

How To Get Rid of Cold Sores - Fast Cold Sore Relief?

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by DennyBodoh

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Knowing how to get rid of cold sores will truly make life a lot brighter for you. I am sure by now you have seen or heard the hype. People try to talk you into trying some secret formula as the best answer to how to get rid of cold sores.

You give it a try and, again, you find it does not work.

If you are serious to know how to get rid of cold sores, then first you should understand what actually causes them. Then these cold sore treatment tips will make a lot more sense to you.

The cause of all oral herpes outbreaks - whether you call them cold sores or fever blisters - is the herpes simplex virus. It could be either the type 1 or type 2 variety. They both create identical sores.

The herpes virus infects nearly everyone. It is quite contagious. And once you are infected, it will likely be with you for life. It hides deep in the nerve roots near where it entered your body.

Normally the herpes simplex virus is latent and not causing any problems. About 34% of those infected will never experience one cold sore. The other 66% will usually get one or more sores a year.

Stress lowers your immune defenses, allowing the herpes virus to move to the surface. There the virus invades the nerve cells and forces them to create new virus particles.

As the cells fill up with new virus, swelling occurs. Then the cells explode releasing a hoard of new virus. Tons of exploded cells close together form the oral herpes cold sore ulcer.

Now your body must create new cells and skin to heal the damaged area.

Healing speed is different for each person. Your physical condition and activity levels will affect how quick you will heal. Also, having the necessary nutrients available is critical. This includes proteins and vitamins from your diet.

Our main purpose right now is to explain how to get rid of cold sores that you have currently active. However, you will also see how to prevent future oral herpes cold sore events.

1. INITIAL COLD SORE SIGNS

When you feel an itching or dryness, you can bet a new cold sore is only a day or two away. If you can catch the oral herpes cold sore at this early stage, you may not have to go through the lengthy healing process.

Start applying ice or other cold object (like a soda can) to the spot. This often slows down the herpes simplex virus. It could even stop the sore from developing. And that is always awesome.

2. KEEPING THE COLD SORE CLEAN A MUST FOR FAST HEALING

How to get rid of cold sores is well understood by our bodies. After the cold sore breaks open, there are millions of new herpes virus particles. Your body then creates a fluid to clear the sore of virus.

You can really help to speed up the healing process here.

Do this by washing the sore as often as possible. Use alcohol or peroxide soaked tissues or cotton balls. You will help your body get rid of millions of virus particles. At the same time, you will prevent secondary bacterial infection.

3. REPAIRING THE COLD SORE DAMAGE

Here is a little known tactic. Once the sore has burst open, no longer use ice if possible. It will slow healing. Instead, start applying heat. This will cause more healing blood to rush to the area.

Warm tea bags are the best way to apply healing warmth. Tea contains antioxidants and other chemicals that really help in repairing damaged skin. They are cheap so you can throw away after each use.

I strongly suggest you heat up the bags in water. The microwave tends to destroy or weaken the healing nutrients in tea. Apply for a minimum of 15 minutes at a time. The longer you keep your sore warm, the quicker the results.

Hopefully you will find these methods helpful in knowing how to get rid of cold sores. Perhaps you would like to learn even more great tips and secrets to successfully dealing with oral herpes and cold sore events.

If you will let me, I would love to be of help to you. Although there is no more room here, you can visit my web site for a lot of good ways how to get rid of cold sores.

About the Author:

Tired of dealing with your cold sores? If so, go and grab some excellent, free articles about Cold Sores at Denny Bodoh's

very popular website. You will learn and enjoy some amazing Cold Sore treatments you can use right now.