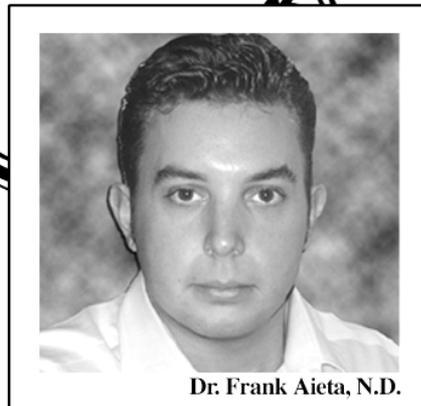
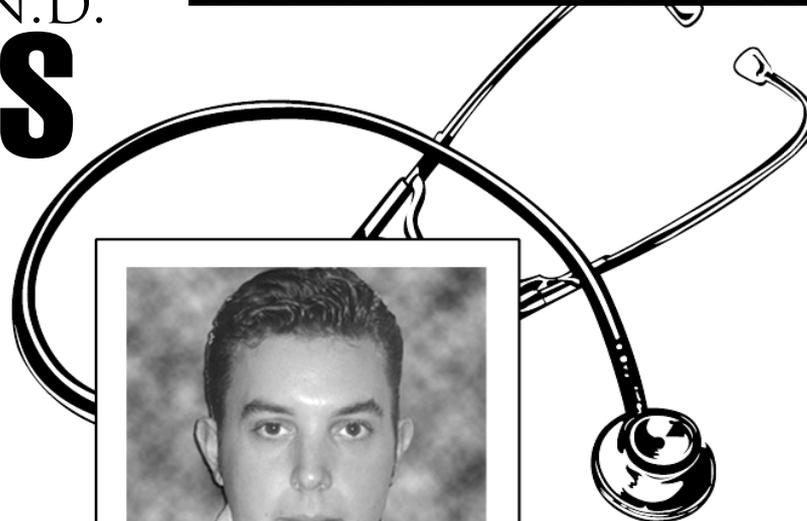


WITH DR. AIETA, N.D.
**FROM COLD SORES
TO ANEMIA**



Dr. Frank Aieta, N.D.

Dr. Aieta:

I have been suffering for years from chronic cold sores on my lips. They tend to come out more when I am under stress, when I don't get enough sleep or when I'm sick. Is there anything I could do naturally that can help prevent them? They can be quite painful and are not too attractive.

Thank you,
Liz

Cold sores are a very common condition caused by a strain of the herpes virus. Many of us walking around have been infected with this particular herpes virus, but it may only present itself as a cold sore occasionally, or in some people, never at all. The immune system should be able to keep this virus in check if it is functioning properly. Things like physical or emotional stress, food triggers, fevers, infections and certain immune-suppressive medications can cause the virus to come out in the form of a cold sore. Once a person has been infected with this particular virus, there is no cure, but it can be kept under control through proper nutrition, stress management and supplementation.

The first thing I look at with all of my patients is diet. Certain foods can trigger the herpes virus to become more active. Foods that are high in the amino acid Arginine should be eaten in moderation and avoided altogether during an active outbreak. Arginine causes the herpes virus to replicate and grow. Some foods that are high in this amino acid are nuts and seeds, chocolate, dairy products and corn, to name just a few. During an active outbreak, and as a preventative measure, I have my patients consume foods high in another amino acid called Lysine, which actually prevents the growth and spread of the virus. Patients can

get Lysine from foods like fish, poultry, lima beans and shrimp. I also have patients take about three grams of Lysine a day in a capsule form during an active outbreak, and a little less every day as a preventative measure.

Another very effective treatment for cold sores is the application of local honey directly on the cold sore up to four times daily. I read about this particular treatment in a study that compared it to the traditional treatment with antiviral drugs, and it actually worked significantly faster and with no side effect in healing the cold sore.

Some other supplements that I have used successfully in treating and preventing cold sores are the trace mineral selenium and high-dose vitamin C. Selenium works to stop the virus from growing and is very effective as a preventative measure and treatment. The dosage varies based on the size and age of the person, but a general recommendation is about 400 mg a day for prevention and a little more during an active flare up. The vitamin C is used more to boost the immune system, so it can keep the virus in check. I recommend about 1000 mg three times daily during an active flare up and 500 mg one to three times a day as maintenance.

I have numerous patients in my practice who have suffered for years with chronic cold sore outbreaks, but since they have been under my care, they have had far fewer outbreaks. And when they do have them, they resolve them twice as fast as they did in the past.

Dr. Aieta:

I was recently diagnosed as having iron-deficient anemia by my medical doctor. He put me on some prescription iron pills, and they are really hard on

my digestive tract, leaving me feeling quite nauseous. What foods or different forms of iron would you suggest to help with my anemia?

The form of iron that you were probably prescribed was one called ferrous sulfate or ferrous fumarate, both of which are very poorly absorbed — only about two percent — and can cause significant gastrointestinal problems such as constipation, nausea and flatulence. The best food sources of iron are liver, green leafy vegetables, beans, blackstrap molasses, lean meats, almonds and shellfish. Vitamin C at 500 mg at each meal has also been shown to greatly enhance the absorption of dietary iron.

Some foods that may decrease the absorption of iron include tea, coffee, wheat bran and egg yolks.

The form of iron that I use in a capsule form is iron glycinate. I have never had a patient complain of digestive problems with the use of this form. The

dose I recommend and the duration of treatment depends on how iron-deficient the person is. I will typically recheck their levels after about three months of supplementation.

Dr. Frank Aieta is a board certified and licensed Naturopathic Physician with a private practice in West Hartford, Conn. He specializes in the treatment of disease, using natural therapies such as acupuncture, homeopathy, spinal manipulation, clinical nutrition, and herbal medicine. If there is a specific topic you would like to see addressed in an upcoming column, you can e-mail him at DrAieta@aol.com, or visit www.DrAieta.com for additional information.

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