

# CAROLINA ARAMBURO

## Carolina Aramburo and Friends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 293rd Newsletter, I want to give us a chance to consider Scars and the effects they can have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them.

**SCARS are HEALable, IMPROVEable and even PREVENTable, in Natural WAYS! Lets learn about them!!**

Very few of us have lived past our childhood or teenage years without acquiring a scar or two. Most of us think that scars are just a **part of life** and that we have no control over how they form and in particular about scars after they arise. In this newsletter we will provide you will information about how scars form and how we can not only **prevent** unwanted scars but also heal them and **reduce any scars** we currently have. Please read our newsletter so that you and those you care about can avoid and clear up scars in the future.

A **wound** is where scars start. In order to prevent scars, that is the first place we can alter the outcome. Many of us don't think too much about using **food** in or on our bodies when we have wound of some sort. Perhaps we could consider it. We will pay large sums of money for products that are filled with **chemicals**, when we could actually just utilize simple **natural** foods filled with nutrients instead.

We want quick, convenient, and affordable things. But considering the health risks these products come with continue to rise each day, we should **avoid** these products however we can. Many contain hundreds of chemicals in just a small container that our bodies have to deal with and try to **break down**. We'd be much better off turning to nature for our **internal** and external health needs.

There are many natural ways to help promote **healthy healing** (thus preventing complex scarring), and to heal and regress scarring. The main ways are through **nutrition, exercise and lifestyle** that create an optimally healthy body.

It is thought that **genetics** may play a part in whether a person has a tendency to develop more noticeable scarring. Scar tissue is not exactly the same as the original body tissue that existed before the injury, and it usually does not work as well. For example, **hair follicles** and sweat glands do not grow within scar tissue. One **exception** to this is the healing process within bone tissue, which is capable of healing without losing its full capacities.

Scarring is a **critical** part of the healing process after a wound, injury, skin inflammation, or surgical site has healed and generally happens in **three phases**. If you take very good care of your wound and your whole body right from the start, this will greatly aid your body in the scar tissue healing process. The scarring **healing process** takes about a year to complete but for many, it takes longer. The scar that you see on the surface of the skin is the result of a **complex** process the skin goes through as it recovers from damage. There are many factors that



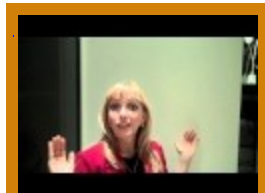
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affect how a wound heals, and the way the **wound heals** affects how the scar will end up looking in the long run. How skin heals and scars varies from person to person, but it also depends on how you care for the wound **before** the scar is done forming. Let's take a look at the 3 wound healing phases.

### The Stages of Scar Tissue Healing

**Swelling/Inflammatory Phase** – in this stage, your wound stops bleeding or oozing fluid or pus (which is the body's way of flushing out and cleansing the area). The wound becomes a reddish or pinkish color as the blood vessels open up and **expands**, allowing for the flow of blood, **oxygen** and nutrients to the wound site. New cells begin to form a protective scab over the wound (Cont. on next page) and the body's **immune** system begins to take action.

The affected area may turn a reddish or pinkish color as the **blood vessels** open up and expand, allowing for the flow of blood, oxy-



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gen and nutrients to the wound site. During this stage, which lasts from **2-5 days**, white blood cells are hard at work fighting infection and repairing the wound bed. Your body also begins the process of collagen formation. **Itching**, swelling, redness or pain is a part of this phase.

Once blood vessels in the wound bed have contracted and **hemostasis** has been successfully achieved, it's time for essential cells, such as antibodies, nutrients and white blood cells, to travel to the site of the injury. If the wound is not **draining** properly, maceration can occur, which will soften and break down your skin after too much moisture within the wound has been experienced.

**Proliferative/Rebuilding/Tissue Regrowth Phase** – After about **five days** into the **wound healing process**, the tissue re-growth stage begins. During the three weeks or more of this phase, your skin enters the rebuilding, or proliferative, stage. In this stage your body continues to produce **collagen**, pulling the edges of the wound together, producing new capillaries or branches of blood vessels form to carry blood and nutrients to regenerate new skin at the wound site.

