

ABSCESS

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DEFINITION

A collection of pus within a body cavity. According to Thomas Dusker, "The brighter the redness, the smaller will be the abscess. The softer the feeling and the darker the appearance the more extensive will be the destruction of the tissue. Thick yellow pus is termed 'healthy', thin watery and greenish pus is always bad, indicating prostration and difficulty in healing."

SYMPTOMS

In an abscess we distinguish between the body or center and the sides or edges. The secretions are of different kinds, and upon them depend the benign or malignant character of the abscess. The discharge may consist of good or bad, of a thin, watery or thick, slimy, clammy, white, green, yellowish green, yellow or bloody, variegated, foul, offensive matter. Benign abscesses heal when the discharge ceases, the cavity or center and side close, and are covered with new skin, but a scar is generally left. A malignant abscess, on the contrary, gives no sign of healing, but rather inclines to get worse, and, if aggravated, to mortify.



CAUSE

An abscess is nature's way of purifying the body, bringing waste materials into a deposit that can be easily drawn out. Pus is formed by the loss of organic sulphur from cells, whereupon the cells decay. Herbs containing organic sulphur such as garlic are used to rebuild and prevent this deficiency condition.

The causes lie either in local injuries or in a defective blending of blood and (other) juices (liquids). But generally both circumstances unite in the development of an abscess.

The basic cause of all abscesses, tumors, cysts, etc., stems back to an impure bloodstream, with its major cause being improper food intake. This condition causes poor action of liver and bowels, a faulty digestion, or disturbances in the lymphatic glands are generally responsible for the accumulation of impurities in the blood.

HERBAL AIDS:

Poultices: The use of poultices to bring an abscess to a head and clear it out is the most important method of relief.

A poultice that will draw very rapidly and relieve pain at the same time is:

- ✓ Mullein (three parts), Lobelia (one part)

Other Poultice suggestions from Dr. Christopher are:

- ✓ Equal parts: slippery elm, wild sage, and lobelia
- ✓ Three parts slippery elm bark and one part lobelia herb.
- ✓ Flaxseed, lobelia, and golden seal;
- ✓ Carrot
- ✓ Potato
- ✓ Onion

THE INFECTION POULTICE IS VERY EFFECTIVE.

- ❖ Here is a poultice I have used for years anytime I've needed to pull waste from the body. The Charcoal/ Flax Seed Poultice will pull infection, boils, ECT... right out of the body. This is also excellent for Ear Infections in children. It is a very simple poultice, but, nonetheless, very effective. The charcoal and flaxseed are powerful agents to pull the infection out of the body.

- ❖ **You will need:**

- 1-cup water
- 4 tablespoonfuls charcoal powder
- 4 tablespoonfuls flaxseed [freshly ground]

**Do not reuse or reheat this poultice.*

- ❖ 1) Add all ingredients to small pan on stove, mix with a whisk to blend. Heat to a boil. It should thicken to a black mix of goopy goop.
- ❖ 2) Remove from heat and spread still hot mixture on piece of cotton material. Fold material over black goop and close with a piece of tape or safety pin.



Items Needed to Make Poultice



Grind Flax Seed in Blender or coffee Grinder



Whisk Charcoal & Flax with 1 Cup water



Until water is absorbed



Spread Black Goop on Cotton Material



Fold edges to make a pouch or pocket



Place Poultice over affected area while still quite hot.

- ❖ 3) Allow to cool just enough so as not to cause discomfort when placed on the body. Place over infected area while still quite warm. Secure with ace bandage or other material. Leave on at least 4 hours or overnight. The heat will open the pores allowing the infection to be drawn out.

After the abscess has burst, cover it with a poultice or fomentation of comfrey leaves or roots (powdered) for fast healing.

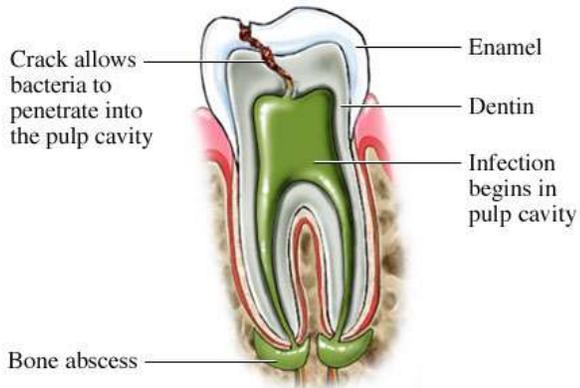
Dosage: Be generous in making poultices, covering the afflicted areas very thickly. An abscess as it ripens will get larger and continue to expand until it bursts open and drains.



After the pus and solid matters are nearly drained off, fluid--sometimes bloody--will run from the abscess. This is when you put on the comfrey poultice, or fomentation.



Abscessed Tooth: See your dentist. An old and effective treatment for abscess is tincture of myrrh, applied frequently on the gums. This tincture is also good for mouth irritations generally. Lobelia is also good for abscess.



Abscess, Dental: Cabbage is considered a healing herb in this case.



Add ½ tsp. or 1 tsp. to warm water:



Flushing the affected area with the warm solution to aid in clearing the abscess.

Blue Vervain: Made into a poultice with flaxseed meal, using a strong infusion of Blue Vervain instead of plain hot water, it relieves rheumatism, neuralgia, sciatica, etc. This poultice draws out boils, abscesses, and is especially useful to reduce swollen glands, a common ailment in these days of pollution and debilitated foods. Use this poultice for earache and ear abscess as well. Apply the tea externally to sores.

One of the best blood-purifying teas is: Burdock Root (Arctium lappa).

Other Blood-purifying teas are:

- Chaparral aka creosote bush (Larrea tridentata),
- Oregon grape root (Berberis aquifolium), and
- Red clover blossoms (Trifolijm pratense).



Use ½ tsp. Detox Formula in an ounce of juice or water 3 to 5 times a day to purify the blood.