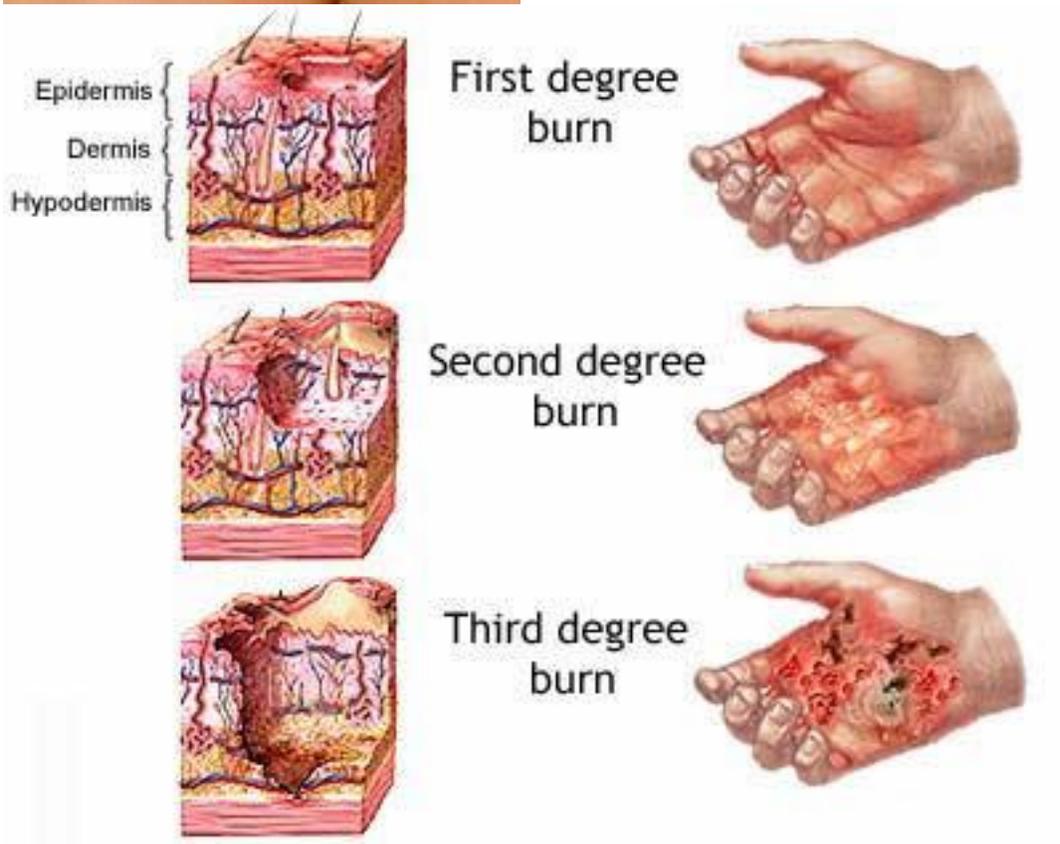


# Burns Natural Treatment



## What are burns?

Burns are damage to the skin from heat, fire, radiation, sunlight, electricity or chemicals. There are three degrees of severity:

- **First-degree:** these are the least serious burns. They are marked by redness, and extend only into the outermost layer of skin, known as the epidermis.
- **Second-degree:** These extend into skin tissue directly below the epidermis (known as the superficial or papillary dermis) and can involve superficial blistering.
- **Third-degree:** These damage all layers of skin. If they cover a large proportion of the body, they can be life-threatening.

### **What are the symptoms of burns?**

First degree burns are red and painful and may cause some skin swelling. The affected skin may peel off after a day or two, and they typically heal in three to six days. Second degree burns have blisters and are painful and very swollen. The skin appears red and splotchy. These burns usually take two to three weeks to heal. Third degree burns are the most severe but are sometimes the least painful because the burn has damaged nerves in the skin. The skin itself appears white or charred. Healing is prolonged.

### **What are the causes of burns?**

Most burns are caused by heat from fire, hot liquids or steam. Burns caused by caustic chemicals are similar to burns due to heat, while other types of burns - from radiation, too much sun and electricity - have different characteristics. Severe burns can penetrate below the skin into fat, muscle, or bone.

Following the trauma of the burn, fluid leaks into the area from blood vessels, causing swelling and pain. Burned skin is easily infected because it can no longer effectively maintain a barrier against invading organisms.

Some electrical burns can cause internal injuries - but no obvious external damage - and should be treated as a medical emergency with transport to a hospital as soon as possible.

Wash chemical burns with large amounts of water and remove any clothing that has been splashed by the chemical. Don't put anything other than water on the burn (you could set off a chemical reaction that will make matters worse). Call your doctor or 9-1-1.

### **What is the conventional treatment for burns?**

Perform first aid for first degree burns. Immediately, immerse the burned area in cold water (don't use butter, oil, ice or ice water, all of which can worsen the damage). Cover the burn with an antibiotic ointment or aloe vera cream. If you have pain, take an over-the-counter pain reliever such as ibuprofen, Motrin, Advil or naproxen (Aleve).

