

# HIVES

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## Definition:

An eruption on the skin resembling the condition produced by the stinging of nettles, characterized by the appearance of intense itching, elevated welts and a surrounding redness of skin in patches (erythema).

The inflammation may appear in patches or may be widely distributed over the entire body. It can last a few hours to a day or two.



## Cause:

A person will never get hives if the body is in good condition and the blood stream is clear, free and clean.



Hives can come from the sting of an insect. This irritates the system and causes it to throw off poisons rapidly in the form of large welts.

Sometimes hives will be as large as the palm of the hand and swell up with considerable puffiness.

In some cases, a person will eat certain combinations of food, and come down with hives after exercise. This cuts the poison loose from the body and brings it to the surface.

Hives can be so intense that the eyes will close and swell the tissue over the entire body. This is caused by an acid condition.



## Herbal aids:

Rubbing wheat germ oil onto the area is a great help.



Use elder leaf tea or chickweed as a wash



As an aid to heal the condition use Chickweed or elder ointment.



Quick relief can be obtained by drinking celery seed, comfrey, chickweed, burdock root or seed, etc.



A half-pound to a pound of ginger in a tub of hot water will help give relief.

Burdock seed is one of the most potent to relieve the skin and lymph areas rapidly.

The bowels must be cleared since the worse cases of hives can come from constipation.



The mucusless diet is the most important thing for rashes and hives.



Most common ● Common ● Uncommon ● Rare ●