



What is Impetigo?

Impetigo is a highly contagious skin infection that is caused by staphylococcus (staph) and streptococcus (strep) bacteria. It is most common amongst children aged between 2- 6 years than adults. This **skin infection may often start as a minor scratch** or appear as a red sore on the upper lip – similar to a cold sore or fever blister.

It then forms a blister that ruptures and secretes to form a yellowish-brown crust. **Impetigo is spread by direct contact** to others from sharing towels, clothing, toys and other personal items. These sores may also spread to other parts of the body including the face or hands as well as to other people from scratching or touching.

There are types of impetigo, non-bullous and bullous impetigo. Non-bullous impetigo is the most common form and is **caused by staphylococcus and streptococcus bacteria**. It is characterized by tiny blisters or scabs that form yellowish-brown crusts. Bullous impetigo is caused by staphylococcus bacteria which produces toxins that cause breakage in the skin.

The symptoms and signs of non-bullous and bullous impetigo include:

Non-bullous impetigo

- Affects the nose, face, arms, and legs
- Appears as small blisters or scabs
- Forms yellow or honey-colored crusts

Bullous impetigo

- Appears in various skin areas such as buttocks
- Blisters leave red, raw skin with ragged edge

What Causes Impetigo?

Impetigo is caused by two types of bacteria, Staphylococcus aureus (staph) and Streptococcus pyogenes (strep). Both types of bacteria are known to thrive wherever there is close contact with large groups of people, particularly in schools or daycare environments. Staph and strep bacteria are harmless until they enter through a wound and cause an infection. Children are more likely to develop impetigo through a cut, scrapes, burns or insect bite or if the skin has already been irritated by other skin problems such as eczema, poison ivy, chicken pox or

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

allergies. [Impetigo](#) in adults comes about as a result of injury to the skin, also by skin conditions such as dermatitis.

Risk factors include:

- Poor hygiene habits
- Direct contact with a person who has [impetigo](#)
- Using personal items such as towels, linen or clothing of a person with [impetigo](#)
- Anemia
- Chronic dermatitis
- Malnutrition
- Crowded conditions
- Participation in skin-to-skin contact sports such as football
- Warm, humid weather
- People with diabetes or a compromised immune system

Diagnosing Impetigo

If your child develops sores or blisters, consult your doctor for a proper diagnosis. Your doctor may **remove a bit of material from the sore** with a cotton swab to have it tested for the presence of bacteria.

Help for Impetigo

The [treatment for impetigo](#) depends on the type of [impetigo](#), the severity of the condition and the age of your child. Treatment options **include topical and oral antibiotics** as well as certain hygienic measures. Minor cases of impetigo may be treated by simply cleaning the wound – wash the wound two to three times a day with mild soap and water.

Soak stubborn crusts in warm water or compress them with a saline solution before applying topical antibiotics. Parents should ensure that the child's fingernails are cut short to **avoid scratching of the affected area**. Topical antibiotics such as Bactroban may be applied to the skin to treat the infection. If the infection is widespread or slow to respond to the ointment, oral antibiotics are administered.

Natural remedies

Natural and holistic treatments are also extremely effectively in **relieving the symptoms of bacterial infections**. Herbal and homeopathic remedies are safe to use without the harsh side effects of prescription drugs, and best of all they maintain overall physical and emotional health.

Herbs such as Hypoxis Rooperi (extract of African Potato), Agathosma Betulina (also known as buchu) and Mentha Piperita help **to boost and strengthen immune system functioning**. A combination of herbal and homeopathic ingredients such as Natrium muriaticum, Kalium muriaticum, Galium aperine (Cleavers) and Trifolium pratense (red clover) helps to balance and hydrate the skin and promote the natural process of skin healing.



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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.

Tips to prevent impetigo

Preventing injuries, treating infection and practicing good, clean hygiene is important if you want to [avoid impetigo](#). Follow these precautionary measures:

- Wash hands thoroughly and frequently – after using the bathroom, before cooking and eating, playing with pets and cleaning or dressing a wound
- Ensure that each family member has his or her own toothbrush, washcloth and towel
- Separate the infected person's bed linens, towels, and clothing from those of other family members, and wash these items in hot water
- Teach your child not to share personal items such as eating utensils, clothes, towels, toothbrushes or lip balm with other children
- Clean and treat injuries with mild soap, antibacterial ointment and then cover with gauze
- Practice good personal hygiene by showering or bathing everyday, washing your child's hair and trimming his or her nails regularly
- Teach your child not to scratch or pick scabs, wounds or sores as the area under the nails breeds bacteria
- Keep your child at home until the infection has healed

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,

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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 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



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ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely **maintain systemic balance and immune system health**, without harmful side effects.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system well-being, thereby **helping to keep you healthy and strong**.

The formula remains true to the whole spectrum method of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

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Skin Dr.: Support skin strength, health and functioning from the inside

Skin Dr. is a combination of selected herbs and biochemic tissue salts known for their **ability to cleanse and purify the entire system**, supporting healthy lymphatic functioning, as well as the health and integrity of all cells and layers of the skin.

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[Learn more about Skin Dr.](#)

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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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