

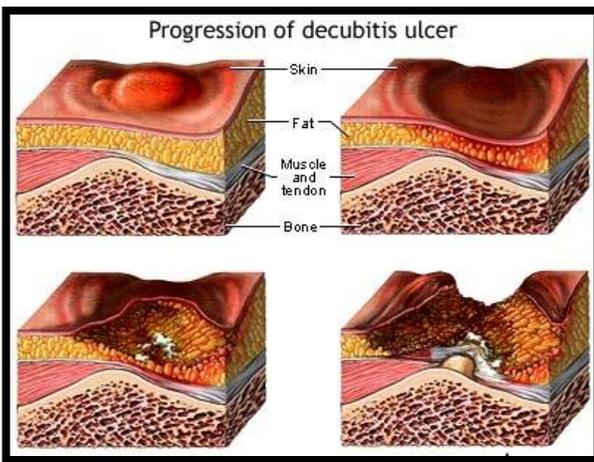
# DECUBITUS ULCER



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## Definition

### Arterial, Diabetic, Pressure & Venous Ulcers



#### Arterial Ulcer

Arterial ulcers result from an inadequate blood supply, which is almost always caused by atherosclerosis, or fatty plaque build-up in the arteries. Cholesterol or other fatty plaques settle in the arteries, which narrow and harden, resulting in poor blood circulation. Even a small scratch may not heal properly due to the compromised blood supply, and can lead to the development of an ulcer.

#### Diabetic Ulcer

If you have diabetes, you may have an increased risk for developing foot ulcers, or sores. Foot ulcers are the

most common reason for hospital stays for people with diabetes. It may take weeks or even several months for your foot ulcers to heal. Diabetic ulcers are often painless.

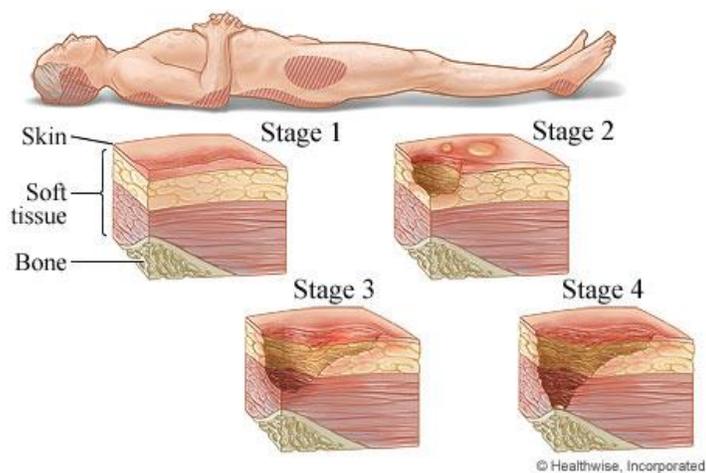
#### Foot Ulcers

Are partly caused by increased pressure on your foot. Be sure to wear shoes that do not put a lot of pressure on your foot, especially where the ulcer is located.

#### Pressure Ulcer

A pressure ulcer is an area of skin that breaks down when you stay in one position for too long without shifting your weight. This often happens if you use a wheelchair or you are bedridden, even for a short period of time (for example, after surgery or an injury). The constant pressure against the skin reduces the blood supply to that area, and the affected tissue dies.

A pressure ulcer starts as reddened skin but gets progressively worse, forming a blister, then an open sore, and finally a deep dent in your skin. The most common places for



pressure ulcers are over bony areas (bones close to the skin) like the elbow, heels, hips, ankles, shoulders, back, and the back of the head.



### Venous Ulcer

Venous ulcers are most commonly found in the area above the ankle but can include any area below the knee. The leg may become swollen, causing the skin surrounding the ulcer to become dry, itchy, and sometimes brownish in color. Dermatitis (eczema) may occur.

Venous ulcers are caused by venous reflux. Venous reflux means that the blood flows backward through the circulatory system. When the veins are not working properly, the blood backs up into the superficial veins, increasing pressure and causing the veins to become elongated and dilated. The tissue surrounding those veins no longer receives a good supply of fresh blood, including the infection-fighting white blood cells. As a result, toxins remain in the tissue and the site may become ulcerated.

## Herbal Aids

**Preventive:** Massage affected area daily using a few drops of the **Deep Heating Oil** to increase circulation. Encourage active movement of each muscle and joint daily. Our bodies were made for movement in cases where active participation is impossible passive exercises must be implemented.

Massage the **M&L Salve** into stiff joints and muscles, in many cases this salve works very quickly to relax and release even the most difficult issues. In cases where joints have been allowed to remain frozen from extended neglect try packing the M&L Salve over the affected area overnight. Then continue nightly massaging in the M&L salve followed by a **BF&C Salve Pack** over the affected joint until relief is obtained.

**Hydro Therapy:** Daily alternate Hot & Cold flowing water with hand held shower head over affected joints where possible. For more on Hydro Therapy See Information sheet.

### Healing the Ulcers:

**An infected or bacteria laden wound will not heal. Before attempting any healing routines the ulcer must be clean and clear of all infection and bacteria.**



Apply the **Infection Salve** over red heated sores and skin.



## The Infection Poultice is very effective.

The Infection Poultice (Charcoal/Flaxseed) is an excellent aid to clear bacteria and infection for an open sore. Apply as hot as can be tolerated, leave on 4 to 6 hours. Replace as needed until all signs of infection have disappeared.

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.

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.



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.

**When the wound has been cleaned it is time to apply healing herbal therapies.**

When the ulcer has eroded the flesh use the **Healing Poultice**:

1. Add distilled water to make a stiff mud paste
2. **Pack the herbal paste it into the open sore.**
3. Cover this with a clean bandage.
4. **When dried this poultice will form a protective barrier as the tissue and flesh fill in, healing from the inside out.**
5. Remove bandage and soak affected area daily during daily bath. Apply Hydrotherapy doing 7 hot and 7 cold applications. This can be done by soaking in hot and cold buckets or with a hand held shower wand.
6. **Reapply paste as needed after hydrotherapy.**
7. Cover with clean bandage
8. **Do not be concerned if poultice material does not remove during hydrotherapy. When the healing has completed the body will shed the hard protective surface of the poultice like a scab.**

