

Natural Help 4...

Chapped Lips



What is Chapped Lips?

Chapped lips are lips that appear dry, scaly, and may have one or more **small open cracks or fissures** often accompanied by sensitivity and redness or swelling (edema) present.

What causes Chapped Lips?

Chapped lips can affect people of all ages and the cause of chapped lips may extend from high fevers as well as environmental conditions, such as cold weather, dehydration, and certain vitamin deficiencies. Other causes include:

- Exposure to wind, sun, and cold, dry air
- Obstructed breathing, such as in allergic rhinitis, or sleep apnea that can force you to breathe through your mouth
- Contact dermatitis due to irritants or allergens in cosmetics or skin-care products
- Certain medications, such as those used to treat acne
- Dehydration

Diagnosing Chapped Lips

Lip licking can also become habit forming and lead to chronically chapped lips. This is known as cheilitis and is usually seen in 7–15 year olds and is typically characterized as a **scaling, pink band around the mouth**.

Lip-licking cheilitis is best treated with avoidance of the licking behavior, while drug-induced cheilitis (commonly seen with drugs such as Retinoids, Lithium and Chemotherapeutic agents) is treated with the avoidance of the offending drug and **frequent application of a natural soothing cream** to help ease lip pain and irritation.

See your primary care physician or dermatologist if you notice persistent scaling of the lips.

Help for Chapped Lips

Many herbal and homeopathic remedies have been formulated with specific ingredients to help soothe delicate skin, such as the lips and sensitive areas around the mouth. Calc Flour. is a biochemic tissue salt particularly useful for the healing of chapped and cracked skin, while Calendula officinalis (Marigold) is an herbal ingredient used to **treat skin problems and promote healing of wounds**.

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Chamomile **soothes skin irritation and reduces pain** and discomfort, without side effects or the risk of addiction. Vitamin E products can also be used topically to ensure optimal skin health. Always use natural remedies from a reputable source.

Tips to help prevent and treat chapped lips

- In early times goose or duck fat was used to help speed [healing of chapped lips](#) – so next time you make roast duck, store the fat as traditional medicine in the fridge! Coconut oil, olive oil or shea butter, will also help to [soothe chapped lips](#).
- Avoid any gel, balm, or lipstick that contains alcohol or petroleum products - they for sure will worsen the condition and will make your [chapped lips](#) feel even dryer and more painful. A good rule is to put on your lips only edible ingredients (in other words, if you cannot eat it - do not put it either on your lips or on your skin!)
- Abstain from eating any hot, spicy, or salty foods for as long as your lips are still dry, cracked, and painful and avoid going outside if the weather is dry and windy. If you must venture out, use a generous amount of natural oil to protect your lips.
- Be patient. It may take up to a week for your lips to heal completely, so try to avoid licking your lips as saliva evaporates quickly, leaving lips drier than before you licked them!
- Stay hydrated by drinking plenty of fluids. Dehydration can contribute to [chapped lips](#).

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 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



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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.

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 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

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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:

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.**

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