

Wound care

## Description

Wound care

wounds

These are my notes on wound healing. Add this to your own research and share with your doctor as appropriate.

Saving this to a “Health” email folder may help access.

You can use drugs.com or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects.

Infection detection

Ultrasounds may find hidden pockets of pus in injuries.

A 3d cone dental xray may help find hidden periodontal disease.

Bleeding

Cayenne powder used topically may help stop external bleeding.

Poison Ivy/Oak/Sumac

What slows wound healing?

Diabetes, low protein, obesity, smoking, excessive alcohol use, chemotherapy, radiation, NSAIDs (perhaps more if taken with acetaminophen/Tylenol), steroids, antirejection & anticoagulant (blood thinning) medications all appear to slow wound healing.

Anderson K, Hamm RL. Factors That Impair Wound Healing. J Am Coll Clin Wound Spec. 2014 Mar 24;4(4):84-91. doi: 10.1016/j.jccw.2014.03.001. PMID: 26199879; PMCID: PMC4495737. [ncbi.nlm.nih.gov/pmc/articles/PMC4495737/](http://ncbi.nlm.nih.gov/pmc/articles/PMC4495737/)

Vitamin A may reverse steroids slowing of wound healing.

Almadani YH, Vorstenbosch J, Davison PG, Murphy AM. Wound Healing: A Comprehensive Review. Semin Plast Surg. 2021 Aug;35(3):141-144. doi: 10.1055/s-0041-1731791. Epub 2021 Jul 15. PMID: 34526860; PMCID: PMC8432991. [ncbi.nlm.nih.gov/pmc/articles/PMC8432991/](http://ncbi.nlm.nih.gov/pmc/articles/PMC8432991/)

NSAIDS appear to slow bone healing, with indomethacin appearing to slow bone healing the worst.

Fowler C. Do nonsteroidal anti-inflammatory drugs impair tissue healing? JAAPA. 2018 Aug;31(8):1-5. doi: 10.1097/01.JAA.0000541488.41149.95. PMID: 30048362. [pubmed.ncbi.nlm.nih.gov/30048362/](http://pubmed.ncbi.nlm.nih.gov/30048362/)

What may help-

B&W Burn & Wound Ointment (see at end)

Baking soda may help absorb the urishol oil & help itchiness

Salt

Vinegar

Witch hazel

Rubbing alcohol

Jewelread

<http://www.healing-from-home-remedies.com/poison-ivy-home-remedies.html>

Near infrared therapy (NIR-A) for wounds & injuries

Near infrared therapy bulbs around 820nm wavelength (look for NIR-A label) appear to increase ATP energy production in tissue-reducing inflammation, speeding up healing times of injuries, wounds, & sore muscles by penetrating up to 9 inches (23cm). A 150W NIR-A infrared bulb can be bought for \$10-\$21 or a 125w red coated animal warming bulb & used with a clampable lamp to target healing anywhere on the body 12 inches away for 3-4 minute applications every 8 hours. It should be pointed at bare skin as it doesn't appear to work through clothing.

Doing it more frequently or longer than 3-4 minutes at a time or closer than 12 inches from the lamp (mild warm not hot) appears to negate some benefits. Near infrared therapy has been used by

doctors and trainers for years to increase metabolism, energy, circulation, mood, concentration, endurance, strength, recovery, flexibility and reduce eye injuries & diseases, body fat, inflammation, joint & muscle pain, anxiety, depression, ADHD, Alzheimer's & Parkinson's symptoms, & for brain injury.

See red & infrared light therapy post

Lasers Med Sci. 2016 Jul 1. [Epub ahead of print]

What is the best moment to apply phototherapy when associated to a strength training program? A randomized, double-blinded, placebo-controlled trial : Phototherapy in association to strength training.

Vanin AA et al.

Rojas JC, Gonzalez-Lima F. Low-level light therapy of the eye and brain. Eye and Brain. 2011;3:49–67.

J Clin Laser Med Surg. 2001 Dec;19(6):305-14.

Effect of NASA light-emitting diode irradiation on wound healing.

Whelan HT et al.

Ger Med Sci. 2006; 4: Doc05.

PMCID: PMC2703221

Influence of water-filtered infrared-A (wIRA) on reduction of local fat and body weight by physical exercise

Frank Möckel et al.

J Appl Physiol (1985). 2006 Jul;101(1):283-8. Epub 2006 Apr 20.

