INJURIES

- **Don't ever use a wet dressing, because bad bacteria love having a hot and humid environment and nourishment. If the bacteria have these 3 things, they multiply like crazy and then infect the wound. That's why you stop the bleeding, because blood is their development medium; it has all the goodies that bacteria need to feed on.**

- **Don't apply a wet dressing and don't leave a dressing on for days or weeks. Don't keep the dressing on long enough for enough nutrients to accumulate for the bacteria, because in a wound you don't just get blood, you also get lymph and secretions. That's why you have to change the dressing.**

- **Do not cover it with a bag, with plastic or with whatever you find. You think that you protect it so that nothing can enter, that you seal it. False! It must be as aerated as possible. You must bandage it so that you prevent any loose debris from entering, so you don't bruise it, so that it doesn't leak a lot and so it doesn't get dirty, but you need air without the 3 conditions that bacteria need to multiply.**

- **The biggest danger of a wound is to reach the necrotizing fasciitis phase (fascial necrosis). Bacteria that is commonly anaerobic (it doesn't need oxygen to feed) enters and finds a patient who has a poor immune system. This could happen for several reasons: liver issues, obesity, diabetes AIDS, alcoholism, or maybe the patient is old and no longer has as much immunoglobulin.**

- **Bacteria find a perfect environment to develop and in a few hours they eat almost everything above the muscle and beneath the skin. It turns everything into necrosis, so it's dead tissue. The bacterium works so fast that you can't stop them. You need a doctor. How can you recognize this? You get those general symptoms of malaise, listlessness, fever. It doesn't hurt, but you can touch and it feels like snow or precipitation. It is the most dreaded infection, but it doesn't happen to everyone.**

- **The number one universal essential oil for burns, and infections to the skin is Lavender Oil. You can use it undiluted. Always keep an aloe vera plant around your house for any type of burn – just scoop out the gell inside the leaf and apply.**