

BURNS & SUNBURNS



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DEFINITION

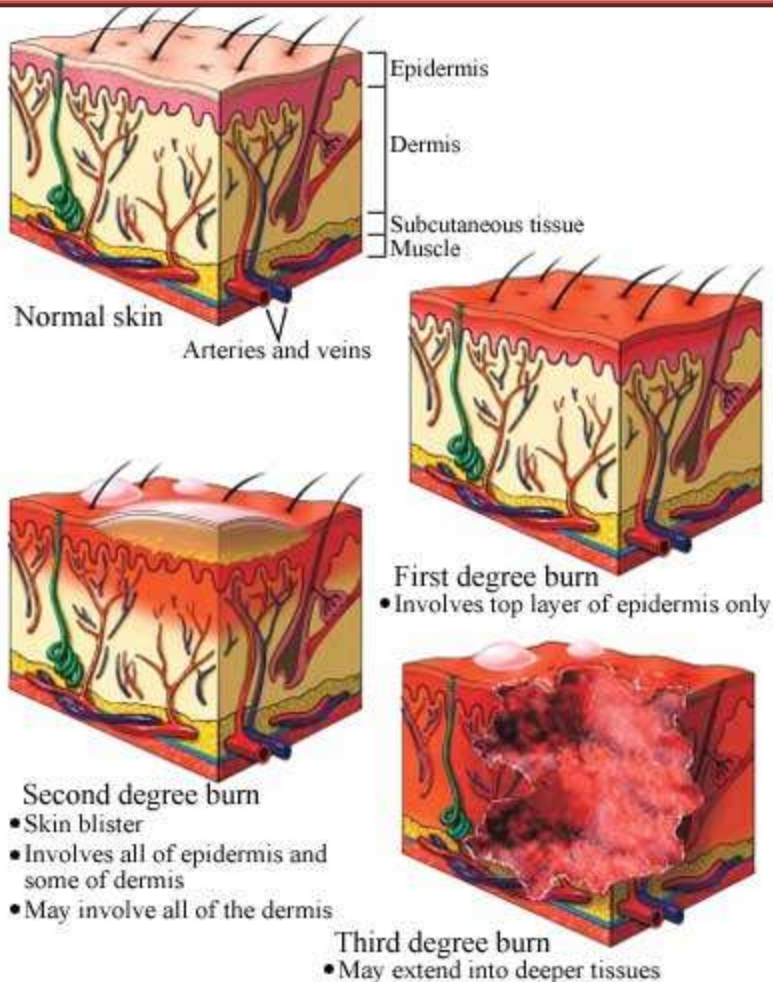
Burns are the result of damage to the skin by some source of heat, such as the sun, fires, stoves, or also from chemicals.

SYMPTOMS

A mild burn, often termed "first-degree," results in a reddening of the skin.

More severe burns, "second-degree," may show blisters in addition to the redness.

Severe or "third-degree burns" always show blisters and usually consist of damage to deeper tissue, and present the possibility of scarring.



SUNBURN



HERBAL AIDS

Plantain: Burns, scalds, **erysipelas*. Use the strong tea as a frequent wash, and drink the infusion internally.



***NOTE: Erysipelas** is an acute infection of the skin and underlying fat tissues – usually caused by the streptococcus bacteria.



Bayberry: Slow-healing burns or wounds, indolent ulcers. Dust on powder and bandage; change according to discharge.

Comfrey: Wounds, Bruises, Burns, Varicose Veins, Ulcers, Boils, etc.

- ✓ Paint the part with pure olive oil to prevent sticking,
- ✓ Then saturate a thick layer of cotton with comfrey mucilage and apply to the affected parts.
- ✓ Cover with plastic or waxed paper, bandage, and leave on until nearly dry.
- ✓ Make a fresh application by following the same process.
- ✓ If pus is present, paint with oil of garlic instead of olive oil and take 1 teaspoonful of the oil of Garlic, internally.
- ✓ This will prevent or stop putrefaction and pus formation, which will hasten the healing process.
- ✓ Give fomentation wrung out of a strong decoction.