This new material is called **granulation tissue**. The proliferative phase can cause red bumps in the wound and a thickening of the edges of the wound. Your body will produce cells to keep the wound clean, which causes it to look wet. This is the phase where proper **nutrients** can prevent an overproduction of collagen, improve the skin's regeneration process and prevents excessive scarring.

**Maturation Phase** – in this final phase of scar tissue healing, your body produces more collagen and slowly reforms the scar so that the excess collagen is **removed** and the scar becomes less noticeable,

over the next six to eighteen months and can last as long as **two years**. The area may become red, stretched out and shiny as the scab falls off, and you may experience itching.

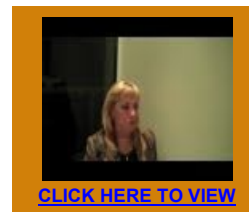
Scar tissue and **adhesions** are the result of our body's natural healing process and it occurs both internally and externally. The process, if working correctly, is supposed to eliminate the scars and adhesions once the wound is healed. In some cases, a person's body does not **breakdown** the scar tissue. The adhered tissue continues to spread which can trigger a cascading effect of compensations throughout the body.

**Scars** are areas of **fibrous tissue** that have replaced normal skin, or other tissue, after injury. A scar results from the biologic process of wound repair (protective, useful barrier) in the skin and other tissues of the body. Scar tissue is never as **functional** as the original tissue it has replaced. With the exception of very minor lesions, every wound (both internal and external) results in some degree of scarring.

**Adhesions** are bands of scar tissue that anchor and support the wound. It binds together all tissue it comes into contact with. Adhesions may be thought of as **internal** scar tissue. Although adhesions can occur anywhere, the most common locations are within the stomach, pelvis and heart.

In the normal process the scar that has formed will be **smaller** than the original lesion, and the skin will be weaker and less **flexible** than that surrounding it. Scarring occurs because the granulation tissue has grown back differently than the original (a wound that affects only the top layer of skin would likely have little or no scarring). The **flawed** area may fade or disappear entirely with time.

How your scar depends on several factors, including genetic make up, age, ethnicity, skin type, depth of the wound, your nutrition and your **overall health and wellness**.



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By listening to my body, and being a Wellness Coaching Client of my own Company I was able to **EVOLVE** my Health and Wellness in a way that I **never imagined possible!** I passionately invite you to do the same!

Ideally, a scar that has healed nicely is **flat, pale and narrow** once it has matured. This can take months or years, depending on the depth and size of the original wound. As you age, your scars continue to slowly fade.

Once you have reached this stage in the wound healing phase nature will run its course. The injury has officially **closed**, and as dermal tissue slowly matures and strengthens, cellular activity near the wound bed decreases, and it is now up to you in terms of making sure the newly covered lesion remains that way and that you provide your body with the (Cont. on next page) **appropriate** environment to continue to heal from the inside out.

**Irregular Healing** - Not all scars heal well. During the second stage, overproduction of collagen can cause formation of thick red scars that don't mature properly. These are known as **keloid and hypertrophic** scars. They remain red and raised.

There are three main types of scars, generally described as **flat, indented,**

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### or raised:

**Flat scars** are the most common, and usually occur from everyday injuries or minor burns. Depending on your skin color, flat scars may be pink to red (and eventually fade to very light pink or white) or tan to deep brown or black (eventually becoming lighter).

**Indented (atrophic) scars** often result from deep wounds, cystic acne or a bout with the chickenpox virus. Other names for indented scars are pockmarks, ice pick scars, and depressed scars. These scars result from **destruction** of the skin's underlying support structure, which is why they don't heal as well as flat or raised scars.