Soak second degree burns in cool water for 15 minutes, apply an antibiotic cream and cover with a nonstick dressing (hold it in place with gauze or tape). Change the dressing daily (after making sure your hands are clean). Watch for signs of infection (redness, swelling, pus, worse pain) and don't break any blisters that form. As the burn heals, it may itch. Don't scratch.

Go to the hospital immediately for more severe burns. Emergency treatment is essential to prevent dehydration and shock.

### **What therapies does Dr. Weil recommend for burns?**

Immediately immerse the affected part in cold water and keep it there for five to 10 minutes with brief break (There is a 20 minute critical period during which this treatment is most effective.) Then apply one of the following natural treatments of burns:

- **Aloe Vera gel:** The clear gel that fills the thick leaves of the succulent Aloe vera plant from Africa is a superior home remedy for burns, so useful that you ought to keep a potted aloe plant in your kitchen to have available in case of an accident. To use the fresh plant, cut off a lower leaf near the central stalk, cut off any spines along the edge, split the leaf length-wise, score the gel with the point of your knife, and apply it directly to the burn. It will soon soak into the skin and provide immediate soothing relief. Use it on sunburn,

thermal burns and any areas of skin irritation or inflammation. You can buy aloe products in drugstores and health food stores, but some have too little aloe to do your skin much good. Read labels to determine the percentage of aloe gel in the formula and choose products with the most.



**Aloe Vera - 'The Miracle Plant'**

*©www.MediMiss.net*

**Aloe Vera is known as "Nature's Tonic" as it contains more than 200 constituents beneficial to humans.**

The diagram features a central image of an aloe vera plant with several yellow flower spikes. Surrounding the plant are ten light green circular callouts, each containing a nutrient name: Vitamins, Minerals, Enzymes, Saponins, Lignin, Poly-Saccharides (Sugars), Anthra-Quinones, Amino Acids, Sterols, and Hormones.

- **Calendula tincture:** This comes from a popular ornamental plant called a pot marigold (it is not a true marigold). You can buy ready to use calendula products in health food stores.
- **Honey:** Honey can be spectacularly effective for severe burns and is the basis of a therapy in China that has attracted much attention from doctors in the West. It is soothing, antiseptic and healing. However, I wouldn't depend on the honey from the supermarket - or the health food store - to treat your next burn. Instead, try one of the medicinal honeys. The type used in New Zealand research on honey for wound healing is known as manuka honey, and is available commercially. German physicians have been using Medihoney for treatment of persistent wounds. If you have a bad burn, be sure to get prompt medical treatment. Using honey correctly to treat a serious wound requires considerable expertise.



. Salt, vinegar, oatmeal and tea bags are just a few of the home remedies for minor burns.

## Home Remedy Treatments for Burns

If you find yourself the victim of a minor burn, these home remedies are likely to help minimize the pain. More serious burns should receive medical attention.

### From the Home Remedies Cupboard

**Honey.** If you're suffering from a burn, the treatment should at least be sweet. Honey has long been a folk remedy to disinfect wounds and heal burns. Everyone knows bees are attracted to honey, but did you know water is, too? When applied to a burn, honey draws out fluids from the tissues, effectively cleaning the wound. You may also apply the honey to a gauze bandage, which is less sticky than direct application. On a piece of sterile gauze, place a dollop of honey and put the bandage directly on the burn, honey-side down. Change the dressing three to four times a day.



**Oatmeal.** As minor burns heal, they can become itchy. A good way to relieve the itch is by putting this breakfast cereal into the tub. Crumble 1 cup uncooked oatmeal into a bath of lukewarm water as the tub is filling. Soak 15 to 20 minutes and then air dry so that a thin coating of oatmeal remains on your skin. Use caution getting in and out of the tub since the oatmeal makes surfaces slippery.

**Salt.** Mouth burns can be relieved by rinsing with salt water every hour or so. Mix 1/2 teaspoon salt in 8 ounces warm water.

**Tea bags.** Teatime can be anytime you suffer a minor burn. The tannic acid found in black tea helps draw heat from a burn. Put 2 to 3 tea bags under a spout of cool water and collect the tea in a small bowl. Gently dab the liquid on the burn site.

Another method is to make a concoction using 3 or 4 tea bags, 2 cups fresh mint leaves, and 4 cups boiling water. Strain liquid into a jar and allow to cool. To use, dab the mixture on burned skin with a cotton ball or washcloth.

If you're on the go, you can also make a stay-in-place poultice out of 2 or 3 wet tea bags. Simply place cool, wet tea bags directly on the burn and wrap them with a piece of gauze to hold them in place.

**Vinegar.** Vinegar works as an astringent and antiseptic on minor burns and helps prevent infection. Dilute the vinegar with equal parts water, and rinse the burned area with the solution.