Mullein: Burns. Apply juice of mullein leaves mixed with apple cider vinegar.



Chickweed: Boils, scalds, burns, inflamed or sore eyes, ulcerations, mouth or throat, deafness, wounds, etc. Use the decoction warm as a wash and apply the ointment (the ointment may be used externally and internally).



How to brew an herbal decoction

- ✓ Start with distilled water.
- ✓ Place ¼ cup of dried roots, barks and/or seeds in a stainless steel or glass saucepan with a tight-fitting lid.
- ✓ Add a quart of water.
- ✓ Bring water to a boil, cover & turn heat to low, simmering for twenty minutes or so.
- ✓ Roots, barks, and seeds need more than just steeping to draw out their goodness into your tea, this is why we simmer them.
- ✓ Even with the lid on, the liquid will be reduced by about half, both by evaporation & because the herbs will absorb some.
- ✓ Strain the liquid through a tea strainer or sieve.

Slippery Elm: Drawing and healing poultice (inflamed surfaces, ulcers, wounds, burns, boils, skin diseases, purulent ophthalmic, chilblains, etc.) Add water to the powder to make an application of due consistence (use alone or in combination with other healing agents discussed) and place on the affected part. Stripping the bark straight from the tree and binding the inner side to a bad wound will work.



Gentian: Liniment for parasitic affections, infected wounds, vermin, sprains, bruises, burns, inflamed joints, etc. Dip linen or other appropriate material into a strong decoction or diluted tincture; squeeze until the material does not drip; apply to affected area (hot or cold); cover with plastic (or wax paper, etc.), and bandage on.

Wheat Grass Chlorophyll: Skin--Burns, skin abrasions, bruises, wounds: The wheat grass chlorophyll 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.



Cabbage Leaves for Burns: Apply mashed cabbage leaves to the burn area to relieve pain and speed healing.

Pumpkin and Squash: These can be applied as a poultice for burns.



Comfrey Paste:

The following paste formula can be used for the mildest to the most severe third-degree burns with assurance of success, if used as instructed. This paste has been used by hundreds of people with great success.

Burn paste (burn, sprains, wounds, etc.):

- ❖ 3 parts Comfrey leaves and flowers, fresh (*Symphytum officinale*)
- 1 part Lobelia, powder (*Lobelia inflata*)
- Sufficient Honey and Wheat germ oil (equal parts) for base

Preparation:

Mix the base of honey and wheat germ oil in the blender, gradually adding first the comfrey, then the lobelia until reaching a paste consistency. When the mixture is the consistency of a heavy spreadable paste it is ready to use.

Administration:

Apply the burn paste externally a half-inch thick or more over the entire area that has been burned, scalded, etc. Cover with gauze and bandage lightly. Internally drink a tea of comfrey or pineapple and comfrey.

Observe area from day to day and if paste has been absorbed add more on top of the original application.

Do not remove original Burn Paste, just add to it when needed.



Storage:

This paste will keep well for many months at room temperature if kept in a tightly closed jar. Always have it on hand for emergencies. You might want to carry a small jar on trips in case of emergency.



Wheat Germ Oil



Honey



Comfrey



Lobelia

Healing Naturally of Second Degree Burns

The Incident

It all started out at the burn pile. I was burning trash and accidentally a full spray paint can exploded at the base of my feet. A big ball of fire went up 12 feet in the air and burned my hands, forearms up to my sleeves, and my face. I held my breath and did not panic, being a professional race car driver (Sprint Cars) I was taught to do this. Then immediately turned and dropped to the ground and rolled.

I knew I was in trouble. I could see burnt skin hanging from my forearms.

I immediately walked into the house and told my wife "we have a serious problem". Immediately we applied a herbal paste of slippery elm and olive oil. This is the only thing we had on hand to make. This helped tremendously relieve all the pain.

I agreed to go to the hospital because my family was concerned about shock.