**Raised (hypertrophic and Keloid) scars** result from **overproduction** of collagen in response to injured skin. The production of extracellular matrix proteins, collagen, elastin, and proteoglycans presumably is due to a prolonged inflammatory process in the wound. These types of scars fit into a spectrum of scars called fibroproliferative disorders. Fibroproliferative disorders result from the **loss of the control** mechanisms that normally regulate the fine balance of tissue repair and regeneration.

**Hypertrophic scars** will occur within months of the initial trauma, does not grow beyond the original margins of the scar and has a tendency to remain stable or regress with time. They are red (because it is hypervascular) and raised (because the collagen is **disorganized** and does not allow for pliability) and can be painful or cause limited movement in the affected area (called a contracture). Hypertrophic scars are metabolically active for approximately **eighteen months**. After that time the scar is mature.

**Keloid formation**, which can be either raised or bulbous, are smooth, shiny and can occur within a year after injury. They range in

color from pink to red and are without hair. They are **elevated** above the adjoining skin, tending to feel tough and like a rubber. Keloids enlarge well beyond the original scar margin, can grow **indefinitely** and they do not regress. Keloids are constructed of living, growing tissues,, which enmeshes and expands with enlarged blood vessels, which rises to the surface.

The most **frequently** involved sites of keloids are areas of the body that are constantly subjected to high skin tension. Wounds on the anterior chest, shoulders, flexor surfaces of the extremities (eg, deltoid region), and anterior neck and wounds that cross **skin tension lines** are more susceptible to this abnormal scar formation.

Some keloids become quite **large** and tend to be itchy, tender, or even painful to the touch. With proper treatment, the keloid can be prevented from **spreading** and gradually soften and flatten.

Keloids are found only in humans and occur in **5-15% of wounds**. They tend to affect both sexes equally, although a higher incidence exists of women presenting with keloids, possibly secondary to the **cosmetic** implications associated with the disfigurement. The frequency of keloid occurrence in persons with **highly pigmented skin** (Black, Hispanic, Asian, etc.) is 15 times higher than in persons with less pigmented skin. The average age at onset is **10-30 years**. Persons at the extremes of age rarely develop keloids.

The most important **risk factor** for the development of abnormal scars such as keloids is a wound healing by secondary intention, especially if healing time is greater than **3 weeks**. Wounds subjected to a prolonged **inflammation**, whether due to a foreign body, infection, burn, or inadequate wound closure, are at risk of abnormal scar formation. Areas of chronic inflammation, such as an

earring site or a site of repeated trauma, are also more likely to develop keloids. Occasionally, **spontaneous** keloids occur without a history of trauma.

Scar tissue and adhesions are the result of our body's natural **healing process** and it occurs both internally and externally. The process, if working correctly, is supposed to **eliminate** the scars and adhesions once the wound is healed. In some cases, a person's body does not breakdown the scar tissue. The adhered tissue **continues** to spread which can trigger a cascading effect of compensations throughout the body.

Over time, both external and internal scars could become very hard or unpliant. When scars become stiff, (Cont. on next page)

they can even be quite **painful**. Scars can become fibrous with bands that extend on a subcutaneous level or they could be superficial on the skin's exterior. Scars can discolor and make **ripples in the skin** and in some instances, scarring over a joint area could cause restricted range of motion.

The long-term effects of scar tissue can vary depending on the actual **location** and the level of severity. Scar tissue is primarily made up of dense fibers of collagen. The composition could restrict lymphatic and **blood circulation**. This will cause surrounding structures and tissues to be put under stress. This type of stress could lead to:

- Pinched nerves

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- Numbing sensations and pain
- Range of motion and flexibility restrictions
- Atrophy in certain muscles

The good news is that tissue **re-generation** is a natural process that every living being has the potential of. The bad news is that most of us are energy depleted - we're having such a tough time even staying **healthy**, to manage our daily lives that our body can't spare a moment of time or energy on regenerating tissues. Therefore, keeping ourselves in optimal health is the best **prevention** for scar formation.

Treating our skin as nature intended is also the best way to prevent and heal tissue **damage** like scars. Using natural remedies to treat scars can restore your skin's **natural ability** to heal, without exposing your skin to chemicals or investing in costly treatment. In our next article we will provide you with a **multitude** of natural solutions for natural healing.

