



Licorice Cold Sore Tincture

This tincture is my go-to remedy for cold sores. I can't tell you the number of times I've used licorice tincture when I felt that old familiar tingle, usually before a big presentation or important event. And it's always the same result – the vast majority of the time, the blisters never even appear. Why does licorice work so well? According to some scientific investigations, it contains compounds that prevent the virus from creeping down the nerves and causing eruptions on the surface tissue. Licorice also has powerful anti-inflammatory effects that reduce redness and swelling.

Ingredients:

- 1 ounce licorice root, cut
- 5 ounces vodka (80 proof)

Directions:

Grind licorice to a coarse powder and put it in a jar (you can do this in an inexpensive coffee grinder). Add vodka. Stir. The liquid should completely cover the herb, and your spoon should be able to move freely. If you need more liquid, add one more ounce of vodka. Put on a lid, and shake daily for 14 days. Strain. Pour the liquid into a dark tincture bottle and label.

How to Use:

Insert a clean cotton swab into the tincture and apply it to the cold sore outbreak. Reapply using a clean cotton swab every 1-2 hours while awake, during the first 24 hours to 48 hours. Amazing.