

[CHIROPRACTIC](#)

[HOMEOPATHY](#)

[ACUPUNCTURE](#)

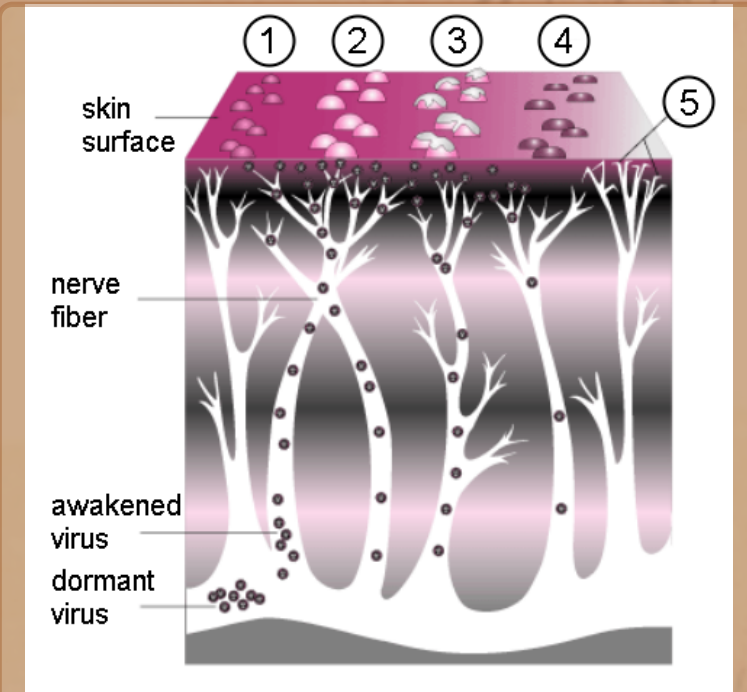
[HERBAL MEDICINE](#)
[HERBAL MEDICINE 2](#)

REMEDIES:

Avoid sugar
Topical relief
B-complex, B12
Proteolytic enzymes
Natural immune boosters
Natural anti-inflammatories

PROTEOLYTIC ENZYMES:

Papain
Bromelain
Vegetable proteases
Pancreatic proteases



Progression of shingles. A cluster of small bumps (1) turns into blisters (2) that resemble chickenpox lesions. The blisters fill with pus, break open (3), crust over (4), and finally disappear. This process takes four to five weeks. A painful condition called post-herpetic neuralgia can sometimes occur. This condition is thought to be caused by damage to the nerves (5), and can last from weeks to years after the rash disappears

**SHINGLES:
NATURAL SUPPORT**

Tips

- Keep area clean
- Don't break blisters
- Stay cool, avoid humidity
- Cool compresses relieve itching

[PubMed](#)

Overviews

Treatment goals

- Protect eyes, ears
- Relief pain and itching
- Stimulate immune system

[BOOKS](#)

Links

[AltMed](#)

[Earth Clinic](#)



[Home Remedies](#)

[British homeopathy](#)

★ [Dr. Weil's advice](#)

[Natural Help, good tips](#)

[Nutritional Health Profiler](#)

[Shirley's Wellness Cafe](#)

★ [Sheboygan Natural Health](#)

★ [Dr. Whitaker, treating shingles](#)

★ [Natural News, natural remedies](#)



There is a vaccine available, but holistic medical practitioners disagree about its effectiveness.

TOPICAL:

[Emu Oil](#)
Cool wet compresses
EmuCapsaicin
[Tamanu oil](#)
Coconut oil
Oatmeal flour
Colloidal silver
[Turmeric paste](#)
Baking soda, water
Hydrogen peroxide
Aloe vera gel, honey
AC vinegar, 4 parts water

Home: [Oscillatorium.com](#)
Newest version [this map](#)
Date of this update: 02-11-16

IMMUNE BOOSTERS:

Manuka Honey
Cat's claw
Echinacea
Probiotics
Astragalus
Elderberry
Avoid sugar
Olive leaf extract

ANTI-VIRALS:

Garlic
Reishi
Licorice
Selenium
Oat straw
Lemon balm
Colloidal silver
St. John's wort
Olive leaf extract
[Gigartina red sea algae](#)
Echinacea and goldenseal