### There are many Fabulous, EFFECTIVE and also 100% NATURAL Solutions for Preventing and HEALING Our many SCARS !!!!

Nutrition is an **important factor** in every aspect of life, as the foods we eat provide with the energy and nutrients our bodies need to function. It also helps determine the speed and efficiency of **wound healing**. While eating a balanced diet of fruits, vegetables, and whole grains is key to proper nutrition, there are some foods with superior value that can help boost the immune system, enhance tissue production and **speed up** the body's ability to recover.

These vitamins, minerals and nutrients are all key ingredients in helping our body heal properly:

- **Vitamin A** (retinol, retinal and retinoic acid): can make scar tissue strong and resistant to tearing. This vitamin boosts the

A Raw VEGAN Living Foods DIET including **plenty** of Leafy GREENs, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus mindful stress management is the **greatest way** that you can almost ENSURE optimal WELLNESS for youSELF inside and out. This allows your body to be optimally healthy which leads to a **healthy, long lasting life**. I invite you to TRY IT ON and In-JOY it with me. You will forever thank yourself and feel better than you EVER did your ENTIRE LIFE!!!

The following Research Resources will provide you with more details about scars and how they are formed:

- <http://www.scarfade.com/blog/stages-scar-healing/> - Stages of Scar Healing
- <http://www.advancedtissue.com/timeline-wound-healing-phases/> - A Timeline for Wound Healing Phases

- <http://www.advancedtissue.com/signs-wound-healing-stages/> - The Signs and Stages of Wound Healing

initial inflammatory response, which is important because **inflammation** at the beginning of wound healing prevents infection by removing harmful irritants and bacteria. Vitamin A also helps strengthen the wound by stimulating collagen synthesis.

- **B vitamins** help convert proteins and carbohydrates into energy, which it uses to sustain cellular activity. However, specific nutrients in the B family also carry **individual** benefits as well. For instance, **Vitamin B1** (thiamine) allows the body to synthesize collagen; without it, your systems can't repair damage and build new tissue. Meanwhile, **Vitamin B5** (pantothenic acid) has been proven to speed up the healing process, allowing for the creation of fibroblasts that aid in tissue repair.

- **Vitamin C** (ascorbic acid): promotes formation of elastin and collagen; a low C intake may impair healing
- **Vitamin E** (any tocopherol, tocol or tocotrienol): reduce the formation of free radicals (which interfere with healing). Vitamin E also influences the production of **collagen**, a structural protein partially responsible for the strength and elasticity of skin.
- **Iron** - Iron delivers oxygen to the damaged site (a lack of oxygen slows the healing process), prevents necrosis in wounds and repairs photo-induced tissue damage. (Cont. on next page)
- **Copper** - makes strong bonds in collagen. Copper has been regarded as one of the most effective

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nutrients for improving wound-healing rates. Copper can destroy several different **bacterial** strains, making it a great choice for dressings and bandages. It will better engage the immune system, resulting in speedier **responses** to illness and injury. Plus, copper strengthens bone, organs and connective tissue, thus giving you better overall defenses.

- **Manganese** - makes collagen
- **Zinc** -Your body can't produce protein and collagen without zinc.
- **L-arginine** - accelerates healing and may minimize immediate post injury weight loss (but, in those with acute low l-lysine, may trigger a herpes simplex outbreak)
- **Essential fatty acids** - necessary for transporting substances across cell membranes; deficiencies are associated with very slow and imperfect wound healing.

