



What are Wounds?

When an **internal or external break in body tissue** occurs – we term it a ‘wound’. Open wounds (such as cuts from a knife) are breaks in the skin or mucous membranes. **Open wounds** are most **commonly caused by accidents** such as falls, mishandling of sharp objects, accidents with tools or machinery, and car accidents and are **almost always accompanied by pain**. A **closed wound** (a contusion or internal bleeding) is a bruise that damages the underlying tissue without breaking the skin (as in a black eye).

Some wounds may be accompanied by swelling and inflammation, and more **serious wounds that do not stop bleeding** with applied pressure, may need stitches or sutures. This holds the two edges of a wound together so that healing can occur with a minimum of scarring. After an injury that causes a break in the skin, infection is the greatest concern. *Always seek medical advice if a fever accompanies a healing wound, blood pressure drops or you experience rapid heartbeat. As with any wound, it is important to have a physician inspect the wound and help decide if sutures, antibiotics, tetanus therapy or other treatment is necessary.*

What Causes Wounds?

There are at least five different types of open wounds:

- **Abrasions** - a skin wound caused by rubbing or scraping the skin against a hard, rough surface. Bleeding in this type of wound is usually limited, but it is important that the skin be cleaned in order to guard against infection.
- **Incisions** - a cut caused by a knife, the rough edge of metal, broken glass, a razor blade or some other sharp object. This type of wound generally bleeds rapidly and heavily. If the cut is deep, muscles, tendons and nerves may be damaged.
- **Cuts/Lacerations** - a jagged, irregular or blunt breaking or tearing of soft tissues, often resulting from mishandling tools and machinery and other accidents. Bleeding from a laceration may be rapid and extensive.
- **Punctures** - a piercing wound that causes a small hole in the tissues. Such objects as nails, needles, ice picks and other pointed objects can produce puncture wounds. Even if external bleeding is slight, there may be serious internal bleeding resulting from internal damage to an organ (as in a gunshot wound). *All puncture wounds require the attention of a health professional because of the danger of tetanus.*
- **Avulsions** - An avulsion is a forcible tearing or partial tearing away of tissues. It occurs in such accidents as gunshot wounds, explosions, animal bites or other body-crushing injuries. Bleeding is heavy and rapid.



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.

Help for Wounds

Natural Remedies

Many herbal and homeopathic remedies have been formulated with specific ingredients to [promote healing](#) and **support the body's ability to resist** infection. Herbs such as Agrimonia eupatoria (a well-known astringent which helps to tighten and constrict tissues) and Achillea millefolium (named after Achilles, the Greek mythical figure, who used it to stop the bleeding wounds of his soldiers) can help to **heal wounds naturally**. Calendula officianalis is an effective first-aid solution for all minor burns and scalds, as well as any [skin abrasion](#) or cuts. Calendula will also benefit the [healing process](#) by stimulating the natural process of healthy skin and tissue regeneration.

Tips for wounds to avoid infection and aid healing

- Apply pressure to the wound with a clean cloth to stop bleeding
- Allow the wound to bleed freely and clean itself out, (unless there has been a large loss of blood or the blood is squirting out, in which case you need to apply pressure to stop the bleeding).
- Cleanse the wound with a natural solution, or tepid water - you should also try to remove all particles or debris to [prevent infection](#) or scarring before applying a sterile dressing. Minor cuts, however, often heal more quickly if left uncovered.
- Use a natural ointment to [prevent infection](#) and soothe the wound
- Bandage the wound if it's in an area that might get dirty
- Watch for swelling and redness and get a tetanus booster if you are due for one

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.



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100% Natural Herbal and
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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.

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 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

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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:

RealHeal: Supports the healthy healing process

RealHeal is a unique natural formula containing ingredients chosen for their **supportive function on the body's natural innate healing ability.** RealHeal tablets with arnica are easy to use and may be chewed or dissolved in the mouth or crushed and sprinkled on the tongue of small children.

RealHeal tablets may also be effectively used along with our RealHeal Massage Oil™ - used topically to soothe and promote comfort.

[Learn more about RealHeal](#)

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 .



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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.

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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](#).



Read more about the Native Remedies Full Spectrum Approach™

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