

## **Skin Relief & Burns**

In this document the focus will be set on the largest organ of the human body, the skin, also considered the body's "third kidney". This major organ is supposed to eliminate about as much (cellular) waste as your kidneys, bowels and lungs.

It is pivotal that you understand that the skin will take over most elimination from your two kidneys, if they [the kidneys] are too weak or suppressed. The weakness or suppression of the kidneys render them unable to effectively filter the lymphatic system via urination. The suppressive influence will stem from weak adrenal glands (via the nervous system) and/or the inability to utilize sodium and potassium properly (adrenal glands again). The body will then attempt to increase elimination through the skin resulting in pimples (most common), acne, and boils. Most skin problems are internal problems.

### ***Thyroid Gland and Skin***

Your thyroid gland has numeral functions. One of those is to regulate body temperature, which ultimately determines your ability to sweat, or induce diaphoresis, when needed. If you have a hard time sweating, and your kidneys aren't filtering, you're predisposed to developing psoriasis, eczema, certain skin discolorations, and rosacea. This occurs as the skin becomes overburdened and acidic wastes and toxic byproducts are trapped in the subcutaneous skin layers resulting in slow elimination through the skin. Skin pigmentation changes are linked to the pituitary gland, and is also considered to be linked to melatonin from the pineal gland.

On the rear surface of the thyroid, you find four identical twin glands called the parathyroid glands. The thyroid gland produces a hormone known as calcitonin, whereas the parathyroid glands produce a hormone called parathormone. These two hormones are essential for the proper waxing, waning and utilization of calcium. With an inability to use calcium your body is unable to put this mineral back into connective tissues including your skin. Eventually, this leads to sagging, wrinkly and boring skin which is often blamed on lack of silica or sulphur. Speaking of silica, there is also the thought that the body transmutes silica into calcium in the liver (through the process of biological transmutations).

## ***Addressing Skin Problems***

Pimples, acne, boils, psoriasis, eczema, rosacea, skin discolorations, wrinkles, sagging skin, or anything of similar nature, are unwanted.

So, first things first; you must restore the functional ability of your kidneys and adrenal glands (keep in mind that the pituitary gland can inhibit adrenal gland function, so always consider this link) in order to enable filtration of the lymphatic system. This will help take the burden off of the skin. In the meantime, you can determine if you have a weak thyroid by conducting the basal temperature test. You can view the 'Basal Body Temperature Study' PDF for the instructions.

The hypothalamus/pituitary gland can also impede thyroid function. Proceed to address these weaknesses, if recognized. Optionally review the self-assessment health questionnaire, and pay meticulous attention to the thyroid section to help evaluate thyroid function. If the thyroid is weak, there is a high chance that the parathyroid glands are affected too.

Another organ that can play a more or less indirect role in skin conditions, is the liver.

Depending on the state of your lymphatic system, the eliminative organs, and your endocrine glands, it can take a good while before your skin begins to clear up and symptoms subside. Sometimes, it is imperative that you conduct a fast (juice fasts are recommended), if your condition is deeply rooted. Don't be discouraged if it takes 6 months to a year before changes occur. Remember that you're not only addressing the condition of your skin. You're addressing the health of your body as a whole.

## ***Managing Inflamed and Itchy Skin***

For those dealing with severe itchy-skin type conditions, a few ideas will be provided for what you can do to receive temporary relief:

- Ocean water is superb for those dealing with psoriasis. May also aid rosacea, eczema and itchiness.
- Chickweed herbal baths are excellent for mild, moderate and severe itchiness (eczema and rashes especially).
- Tinctured grindelia herb can be applied directly to rashes to stop the itching.
- Peppermint or lavender essential oil diluted in a carrier oil (coconut oil, castor oil, olive oil, etc.) can be applied topically to rashes, itchy areas or sunburns. You may also add several drops to your bathtub water for relief of widespread itching.

## *Chickweed Bath Written Instructions*

1. Gather a big batch of freshly picked chickweed and wash the leaves.
2. Chop the chickweed into smaller pieces and place in a mortar and pestle to extract the green juice.
3. Pour the juice and the mashed up chickweed into your bathtub filled with water.
4. Soak in it for 15-20 minutes.

Alternatively (especially if you don't have access to a bathtub), you may also spread the juice directly onto the affected area and let it dry onto the skin.

If you do not have access to fresh chickweed, you may purchase cut and sifted chickweed ([www.iHerb.com](http://www.iHerb.com) is an option), and brew teas out of it for internal ingestion. You may also prepare a quart of strong chickweed tea and add it to your bathtub water for you to soak in.

