathic combinations when dealing with viruses, so I personally use 21st Century Homeopathic Detox Virus, 1 capful bid and Detox Lymphatic, also 1 capful bid. Regardless of the condition, I always like to use a multiple vitamin/mineral when dealing with any condition to supply basic nutrients.

Drs. Force and Duffy suggest Bio-Trophic Plus. 2-3 tablets tid supply essential foundational nutrients, neonatal glands and adaptogenic herbs. If the patient is not responding, additional

suggestions are available. In that additional list, is one of my favorites for the immune system, Bio-Immunozyne Forte. This is a great supplement to use therapeutically, 2-3 tid or 1 twice a day preventatively.

This brings me to my final point, prevention. We know viruses don't die. They just remain dormant. Making sure we have optimal levels of the nutrients that support one's immune system is important. It's a conversation you should have with every patient on a regular basis. Simple inexpensive tests can go a long way to increase your credibility and expand your wellness practice. The zinc taste test is an example. It costs pennies, and zinc is essential for the immune system. Another inexpensive test, a CBC with differential, can help diagnose if the immune system is compromised or battling a smoldering or hidden infection. As we discussed in the past, if the white blood count is less than 5.0 or the percentage of lymphocytes is increased, with the neutrophils decreased, we can suspect a viral component is contributing to any condition. Another indicator of a hidden infection is when the addition of monocytes, eosinophils and basophils is over 10.

Talk to your patients about taking steps to prevent disease. Prevention is always a better investment than waiting to experience the consequences of a weak immune system.

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.