

## Nutrition: Complementary And Alternative Choices

# Shingles

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Note: to have optimal response, all recommendations begin with **Ultra Vites** and **Ultra Omega-Linic**.

*This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.*

Nutrient	Product	Quan
Monolaurin - anti viral	Ultra Monolaurin	4 scoops
An Endobiogenic formula	PhytoBiotic	6
An Endobiogenic topical	PhytoBiotic Spray	2-3
Multi Vitamin Mineral containing good levels of Vitamins A, C and B12	Ultra Vites* or	2
	Ultra Preventive*	4
<i>If higher levels of these vitamins are desired:</i>		
Vitamin A	Vitamin A 10,000	2
Vitamin C	Ultra-C 1000	3-4
Vitamin B12	Ultra-Folic B6 B12	1
<i>For Pain and Inflammation</i>		
Essential Fatty Acids	Ultra Omega-Linic	8
Vitamin E	Vitamin E 400	1
<i>Pain Relief</i>		
Pain Relieving Lotion	Opti-MSM Lotion Plus	PRN
Anti Inflammatory pain relief	Yucca	2, 3-4 times per day
<i>Additional Anti-Viral Activity</i>		
Anti Viral Properties	Spirulina	6
L Lysine	L-Lysine	1500 mg three x per day
Lipid antioxidant - Coenzyme Q10	Renewal CoQ10	1
Lipid antioxidant - Alpha Lipoic acid	Ultra DM-Complex	1
* Use a multi without iron unless iron is needed		

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There are actually quite a few things you can do nutritionally for Shingles.

Here are some ideas and suggestions for the problems associated with Shingles. With early aggressive use of nutrients you may be able to avoid long-term and debilitating secondary problems, such as postherpetic neuralgia.

Shingles, also known as Herpes zoster or Zoster, is caused by the reactivation of the varicella zoster virus, the same virus that causes chickenpox. Anyone who has had chicken pox **or chicken pox vaccine** can develop Shingles.

Some people may have a headache, aching, and light sensitivity for several days or weeks before the appearance of a rash, which is usually painful, itchy and/or tingly. At this point it is beneficial to start **Phytobiotic** (an Endobiogenic Concept™ formula) - and, if you are not already taking **Ultra Monolaurin**, start it, too. The rash develops into clusters of clear vesicles which continue to form over three to five days and progressively dry and crust over. Use **Phytobiotic Topical Spray** (an Endobiogenic Concept™ topical formula) while the rash and vesicles are present. They usually heal in two to four weeks. The rash is confined to one side of the body and does not cross the midline.

If you are experiencing itching or pain, use **Opti-MSM Lotion Plus** as often as necessary on the painful area. Yucca can also be used - 2 capsules, 3 or 4 times per day as necessary.

Postherpetic neuralgia is defined by some as pain after the rash disappears and by others as pain lasting more than 30 to 60 days. It is extremely painful. **Opti-MSM Lotion** and **Yucca** can be used to ease this pain.

Varicella zoster virus is in a family of viruses that includes herpes, measles, and influenza. These viruses have a lipid capsule. The presence of a lipid capsule on viruses makes them especially vulnerable to monolaurin. For this reason **Ultra-Monolaurin** is often recommended for those at risk to any viral infections, but it is especially effective for shingles.

Vitamins A, C, and B12 have also been found to be useful. There are good levels of these three vitamins in **Ultra Vites**, and **Ultra-Preventive**. I recommend either one of these outstanding multi vitamins. They are particularly important for individuals who have inadequate intake of vitamins and minerals, as is the case in most cases of shingles. An additional benefit is that they are both high in folic acid which is needed for transmethylation, the chief action of Vitamin B12.

Vitamins A, C, and B12 can be supplemented individually if larger amounts are needed. The lipid antioxidants, **Renewal CoQ10** (which also contains Turmeric, Milk Thistle, L-Carnitine and Bilberry) and **Ultra DM-Complex** (which contains high levels of alpha lipoic acid) have also been found to help with the post herpetic neuralgia of shingles.

**Ultra Omega-Linic** should be used at 8 per day. These essential fatty acids alter the body's general immune response. Whenever high levels of essential fatty acids are used, 400 IU Vitamin E should be added to protect the cellular membranes from peroxidation and is useful for shingles because it is a powerful lipid antioxidant.

**L-Lysine** (1500 mg 3 times per day) should be considered. It denies arginine to the cells (arginine is essential to herpes viral replication). **PhytoBiotic** contains lysine and other helpful nutrients and essential oils.

**Opti-MSM Lotion Plus**, with its combination of MSM, arnica, and boswellia really quiets the pain response. It can be used at any time there is pain - and as often as necessary.

**Yucca** has pain relieving properties similar to NSAIDs without their many side effects.

Spirulina has been shown to have strong antiviral properties. You can choose **Ultra Preventive** multi vitamin/mineral formula, which contains 1.1 gm Spirulina, or **Spirulina** capsules for a higher level (or if you are using a multi that does not contain Spirulina).

To summarize, try to get ahead of the problem with healthy lifestyle choices. If you believe you might be developing shingles, an aggressive approach might shorten the length and depth of the infection.

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