

Shingles

Shingles consists of a very painful rash that often appears on the side of the body in a narrow band. This disorder usually affects individuals with compromised immune systems. The same virus (varicella zoster) that causes chicken pox also causes shingles. The nerve pain that lingers after the rash has cleared is known as postherpetic neuralgia.

Possible Causes and Contributing Factors:

- Renal dysfunction
- Psychological stress with subsequent adrenal hypo-function
- Virus
- B-12 deficiency