

Advice for SHINGLES (Gordelroos):

Shingles is “incurable” and the rash will come and go. A new rash is usually triggered by stress, and the rash will always occur on the same spot on your body.

One can manage the symptoms!

I can recommend 2 of my products:

1. OCOTEA
2. Bulbinella Cream

Shingles has a few stages:

1. It starts as a red spot, which more or less looks like a mosquito bite(s).
 2. As soon as you start scratching, small blisters will appear.
 3. At one stage the blisters will “pop”, and a dry skin rash will appear.
 4. As time goes by, the rash will disappear.
- [This whole process can last 1-3 weeks]

At any stage you can start to apply OCOTEA, as it has antiviral and antibacterial properties, it is of huge help. Upon applying OCOTEA you may feel a warm burning sensation, this is totally normal. Apply at least twice per day.

NB: Never scratch, as difficult as it may be. NEVER SCRATCH.

Reason: this will prolong the healing process. If you can manage not to scratch the whole healing process can be as short as 7 days.

Should you feel that the OCOTEA is too “harsh” on your skin, apply Bulbinella Cream over it.

NOTE: **When having Shingles on your face**, take great care not to apply OCOTEA close to your eyes. This will irritate your eyes. When having Shingles on your face, it is advisable to 1st apply Bulbinella

cream, and only apply 1 drop of OCOTEA to the skin where the rash is. If you experience extreme discomfort with Ocotea on your face, stop using it. In this case I will advise you to take OCOTEA orally, 2x drop in ½ glass water / “Coke Zero” / Lipton Ices tea. Take it morning and night. If you are on any chronic medications, take OCOTEA 2 hours prior to OR 2 hours after your medications.

OCOTEA can also be take “preventative”:

Once your Shingles rash has disappeared, take OCOTEA orally, 2x drop in ½ glass water / “Coke Zero” / Lipton Ices tea. Take it morning and night. If you are on any chronic medications, take OCOTEA 2 hours prior to OR 2 hours after your medications. This will help for Shingles not to recur. You can also apply OCOTEA every 2nd day on the area of your skin where your Shingles usually reappear.