

Natural Help 4...

Burns



What are Burns?

A [burn injury](#) usually results from an energy transfer to the body. This can occur in a number of ways:

- [Thermal burns](#) (caused by flames, hot surfaces, hot liquids or gases). These occur due to external heat sources that raise the temperature of the skin and tissues and cause tissue cell death or charring.
- [Radiation burns](#) – these are [burns](#) due to prolonged exposure to ultraviolet rays of the sun, or to other sources of radiation such as x-ray.
- [Chemical burns](#) (caused by strong acids, alkalies, detergents, or solvents). These [burns](#) occur as a result of these chemicals coming into contact with the skin and/or eyes.
- [Electrical burns](#) (caused by faulty wiring, old plugs, lightning).

What Causes Burns?

When damage to the skin and exposed mucosal surfaces (such as the gullet or airways) are caused by intense heat, boiling water or strong chemicals – we describe this as a burn. While [burns](#) are a type of traumatic physical injury caused by **thermal, electrical, chemical, or electromagnetic energy**, scalds are the damage caused by contact with hot fluids. Both infants and the elderly are at the greatest risk for [burn injury](#). When a burn occurs there may be obvious and immediate damage to the skin, which can cause much pain.

How is Burns Diagnosed?

A medical diagnosis is generally not needed for body odor. However, if you break out into night sweats or begin to sweat more than usual, consult with your health practitioner. If you notice a **change in your body odor**, this may be an underlying sign of a medical disorder.

For instance, people who experience a fruity body odor may be suffering from diabetes while an **ammonia odor may indicate kidney or liver disease**. If you experience a cold sweat, your body may be responding to severe pain, anxiety or a serious illness – get immediate medical attention especially if a cold sweat is accompanied by lightheadedness or stomach and chest pains.

Diagnosing Burns

[Burns](#) are divided into three categories that rank the severity of the [burns](#):

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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.

1. First-degree burns are the least serious category, characterized by red, painful, swollen areas on the skin that turn white when pressure is applied – typically they heal within three to six days.

2. Second-degree burns (partial thickness burns) are more painful burns that may blister. They usually lead to significant inflammation, and the skin may appear ‘blotchy’, pink, red or mottled. They typically heal within two to three weeks.

3. Third-degree burns (full thickness burns) are the most severe of the three categories. These burns affect all layers of the skin, and may look white or charred. They may not be painful, as the nerves that usually carry pain signals to the brain have been destroyed. This type of burn typically requires a very long time to heal.

If more than ten per cent of the body is covered in [burns](#) – a person would need hospital treatment (including intravenous fluids). **Burns to more than 50 per cent of the body's surface carry a poor chance of survival.** [Severe burns](#) need specialized long-term management, which may include skin grafts or treatments to prevent contractures, as well as psychological support to deal with scarring.

Help for Burns

Treatment for superficial [burns](#) includes placing the burnt area immediately under cold running water for at least ten minutes. For chemical [burns](#) run under cold water for 20 minutes. **Briefly rinse larger burns, avoiding excessive cooling** and remember to remove clothes in the area of the burn where possible, without causing further damage to the skin.

Then either wrap the burned area in a clean clear plastic bag or place a clean smooth material, such as cling film, over the burn to prevent infection. **Minor burns can be treated at home with painkillers and sterile dressings** never pop blisters as this leaves the skin open to infection! Deep or extensive [burns](#), or burns to the face, hands or across joints, need to be assessed and treated in hospital.

Always seek medical attention immediately if chemical burns occur near or in the eyes (after splashing with water). Children should be taken to a hospital immediately if they suffer serious burns (if the burn is more than superficial), or if any swelling or blistering occurs.

Many herbal and homeopathic remedies have been formulated with specific ingredients to encourage skin health at a cellular level and promote healing. Aloe ferox, Glycorrhiza glabra and Vitamin E oil have been used to **help skin rejuvenate and heal – promoting the removal of dead skin cells.** Melaleuca Alternifolia (Tea Tree) has been used for its ability to help keep skin sterile and resistant to infection while soothing and ‘cooling’ the skin.

General Household Tips

An open flame is the leading cause of [burn injury](#) for adults, while scalding is the leading cause of [burn injury](#) for children. Here are some tips:



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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.

- Prevent [burns](#) from happening by making your home safe
- Install smoke detectors, never leave a cigarette or candle unattended
- Check electrical wiring and switch open plugs off at the wall
- Remove chemicals and store cleaning materials out of reach of children
- Watch out for scalding dangers – cups of hot tea, pans on the stove, kettles and hot baths – all especially risky for energetic toddlers who tend to ‘explore’ the house.
- DON’T use butter or lard – this is an old wives tale, and may just ‘cook’ the burn! (rather used cold water, or a cool compress, or seek medical advice)

General anti-burn tips for child safety

- Never leave a child unattended in the bathtub, even for a few seconds. Don't entrust an older child to watch a toddler.
- If you have to answer the door or the telephone, take the child with you!
- Always test the water in the bathtub yourself before immersing your child. A child's sensitive skin can burn easily from water that's too hot.
- Keep all electrical appliances such as radios, hair dryers, curling irons far away from the bath tub.

Tips to address scarring

- Wear a pressure garment around the burn.
- Wear a splint to prevent a contracture (a serious complication of burn scarring that can restrict movement and stop the circulation of blood flow, leading to death of tissue).
- Perform exercises recommended by a physical therapist that promote a wide range of motion.
- If scarring affects a child - encourage him or her to be active and to do things independently. Daily activities will help keep the scar area stretched and prevent complications.

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

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If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

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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.

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



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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 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](#)

Six Good Reasons to choose Native Remedies as your trusted suppliers of 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.](#)

[Solution](#)™ - for complete care of your family's skin .

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.

[Learn more about Pure-Heal Gel](#)

[Skin Dr.](#): Support skin strength, health and functioning from the inside

Skin Dr. is a combination of selected herbs and biochemic tissue salts known for their **ability to cleanse and purify the entire system**, supporting healthy lymphatic functioning, as well as the health and integrity of all cells and layers of the skin.

Taken internally, Skin Dr. tablets help to maintain balance and hydration of the skin, as well as the supply of oxygen at cellular level. In addition, **routine removal of old skin cells and the natural regenerative processes of the skin are also supported**.

The formula remains true to the whole spectrum method of manufacturing, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Skin Dr.](#)

Read the testimonials for these quality products [here](#)!

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Alternative Healing Academy

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[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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