

# Cold Sore Home Remedy

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Cold sores or fever blisters are not only ugly and annoying, but they are downright painful. The lips are very sensitive.

Some people are very prone to getting a cold sore or a fever blister if they have a cold or run a fever, while others never get one. Nobody knows why this is true, but it is.

Cold sores and fever blisters are caused by a virus. If you can kill the virus, then the cold sore or fever blister will heal up and go away. Killing the virus is the problem.

Camphor is the best possible home remedy for cold sores and fever blisters. The easiest and quickest source of camphor can be found in Campho-phenique, which is manufactured by Bayer.

It can be purchased in liquid form or in a gel. The natural source of camphor is from a tree in Asia. Extracting the oil can be a difficult process.

Other home remedies used to treat cold sores and fever blisters is to apply ice to them and alternate the ice with a hot tea bag or a poultice made of green tea leaves.

The gel found in the leaves of the aloe vera plant is effective in the treatment of cold sores and fever blisters as well. Break a leaf, extract the gel

inside, and apply it to the cold sore or fever blister.

Applying fingernail polish remover to a cold sore or fever blister can help as well. The fingernail polish needs to be the kind that contain acetone.

Lemon balm extract is effective in helping to heal a cold sore, fever blister, or herpes breakout.

A diet that is rich in foods that contain abundant amounts of zinc is another home remedy for treating cold sores and fever blisters. Oysters are the best source of zinc, but zinc is also found in poultry, beans, whole grains, and dairy products.

For more information on cold sores, be sure to visit [the-health-hub.com](http://the-health-hub.com) where you'll find information on health topics such as

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