SHINGLES(herpes zoster)

Take the following for several months:

- **50mg B Complex in the morning and evening**
- **Calcium-Magnesium at bedtime**
- **Multi mineral in the afternoon or evening**
- **1,000 mg Borage oil daily**

If possible get homeopathic “Shingles” from Kroeger, or homeopathic “Chicken pox” and take for 1 month (3 times a day)