

# ABRASIONS

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## Herbal Aids & Supplies

## Symptoms

By Dr. Christopher

The appearance of these wounds is well-known; however, certain cuts such as those that are deep and wide may require immediate attention by a doctor to prevent scarring. If the bleeding does not stop using the following methods, or if blood gushes in bright spurts, you should seek medical attention immediately.

## Cause

A spot rubbed bare of skin or mucous membrane. These are wounds to the skin common in childhood. A cut severs the skin, such as is inflicted by a sharp object; an abrasion rubs and/or scratches the surface, such as the common scraped knee; and a bruise results from forceful pressure against some object, where the skin is not broken so the blood rushes to the damaged tissue beneath the surface.

Cayenne

Red Washcloth

BF&C

Cloth  
Band-Aid



## Herbal Aids

1. **Wheat Grass Chlorophyll:** It has both healing and antiseptic characteristics. The chlorophyll is applied either directly onto the afflicted surface, or, it is soaked in a cloth and bandaged to the area. At the same time, the chlorophyll should be taken internally.
2. **Comfrey:** Most skin sores can be aided by the use of comfrey. Use three parts comfrey with one part lobelia to relieve pain and restore the skin.
3. **Comfrey:** If a doctor is not available, apply fresh or dry comfrey root, powder or leaf, powdered, to help stop the bleeding. The comfrey can be put right into the wound; if it is powdered, pour over the area, if fresh, tear up finely and apply. Fresh or dried comfrey can be applied directly over the damaged area--just keep adding additional amounts as needed. Cover with gauze, bandage lightly to hold comfrey in place and so the area can breathe. Comfrey paste can also be applied directly over the damaged area as with burns.

## CAYENNE PEPPER

The old herbalists claimed that cayenne pepper (Capsicum or red pepper) should be poured directly into a fresh wound, to sterilize and stop the bleeding.

A wound, external or internal, will stop bleeding if the individual will drink a cup of water (preferably hot) with a teaspoon of cayenne pepper (red pepper) stirred into it. The bleeding will stop generally by the time a person can count up to ten after drinking the cayenne tea.

The cayenne equalizes the blood pressure from the top of the head to the feet. This keeps the pressure from the hemorrhage area so it will clot naturally, which it cannot do with heavy blood pressure pumping the blood rapidly at the hemorrhage area.

**NOTE:** Cayenne will NOT heat up when applied to the skin unless you cover the area with a plastic Band-aid. Use only breathable material over wound. (Cloth Band-aids)

## HEALING OINTMENT

BF&C Salve is an antiseptic to be used on lesions, eczema (dry), soothes inflamed surfaces, abrasions, burns, hemorrhoids, for bruises and swellings. Use whenever needed. Good to have on hand at all times.

The bone, flesh, and cartilage combination does wonders in restoring flesh and internal healing of bones and cartilage. It can be taken in any of its forms, and topically as a salve. All will do the job. The choice of how you take it depends on what the problem is.



## First Aid Formula & Mouthwash

White Oak Bark, Goldenseal Root, Myrrh gum, Comfrey, Garlic, Cayenne, Black Walnut Hulls, Echinacea root mix, Tea Tree Oil.

This is an excellent cut & scratch disinfectant. It has also been used effectively to heal sores on the mouth and lips when used as a mouth rinse.

## INFECTION SALVE

Made with Plantain, Black Walnut, Golden Seal Root, Bugle Weed, Marshmallow Root, and Lobelia herb, this wonderful Formula Kills Infection, Clears Toxins from the Lymph system, and is a natural infection fighter.

This can be applied to any problem area where an irritation or infection has been detected. It can also be use in tincture form and taken orally three times a day.

## FIRST AID & CHILDHOOD "BOO-BOOS"



Any adult who has ever fixed a child's "boo-boo" has witnessed firsthand the effect seeing their own blood will have on a child.

With children it is essential to have a red washcloth on hand. This will prevent the additional upset that occurs when the child sees their red blood on a light colored washcloth.

**Remember:** Anytime there is an injury causing bleeding externally or internally, CAYENNE will help. Keep a bottle of Cayenne with your first aid kit, in your car, and in your purse. It can save a life.