Effect of low-level laser (Ga-Al-As 655 nm) on skeletal muscle fatigue induced by electrical stimulation in rats.

Lopes-Martins RA, Marcos RL, Leonardo PS, Prianti AC Jr, Muscará MN, Aimbire F, Frigo L, Iversen VV, Bjordal JM.

ABOU-HALA, Andréia Zarzour et al. Effects of the infrared lamp illumination during the process of muscle fatigue in rats. Braz. arch. biol. technol. [online]. 2007, vol.50, n.3, pp.403-407. ISSN 1678-4324. <http://dx.doi.org/10.1590/S1516-89132007000300006>.

J Sports Med Phys Fitness. 2002 Dec;42(4):438-45.

Effect of linear polarized near-infrared light irradiation on flexibility of shoulder and ankle joints.

Demura S, Yamaji S, Ikemoto Y.

<http://articles.mercola.com/sites/articles/archive/2017/02/26/photobiom>

<http://drlwilson.com/articles/SAUNALITE%20NIR%20BENEFITS.htm>

THE BENEFITS OF NEAR INFRARED ENERGY by Dr. Lawrence Wilson May 2010

[http://drlwilson.com/articles/sauna\\_therapy.htm](http://drlwilson.com/articles/sauna_therapy.htm)

Wound healing-what may help internally:

Aloe vera

Anti-inflammatories-alpha lipoic acid, tumeric (with a little black pepper)/ginger/resveratrol/astaxanthin/boswellia (frankencense), MSM

olive leaf

wobenzyme

amino acids- glutamine, lysine, arginine

milk thistle

vitamin D3

aloe vera

suma

cats claw

mangosteen

topical wound healing:

near infrared therapy (NIR-A) 12 min 18 inches

Microcurrent (\$40 Amazon or Russian denas \$200)

DMSO roll on immediately followed by:

arnica

comfrey (allantoin)

aloe vera

hyaluronic acid

vitamin E

vitamin B5- panthenol

yellowdock, chickweed, yarrow

neem oil

St. John's Wort



royal jelly appears to stimulate stem cells, may help diabetic wounds to heal even down to the bone

bee propolis stimulates wound healing

cabbage leaf drains

jewelweed

boswellia (frankencense)

olive leaf/olive oil

M. Costagliola & M. Agrosi (2005) Second-degree burns: a comparative, multicenter, randomized trial of hyaluronic acid plus silver sulfadiazine vs. silver sulfadiazine alone, Current Medical Research and Opinion, 21:8, 1235-1240, DOI: [10.1185/030079905X56510](https://doi.org/10.1185/030079905X56510)

topical anti-infectives:

zinc

raw, local and/or organic honey (especially Manuka, medihoney)

colloidal silver or silver cream

lorinse iodine (safer, 500x higher concentration used by dentists vs povidine/betadine)

tea tree oil

vinegar

magnesium chloride

oregano oil

coconut oil

internal anti-infectives:

Probiotics (swallowed)

Probiotics for mouth & throat( BLIS-K12 chewed)

Manuka or medihoney or raw organic local honey

Colloidal silver

Iodine

Oregano oil

Liposomal Vitamin C

Vitamin D3

Vitamin B

Olive leaf

Bee propolis

Zinc

Chestnut leaf

Echinacea

Elderberr

What may be most effective?

B&W Burn & Wound Treatment (at end)

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Diabetic wounds

Taking alpha lipoic acid (painkiller, anti-inflammatory, helps stop diabetes & heart disease & cancer) internally may help heal diabetic wound.

Hyperbaric oxygen treatment may reduce amputation from 33% to 9%.

## Wound healing

### Taken internally

Alpha lipoic acid/turmeric/ginger/astaxanthin/boswellia (frankencense)/MSM anti-inflammatories

Turmeric (w/a little black pepper) may double the speed of healing of some injuries. Anti-inflammatories that don't cause excessive blood thinning or restrict angiogenesis-as NSAIDS do- like turmeric (with a little black pepper), ginger, resveratrol (Japanese knotwood, Hu Zhang) astaxanthin, boswellia (frankenscience), bromelain (from pineapples), papain (from papaya) & MSM may also speed wound healing when taken internally. Studies show when we stop the overactive inflammation response our stem cell activity appears to be significantly enhanced, growing replacement tissue. Zyflamend is a commercial product (expensive) that has a combination of herbal anti-inflammatories. What may be cheapest is to buy the powder organic by the pound & put it in smoothies drank three times a day or buy empty capsules to put the powder in (up to 90% savings).

