SHINGLES
(Herpes Zoster)

1. Pre-Disposing Factors and Clinical Indicators: Common serum changes include decreased albumin, increased ALP, increased AST/SGOT, increased monocytes, increased MCV/MCH, decreased or increased cortisol, increased BUN and increased creatinine.

a. Rib-head out of place.
b. Renal dysfunction.
c. Psychological stress with subsequent adrenal hypofunction.
d. Virus (shift in the WBC differential - lymphs increased, neutrophils decreased).
e. Vitamin B-12 deficiency.

2. Dietary Suggestions:

a. Eliminate all refined carbohydrates, alcohol, processed foods, dairy products (except butter), gluten and caffeine containing foods.
b. Drink at least 8 full glasses of pure water daily (no well water or city water).
c. Eliminate all hydrogenated fats and oils. Use *only* raw and fresh oils.
d. Increase raw food and quality protein.
e. If patient is overweight and renal function is not compromised, eliminate fruit juice and limit total carbohydrate intake to not more than 60 grams per day.

3. Primary Supplemental Support in order of need:

a. **B-12 2000 Lozenges** -1 qid (allow to dissolve in mouth) and **Bio-3B-G-** 5 tid. Note: Although the lozenges are effective, vitamin B-12 injections may be required.
b. **Swedish Bitters** and **Complete Kare Spray** - Apply topically to the lesions as needed to control pain and assist with healing.
c. **Far UV Light** - 10 minutes bid on the affected area.
d. **Intenzyme Forte** - IO qid on an empty stomach
e. **21st Century Homeopathic For Lymphatic Drainage** - 1 capful bid and **Viral Homeopathic** - 15 drops tid (Zorex product).
f **Ultra Vir-X** - 2 tid.
g. **Cytozyme THY** – 5 tid.
h. **Cytozyme-SP** - 3 tid and **DeStress** - 2 bid.

4. Other Considerations:

a. **Dismuzyme Plus Granules** - 3 teaspoons full tid.
b. **Bio-CMP** - 2 tid and **Bio-D Mulsion Forte** - 4 drops da
c. **L-Lysine** - 1 tid and **Whey Protein Concentrate** - 1 serving bid.