

# Letter to the Editor

Dear *Cutis*<sup>®</sup>:

I was very interested in the article, "Therapeutic Options for Herpes Labialis: Experimental and Natural Therapies" (*Cutis*. 2005;76:38-40), by Elish, Singh, and Weinberg. Physicians may want to add flu titration to their list of therapies for herpes labialis; I have been using it with success for 20 years. It is a 1:5 dilution of the flu vaccine and is administered in doses of 0.1 cc sublingually every half hour for 4 to 5 doses. If the lesion is treated quickly after it first appears, it will dry up within 24 hours and become totally painless. I have not seen or heard of a failure in my 20 years' experience.

The flu titration is effective against every other herpes virus, be it herpes genitalis or herpes zoster. I personally halted 2 would-be episodes of scalp shingles on myself, using the titration in the evening and having the tenderness and malaise totally gone by the next morning.

It also is extremely effective against any flulike virus causing fever, aches, and chills. Within about 5 to 8 hours, the syndrome goes away. It works against the severe flu and some of the more minor flu viruses normally not impacted by the flu shot.

I recommend the flu titration approach as an excellent and inexpensive way to treat these conditions.

Sincerely,  
Stuart H. Agren, MD  
Mesa, Arizona

The author reports no conflict of interest.