



Disclaimer: This information is not medical advice but how I successfully treated my husband's shingles

### How I Treated my Husband's Shingles

The first thing we did was to go to the doctor and get the anti-viral drug that stops the shingles from spreading.

At the same time, I took a 2 prong approach – I applied oils to soothe the rash on the skin and gave supplements to heal the nerves from the inside which are attacked by the virus. I continued with the supplements until Steve no longer had any symptoms or so mild that he no longer noticed them.

#### Supplements to Support Immune System and Heal Nerves

Vitamin C - One dose 3g in the morning and then 1 g every 2 hours to boost the immune system. I have been using buffered (so it is easy on the stomach) Calcium Ascorbate Vitamin C powder. I get mine from Higher Nature.

Zinc - 100 mg for a week, then drop down to 50mg. Taking a high dose of zinc for too long can deplete copper but it is fine for a short period of time. Zinc is an essential anti-viral. Most people are low in zinc and magnesium. I split the dose to 1/2 in the morning and 1/2 at night while on the higher dose.

Take:

EITHER 100mg of zinc citrate or gluconate for one week – 50mg in the morning and 50mg at night. Then drop to 50mg per day. (You should not give zinc without copper for more than 5 or 6 days). I used Zinc Citrate by Cytoplan.

OR 30mg of ionic zinc (because you absorb 100% of ionic zinc but much less from capsule/pill form). Take with vitamin C for better absorption. Some ionic zinc will already contain vitamin C. Take this dose for one week and then drop to 18mg of ionic zinc after one week. Here are some suggestions for ionic zinc. I now give the all the 18mg of ionic zinc per day (Same dose as 50mg in capsule form.)

<https://lifeminerals.co.uk/product/ultra-potent-nano-ionic-liquid-zinc/>

<https://www.amazon.co.uk/Good-State-Concentrate-Supplement-Servings/dp/B00D0VI0A8>

Quercetin – helps with absorption of zinc and also anti-viral. Brand I used – Lamberts.

Vitamin D with K2 - I buy mine as drops from Nutri or they sell as lemon melts. 4,000 iu per day - [nutriadvanced.co.uk](http://nutriadvanced.co.uk). Vitamin D is thought to be beneficial in support of the body through the course of shingles and preventing PHN (Post Herpetic Neuralgia). Steve read that Vitamin D could help shingles, I found the item below.



[https://www.researchgate.net/publication/279988025\\_Vitamin\\_D\\_is\\_closely\\_linked\\_to\\_the\\_clinical\\_courses\\_of\\_herpes\\_zoster\\_From\\_pathogenesis\\_to\\_complications](https://www.researchgate.net/publication/279988025_Vitamin_D_is_closely_linked_to_the_clinical_courses_of_herpes_zoster_From_pathogenesis_to_complications)

Vitamin B12 – this is good for supporting nerve healing. 1,000 – 5,000 mcg/ug. I have drops from a company called Epigenetics – I put 10 in a glass of squash or orange juice which equates to about 670mcg. I don't think Steve was deficient so I just gave him a boost. Could have given more perhaps, as from what I read there is no danger of overdose as the body only absorbs a small portion of the dose. Here is an article on dosing with Vitamin B12.

<https://www.b12-vitamin.com/high-dose/>

Probiotics - because the microbiome is absolutely key to immune health. (I use Symprove which is a liquid, tasty and easy to take first thing in the morning [www.symprove.com](http://www.symprove.com) or Bio Cult is also highly recommended – can buy from Amazon – cheaper than Symprove)

Broad spectrum antioxidants eg Vitabiotics for immune extra protection

Later I read this article on how to address neuropathic pain, including shingles

<https://www.psychologytoday.com/gb/blog/complementary-medicine/200811/eliminate-nerve-pain-naturally>

After reading the article I then added in:-

Alpha Lipoic Acid 300mg 2 X day (brand – Viridian)

L-Carnitine 2,000mg/day (brand – Nutri)

### Essential Oils

Geranium essential oil is fantastic for pain and soothing the rash. And Ravensara/Ravintsara is the perfect oil for healing the rash. In my Essential Oils Handbook - a doctor mentions a 50/50 mix of Ravensara and Tamanu oil that cleared up shingles in 7 days! Steve preferred mixing the essential oils with raw organic coconut oil which I have in the house (I order from amazon) and coconut oil is very good for skin.

I started by using teaspoons as my measure and tended to mix 2 teaspoons of Ravintsara and 2 teaspoons of coconut oil. I then added about 8 drops of Geranium per teaspoon of coconut oil. However, we got through the oil so fast that I switched to using tablespoons so it would last a couple of days.

You will find that as you mix it together, the coconut oil melts with the heat of your finger (I wore plastic gloves) and turns into a liquid that's perfect for applying.



# Zest for Life

Steve said that it was better that I rubbed it in gently rather than patting it on. Use a glove to apply. We applied it every 2 hours. The shingles took much longer than 7 days to clear but this mixture was very soothing.

