



What are Scars?

Scars are a **natural part of the healing process after injury**. They are actually growths of collagen (protein) that form beneath the skin as a result of acne, wound, cut, burn, injury or surgery to the skin. Collagen consists of fibers that strengthen the layer of skin beneath the surface. When the skin is injured, the collagen that is produced becomes thicker.

It is this thickness that causes the scar to form. Scars come in all shapes and sizes, and usually take approximately 18 months to mature. **Newly formed scars are usually red**, dark and raised. Over time, they become pale and flatter. Scars will never disappear completely and tiny traces will always remain no matter what treatment is used.

There are different types of scars and these include:

- **Keloid scars** are described as “the scars that do not know when to stop”. They enlarge above the original injury. These types of scars are tough looking and heaped-up in appearance and affect mobility. Cryotherapy, pressure treatment or gel pads are used to treat keloid scars.
- **Contracture scars** usually occur if your skin has been burned. The skin tightens and may affect your ability to move. It may also affect your muscles and nerves.
- **Hypertrophic scars** are similar to keloid scars but do not affect the boundaries of the injured area. They are raised and red in appearance.
- **Acne scars** usually develop as a result of severe acne. There are various types of acne scarring such as deep pits, box car scars and rolling scars. Deep pits are the most common and a classic symptom of acne scarring. Box car scars are angular scars that develop on the cheeks and temple. They resemble chickenpox scars and may be superficial or deep. Rolling scars give the skin a wave-like appearance.

What Causes Scars?

Scars **develop as a result of the healing process** after injury. Various factors such as age, genetics, sex, and ethnicity contribute to how the skin heals and reacts. The depth, size of the wound or incision and location of the injury affects the formation of the scar.

Diagnosing Scars

Scars are based on a **simple visual examination**. Your doctor or dermatologist will ask you a few questions such as how long has the scarring been present, is the



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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.

scar flat or raised, is the scar painful or is it a result of an injury.

Help for Scars

[Scars](#) cannot be removed completely and traces will always be left on the skin. For [scars](#) to heal effectively, it is very important not to scratch or squeeze scabs, wounds or acne. There are several treatment options that can **improve the appearance of a scar** and make it less visible. Over-the-counter or prescription ointments, creams or gels are often used to [treat scars](#) that develop as a result of injuries, wounds or surgical incisions.

Sometimes corticosteroids or antihistamine creams are administered for [scars](#) that may cause itching. Scar plasters are sticking plasters that may help to **reduce or soften the scar**. In cases where scarring is a result of severe acne, your doctor or dermatologist may use pressure treatments or silicone gel sheetings to [treat scars](#). For protruding [scars](#) such as keloids or hypertrophic, steroid injections may be used. Collagen injections may also be helpful in treating pitted [scars](#) but are only a

Natural remedies

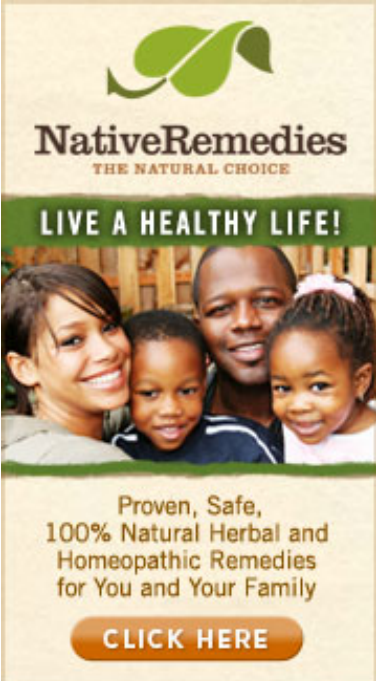
More and more people are looking for natural and holistic [ways to heal scars](#) from acne, chicken pox, injury or surgery. While some topical creams and medical procedures such as dermabrasion and laser resurfacing may **lessen the appearance of scarring**, they are often very costly and harmful to the skin.

Natural treatments such as herbal remedies are less invasive and gentle to use on the skin. Herbs such as Galium aparine (Cleavers) and Trifolium pratense (red clover) have a wide range of therapeutic benefits that act as a **cleansing tonic, blood purifier and lymphatic cleanser**. Homeopathic ingredients such as Natrium muriaticum, Kalium muriaticum and Kalium sulphate help to maintain skin health and support the regenerative processes of the skin.

Tips to prevent scars

Although it may be impossible to prevent scarring, there are a number of ways to [prevent the formation of scars](#) from acne, abrasions, wounds and surgery.

- Incorporate fresh fruit, vegetables and whole grains into your diet
- Drink plenty of water to flush toxins from the body's system
- Avoid touching, rubbing, picking or popping pimples
- Use a concealer or corrective foundation to cover scars on the face or body
- Always apply sunblock and never allow direct sunlight to shine on the damaged area
- when going outside – this will avoid further scarring and pigmentation
- Cover a cut with a bandage or Band-Aid to keep it moist and prevent a scab from forming - a moist wound heals faster than a dry one with a less visible scar
- Avoid physical workouts such as weight and cardio training because too much stretching and flexing of the wound can lead to a thick or raised scar
- Massage the affected area once new skin has grown as this will lessen the appearance of the scar
- Avoid using hydrogen peroxide on your scar as it may damage new skin



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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.

- tissue and interfere with re-growth
- Detox from prescription drugs such as Accutane as they slow the healing process

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 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

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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.

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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!

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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.

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