

Cold Sore Cures - Is It Possible To Cure Cold Sores?

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by DennyBodoh

Cold sore cures - do they really exist or are they just marketing hype? If you could spare a moment, I would love to give you both sides of the argument and let you decide if cold sore cures are real or not.

Some people state cold sore cures are not yet known. Others say we have cold sore cures people are using successfully every day. Who can you believe?

Truth is - both sides are totally correct. They just are not talking about the same thing.

Those people stating cold sore cures do not exist are talking about the herpes virus. This virus causes cold sores. They are often called oral herpes. Once the herpes simplex virus invades your body, it is with you for life.

Cold sore cures, from their point of view, must remove the herpes virus from the body to be a true cure. Since the herpes virus cannot be taken out by any known method, they will shout there are NO cold sore cures.

On the other hand, the respected experts saying there ARE cold sore cures are talking about dealing with the visible reality of the oral herpes cold sore.

Their thought is this - if you have no cold sore symptoms for the rest of your life, you are cured of the disease. Yes, even if the virus continues living within you. In addition, if you heal a current sore, you have cured that outbreak.

Think about this.

Every pathogenic disease is manifested by a certain set of symptoms. And we all carry a variety of viruses and bacteria capable of creating those diseases. But if you have no symptoms, you do not have that disease.

You will see that the argument is also valid with cold sores.

Basically everyone in the world carries the herpes simplex virus (estimates claim about 90%). And, although we do not know exactly why, nearly 38% of the folks infected will never get a single cold sore symptom.

These lucky people are enjoying cold sore cures without even working at it. For the rest of us, it takes a little effort.

Cold sore cures can be defined as methods of prevention and healing cold sores. We will always carry the herpes simplex virus. There simply is no known way to change that right now. But, you can prevent the virus from activating.

Are you wanting to cure a current cold sore - or prevent future outbreaks? Either way, there are some very good cold sore cures that will help you reach your goal.

A word of caution, however.

Most cold sore remedies you buy at the store do nothing to actually cure cold sores. They are primarily designed for comfort. Do not expect much more. I would guess by now you have already found this to be true.

Start taking a good vitamin supplement. This is one of the most basic cold sore cures. The herpes virus is very much affected (and cold sores easily prevented) by nutritional remedies.

Also, lysine has been proven to cure cold sores for many people. Some lucky individuals have every day high levels of lysine due to diet and lifestyle. Other people have to take lysine capsules to achieve the same success.

Before you buy any remedy, start building your immunity with the above recommendations first. Without a solid base, other cold sore cures will not work as well - or at all.

Cold sore cures are available, but they can work differently for each person. Your body is one-of-a-kind in many ways. It may need an alternate approach for better success.

Simply put, building a strong immunity to herpes simplex virus with nutritional changes and supplements is your key to success. With this key you will easily unlock the mystery to some very good personal cold sore cures.

About the Author:

Got Cold Sores? Go to Denny Bodoh's excellent web-site loaded with FREE expert articles about Cold Sores. You will take away a few very good Cold Sore cures and remedies that really work well.