8 Natural Remedies For Cold Sores (Herpes Labialis)

The thing is about cold sores (also known as Herpes Labialis & Fever Blisters), unless you suffer with them, you have no idea how painful, irritating and embarrassing they can be, but the really annoying thing is that once you are infected with the Herpes Labialis virus, it never really goes away and you will continue to get cold sores over and over throughout your life.

These days there are actually some pretty effective anti-viral creams you can get from the pharmacy, which can help cold sore heal much quicker. However there are also loads of home remedies for cold sores and the post below lists 8 of the best natural home remedies for cold sores. I will definitely be trying some bee propolis the next time I get that telling tingle at the side of the mouth...