

FIVE THINGS YOU DIDN'T KNOW ABOUT COLD SORES

THEIR CAUSE

The virus that causes cold sores, HSV-1, enters the body through mucous membranes in areas such as the mouth, according to Dr. John Sherman, a naturopathic physician and adviser for www.SureNature.com. It lives in the roots of nerves, and when you get a cold sore, it appears at the nerve ending.

OUTBREAKS

Getting a sunburn can cause a cold sore outbreak. An overly acidic system – drinking too much orange juice, consuming too much sugar – can also cause it.

TREATMENT

Don't use a topical salve or concealer on a cold sore. It can push the virus back into the system, Sherman said. It's better to draw out the virus by drinking sage tea or taking bentonite clay. Drawing it out can help kill the virus.

RED FLAG

The typical cold sore lasts 10 days. If you get them often and they cover a wide area and are accompanied by fever, seek medical attention. This is a sign that your immune system is being challenged, Sherman said.

SOLUTIONS?

A cold sore may relate to issues in your colon, such as not enough of the right bacteria. ImmunaSure, available at www.SureNature.com, includes a variety of intestinal bacteria that work to prevent cold sores. The supplement L-lysine is effective, but it takes a lot to work. • *McClatchy-Tribune*



STOCK XCHNG

Citrus can trigger cold sores.

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THIS NORFOLK BUSINESS IS HELPING PEOPLE WITH FOOD ALLERGIES ... ONE BITE AT A TIME.

LUCY'S LLC

Where Headquartered at 7420 Central Business Park, Suite 1, Norfolk

Length of operation Five months

Number of employees 11

Sales \$200,000 to \$400,000 projected for 2008

More info www.drlucys.com

Get the cookies Farm Fresh, the Virginia Zoo, local coffee shops and online



MICHAEL KESTNER • THE V-P

Lucy Gibney, left, president and CEO of Lucy's, watches as Troy Swiger puts cookie dough into a machine at her business headquartered in Norfolk.

MORE THAN JUST DESSERT

Lucy's makes gluten-free cookies – that means they're made without wheat. These treats also contain no milk, eggs, peanuts or tree nuts, and they're cholesterol and trans-fat free and kosher certified.

Co-owner and president Lucy Gibney, 44, began making the treats for her 4-year-old son, Colin, who was diagnosed with severe food allergies when he was 4 months old. After he reacted to baby formula, they also discovered that he's allergic to dairy milk, barley, crab, wheat and eggs.

Lucy and her husband, Paul, didn't want Colin to have to eat alone because he couldn't eat what other kids ate.

HOW IT GOT STARTED

Lucy was a doctor for eight years before trading her scrubs for an apron more than two years ago. Paul couldn't stop eating her cookies and suggested that she start the business. It became reality in December.

TO ENSURE SAFETY

Lucy's tests ingredients before using them. A few that claim to have no allergens have tested positive, Lucy said.

It took months to find chocolate that didn't contain nuts and milk, she said. Tree nuts and peanuts can't be brought into the Norfolk baking facility at all. And bakers use a gluten-free blend of six types of flour in place of regular flour.

CAN WE EXPECT MORE?

Lucy's customers are vegans as well as the health-conscious and those with food allergies. She said she's thought about selling gluten- and allergen-free pastas, cakes and cereals but wants to perfect her current product first: "We're trying to get the cookie aspect fine-tuned." • *The V-P*