I admitted myself to the Hanover Hospital in Hanover, Pa. I was told by the doctor that I had significant 2nd degree burns. They cleaned me up and transferred me to the John Hopkins Burn Center in Baltimore, Md. While being treated at the Hanover Hospital the one doctor made a comment after seeing the herbal paste plastered all over my face, he made a joke saying "I did not know that we were celebrating Halloween tonight???(Even though it was the day after Halloween)



My Face



My face had Swelled up, as soon as I was home. I applied Herbal Burn Paste as in the Photo. I could feel the Herbal Burn Paste working all over my face. The swelling was gone the next day, this was interesting because the Doctor told me it was going be good four days for the swelling to go down. I applied Herbal Burn Paste for a good Ten days, until the Paste would no longer stick to my face. This was telling me new skin has grown. The rest of the days applied many different foods to my Face: Aloe Vera Leaves, Raw Organic Coconut Oil, Avocado, Organic Hemp Oil, Cacao Butter ("Raw White Chocolate").



36 Hours After 1st Paste



5th Day with Paste



10th Day



At fourteen days my Face is pretty much back to normal.

Now I'm going to use MSM Natural Pure & Natural Lotion.

The lotion contains MSM (methylsulfonylmethane) and tea tree oil used to cleanse and restore natural beauty to your skin. It moisturizes and rejuvenates dry skin leaving it soft and smooth. You can deliver MSM, organic sulfur directly to the skin with this lotion. Use daily for damaged skin. This ultra-rich formula enriched with organic natural Vitamins A, D3 & E, has been found to reduce pain in carpal tunnel syndrome, reduce unsightly scars, restores elasticity to the skin and eliminates chafing. MSM lotion leaves your skin soft and smooth. This lotion is hypoallergenic.

My Hands & Arms

I came home from the Burn center Wed eve. On Thursday morning is when I applied the Herbal Burn Paste to my arms and hands. I then applied it again on Friday morning over top of the paste from the day before. On Saturday I removed all the paste and saw all these new skin cells coming to the surface. The remains on the gauze was a



coating of the skin cells. They were not kidding when they said that the Herbal Burn Paste will act as an artificial skin graft. It DID!!!! We continued with the paste until the tenth day. It would no longer stick. This was telling me the new skin was growing and it was!!

Pain



The only pain that I truly ever experience was in the hospital when they did their procedures (the debriding, and cleansing of the burns with a brush) even though they tried to manage the pain with morphine, It was very painful!! The other time was at my home when the bandages had to be removed and the remaining residue from the sterile gauze that stuck to me like glue. The burn center had put this on the day before. It had to be removed with tweezers. I was instructed every day to clean and

scrub the wounds and put the ointment on before I would put the sterile gauze back on. I said to myself, this is way too painful. The minute I put the burn paste on I got instant relief. I honestly have to say from this moment on I've been completely pain free.

Thank You Dara Dietz of Heal Market Place for All your Help!!

Love You All

J.M.



10th day using Burn Paste on Hands and arms.

If the paste is not available, submerge the burned area in cold water and leave it there as long as possible to take the heat out, or keep cold wet compresses over the burned area.

If honey, wheat germ oil, or olive oil are available, use them to saturate the area completely, keeping it well soaked in the honey or oil until healed.

The gel from the aloe vera plant promotes the healing of burns.

These are all good, but nothing can compare to the comfrey paste.

Dr. Christopher's Black Ointment: An excellent drawing ointment. For use externally on old ulcers, tumors, boils, warts, skin cancers, hemorrhoids, excellent for burns and as a healing agent. This is made with chaparral, comfrey, red clover blossoms, pine tar, mullein, beeswax, plantain, olive oil, mutton tallow, chickweed, poke root.

Dr. Christopher's Healing Ointment: (CMM) Made of comfrey, marshmallow, marigold, bee's wax, and oils, this is an antiseptic to be used on lesions, eczema (dry), poison ivy, soothes inflamed surfaces, abrasions, burns, hemorrhoids, for bruises and swellings. Good to have on hand at all times.

