



## What are Abrasions?

In essence, an [abrasion](#) is a 'scrape' that happens when the skin is rubbed away and can occur as a result of abrasive material (friction or chaffing from clothes or objects), falling on gravel, or 'skinning' areas of the body when **objects brush past the body at high speed** (for example twigs and branches when tumbling down a hill). Children are most at risk for [abrasions](#) – most commonly at school in the playground.

[Abrasions](#) can hurt and cause pain (usually experienced as a 'burning' sensation). Most abrasions will not cause excessive bleeding, but some may 'weep' a clear fluid. [Abrasions](#) are usually red and may be accompanied by swelling and inflammation. Abrasions can also be accompanied by cuts or bruising of tissue around and under the abrasion. Abrasions **should be kept sterile until a natural scab forms** over the wound to prevent any [infection](#). *Consult a doctor if you experience signs of infection.*

## What Causes Abrasions?

An abrasion is caused by friction or scraping (unlike cuts or lacerations caused by a sharp object that opens the connective tissues in the skin. An abrasion **usually causes superficial damage to the skin**, generally not deeper than the epidermis (the top layer of skin).

## Help for Abrasions

Many herbal and homeopathic remedies have been formulated with specific ingredients to encourage [healing](#) while helping to prevent [scars](#) and [infection](#). Melaleuca Alternifolia (Tea Tree) has been used for its ability to help **keep wounds sterile and resistant to infection** while soothing and comforting the skin.

Herbs such as Agrimonia eupatoria (Agrimony), Hamamelis virginiana (Witch Hazel) and Achillea millefolium (Yarrow) act as natural astringents that help to **tighten and constrict tissues, lessening inflammation** and helping to diminish blood loss. In addition, the natural properties of these ingredients assist with recovery and promote [natural healing](#).

## Tips for treating abrasions

- Be sure to clean out an abrasion by removing all debris (such as grit, dirt and sand) from the skin tissue



The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- You may try running tepid water over the area to remove debris
- If debris is packed in the tissue, you may need to consult a doctor for assistance
- Try to use a natural ointment that will help cleanse the site without the harsh sting of usual antiseptics
- Cover the cleaned abrasion with a non-stick sterile dressing or gauze

## A Tip to help prevent abrasions

Children as well as adults should always **wear the appropriate protective gear** when taking part in sports or recreational hobbies such as biking or skateboarding. (Knee pads, and elbow pads, as well as protective padded clothing or a hard hat with a grid can protect from abrasions)

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future

The advertisement for NativeRemedies features a green leaf logo at the top. Below it, the text reads "NativeRemedies THE NATURAL CHOICE". A green banner with white text says "LIVE A HEALTHY LIFE!". Underneath is a photograph of a smiling family consisting of a woman, a man, and two children. At the bottom, the text states "Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family" and includes a red button with the text "CLICK HERE".

### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

### **Ask Our Experts a Product Question**

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

### **Great Health Sites**

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Natural Help 4...Free Natural Health Ebooks](#)

**Pure-Clenz Solution:** Natural remedy supports healthy sleep patterns and sustained peaceful, restful nights

Pure-Clenz Solution is **nature's first aid!** Used for generations to cleanse common everyday cuts and scrapes, the ingredients of Pure-Clenz Solution are 100% safe and natural and have a long and well documented history of traditional use for **cleansing the skin after minor cuts and scrapes.**

Pure-Clenz Solution works for the entire family, but is perfect for **cleansing the skin after the inescapable bumps and scrapes** that children are prone to receiving. Like all Native Remedies products, Pure-Clenz Solution has been developed with care by our practicing Clinical Psychologist and is manufactured according to the highest pharmaceutical standards. Individual ingredients are well-researched and have been specially chosen for their high safety profile in natural family health.

[Learn more about Pure-Clenz Solution](#)

**Pure-Heal Gel:** Natural soothing gel provides skin support for everyday minor mishaps

Pure-Heal Gel is a 100% safe and natural topical herbal gel that helps to **support and soothe the skin after minor mishaps and everyday insect bites.** Pure-Heal Gel has been formulated as a natural companion to our effective [Pure-Clenz Solution](#)™ - for complete care of your family's skin .

Pure-Heal Gel contains a carefully selected combination of well-known and **respected traditional herbal remedies for supporting and soothing the skin.** The soothing aloe gel base and subtle lavender aroma also provide an immediate comforting effect.

Like all Native Remedies products, Pure-Heal Gel has been developed with care by our team of natural health experts and is manufactured according to the highest pharmaceutical standards. Individual ingredients are well-researched and have been specially chosen for their high safety profile in family health.

[Learn more about Pure-Heal Gel](#)

Read the testimonials for these quality products [here!](#)



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## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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