After the initial phase but when it was still painful – Steve preferred just the geranium and coconut oil. He said that this mixture gave the most relief but by then the rash was healing.

I also applied a mix of lavender, tea tree and thyme essential oils diluted in a Young Living hand/body lotion ‘Genesis’ (this recipe comes from the Young Living handbook) to the soles of his feet. You could use a pure body or hand lotion but make sure it is not perfumed ie as few chemicals as possible etc. 10 drops of each oil to 3 teaspoons of lotion.

A very healthy diet is also important. No chocolate and anything sugary, no alcohol, coffee or tea (Steve v miffed about the coffee!). Drink lots of water ie a minimum of 1.5 litres.

Here are a couple of websites that I found helpful. I didn’t use oregano oil. I doubled the zinc in the initial stages and I got this information but from a masterclass on Covid 19 given by a really excellent naturopath that I know personally and have consulted myself.

<https://draxe.com/health/5-shingles-natural-treatments/>

<https://www.naturalawakenings.com/2017/05/31/224826/proven-relief-for-shingles-six-drug-free-ways-to-preempt-the-pain>

In the itching phase, my neighbour found an oil that was also helpful:-

Neruopathy Rubbing Oil with Frankincense and Myrrh.

It’s on Amazon. Steve used this interchangeably with the coconut and geranium oil.

## Homoeopathic Remedy

I was struggling to help Steve at the itching stage of his shingles. My neighbour reminded me of homeopathic remedies. Growing up in Singapore, homeopathic remedies worked better for my young twin daughters than anything from the GP. They worked for everything: sore throats, coughs, ear infections and including viruses. And they often worked faster. So, whatever you read in the paper about homeopathic remedies being nothing but sugar or alcohol is rubbish. I know perfectly well that they work. I have also seen them work on wasp/bee stings in about 15- 20 minutes, crushed nerves, also on animals, babies and so it goes on.

So, I looked it up. Seemed like Rhus Toxicodendron is the ‘go to’ remedy for shingles (and chicken pox). But with homoeopathy, it always depends on the symptoms. It seemed to fit Steve’s symptoms. And I had some in the drawer (of course, I did – it’s me!!) so I started him on it. I had Rhus Tox 6X (the number is a type of strength).



However, I called Helios the next day (very good homoeopathy company in UK – they have homoeopaths on hand to advise you and they send you the remedies – they do other things as well). Homoeopath agreed with Rhus Tox.

This was what made the big difference at this stage. In about 48 hours, Steve started to feel better in himself and the itching started to subside. Impressive. We continued until he no longer felt benefit which was because the symptoms changed and then he stopped taking it.

The itching had gone and he just had a dull ache around his waist where the shingles had been which he only noticed when he thought about it. We decided to continue with the supplements to continue to heal the nerves from the inside until he was completely recovered.

You have to be a bit careful with homoeopathic remedies as they are sensitive to things like strong smells, electrical, strong taste etc. So, at this stage, Steve would use the oils and homoeopathic remedy alternately ie rub in the oils, then 2 hours later take Rhus Tox etc.

You only need to take the homoeopathic remedy 3 to 4 times a day.

There are other things you need to know about taking homoeopathic remedies, so if you choose to take them, please read the instructions. It's not difficult, you just have to know about it eg keep at least 1ft away from electrical stuff, take with a clean mouth ie 20 mins away from food or drink and wait 20 mins after taking etc. Please see Instructions for Taking Homoeopathic Remedies on the Health Issues page.

### Things That Did not Work for Steve

These things did not work for Steve but have worked for other people so may be worth trying if the above does not help.

Eurax cream for itching  
Essential oil of peppermint  
Anti-histamine pills  
Colloidal Silver  
Lidocaine

### Post Herpetic Neuralgia – PHN

Post Herpetic Neuralgia can be very painful. The idea of the all the things I gave and applied to Steve was to prevent PHN which I managed to do. But if you do get PHN there are various things the GP can prescribe.

Gabapentin – my neighbour's Mother has had PHN for 18 months. She just got this cream for her Mother and it has really helped.

There are others eg Axsacin (made from Chilli Peppers) – but this did not work for a man I know who had bad PHN even 18 months after contracting shingles.

The logo for 'Zest for Life' features a stylized flower icon on the left, composed of several overlapping petals in shades of pink and red, with a green outline. To the right of the icon, the words 'Zest for Life' are written in a large, bold, green sans-serif font.

# Zest for Life

For more suggestions for those of you in UK, you can contact the Shingles Support Society who will send you an information pack. Steve contracted shingles during the early stages of the first Covid 19 lockdown and I did not receive the information for a couple of weeks. Hence, I researched and worked it out for myself. Maybe just as well as I found what worked for him. Here is their website.

<https://shinglesupport.org.uk/>