



Fast HSV Relief

With Less Than Three Natural Ingredients!

Let's face it. No one has the time, energy, or patience to learn how to create complex natural remedy formulas amid a herpes crisis. *The Fast HSV Relief Guide* reveals how to use up to three ingredients to quickly ease the itch, burn, and pain of herpes lesions.

- **Aloe Vera gel** can ease the itch. Use the gel from the inside of a fresh plant blade, or purchase it from a store. When buying over-the-counter gel, ensure it is pure and does not contain alcohol. Ouch!
- For pain, you can use **clove essential oil**. You must dilute clove essential oil first to prevent burns to skin tissue. It may sting for a minute or two, even when diluted. Mix no more than 15 drops with two tablespoons of food oil, such as olive oil (or any other oil listed in this guide), for a 3% dilution. Apply dabbing to blisters every 3-4 hours.
- For pain, break open the end of a **vitamin E** capsule and dab blisters with the oil.
- **Manuka honey** can help relieve burning sensations and speed healing. To avoid a sticky mess, gently dab the tops of the sores with honey using a *Q-Tip*. Some say honey can sting a little. If this is the case, add pure water or coconut, emu, tamanu, neem, or Saint John's Wort oil (all antiviral) to the honey before applying it.
- **Coconut oil** can provide moisture and a protective barrier so your skin doesn't pull tight when in motion.
- **Hot or cold packs** can help. Take a sock. Fill it with rice. Warm it in the microwave for a minute or two and apply it to the area for 20 minutes at a time (20 minutes on, 20 minutes off). Alternatively, place an ice pack in the area for 20 minutes at a time (20 minutes on, 20 minutes off). You can also rotate the heat and cold every 20 minutes.

- Apply a **baking soda** and water paste to stop itching and dry out sores. Baking soda contains sodium bicarbonate, acids, and starch, and can cause a slight sting on raw skin. As with raw honey (above), you can combine baking soda with a bit of coconut, emu, tamanu, neem, or Saint John's Wort oil (all are antiviral) before applying to reduce the risk of stinging.
- Make a **lysine paste**. If you have lysine capsules or tablets on hand, you can break them open or crush the pills into a fine powder. Mix this with some virgin coconut oil to apply as a paste to the sores. Lysine helps correct the pH, which herpes hates, and will help you heal more quickly. The coconut oil is soothing. You can also make a paste with **hydrogen peroxide**, witch hazel, tamanu, Saint John's Wort, or neem oil and apply it to blisters with a *Q-tip* or a folded corner of a *Kleenex* or toilet tissue.
- Mix one part **apple cider vinegar** with three parts water and dab it onto sores to speed up the healing process.
- Sometimes, lesions can look infected (ooze pus). You don't want a secondary infection. Crush a **garlic** clove in a few drops of olive oil and apply the paste to the lesions 3-4 times daily.
- Apply **Saint John's Wort** oil to target the herpes virus.
- Apply diluted **witch hazel** to ease inflammation.
- **Neem** targets the herpes virus. You'll need to dilute Neem Extract before applying it to your skin.
- Apply diluted **lemon balm** (Melissa) essential oil to lesions to target the Herpes Simplex Virus. Mix 12-15 drops of lemon balm essential oil in one tablespoon of olive or coconut oil and apply to irritated skin.

- You can use **Echinacea extract** as an anti-inflammatory. You don't have to dilute it.
- Ginger root kills the Herpes Simplex Virus on contact. However, dilute it first because it's a "hot" spice. The best way to form a paste is to add finely ground or powdered ginger to base oil, such as olive, jojoba, or coconut *oil*. You can also create ginger oil by adding ginger essential oil to a base oil, rather than using the ground or powdered root.
- You can make **calendula** (marigold flowers) tea and apply it topically (once cooled) to relieve the pain of Shingles sores, which also works to relieve anal herpes and hemorrhoids. Add one heaping teaspoon to 1 cup of boiled water; steep for 3 minutes and then strain. Allow it to cool before gently applying it to the skin with a soft cloth. You can also drink calendula tea.
- **Sage and rhubarb extract** (a combination) works well, if not better, than *Acyclovir* for HSV-1 (cold sores). Be sure to dilute it before applying.
- **Thyme** essential oil is antiviral, but you must dilute it.
- **Grapefruit extract** may alleviate symptoms when used topically. When taken internally, it cleanses the gut while safeguarding friendly bacteria. It inactivates HSV directly and controls Candida.
- **Mexican oregano** essential oil is a potent antiviral, but it must be diluted before applying it topically.
- Apply **goat's milk** to target the herpes virus.
- Mix one tablespoon of **Manuka honey** (or raw honey from a farmer's market), one tablespoon of aloe vera gel (no alcohol), and six drops of **vitamin E oil** (or open two to three capsules and squeeze out the contents). Apply to lesions. There's no need to keep it in the fridge.

- You can purchase two types of **licorice root**: standard and deglycyrrhizinated (DGL). To ease the itch, burn, and pain of herpes lesions, choose the herb (or product) with *Glycyrrhizin*, as it is one of the components thought to fight against the herpes virus. You can apply Licorice extract directly to blisters to help reduce inflammation and target the herpes virus. You can also make a Licorice root tea or decoction and apply it topically. However, due to possible side effects, I don't recommend consuming it, except in small quantities, mixed with other herbs in tea.

See [HSV Remedy Reviews](#) for over-the-counter remedies and prescription medications available to you.

Natural Remedy Safety Precautions.

It's essential to remember that just because something is natural, it doesn't mean there aren't precautions to take.

- **ALWAYS** research potential herbal side effects and adverse interactions to any medications you're taking (prescription and over-the-counter).
- **ALWAYS** test for sensitivity to herbs before applying them. To perform a patch test, place a tiny pea-sized amount on your inner arm or the top of one foot and cover it with a bandage. Over the next 24 hours, check for signs of itch, redness, irritation, or inflammation. If so, don't use it.
- If you are pregnant or nursing, **ALWAYS** consult your care provider or someone trained in herbal preparation for moms and babies before trying any new herbal remedy. Some herbs (and the essential oils derived from them) are dangerous during pregnancy and breastfeeding. Topical oils are generally safe to use if the baby doesn't come into contact with the oils. Still, do your homework.
- **AVOID SUNBURN.** Essential oils derived from citrus plants (lemon, lemon balm) can cause a phototoxic reaction when applied topically. If you go out into the sunlight or use a tanning bed with essential oils applied to your skin, you may be more susceptible to burning.

- **ALWAYS** label your remedy creations with names and dates. You can do this with masking tape and a waterproof *Sharpie*. You can buy labels at a craft store or create labels through an online printing company.
- **NEVER USE** essential oils on or around your cat. Cats do not have the necessary enzymes to break down essential oils, unlike humans and dogs. Inhaling and licking essential oils can cause your cat to become ill and potentially lead to death. If an area of the home requires diffusing, such as a sick room, remove your cat from the room, diffuse behind closed doors, and ventilate the room well before allowing the cat access back into the area.

Note: This content is for educational purposes and is not a substitute for professional diagnosis, medical advice, or treatment. Always consult your physician or another qualified healthcare provider with any questions you may have regarding a medical condition.

Marie's Herpothecary Recipes

If you've ever wanted to learn how to create an at-home apothecary for easing stress and herpes-related symptoms, now's your chance! Tap **THE WELLNESS RESPOSITORY** in the menu bar at *The Herpes Witch* to gain immediate access to all-natural remedy recipes using natural ingredients to make teas, tinctures, decoctions, electuaries, soaking salts, balms, ointments, and more!

