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# **Cold Sores Cleared Quickly**

I have always suffered from cold sores. My first memory of getting one is back when I was in high school and anyone that doesn't get cold sores can not even begin to imagine just how horrible it can be at that age! I have tried many treatments, natural and medicinal, to try and figure out which ones work best, which ones work fast and which ones don't cause any side effects!

I began with trying all the treatments that my doctor prescribed me and none seemed to be able to get rid of my cold sores quickly – because lets face it, that's all we really care about, getting rid of it as quickly and painlessly as possible! I've experienced cold sores on my lips and under my nose and as I'm sure you can appreciate, neither experience is particularly fantastic, you just feel ugly and like all anyone is doing is looking at your cold sore! After trying over the counter treatments I had about as much success as the prescribed treatments. By this stage I was getting into my early 20's and very unhappy with the cold sore break outs I seemed to be getting. They were becoming far too frequent and I couldn't help but wonder what on earth was causing these outbreaks. My doctor wasn't much help and everything that I had been able to find from the library kept talking about the "herpes simplex virus" which didn't sound like something you would want! The more I read about it, the more confused I became and then when I found out that there were two different types of the herpes simplex virus, I was even more confused!

Did you know that the herpes simplex virus is also the same virus that causes genital herpes...

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