



What are Boils?

Bacterial infections or the **inflammation of one or more hair follicles** can result in the formation of a [boil](#). They are usually painful and can be quite distressing, especially if they are recurring. A [boil](#) generally starts off as an inconspicuous pink and tender bump, localized to one area. This soon develops into a firm, hard, inflamed lump that is filled with bacteria-fighting white blood cells and dead skin tissue (pus).

The affected area usually gets larger and more painful until the [boil](#) bursts and the pus is able to drain. While some [boils](#) disappear within a few days, **many can take up to two weeks to heal**, which can be very painful and frustrating.

Where do Boils Appear?

[Boils](#) can occur anywhere on the skin, although they tend to **develop on the face, neck, armpits, buttocks, or thighs**. They also occur most frequently in areas containing hair and/or sweat glands, or in areas where chafing or recurrent friction occurs-- thus a **major cause of skin boils**. In some cases, [boils](#) can occur in **interconnected clusters called carbuncles**. In severe cases, they can develop into abscesses.

While anyone can develop [boils](#) and [carbuncles](#), people who have diabetes, a suppressed immune system, poor hygiene, acne, or other skin problems are at a higher risk.

Diagnosing Boils

Most [boils](#) can be adequately treated at home, and usually run their course and heal without medical attention. However, in some cases, **you may need to visit a general health practitioner** to avoid complications. Your doctor will simply examine the affected area to confirm diagnosis, and generally no other diagnostic tests are necessary. [Skin boil treatment](#) is generally simple and can be managed at home.

When to Consult a Doctor

- Fever
- The [boil](#) occurs between the buttocks (known as a pilonidal cyst)
- The [boil](#) is very painful and not improving
- The [boil](#) worsens rapidly
- You have frequent [boils](#)

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Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY website.

- There are red lines radiating from the [boil](#), which suggests that the infection may have entered the bloodstream
- You have an underlying condition, resulting in immune deficiency

What causes Boils?

The main cause of [skin boils](#) is **generally due to an infection of a hair follicle**, which can occur for a number of different reasons.

Contributing Causes of Boils

- An ingrown hair
- A splinter or other piece of foreign material that has penetrated the skin
- Blocked sweat glands that become infected
- Chafing clothes
- Poor hygiene
- A lowered immune system
- Diabetes
- Malnutrition (Vitamin A or E deficiency in particular)

Help for Boils

There are a number of **treatment and prevention options for [boils](#)**, ranging from old-home remedies passed down over the generations to medical interventions and surgery.

The one important thing to remember is that **[boils](#) are most commonly related to low immune system functioning**. By boosting the immune system, you'll be able to prevent [boils](#) and recurrent infections.

Treatment for Boils

Home Treatment

[Skin boil treatment](#) administered by **self-care is usually the only treatment needed**, as [boils](#) generally heal by themselves within 4 to 10 days. Healing can be expedited by applying a warm cloth to the area or soaking the [boil](#) in warm water. This should help to relieve some of the pain and encourage the pus to surface. Once the [boil](#) has drained, the area should be washed with antibacterial soap and kept bandaged and sterile, as the open wound may be susceptible to further infection. Special **care should also be taken to prevent the spreading of the bacteria**, which can be transmitted to other areas of the skin or to other people through the pus. You should not squeeze or attempt to pop a [boil](#) if it is hard and firm, as [boils](#) should only be drained once they have become soft or once a head has formed. It is recommended to **leave the [boil](#) to burst on its own** to reduce the spread of infection to other areas.

Medical treatment

If the [boil](#) requires some medical intervention, your doctor may drain it by making a small incision on the tip of the [boil](#). This will help speed up the recovery, reduce pressure and pain, and it helps to lessen scarring. If the infection is especially deep, a small amount of gauze can be placed over the [boil](#) so that it can continue to

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

drain. In addition, a course of oral or topical antibiotics may be prescribed to help rid you of severe or recurrent infections. **If [boils](#) are a recurrent problem**, your doctor may also suggest vitamin supplements (especially vitamin A and E) and tests may be done to determine if you have an underlying condition that may be compromising your immune system.

Surgery

Surgery is one of the last measures taken to prevent recurrent [boils](#). This may include the surgical removal of the sweat glands in the area of the skin that is frequently infected. Surgery is also sometimes necessary when trying to treat pilonidal cysts.