#### **From the Home Remedies Freezer**

**Ice cube.** A tongue burn is best treated with ice rather than cool water. Often, in great anticipation, children (and adults, for that matter) sip their soup or hot chocolate before it cools down and get a tongue burn. Since it's tricky to stick a burned tongue under the faucet, try sucking on an ice cube. First rinse the cube under water so it doesn't stick to the tongue or lips.

#### **From the Home Remedies Refrigerator**

**Milk.** Got milk? Then you've also got a great way to soothe a burn. For a minor burn, soak the burned area in milk for 15 minutes or so. You may also apply a cloth soaked in milk to the area. Repeat every few hours to relieve pain. Be sure to wash out the cloth after use, as it will sour quickly.

**Plantain leaves.** In the folk medicine of the Seneca Indians, as well as the contemporary writing of New Englanders and the Hispanics of the American Southwest, plantain is a popular remedy for treating burns. These green weedy plants (*plantago major*) are native to Europe and Asia but now grow practically anywhere in the world with sufficient water. Just don't confuse this plantain with the banana-like vegetable of the same name.

The leaves of plantain are primarily used as medicine. The major constituents in plantain are mucilage, iridoid glycosides (particularly aucubin), and tannins. Together these constituents are thought to give plantain mild anti-inflammatory, antimicrobial, anti-hemorrhagic, and expectorant actions. To get the full effect of this plant, crush some fresh plantain leaves and rub the juice directly onto the burn.

#### **From the Home Remedies Sink**

**Cool water.** While ice is nice for sore muscles, cool water is the best liquid refreshment for burned skin. Ice can restrict blood flow to the burn site and further damage delicate tissues. Instead, gently run cool water or place cool compresses over the burn site for ten minutes. Do this as quickly as possible, preferably within seconds of getting a burn. Cool water not only feels good but will help stop the burn from spreading, and the sooner you run cool water on the burn, the greater the effect will be to reduce it.

### **Do's and Don'ts**

- Out of all areas in the home, the kitchen is number one for getting burns. The reasons are obvious, as are many of the precautions you can take to prevent an accident.
- DO lower the temperature of your hot-water heater to below 120 degrees F. A second-degree burn can happen within seconds in water that's hotter than 120 degrees.
- DO turn pot handles toward the back of the stove.
- Do keep that steaming cup of java out of a child's reach, which means off the coffee table or other low-lying areas.
- DO cover all electrical outlets with specially made caps if children are present.
- DON'T ever leave a child unattended in the kitchen.
- DO make the stove area off-limits to children.
- DO put a childproof lock on the oven door.
- DO keep oven mitts and potholders handy when cooking.
- DO keep a fire extinguisher and a box of baking soda nearby, in case of a grease fire.

### **For more information about burns and how to treat them, try the following links:**

- To see all of our home remedies and the conditions they treat, go to our main [Home Remedies](#) page.
- While serious burns need to be seen by a doctor, you can treat minor burns at home using plants that you may have in your garden. Learn how in [Herbal Remedies for Burns](#).
- Learn all about a significant cause of burns -- fire -- in [How Fire Works](#).
- Put out that fire with an effective fire extinguisher. Understand this essential appliance in [How Fire Extinguishers Work](#).

## Egg Whites for Burns



This method is used in the training of firemen.

When sustaining a burn, regardless of the degree, the first aid is always placing the injured part under cold running water till the heat subsides.

Next, spread egg white over the injury.

Someone burned a large part of her hand with boiling water. Despite the pain she held her hand under running water, then took two eggs, parted the yolk from the egg white and slightly beat the egg white and put her hand in it. Her hand was so badly burned that the egg white dried and formed a white film.

During the next hour she administered layer upon layer of egg whites on her hand. That afternoon she didn't feel any more pain and the next day there hardly was a red mark to see. She thought she would have an awful scar but to her astonishment after ten days there was no sign of the burn. The skin had its normal colour again!

On the day of accident



3<sup>rd</sup> Day of treatment with egg oil



7<sup>th</sup> Day of treatment with egg oil



Four weeks of treatment with egg oil



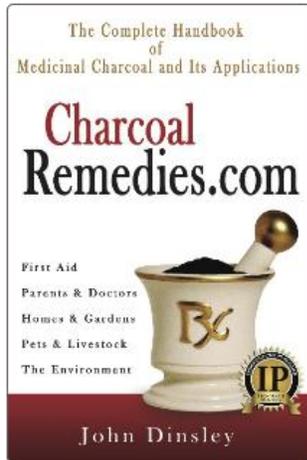




Crush Lettuce, Cabbage or Hollyhock Leaves with a rolling pin till the leaves weep with some oil release.  
Use as a bandage on the burn change twice daily.



© Alamy



Charcoal Baking Soda and Bentonite Clay are powerful anti-poisons to help burns detox



YOUR  
AUTHOR  
AND  
EDITOR  
DESIRE DUBOINET

