



HERPES BLISTERS

Iodide destroys the virus of herpes. Both oral and genital lesions are treatable this way; however there may be some stinging pain for a moment, though this is harmless. If the herpes is treated at the first sign of reddening or blistering, it will disappear overnight and is usually gone within 3 days. Even if the herpes is treated at a more advanced stage, the iodide will debride the blister and shorten the duration by a couple of weeks from the expected 3 weeks from start to finish of a herpes outbreak. Directions for application: apply to affected area and allow 5 to 10 seconds for disinfectant action to be complete. If pain is excessive, blot with tissue or rinse off with water and quench with vitamin E oil.

SAFETY OF IODINE APPLICATIONS

Potassium iodide does not damage intact skin and there is no pain unless the skin is broken. One of my patients used iodide on her skin after burning it with oven-cleaner. She applied the iodide twice a day despite serious pain "because I thought if the doctor prescribed it for me it couldn't possibly do any harm." After two weeks of this self-treatment she came to seem me. There was a silver dollar sized hole in the skin of her forearm with a black scab around the edges. In the center the bone of her arm was clearly visible. I applied vitamin E around the edges of the wound and had her protect it with a clean dressing. Two weeks later the area was entirely healed and without even a trace of scar.

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