A quality Heal-All type tea can be used in place of chickweed tea.

## *Managing Burns*

Henceforth a selection of options that are available to you in consideration of the degree of burn you've experienced will be outlined. Once given the chance, there is no limit to what Nature can do in terms of regeneration of bodily tissue - including complete regeneration of third degree burns without scarring as profoundly demonstrated by the Amish healer, John W. Keim, through the application of his Burn & Wounds Ointment ([link](#)) and ample use of scalded burdock leaves wrapped around the skin.

First off, familiarize yourself with **Aloe Vera**, **Burdock Leaf**, and **Burdock Root**. Both aloe vera and the burdock plant are powerful rejuvenators of skin tissue.

Aloe Vera has splendid soothing, healing and skin renewing properties. It does have a drying effect, when taken internally, so it is not advised to ingest large quantities of it - however - applied topically, it is a superior tissue healer. Burdock leaves are high in calcium and supportive of kidney tissues. Burdock root is a powerful regenerator of the liver and a great blood cleanser.

It is recommended to always having a bottle of either of the following flower essences:

**(1) MOONSHINE YARROW; (2) EMERGENCY RELIEF; or (3) FIVE-FLOWER FORMULA.**

... in the medicine cabinet, in order to mitigate acute stress responses (shocks) and trauma.

## FIRST DEGREE BURNS



First degree burns generally result in redness of the epidermis (top layer) of the skin. Usually, the skin will feel warm and painful to the touch.

First degree burns include:

- \* Hot water burns
- \* Contact with hot stoves or ovens
- \* Sun burns
- \* Oral burn from hot food (especially soups)
- \* Etc.

### Managing First Degree Burns:

You should start off with cooling down the burn with cold water, immediately.

This degree of burn is normally easy to remedy in a timely manner. Most often, the pain will subside on its own within one or two days. To speed up the process, one may apply **fresh aloe vera gel** to the affected area. See instructions for wrapping the skin with aloe vera further below.

**Aloe vera baths** are also superb, but requires a lot of aloe vera gel or juice, which most people don't have access to in times of need.

**Slippery elm baths** are a good alternative to aloe vera baths, due to the anti-inflammatory properties and mucilaginous quality of the herb. If it's only a small area that has been affected, you may mix some slippery elm powder with a little water until a paste-consistency is achieved, then apply it as a soothing poultice.

**Raw honey** can also be applied directly to the affected areas of mild burns.

**Lavender oil** (only the *lavandula officinalis* variety) is an excellent essential oil of which can be applied directly on the affected areas. This oil does not require to be diluted in a carrier oil. Combine it with aloe vera gel for extra regenerative power.

A **Heal-All Tea** baths is another excellent option. Written instructions can be found further below.

Jown W. Keim's **Burns & Wounds Ointment** ([link](#)) is a powerful formula which is utilized for all degrees of burns. Although a formula of this potency is not necessary for mild burns, it's still a great option, if you have it.

As part of an emergency kit, you can purchase and store [Burnaid](#) **burn dressings**.

## SECOND DEGREE BURNS



Second degree burns are exemplified by red, blistering skin of which the epidermis (top layer) and dermis (second layer) have been affected. The person is usually in very significant pain, and may go into shock.

Second degree burns include:

- \* Burns from contact with hot liquid
- \* Burns from fire (open flames)
- \* Chemical (acid) burns
- \* Etc.

### Managing Second Degree Burns:

You should start off with cooling down the burn with cold water, immediately.

Second degree burns are more serious but can very easily be managed at home in most cases. Be sure to keep a bottle of the aforementioned **flower essences** on hand in case the victim experiences shock. Keep in mind that the shock can occur several hours after the accident so it may be advisable to ingest the flower essence to avoid or mitigate this. Do NOT hesitate to seek professional assistance, if needed.

These are cases where **aloe vera juice baths** and **wrapping the skin in fresh aloe vera**, is highly recommended. See instructions further below on wrapping the skin.

As part of an emergency kit, you can purchase and store [Burnaid](#) burn dressings for use on first and second degree burns.

Alternatively, if you have **burdock leaves**, you may also wrap these around the skin. Tinctured burdock leaves can be taken internally, while **burdock roots** brewed to tea (and also tinctured) can be ingested as well.

When possible, call **Robert Morse, N.D.'s Herbal Health Center** at (941) 255-1979.

