

# SHINGLES



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## Definition

Shingles is a viral infection that causes a painful rash. Also known as herpes zoster, it often appears as a band of blisters that wraps from the middle of your back around one side of your chest to your breastbone. Other parts of your body can be involved as well, including your neck, face or scalp.

The pain of shingles can be excruciating, and the cause might not be immediately evident. But once the telltale rash and blisters start on one side of your body, it's more easily identified as shingles.



Shingles is caused by the varicella-zoster virus, the same virus that causes chickenpox. After you've had chickenpox, the virus lies inactive (dormant) in your nerves. Years later, the virus may reactivate as shingles.

Shingles isn't a life-threatening condition, but it can be very painful. Sometimes, the rash leads to a debilitating complication called postherpetic neuralgia. This condition causes the skin to remain painful and sensitive to touch for months or even years after the rash clears up.



## Herbal Aids

**General Nervine Salve will stop the nerve pain associated with shingles.**

- **Example:** During a phone call with a member I discovered her husband was suffering with a severe case of shingles. I offered her a bottle of the General Nervine Salve which she dropped by and picked up. The next day I called to see how her husband was doing. The poor man had not worn clothes in nearly three weeks. The pain had been so intense that sleep was nearly impossible. She informed me that relief occurred shortly after applying the salve to the inflamed area. The General Nervine Salve had allowed him a good five hours sleep that night.
- Once the pain is under control it's a good idea to use the Black Walnut tincture internally and as a salve externally to clear the virus from the system.
- **Dr Christopher on: Black Walnut:** Externally, Black Walnut is nearly a miracle worker in cases of scrofula, eczema, impetigo, acne, dandruff, boils, itch, **shingles** (as related above), ringworm--we could go on, but you can see that you can **use Black Walnut whenever a skin disorder appears!**