Protective Effects of Curcumin against Oxidative Damage on Skin Cells In Vitro: Its Implication for Wound Healing

Phan, Toan-Thang MD; See, Patrick BSc; Lee, Seng-Teik FAMS,  
FRCS; Chan, Sui-Yung PhD

Journal of Trauma-Injury Infection & Critical Care:

November 2001 – Volume 51 – Issue 5 – pp 927-931

Journal of Surgical Research

Volume 120, Issue 1, July 2004, Pages 127–138

Role of curcumin, a naturally occurring phenolic compound of  
turmeric in accelerating the repair of excision wound, in mice whole-  
body exposed to various doses of  $\gamma$ -radiation

Ganesh Chandra Jagetia, G.K Rajanikant

Life Sciences

Volume 78, Issue 18, 27 March 2006, Pages 2081–2087

Multiple biological activities of curcumin: A short review

Radha K. Maheshwaria, Anoop K. Singha, Jaya Gaddipatia, Rikhab  
C. Srimalb

Olive leaf

Taking olive leaf extract may increase wound contraction up to 87% and increase the tensile strength of the wound by 35%.

Olive leaf has 31 phenols and appears to be an anti-inflammatory/painkiller, reduce autoimmune inflammation, arthritis, fever, to be an antiviral- rotovirus, AIDS, colds, Epstein Barr, influenza, Hep B, herpes/shingles/cold sores, pneumococcus, to be an antibiotic-salmonella, tuberculosis, skin infections, UTI coliforms, dental infections, mycoplasma, amebic encephalitis, streptococcus, MRSA, sinusitis, psoriasis, to be an antifungal/antiyeast, antimalarial, treat parasitical infections like leishmaniasis, increase immune response, lower autoimmune overresponse, stop new blood to tumors/kills cancer cells killing chronic myelogenous leukemia/lung/breast/colon/kidney/prostate/oral/leukemias/glioblastoma increase wound contraction by 87%/wound tensile strength by 35%, speeds healing of cartilage, anti-inflammatory, lower high blood pressure, prevent diabetes/lowers blood sugar, lead chelator, lower uric acid in gout, have vitamin E, prevent heart disease, lower cholesterol, lower blood pressure 13pts (1000mg daily), chelate lead & mercury out of body, slow osteoporosis, prevent damage from chemotherapy, seizures from scabies, fatty liver, help menopausal symptoms, pain/stops opiate tolerance & addiction, to be safe for infants, protect kidneys from gentomycin & other antibiotics, permethrin & diazanon pesticides, protect against injury, stroke damage, reduce ADHD, chronic yeast, reduces gout, slow Parkinson's, reverse heart disease, help pancreatitis.

Dr. Richard Becker with Cindy Becker, Your Health- #1546 Olive Leaf Benefits 04/20/17, #1519 Olive Leaf for Better Health 5/24/17

## Wobenzyme

Wobenzyme is a mix of digestive enzymes that may help autoimmune diseases (including allergies) & inflammation. It has pancreatin (amylase, lipase, protease), papain, bromelain, trypsin, chymotrypsin, and rutin. It is supposed to be taken 45 minutes before a meal.

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## Amino acids

Taking glutamine, lysine & arginine- all amino acids -may speed wound healing.

## Alpha lipoic acid

Taking alpha lipoic acid may help wound healing, especially for people with diabetes and its side effects.

## Milk thistle

Milk thistle appears to help heal liver damage, reduce blood sugar, and help wound healing.

## Vitamin D3

Vitamin D3 appears to be an immune modulator that fights viral and bacterial infection and may speed wound healing.

## Aloe vera

Aloe vera appears to speed wound healing both internally and topically.

suma

cats claw

mangosteen



## Topical (on the skin)

DMSO (a wood extract) is dirt cheap & a great topical anti-inflammatory. By far the easiest application is roll-on. I often use it first then use another topical anti-inflammatory right after, as DMSO takes most of the chemicals it mixes with right through the skin.

This may boost the penetration & effectiveness of the second agent significantly and keeps the DMSO from drying out the skin by taking the oil layer deep into the tissue.

## C60

C60 appears to speed up wound healing by up to 2x.

## Arnica

Arnica used topically (safest) may speed wound healing, reduce bruises, arthritis, burns, ulcers, eczeme, and acne.