## THIRD DEGREE BURNS



Third degree burns are burns that have completely incinerated the layers of the skin. Any leftover skin from the burn will normally appear either black or white. The nerve endings in the area of where the most damage has been done will likely have been completely destroyed - meaning that the person may only experience pain in the adjacent areas. A person is very likely to go into shock from a third degree burn.

Third degree burns include:

- \* Burns from electricity
- \* Chemical (acid) burns
- \* Burns from fire (open flames)
- \* Etc.

### Managing Third Degree Burns:

With burns of this severity, do **NOT** attempt to cool down with water.

With third degree burns an important decision must be made quickly. The victim is either going to go to the hospital emergency room, and be treated the medical way, or you immediately seek the professional assistance of a naturopathic physician, or herbalist, who knows how to properly deal with third degree burns and is able to help you.

You would be well advised to contact **Robert Morse, N.D.'s Herbal Health Center** at **(941) 255-1979** as soon as possible.

Recovering from third degree burns, Nature's way, requires extensive use of **aloe vera juice baths**, dressings of **aloe vera** or scalded **burdock leaves**, as well as **ample consumption** of **tinctured burdock leaves** and **burdock root**. The **Burns & Wounds Ointment** ([link](#)) is highly recommended. This combination of some of Nature's finest skin rejuvenators can produce total recovery of the skin with zero scarring and comparatively minimal pain - and in most cases voiding the need for skin grafting - but requires your trust and faith in Nature which many people, unfortunately, may lack.

Allopathic treatment of third degree burns will produce a certain degree of recovery, but with extensive scarring. The procedures utilized (e.g. [skin grafting](#)) can be very painful, and ample amounts of pain killers and anesthetics, which in and of themselves can produce damaging effects, will have to be employed. This is the most uncomfortable and painful way of managing and recovering from third degree burns. But in most cases it's the only option people have.

### *Aloe Vera Skin Wrapping*

Acquire several fresh aloe vera leaves and follow the instructions outlined.

- 1) Cut the leaves at the base.
- 2) Slit the stalk horizontally, exposing the gelatinous interior.
- 3) Using the thickest, juiciest section for the burn, cut a piece large enough to completely cover the burn and its surrounding tissue.
- 4) Place the entire piece on the area (gel and peel, gel side toward the burn).
- 5) Cover the aloe with roller gauze and surgical tape to keep it firmly in place.
- 6) Leave on overnight or, if burn occurred early in the day, cut a fresh piece of aloe to make a new dressing and leave on overnight.
- 7) The remaining stalk of aloe may be wrapped in plastic wrap and refrigerated overnight.
- 8) In the morning, cut a new piece of the refrigerated aloe to make a fresh dressing.
- 9) Repeat applications twice a day until area is healed.

## *Heal-All Tea Baths*



- 1) Fill your bathtub with water. Enough, so that you can easily submerge your head under the water, if desired. Account for an additional 1 to 2 liters of water from the prepared tea.
- 2) Depending on how strong you want it, you may add 1 to 3 full tablespoons of the Heal-All Tea blend to 2 liters of water in a pot.
- 3) Bring the tea to a boil, lower the heat and then let it simmer for 7 minutes.
- 4) When the tea is ready, you may pour 1 liter or the whole 2 liters into the bathtub.
- 5) Take off all clothing and submerge yourself into the bathtub, relax and enjoy. You may stay in it for up to 90-120 minutes, but pay attention to how your body is feeling.

## *Gua Sha Skin Cleanse*

Gua Sha is an inexpensive but effective way of opening up the pores of the skin to draw out toxicity and debris from the epidermis and dermis layers of the skin. This greatly assists the skin in its role of elimination. This body scrub is especially recommend for people with scurf rims (i.e. skin rings; a sometimes thick, black ring circling the periphery of the iris) and weak thyroid glands inhibiting their ability to produce sweating.

Although there are many variances of ingredients used, the two primary ingredients utilized are **triple distilled** vodka and baking soda. And these two basic ingredients easily suffice.

- 1) Mix the alcohol with baking soda until you achieve a paste consistency.
- 2) Optionally add a few drops of essential oil (e.g. sweet orange, red mandarin, clary sage, etc.).
- 3) Get in the shower and rinse yourself off for a minute or so, then turn off the shower.
- 4) Now apply and scrub the mixture all over your body (you can use a skin brush, bath mitt, or loofah).
- 5) When you're done, get back in the shower and rinse off.
- 6) Optional: after the scrub, it is highly recommend getting out in the sun for 20 to 45 minutes, depending on how much you can tolerate.

As a general rule of thumb, you may do this body scrub once per day.