Testimonials

❖ **Bone Flesh and Cartilage Paste: (BF&C)**

We see maimed, crippled, burn-scarred people--who could surely have found a "better way to go" than that which was used on them, in many cases.

As a good example I would like to cite the case of two boys, about ten years of age, who were playing with gasoline and matches. Both of the boys' hands, up to the wrists, received third degree burns. The boys were taken immediately to the hospital where the surgeon pronounced, for both boys, "incurable third degree burns"! He told both sets of parents there was a choice in each case--either removing the hands at the wrist and attaching iron claws both right and left, or, with numerous operations and skin grafts, over a period of about one year in the hospital, the boys could keep their hands, but they would be just like mummified claws and could not be used as hands, but, in a claw-like manner, they would be able to pick up materials but the fingers would not move as would the ones on the metal hand. One set of the parents told the doctor to keep their boy there and, even though it would be a year and the cost very high, to go ahead and work on him as soon as possible. The other couple told the doctor they wanted to see another person first about their boy's condition and then they might come back.

As they had heard of our work, they brought their boy to the building when I was lecturing, to show me the boy's burned hands. The nails, much of the flesh, tendons, etc., had been so badly burned



it made one shudder to look at it. The temporary preliminary bandages were put back on while answering their request as to what could be done instead of cutting off the hands or surgery and skin grafting. I gave them a formula to use that is based on comfrey. This is a paste made up of comfrey, wheat germ oil and honey. The paste was to be spread, 1/2 to 3/4 inch thick, over the entire burn area. They were instructed to watch the paste and if it had, in any areas, been absorbed into the flesh to add additional paste in these areas, not disturbing the condition below.

Within the week they returned to the hospital and the same doctor they had seen before examined the boy. He was amazed and told them that where the burns had been third degree burns in these past few days, they were now first degree burns. He asked them what in the world they had used, and they told him it was an old-fashioned remedy. The doctor then told them to continue using it and, further, there now would be no need for any surgery or skin grafting, because it looked as though the hands would heal perfectly with this procedure without any scar tissue. In a few weeks time the boy's hands were completely healed. Later the nails had grown back on, the tendons, nerves, muscles, flesh and skin were all renewed, and the hands were as perfect as they were before the burns.

The other boy was still at the hospital nearly a year later, with continual surgery and skin grafting. The cost was, we understand, well over one hundred and fifty thousand dollars. When he was sent home his hands were two ugly "mummified-type" unbending claws, so sad-looking he wore gloves to hide them from view.

The parents that used the herbs spent approximately ten or twelve dollars for the first materials to apply (honey, wheat germ oil and comfrey) and only small amounts at times to replace the paste that was used.

The paste can be used for cuts, abrasions, burns, bruises, sprains, and an external aid to spread the healing up of broken bones.

If kept in a wide-mouth closed jar the paste will keep in a ready-to-use condition for many months. This is one of the fine emergency first aid helps you can have on hand. It is good to have some in your cars and in various places in the home or where you work, in case of an accident.

❖ **Third Degree Burns:** Most recently, one of our school of Natural Healing staff members (we call him "Professor Cayenne") accidentally scalded his hand with burning olive oil during a kitchen fire. He acquired Third Degree burns from this misfortune. There was no one around to properly dress the wound, so he went to the local emergency room to have the toasted, dead flesh cut away. They cleaned the burn and informed him that he would need skin grafting if he wished to regain the use of his hand. He said, "No, thank you. Not unless there is a donor for the skin. I don't want flesh cut from anywhere on my body!" The hospital assured him that the skin grafting was the only route to go. He still refused. But when he got home, he asked a friend to 1) take pictures of the hand for documentation, and 2) make up the comfrey burn paste and apply it to the hand. After a few weeks of using the comfrey paste, he was able to move his hand. The hand is still scarred somewhat, but new flesh has grown in and he has total use of the hand. With dry skin brushing and use of the Cayenne and BF&C Ointments, he began improving the circulation as soon as the skin grew back. The comfrey paste had turned an almost mummified-looking hand to one that is now living again.