Natural Herbal and Homeopathic Remedies for Boils

There are a number of **herbal and homeopathic remedies** that can be of great benefit for someone suffering with [boils](#) or [carbuncles](#). Since **immune deficiency is one of the top causes of this skin infection**, naturally boosting the immune system is the first course of action for many people.

Herbs such as Echinacea purpurea, Astragalus membranaceous, Inula helenium and Withania somnifera are well-documented for their antiviral, anti-fungal and antibacterial properties, as well as their **ability to strengthen and assist the immune system**. These herbs not only help to treat current infections, but work well as a **preventative measure** so that the [boils](#) do not reoccur.

In addition, there are also homeopathic and herbal ingredients specific to skin ailments that can **help speed recovery** and keep the affected area clean and clear from harmful bacteria. Silicea, a homeopathic tissue salt, is very effective in helping the body to expel all foreign or toxic matter, including pus, and is frequently recommended in homeopathic dosage to quickly alleviate [boils](#). In addition, naturopaths often recommend liver and systemic cleansing herbs such as Silybum marianus and Gallium aperiine for [skin boil treatment](#).

Additional Information on Boils

Self-Care Prevention Measures

There are a number of simple ways to prevent [boils](#) from reoccurring:

- Practice good hygiene and wash skin with soap regularly
- Avoid very tight or chafing clothing that irritates the skin
- Clean cuts and scrapes thoroughly
- Keep the immune system functioning well with a healthy diet and sufficient exercise

The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

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Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program.**

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself.** While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions.** Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease.** In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much,** if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing.**

In many cases, they can **succeed where pharmaceutical drugs have failed.** Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines.**



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It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘**standardized**’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don’t make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

Related Natural Remedies:

Pure-Heal Gel: Promotes the natural healing of wounds, minor burns, grazes and bites.

Pure-Heal Gel is a 100% safe and natural topical herbal remedy that **assists the natural healing ability of the skin**. Pure-Heal Gel has been formulated as a natural companion to our effective Pure-Clenz Solution for complete care of your family’s minor wounds, abrasions, burns and insect bites.

Pure-Heal Gel contains a carefully selected combination of well-known and respected traditional herbal remedies for **promoting natural healing**. The soothing gel base and subtle lavender aroma also provide an **immediate comforting effect**.

Like all Native Remedies products, Pure-Heal Gel has been developed with care and is manufactured according to the highest pharmaceutical standards. Individual ingredients are well-researched and have been specially chosen for their **high safety profile in family health**.

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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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Pure-Clenz Solution is Nature's First Aid, and is a safe and effective product used for generations to **cleanse wounds and facilitate healing**. The carefully selected herbal ingredients in Pure-Clenz Solution are 100% safe and natural, and have a long and well-documented history of traditional use for treating skin injuries.

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Like all Native Remedies products, Pure-Clenz Solution has been developed with care and is manufactured according to the highest pharmaceutical standards. Individual ingredients are well-researched and have been specially chosen for their high safety profile in natural family health.

Learn more about Pure-Clenz

DetoxDrops:To assist in the elimination of toxins from the body.

Detox Drops are a 100% safe, non-addictive natural herbal remedy formulated for adults by our team of natural health experts. **Detox Drops** contain a selection of herbs known for their **supportive function in promoting liver health and well-being**.

Detox Drops can be used as part of a gentle detoxification program to safely cleanse and flush out the system. It supports the body's natural ability to remove toxins and waste by-products, **without harmful side effects and without harsh laxatives**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also **significantly reduces the likelihood of side effects** and maintains all active ingredients in perfect balance – exactly as nature intended!

By cleansing and refreshing all body systems, Detox Drops can also represent a wonderful start to any new program to stop smoking, fight addiction, or address unhealthy weight issues.

Learn more about DetoxDrops

ImmunityPlus: Promotes healthy immune system functioning and helps fight viral and bacterial infections.

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy



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functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to **support routine immune strength** to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently-- without compromising health and or causing serious side effects-- to help **maintain the body's natural ability to fight viral and bacterial infections**. It also supports healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also **significantly reduces the likelihood of side effects** and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about ImmunityPlus](#)

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