## Common comfrey (and allantoin)

Common comfrey leaves (not roots) have been taken internally for centuries to try to improve gastrointestinal issues, and internally & topically for wound & bone healing. Russian comfrey & comfrey roots may have pyrrolizidine alkaloids that may be toxic for the liver,

so comfrey isn't currently used internally as frequently as in the past. Comfrey appears to help burns, wound healing, & healing broken bones.

Allantoin is a chemical derived from comfrey, & is used medically for burns & wound healing & commercially in cosmetics to grow new skin cells. Allantoin is available online in lotions and in powder form. Both allantoin and comfrey may help scars (including from acne). Comfrey contains other chemicals which appear to work along with allantoin to aide healing.

Organic common comfrey leaves that are dried could be added to organic extra virgin olive oil (anti-inflammatory by itself) and applied. I have also bought allantoin powder and mixed it with vegetable oil & applied it topically to good effect on myself in injuries.

## Aloe vera

Aloe vera may work as an anti-inflammatory to help wound healing and burns both taken orally & used topically, which may be useful for wounds/infections in the mouth. Aloe vera appears as effective in lowering wound bacterial counts as silver sulfadiazine and to kill the most severe of infections, and in healing wounds quicker than those treated with antibiotic ointment and against diabetic wounds.

Anti-inflammatory and wound healing activity of a growth substance in Aloe vera.

Davis RH, Donato JJ, Hartman GM, Haas RC.

J Am Podiatr Med Assoc. 1994 Feb;84(2):77-81.

Wound Healing, Oral & Topical Activity Of Aloe Vera

Davis RH; Leitner MG; Russo JM; Byrne ME

J Am Podiatr Med Assoc Vol 79, Number 11, Nov 1989, P559-62

Aloe Vera, Hydrocortisone, & Sterol Influence On Wound Tensile Strength & Anti-Inflammation

Davis RH; DiDonato JJ; Johnson RW; Stewart CB

Pennsylvania College Of Podiatric Medicine

J Am Podiatr Med Assoc 84(12):614-21 1994 Dec

Beneficial Effects Of Aloe In Wound Healing

Heggers JP; Pelley RP; Robson MC

Phytotherapy Research (1993) Vol 7, No. Special issue, pp. S48-S52. 10 pl. (5 col. pl.). 17 ref.

## Effect Of Aloe Vera Gel To Healing Of Burn Wound, A Clinical & Histologic Study

Visuthikosol V; Chowchuen B; Sukwanarat Y; Sriurairatana S; Boonpucknavig V

Journal of The Medical Association of Thailand (1995 Aug) 78 (8) 403-9

## Comparative Evaluation Of Aloe Vera In The Management Of Burn Wounds In Guinea Pigs

Rodriguez-Bigas M; Cruz NI; Suárez A

Plast Reconstr Surg 81(3):386-9 1988 Mar

## Anti-Inflammatory & Wound Healing Properties Of Aloe Vera

Udupa SL; Udupa AL; Kulkarni DR

Fitoterapia 65 (2). 1994 141-145

## The External Use Of Aloes

Crewe JE

Minnesota Journal of Medicine October 1937. Vol. 20. pp. 538-539

## Aloe Vera And Gibberellin

## Anti-Inflammatory Activity In Diabetes

By Robert H. Davis, Ph.D. & Nicholas P. Maro

Journal of the American Podiatric Medical Association Vol 79,  
Number 1, January 1989

## Clinical Abstracts

### Wound Healing

[http://s3.amazonaws.com/academia.edu.documents/26059618/05\\_wound\\_healing\\_content-disposition=inline%3B%20filename%3DWound\\_Healing\\_Oral\\_and\\_Topical.pdf](http://s3.amazonaws.com/academia.edu.documents/26059618/05_wound_healing_content-disposition=inline%3B%20filename%3DWound_Healing_Oral_and_Topical.pdf)

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## Vitamin E

Vitamin E may help some skin problems, including scarring if used after a couple months after the injury. Mixed tocopherols may be most effective.

## Vitamin B5 panthenol

Panthenol may help itchiness, dryness, hypersensitivity, rosacea, and seborrhea dermatitis.

Yellowdock, chickweed, yarrow

Yellowdock, chickweed, & yarrow may help heal the skin.

This salve from a local grower has comfrey, yellowdock, chickweed, & yarrow.

