

Published based on [Home Herpes Remedies](#)

Home Herpes Remedies

There are a few herpes remedies that can be used to minimize this painful and often embarrassing condition. However, understanding what herpes is and how it works is also part of what will make the herpes remedies themselves especially useful and worthwhile.

Herpes comes in two forms: Type 1 which will often cause sores around the mouth and lips and occasionally the genitals. Type 2 which causes sores around the genitals. Basically herpes is a virus that is passed from intimate contact but also from simple non-sexual contact. The symptoms are usually flue like and very painful open sores. Once someone has been infected, they have the virus for life, even though the episodes will often wane and disappear, the virus is still there in the body and can still be passed from person to person without even signs of an attack. Therefore it is important that precautions are always taken.

The use of baking soda as a herpes remedy is particularly useful to combat the pain and inconvenience of the open sores and blisters. The first few episodes of herpes can be very painful and vicious and using baking soda to dab on the painful open sores will help to heal the sores over quickly.

Another particularly good everyday foodstuff for herpes remedies is a tea bag – particularly an Earl Grey tea bag. A wet and cold Earl Grey tea bag applied to the sores will help to dry them out and heal the sores over. This is because the bag includes tannins which are the active ingredient in quickly healing and drying the skin cells.

Salt too can be used to heal the sores and foster quicker healing. Pour the salt into a warm bath and bathe the affected area with the salty solution. Dab the area dry with a clean towel and then if at all possible, the sores should not be dressed with anything, underwear included, they should be left open to the air to aid speedier healing.

What can also help to sooth the pain of a herpes attack is applying ice to the sore and painful area. The ice should not be applied directly onto the skin, instead place the ice inside a plastic bag or wrap the ice in a towel and apply to the skin that way.

As herpes remedies go, make sure that if you have an herpes attack that you practice good personal hygiene. Avoid the sharing of towels and other personal affects because the virus can be easily passed in this way. Also keep yourself well hydrated, especially good is the drinking of peppermint tea which may help reduce pain and the fever that can come with an attack.

You can also find this article published on [Home Herpes Remedies](#)