

# Beat the Sting: 38 Home Remedies for Shingles

Shingles, a painful viral infection caused by the varicella-zoster virus (the same virus that causes chickenpox), affects millions of people worldwide. While there is no cure for shingles, there are a number of effective treatments available to relieve symptoms and speed up recovery.

In addition to prescription medications, there are also a number of natural remedies that can help to soothe the pain, itching, and rash associated with shingles. These remedies, which have been used for centuries to treat various skin conditions, are safe and effective, and can be used alongside conventional treatments.

## The 38 Best Household Remedies for Shingles

1. **Colloidal oatmeal baths.** Colloidal oatmeal is a natural anti-inflammatory that can help to soothe the pain and itching of shingles. To make a colloidal oatmeal bath, grind 1 cup of oatmeal into a fine powder and add it to a lukewarm bath. Soak in the bath for 15-20 minutes.



### Household remedies against shingles: The 38 Best Household Remedies Against Shingles - Shingles Symptoms, Treatment, Causes and Cures

by Rosemary Shaw

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2. **Baking soda baths.** Baking soda is another natural anti-inflammatory that can help to relieve the pain and itching of shingles. To make a baking soda bath, add 1/2 cup of baking soda to a lukewarm bath. Soak in the bath for 15-20 minutes.
3. **Epsom salt baths.** Epsom salts are a natural muscle relaxant that can help to relieve the pain and stiffness associated with shingles. To make an Epsom salt bath, add 1/2 cup of Epsom salts to a lukewarm bath. Soak in the bath for 15-20 minutes.
4. **Apple cider vinegar.** Apple cider vinegar is a natural antiseptic and antiviral that can help to kill the virus that causes shingles and prevent further infection. To use apple cider vinegar as a shingles treatment, mix 1 part apple cider vinegar with 2 parts water and apply it to the affected area with a cotton ball. Allow the mixture to sit for 15-20 minutes, then rinse with cool water.
5. **Aloe vera.** Aloe vera is a natural anti-inflammatory and cooling agent that can help to soothe the pain and itching of shingles. To use aloe vera as a shingles treatment, apply pure aloe vera gel to the affected area several times a day.

6. **Tea tree oil.** Tea tree oil is a natural antiseptic and antiviral that can help to kill the virus that causes shingles and prevent further infection. To use tea tree oil as a shingles treatment, mix 2 drops of tea tree oil with 1 tablespoon of carrier oil (such as coconut oil or olive oil) and apply it to the affected area with a cotton ball. Allow the mixture to sit for 15-20 minutes, then rinse with cool water.
  
7. **Lavender oil.** Lavender oil is a natural sedative and pain reliever that can help to relieve the pain and discomfort associated with shingles. To use lavender oil as a shingles treatment, mix 2 drops of lavender oil with 1 tablespoon of carrier oil (such as coconut oil or olive oil) and apply it to the affected area with a cotton ball. Allow the mixture to sit for 15-20 minutes, then rinse with cool water.
  
8. **Peppermint oil.** Peppermint oil is a natural pain reliever and cooling agent that can help to relieve the pain and itching of shingles. To use peppermint oil as a shingles treatment, mix 2 drops of peppermint oil with 1 tablespoon of carrier oil (such as coconut oil or olive oil) and apply it to the affected area with a cotton ball. Allow the mixture to sit for 15-20 minutes, then rinse with cool water.
  
9. **Chamomile oil.** Chamomile oil is a natural anti-inflammatory and pain reliever that can help to relieve the pain and discomfort associated with shingles. To use chamomile oil as a shingles treatment, mix 2 drops of chamomile oil with 1 tablespoon of carrier oil (such as coconut oil or olive oil) and apply it to the affected area with a cotton ball. Allow the mixture to sit for 15-20 minutes, then rinse with cool water.

10. **Echinacea.** Echinacea is a natural immune booster that can help to fight off the virus that causes shingles. To use echinacea as a shingles treatment, take 500mg of echinacea extract three times a day.
11. **Vitamin C.** Vitamin C is a natural antioxidant that can help to protect the skin from damage caused by the virus that causes shingles. To use vitamin C as a shingles treatment, take 1,000mg of vitamin C three times a day.
12. **Lysine.** Lysine is an amino acid that can help to prevent the virus that causes shingles from multiplying. To use lysine as a shingles treatment, take 1,000mg of lysine three times a day.
13. **Zinc.** Zinc is a mineral that can help to boost the immune system and protect the skin from damage caused by the virus that causes shingles. To use zinc as a shingles treatment, take 50mg of zinc once a day.
14. **Quercetin.** Quercetin is a flavonoid that can help to reduce inflammation and pain. To use quercetin as a shingles treatment, take 500mg of quercetin three times a day.
15. **Feverfew.** Feverfew is an herb that can help to reduce inflammation and pain. To use feverfew as a shingles treatment, take 250mg of feverfew extract three times a day.
16. **Ginger.** Ginger is an herb that can help to reduce inflammation and pain. To use ginger as a shingles treatment, take 500mg of ginger extract three times a day.

17. **Turmeric.** Turmeric is a spice that can help to reduce inflammation and pain. To use turmeric as a shingles treatment, take 500mg of turmeric extract three times a day.
18. **Boswellia.** Boswellia is an herb that can help to reduce inflammation and pain. To use boswellia as a shingles treatment, take 500mg of boswellia extract three times a day.
19. **Sauna.** The heat and steam of a sauna can help to draw out toxins from the body and promote relaxation. To use a sauna as a shingles treatment, sit in the sauna for 15-20 minutes, three times a day.
20. **Yoga.** Yoga can help to reduce stress and improve circulation, both of which can help to speed up the recovery process from shingles.



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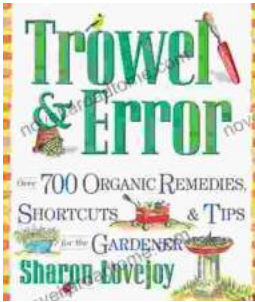
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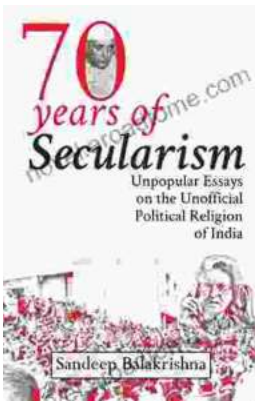
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