[https://www.etsy.com/listing/238319014/all-purpose-healing-salve-with-comfrey?ref=shop\\_home\\_active\\_20](https://www.etsy.com/listing/238319014/all-purpose-healing-salve-with-comfrey?ref=shop_home_active_20)

Neem oil

Neem oil may help heal skin conditions and may be a topical anti-inflammatory and anti-infective.

St. John's Wort

St. John's Wort may speed up wound healing when used topically or taken orally.

[http://www.kashvet.org/medicinal\\_plants\\_wound\\_healing.html](http://www.kashvet.org/medicinal_plants_wound_healing.html)

## Royal jelly

Royal jelly appears to stimulate stem cells and may help diabetic wounds to heal even down to the bone.

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## Bee propolis

Bee propolis may stimulate wound healing.

## Cabbage leaves

Blended cabbage leaves applied on wounds appears to help speed healing and reduce infection.

<https://www.earthclinic.com/remedies/cabbage-wrap-for-swelling-pain-infection.html>

## Honey

Local, raw and/or organic honey helps speed healing, partly by stopping bacterial infection even in people with diabetic foot ulcers.

Cui Wang, Min Guo, Nan Zhang, Gongchao Wang,  
Effectiveness of honey dressing in the treatment of diabetic foot ulcers: A systematic review and meta-analysis,  
Complementary Therapies in Clinical Practice,  
Volume 34, 2019, Pages 123-131, ISSN 1744-3881,  
<https://doi.org/10.1016/j.ctcp.2018.09.004>.  
(<https://www.sciencedirect.com/science/article/pii/S1744388118303165>)

This review found honey sped up healing in burns

Jull AB, Rodgers A, Walker N. Honey as a topical treatment for wounds  
Cochrane Database of Systematic Reviews 2008, Issue4. Art No.:CD005083.DOI10.1002/14651858.CD005083.pub2.;16:1085-1100.

This review found an 80% reduction in radiation induced oral mucositis



Adv Skin Wound Care 2012 Jan;25(1):23-8.

doi: 10.1097/01.ASW.0000410687.14363.a3.

## **Systematic review and meta-analysis on the use of honey to protect from the effects of radiation-induced oral mucositis**

**[Jason J Song 1](#), [Philip Twumasi-Ankrah](#), [Richard Salcido](#)**

Jewelweed

Jewelweed may help wounds to heal and poison ivy.

Boswellia (frankencense)

Boswellia appears to lower inflammation & speed wound healing.

Zinc

Zinc powder appears to speed healing of wounds- tissue around wounds have a much higher percentage of zinc than other tissue.

## Topical anti-infectives

### Zinc

Zinc used internally and topically appears to speed the healing of wounds.

### Manuka honey

Manuka honey (made only in New Zealand) is used by hospitals against staph/MRSA infections. Getting it directly from a manufacturer in New Zealand, rather than from resale websites, makes it more likely it will be genuine. Other honey works but manuka honey appears to work best.

### Colloidal silver

Colloidal silver (silver particles in water) may help against staff/MRSA infections. Silver cream may also help. Silver solutions & creams (also put in bandages) appear to significantly speed up wound healing & prevent bacterial infections. Taking it internally may help against stomach bacterial infections but also appears to lower good bacteria levels, so like with prescription antibiotics a

multistrain probiotic taken a half hour after the last meal of the night and nothing but water until morning should help.

Colloidal silver appears to be effective against some strains of yeast, and people report it effective against viral infections.

Powell, J, "Our mightiest germ fighter," Science Digest, 59-60, 1978.

Canty, L M, Baranowski, Z, "Colloidal Silver: The Antibiotic Alternative" The Colloid Research Foundation, 1994.

Farber, M. Paul. (1995). "The Silver Micro Bullet: A Preliminary Scientifically Documented Answer to the Three Largest Epidemics in the World." Houston. Professional Physicians Publishing & Health Services, Incorporated.

A.B.G. Lansdown (2002) Silver I: Its Antibacterial Properties and Mechanism of Action." Journal of Wound Care, Vol. 11 (Issue 4), 125 – 130.

<https://safbaby.com/the-amazing-benefits-of-colloidal-silver/>

Aloe vera

Aloe vera appears to speed up wound healing when used topically & internally.

