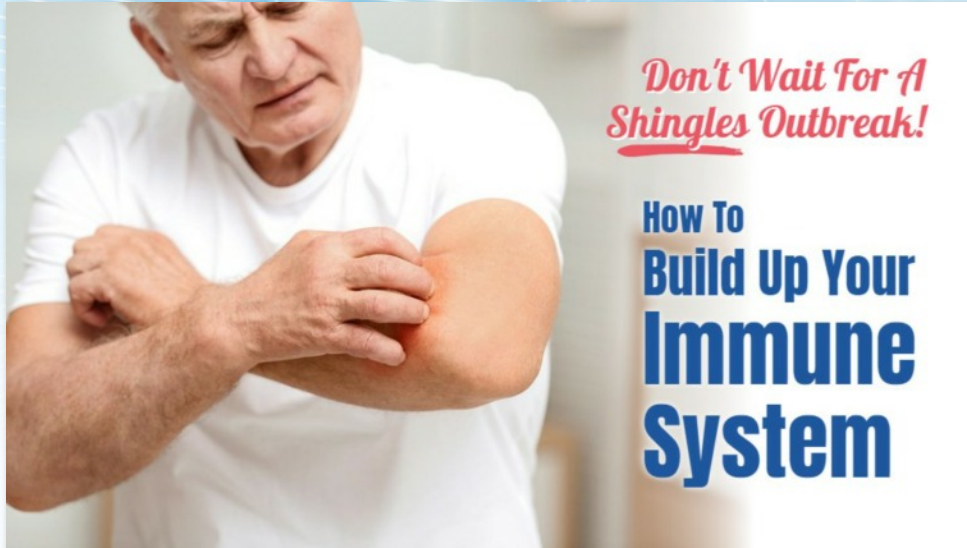




Wellness Minute

Health Information You Can Use On Your Path To Wellness



Avoiding Shingles

“One out of three Americans will get shingles in their lifetime.”

Most of us have had chicken-pox 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. 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

postherpetic neuralgia, or PHN. Others feel a chronic itch in the area where the rash once was.

Although the sores are ugly and painful, it's the potential long-term nerve pain that needs to be addressed right away. Your wellness clinician offers natural therapies that can help prevent potential long-term pain, as well as help your immune system fight the virus that causes shingles.

For instance, to address potential long term nerve pain, your clinician may recommend supplementing B12 and B vitamins. 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.

Also, bovine thymus tissue has been 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 a key factor of your immune system, your thymus. There are many other supplements and natural topical applications for shingles that can relieve pain and treat singles.

And let's not forget 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. Simple inexpensive tests can help diagnose if your immune

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system is compromised or battling a smoldering or hidden infection.

Prevention is always a better investment than waiting to experience the consequences of a weak immune system. Shingles is just one of those consequences.

But if you or someone you know has an outbreak, contact your wellness clinician for help. With a wellness approach, you will get the kind of care that can build your health from the inside out and strengthen your resistance to viruses and other disease. And you'll not only be adding days to your life, you'll be adding life to your days.