BRUISING

- **Use an ice pack to treat any injury that might lead to a bruise. Apply as quickly as possible after injury and continue for 24 hours. Apply at 15 minute intervals. Don't apply heat in between packs, allow skin to warm naturally. The cooling restricts the blood vessels causing less blood to spill into the tissues as well as minimizing swelling. After 24 hours use heat to dilate the blood vessels and improve circulation.**

- **Because bruises are little puddles of pooling blood, propping up the injured area so the blood runs away from the area will help.**

- **Eat plenty of Vit A and C foods: red peppers, dandelion greens, carrots, apricots, kale, spinach, mustard greens, collard greens, watercress, parsley, swiss chard, beet greens, endive, soybeans, all sprouts, wheat germ, nutritive herbs, kelp, dulse, whole grains (best when sprouted), chives, rose hip tea, all fruits except citrus.**

- **Eat an alkaline, light food diet. Heavy proteins and starches put excess stress on the organs and blood vessels. Fruits, greens, seeds and nuts are good. Do not overeat the seeds and nuts.**

- **Using a Clay poultice will reduce swelling. Mix white or yellow clay with horsetail grass or lobelia tea.**

- **Make thick paste and spread it 1/4 inch thick on a linen. Apply wet area over the wound.**

- **Immediate application of cold compress to area after injury will help reduce any swelling. Then rub into the area a liniment made of equal parts Arnica tincture and Cayenne tincture. Other herbs that will increase action of this liniment are small amounts of Birch, Sage, Peppermint oils. An alternative is to apply an Onion Pack (finely chopped onion in a cotton sack) or a Potato Pack (finely grated potato with 1/4 tsp ginger in a cotton sack) over the bruised area and secure it in place.**

- **Cabbage leaf poultice is cleansing and drawing. Beat the leaves until the juice runs, spread them over the wound and tape a linen over the top to hold it on.**

- **Potato poultice can be used with raw potatoes or baked. Pulverize raw potatoes with mixture of bran, slippery elm, milk, honey or wheat. Spread the mass on a linen and cover area. Bake the potatoes in their jackets. Mash them up with bran, slippery elm and a little water to a thick consistency. Apply same as above. Keep these poultices on for several hours.**

- **Marshmallow root powder mixed with equal parts lobelia and 1/5 part cayenne is**

an excellent poultice or fomentation for wounds, swellings, insect and snake bites and bruises.

- **Aloe vera gel, wheat germ oil and safflower oil can be rubbed on the aggravated areas.**
- **Take 500 mg Vit. C 3-5 times daily to help build collagen.**
- **Alcoholics or drug abusers tend to bruise easily. Also if you are taking anti-inflammatory drugs, anti-depressants, asthma medicines or other medicine, they might cause you to bruise easier.**
- **Arnica homeopathic can be used topically in a salve form.**
- **BASIL essential oil is the favourite for bruising topically if you like using essential oils.**