Nascent iodine

Tea tree oil

Vinegar-may help kill fungal infections of the toe, and prevent/kill ear infections

Magnesium chloride

Oregano oil

Olive leaf/Olive oil

Coconut oil (has lauric acid)

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One study found “beta-carophyllene — which is found in lavender, rosemary and ylang ylang, as well as various herbs and spices such as black pepper — showed increased cell growth and cell migration critical to wound healing”

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.02161>

Internal anti-infectives:

Probiotics (swallowed)

Probiotics (BLIS-K12 chewed)

Liposomal Vitamin C

Vitamin D3

Vitamin B3

Oregano oil

Olive leaf

Bee propolis

Zinc

Manuka honey

Raw, organic, and or local honey

Colloidal silver

Chestnut leaf

Echinacea

Elderberry

Blue light therapy

Burns

Comfrey (allantoin)

Aloe

Arnica

Hyaluronic acid

Vitamin D3

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Allantoin, a component of comfrey, is used to speed healing from burns.

Aloe way improve speed of healing from burns, but should not be used BEFORE going out in the sun, but after.

## Hydrocortisone slows wound healing

Hydrocortisone cream is counterindicated for infection because it worsens time to healing in presence of infection and can often trigger fungal infections and for diabetes because it increases diabetes incidence & intensity and a lot of other complications.

<https://pubmed.ncbi.nlm.nih.gov/6619384/>

Marks JG Jr, Cano C, Leitzel K, Lipton A. Inhibition of wound healing by topical steroids. J Dermatol Surg Oncol. 1983 Oct;9(10):819-21. doi: 10.1111/j.1524-4725.1983.tb00738.x. PMID: 6619384.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4228634/>

<https://pubmed.ncbi.nlm.nih.gov/12848111/>

Wong VK, Della Croce C, Schonfeld S, Mastrangelo AM, Lebwohl M. Use

and abuse of topical corticosteroids in infections of the skin and related structures. J Drugs Dermatol. 2003 Jun;2(3):268-76. PMID: 12848111.

## B & W Burn & Wound Ointment (Amish)

### What it is

Made in Ohio & found in Amish stores, B & W Burn & Wound Ointment appears to be able to heal up a lot of wounds & first &

second degree burns (in 14 days) with little or no pain and in as little as 50% of the normal healing time. I have heard firsthand testimonies (2) from people cut to the bone & having inches of their skin sliced off with only this treatment used and no scarring (and little pain).

Cleaning wounds in most circumstances is essential before any treatment, as well as cooling first or second degree burn with cold water for 20 minutes, as well as consulting your doctor.

Here's what the ingredients do according to [Insidefirstaid.com](http://Insidefirstaid.com), [www.yourfamilyfarmer.com/uploads/documents/B\\_W\\_Brochure.pdf](http://www.yourfamilyfarmer.com/uploads/documents/B_W_Brochure.pdf):

Honey – may sterilize wound (antimicrobial), expedite healing process, minimize scarring

Lanolin – may be a skin protectant, lubricant

Olive Oil – may be an anti-inflammatory, carrier oil, with vitamins A, E, D, & K, helps wound closure

Wheat Germ Oil – may help skin blood flow & prevent scarring & inflammation (very high in vitamin E)

Aloe – may reduce healing time, pain

Wormwood – may be an antifungal, antibacterial, antiparasitic, reduce soreness & pain



Marshmallow Root – may be an antimicrobial, anti-inflammatory, immunomodulatory, anti-irritant, and have vitamin A & zinc for skin healing & reducing bacterial infections)

Comfrey Root – may speed healing of burns & wounds

White Oak Bark – may be an anti-inflammatory, anti-irritant, anti-itching

Lobelia – may be an anti-inflammatory and reduce pain, muscle soreness & spasms

Vegetable Glycerin – may be a skin moisturizer, antifungal, & antibacterial

Beeswax – may be an anti-inflammatory, bind ingredients together, & keep them from melting

<http://insidefirstaid.com/personal/first-aid-kit/burn-and-wound-ointment-bw-an-all-natural-burn-treatment>

## Burns

Here's pictures of second degree burns that appear to be treated successfully with the ointment.

<https://www.betterthangreens.com/b-w-ointment-burns-wounds>

The effect of Burns & Wounds (B&W)/burdock leaf therapy on burn-injured Amish patients: a pilot study measuring pain levels, infection rates, and healing times.

Nicole M Kolacz, Mark T Jaroch, Monica L Bear, Rosanna F Hess

J Holist Nurs. 2014 Dec;32(4):327-40. doi:  
10.1177/0898010114525683.

