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For shingles or cold sore outbreak:

1. Take L-Lysine 500mg 2 capsules orally on an empty stomach once a day for few days or until cold-sore or shingles symptoms clear up.
2. Avoid arginine rich foods as they will aggravate herpes simplex virus: foods rich in arginine, such as:
 - a. Chocolate
 - b. Peanuts
 - c. Almonds
 - d. Walnuts
 - e. Hazelnuts
 - f. Flaxseeds
 - g. Sesame
 - h. Sunflower seeds
 - i. Dark leafy greens including spinach and
 - j. Many whole grains also contain significant amounts of arginine
3. Example of Lysine rich foods:
 - a. Fruits contain high amounts of lysine: e.g.: apples, apricots, figs, mangos, pears.
 - b. Vegetables: Most vegetables are high in lysine and low in arginine. E.g.: Beans, beets and potatoes.
Cauliflower and broccoli are some of the best foods to eat to prevent a herpes outbreak.

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