



## What is an Abscess?

An [abscess](#) is described as a **tender sore or lump** that can be pressed on easily. It has a middle area filled with pus and debris. It is surrounded by a colored area that ranges from pink to deep red and becomes swollen. This area is usually painful and warm to the touch. Abscesses may appear on any area of the body and predominantly surfaces in the armpits, at the base of the spine, around a tooth, in the groin or around the vaginal and anus areas.

If a hair follicle becomes inflamed, this may also lead to an [abscess](#) being formed, commonly known as a boil. If left untreated, an **abscess can lead to serious complications** by spreading to the tissues under the skin, into the bloodstream and a fever may even develop.

The most common symptoms and signs include:

- Red, warm sore that is tender, painful and warm to touch
- Develop into a point with pus and debris inside

## What Causes an Abscess?

Abscesses develop when an obstruction of the sebaceous (oil) glands or sweat glands, minor [breaks of the skin](#) or inflammation of the hair follicles occurs as a result of a bacterial infection. Germs enter the skin and begin to grow causing **inflammation around the tissues**. People who have weak immune systems are most at risk of developing abscesses because their bodies struggle to fight off these infections.

Risk factors include:

- Chemotherapy
- Chronic steroid therapy
- Diabetes
- Cancer
- Leukemia
- AIDS
- Crohn's Disease
- Ulcerative colitis
- Peripheral vascular disorders
- Severe burns
- Severe trauma
- Sickle cell disease



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.

# Diagnosing Abscesses

The [diagnosis of an abscess](#) is based on your symptoms, a physical examination and medical history. Your doctor will want to know how long the [abscess](#) has been present, if you injured that particular area, experienced a fever or have any allergies. If you have an **underlying disease such as cancer, diabetes, AIDS, leukemia** or poor circulation or are on medications such as chemotherapy or steroids, inform your doctor immediately.

Certain tests may be performed depending on the location of the [abscess](#). For instance, if the [abscess](#) is present on your arm or leg, your doctor will check for a **lymph gland in the groin area** or under your arm. If the [abscess](#) is in the anus area, a rectal exam may be performed.

## Help for Abscesses

It is very important that you do not press on the [abscess](#) or try to stick any **sharp objects into the abscess as this will cause further infection**. For an [abscess](#) that is small, less than 1 cm, simply apply warm compresses to the affected area 4 times daily for about 30 minutes. In cases where the [abscess](#) is large, the area around the abscess will have to be numbed.

Your doctor will perform a local anesthetic to numb the pain. Antiseptic solution is used to cover the affected area and sterile towels are placed around it. Your doctor will then **cut the abscess open and drain the pus**. Packing is inserted into the cavity and covered with a bandage.

Painkillers or antibiotics may be prescribed if you are experiencing pain but most people tend to feel better almost immediately once the [abscess](#) has been removed. **Cleaning the wound daily** is essential for a speedy a recovery – your doctor will give you instructions on how to clean and care for the [abscess](#).

## Natural remedies

Herbal and homeopathic remedies have been used for centuries to [treat skin abscesses](#) and prevent infection recurring. Two well known herbs such as Agrimonia eupatoria (Agrimony) and Hamamelis virginiana (Witch Hazel) both contain natural astringent properties that helps to **promote the healing process of cellular tissue**.

Calendula Officinalis (Marigold), Melaleuca Alternifolia (Tea Tree) and Lavandula Officinalis (Lavender) have powerful healing qualities and help **to reduce scar formation** by stimulating healthy skin and tissue regeneration. In addition, Centella Asiatica (Gotu Kola) and Aloe Ferox (Aloe) maintains a healthy blood supply to the affected area and strengthens the skin.

## Tips to prevent an abscess

There are certain measures that can be taken to prevent an abscess developing and these include:



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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.

- Maintain good personal hygiene by keeping your skin clean and washing regularly with soap and water
- Eat a healthy, balanced diet filled with fresh fruit and vegetables to boost your immune system
- Drink lots of water to flush out toxins in the body
- Avoid nicking yourself when shaving under your arms or pubic area
- Shower instead of taking baths – baths are a breeding ground for bacteria
- Increase your intake of vitamins and antioxidants to help fight the bacteria that causes abscesses

## 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.

## 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](#)

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:**

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

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

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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](#)!

## **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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