Epub 2014 Mar 25.

Treatment of Burns with Burns & Wounds (B & W) Ointment and Leaf Therapy

Journal of alternative and complementary medicine (New York, N.Y.) 18(2):109-11

DOI: 10.1089/acm.2011.0416

<http://digitalcommons.wku.edu/cgi/viewcontent.cgi?article=1059&conten>

Amish Culture and Their Utilization of Burns and Wounds Ointment for

the Treatment of Burns

Trinkle, Krystal Melich

Holistic Nursing Practice:

March/April 2016 – Volume 30 – Issue 2 – p 78–87

doi: 10.1097/HNP.0000000000000133

[http://journals.lww.com/hnpjjournal/Abstract/2016/03000/Amish\\_Culture](http://journals.lww.com/hnpjjournal/Abstract/2016/03000/Amish_Culture)

And finally, here is a very good article about the interplay between Amish people & their minimizing the use of hospitals to save on health care costs. The hospital highlighted has accepted the use of B & W Burn & Wound Ointment after evaluating that it may work very well for first & second degree burns (they don't comment on wounds).

For third degree burns, hospital care appears to be necessary to stabilize the patient & save their lives. B & W Burn & Wound Ointment will not prevent death by shock or a lot of the other problems that third degree wounds can bring. B & W Burn & Wound Ointment may be added in the mix of care ONLY when the patient is medically stabilized. In severe burns the ointment may help the healing of skin grafts.

IT'S TOO DAMN EXPENSIVE

What The Amish Can Teach Us About Modern Medicine

Mosaic Sara Talpos

<http://digg.com/2016/amish-mmosaic>

<https://iuhealth.org/find-medical-services/wound-care>

uses:

“Compression and lymphedema management

Compression bandaging and lymphedema therapy are used to reduce swelling, particularly in arms and legs, with specialized bandaging and manual techniques.. We offer many kinds of compression therapies, including compression bandaging, manual techniques and compression pumps.

Negative pressure wound therapy

Negative pressure wound therapy promotes healing using a gentle vacuum pump. The vacuum draws increased blood flow to the area and stimulates cells to promote new tissue growth, allowing the wound to heal quicker. Negative pressure wound therapy allows you to heal from the comfort of your own home with support from our highly-skilled home care team.

Benefits of negative pressure wound therapy:

Reduces hospital length of stay

Accelerates wound healing

Promotes new tissue growth

## Reduces infection rates

### Custom total contact casting

Total contact casting is considered the gold standard of treatment if you have wounds on the bottom of your feet due to diabetes. A cast customized to your foot transfers the weight of your body away from the wound itself when you stand or walk. (This treatment may not be available at all hospital locations).

### Hydrotherapy

IU Health wound specialists use hydrotherapy to increase circulation to the wound, cleanse the wound of bacteria and debris, and to relieve pain. We offer hydrotherapy in the form of pulsed lavage—simultaneously irrigating and removing fluid from a wound to cleanse and heal it.

### Ultrasound

Ultrasound decreases inflammation and pain in soft tissue. Non-contact low frequency ultrasound is used to decrease bacteria and debris in a wound, as well as decrease inflammation, stimulate cells to grow new tissue and to decrease pain associated with the wound. Contact low frequency ultrasound assists with wound cleansing and debridement without a significant increase in pain. (This treatment may not be available at all hospital locations.)

### Sharp selective debridement

This is the removal of tissue that is no longer healthy from the surface of a wound. This helps prevent infection and allow new healthy tissue to grow in its place.

### Electrical stimulation

Electrical stimulation transfers a safe level of electrical energy through a tissue using electrode pads. This has shown to stimulate healing in wounds that have not responded to traditional wound care.

### Ultraviolet-C

Ultraviolet-C is the process of using a low frequency light that targets and kills bacteria on the wound surface.

### Hyperbaric oxygen therapy

Hyperbaric oxygen therapy (HBO therapy) is used to treat non-healing wounds. HBO therapy delivers 100% pure oxygen under increased atmospheric pressure in a clear acrylic, mono-place chamber.

### Benefits of hyperbaric oxygen therapy:

Accelerates the wound healing process

Increases oxygenation to all tissues

Promotes collagen and new skin development

Reduces swelling and discomfort

Promotes new blood vessel formation

Increases capillary growth

Activates bactericidal activity killing bacteria”

**Category**

1. Uncategorized

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