

# Natural Help 4...

## Leg Ulcers



### What are Leg Ulcers?

The word "[ulcer](#)" means a break in the layer of cells forming a surface. **Ulcers can occur on any area of the body** and have many causes.

Ulcers occur when the skin breaks down allowing air and bacteria to get into the underlying tissue. They usually form as **scabs or open wounds with redness and swelling** of the surrounding area, most commonly on the lower legs and/or feet.

### What Causes Leg Ulcers?

Years of research have shown that the usual [causes of leg ulcers](#) are not a problem with the skin itself, but rather with the underlying blood supply to the skin. Therefore successful **prevention for leg ulcers** and successful **treatment for leg ulcers** must be directed at correcting the underlying cause, not the [ulcer](#) itself.

Because **blood supply to the skin** is crucial, **ulcers can occur as a result of poor circulation** and so it is also mostly associated with disorders that affect circulation, such as diabetes, rheumatoid arthritis and hypertension. Leg and [foot ulcers](#) can also be worsened by secondary bacterial and viral infections and be associated with surrounding eczema. Ulcers are also commonly associated with depressed or lowered immune systems.

### Help for Leg Ulcers

[Treatment for leg ulcers](#) should include weight loss if you are overweight and regular exercise to promote good circulation. **Body Detox** can also help to purify the blood and cleanse the system. [Treatment for leg ulcers](#) greatly depends on the factors that cause the [ulcer](#) or have prevented healing.

Once the [causes of leg ulcers](#) are under control, (for example the blood sugar level in diabetes) the [ulcer](#) should heal by itself. Treatment may involve wound cleansing, anti-inflammatory treatment and application of dressings. So long as there is no arterial disease, venous leg and [foot ulcers](#) will benefit from elevation and compression dressings.

If an underlying disease is one of the [causes of leg ulcers](#), it's important that it is treated - for example hardening of the arteries. Leg and [foot ulcers](#) have a tendency to recur in elderly people, and sometimes may require years of therapy.

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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.

# Natural Remedies for Leg Ulcers

Many herbal and homeopathic remedies have been formulated with specific ingredients to **promote and improve circulation** throughout the body. One such ingredient is Ginkgo biloba - an extremely effective herb used to restore the functioning of the circulatory system and improve peripheral blood flow to the extremities.

Zingiber officinalis is another herb known as a strong anti-inflammatory and pain reliever, while Rosmarinus officinale (Rosemary) can help to dilate and strengthen blood vessels. For **skin health**, Natrium muriaticum, Kalium muriaticum and Kalium sulphate are three homeopathic ingredients hailed for their ability to cleanse blood and lymph, help eliminate waste in the blood and act as a **natural anti-inflammatory**.

Furthermore, by providing essential oxygen to inflamed or infected cells, Kali. sulph. effectively assists healing, reduces inflammation and removes infected or dead cells. Ferrum phos. is another well known biochemic tissue salt to promote the supply of oxygen rich blood to all cells of the body and will also prove helpful at the first signs of an infection.

## Tips for the Prevention of Leg Ulcers

- Activate your calf muscles regularly by walking and exercising.
- Reduce the amount of fat in your food. Eat more fruit and vegetables.
- Sit with your legs raised whenever you have the opportunity - above heart level if possible.
- Avoid sitting with your legs crossed. This impairs blood circulation.
- If your work requires a lot of standing or sitting, try to vary your stance as much as possible. Walk about from time to time, if you can.
- If you have to stay seated for a long time, move your feet up and down occasionally.
- Support stockings may be useful, but talk to your doctor or practice nurse first.

## 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



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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.

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 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 –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

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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 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:**

**Pure-Heal Gel™** : Promotes the natural healing of wounds, minor burns, grazes and bites.

Pure-Heal Gel is a 100% safe and natural topical herbal remedy that assists the natural healing ability of the skin in recovery from wounds, minor burns, grazes and bites. Pure-Heal Gel has been formulated as a natural companion to our effective Pure-Clenz Solution- for complete care of your family's minor wounds, abrasions, burns and insect bites.

Pure-Heal Gel contains a carefully selected combination of well-known and respected traditional herbal remedies for promoting natural healing. The soothing 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 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 family health.

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**Pure-Clenz™** : Promotes fast, infection-free healing and helps reduce bleeding.

Pure-Clenz Solution is Nature's First Aid! A safe and effective product used for generations to **cleanse wounds and facilitate healing**. The carefully selected herbal ingredients in Pure-Clenz Solution are 100% safe and natural and have a long and well documented history of traditional use for treating skin injuries.

Pure-Clenz Solution works for the entire family, but is perfect for the inescapable bumps and scrapes that children are prone to receiving. Pure-Clenz Solution contains carefully selected herbs that **helps reduce bleeding and promote infection free healing**.

Like all Native Remedies products, Pure-Clenz Solution has been developed with



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### [Learn more about Pure-Clenz](#)

**Immunity Plus™** : For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability 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 Immunity Plus](#)

**Kiddie Boost™** : Support healthy immune functioning in children.

KiddieBoost is a 100% safe and natural formula containing carefully selected herbal ingredients known for their **tonic effects on the immune system**, as well as their high safety profile in children's remedies, compared to possibly harsh antibiotic side effects in children.

When children attend school, daycare, or preschool, they are particularly prone to picking up viruses and bugs. To help protect their immune systems, KiddieBoost has been specifically formulated to **strengthen child's immune system** from the age of 12 months. KiddieBoost comes in a convenient drop formula that is easy to administer to children.

KiddieBoost is developed with care by our team of specialists, is 100% natural, and manufactured according to the highest pharmaceutical standards using the **whole spectrum method** of herbal extraction.

This method ensures the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly **reduces**

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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.

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