### Here are some other important Nutrition Tips if you are healing from a wound:

- The first priority is to eat sufficient calories from a balanced diet of nutritious foods. Plan healthy, balanced meals and snacks that include plenty of **all natural, organic, chemical free** foods from all the food groups — protein, fruits, vegetables, and grains.
- Include optimum amounts of **protein**. Aim for 20 to 30 grams of protein at each meal and 10 to 15 grams of protein with each snack.
- Stay **well-hydrated** with 100% filtered living water
- Some wounds may require a higher intake of certain **vitamins and minerals**. Talk with a certified nutritionist or health coach for an individualized eating plan with optimum amounts of calories, protein, fluids, vitamins and minerals for your specific needs.
- For people with **diabetes**, con-

trolling blood sugar levels is one of the best ways to prevent and treat a wound. Work with your healthcare provider and certified nutritionist or health coach to develop a personalized blood sugar management plan.

There are foods you can eat every day to make your body stronger and more capable of **healing wounds and scars**. Consider these foods as part of your scar prevention and healing diet:

**Vitamin C is crucial for your body's healing abilities.** Since your body doesn't produce the Vitamin itself, try these food sources:

- **Blackcurrant**
- Guava
- Strawberry
- Kiwi Fruit
- Clementine
- Grapefruit
- Raspberry
- Lychees
- **Peppers**
- Spring Greens
- Cauliflower
- Tomato
- Green Cabbage
- Potatoes
- Broccoli
- **Spinach**
- Cabbage
- Brussels sprouts

Put a little color back in your skin after an accident. Colorful fruits and vegetables that contain **Beta Carotene are powerful antioxidants with anti-inflammatory properties.**

Try some of these:

- **Carrots**
- Spinach
- Apricots
- Apples
- **Avocado**
- Cantaloupe
- Cherries
- Cranberries
- Mango

- Peach
- Acorn Squash
- **Beets**
- Summer Squash
- Kale
- Broccoli
- Sweet Potato

### Foods high in Vitamin E also contain anti-inflammatory properties.

Try these foods:

- Sunflower seeds
- **Almonds**
- Olives
- Spinach
- Papaya
- Swiss Chard
- **Mustard Greens**
- Turnip Greens
- Collard Greens
- Blueberries

Even a small wound can alter the way your body **metabolizes** nutrients. As the body attempts to heal itself from a wound, it will create **stress hormones** and divert extra resources — carbohydrates, fats, proteins, antioxidants and more — to the creation of new tissue. This is referred to as the catabolic phase of healing. Your metabolism essentially **speeds up** during this process.

(Cont. on next page)

If the catabolic phase drags on too long, **protein energy malnutrition (PEM)** can set in. This begins a negative cycle, which slows wound healing and **deteriorates** your health. Your body sends extra protein to deal with the wound and, as a consequence, other important body sys-

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tems and organs **don't receive enough protein**. This leads to reduced muscle mass and delayed wound healing.

### Proper Nutrition for Wound Healing

**Protein** is the most important aspect of your diet when healing from a wound. Energy (calories from carbohydrates and fats), amino acids, **antioxidants** and minerals (zinc) are also important. Your dietary needs will be calculated on an individual basis, and your healthcare provider or nutrition coach may adjust the levels of each nutrient to facilitate healing. The following guidelines are only **generalizations**, but will give you an idea of what your balanced diet should include:

**Protein** - Protein helps repair the damaged tissue from your wound. You'll want to take in more protein than usual to help the healing process. If you don't take in enough calories, the body might convert more of your body's protein to **energy** instead of healing. Great plant based protein includes: All types of beans, Soaked nuts and seeds, etc.

Proteins are essential for **rebuilding** damaged skin, collagen and blood vessels. In fact, lack of protein hinders healing, while getting an adequate amount helps mend your cuts at an optimal rate. If you suffer a major injury, have a **slow-healing** wound or have surgery, you may need more protein than normal, but that decision should be made with your health care provider.

**Fats** - Good fats are essential for wound healing. Cell membranes are created with the use of fatty acids, and you'll need to take in extra **sources** of these to maintain healing. Consuming avocados, Extra Virgin Olive Oil and Soaked nuts is a great way to get these good fats.

**Carbohydrates** - Taking in plenty

of carbohydrates is essential, to prevent the body from using other nutrients and protein for energy. Many **vegetables** are good sources of energy, and should be included in your daily diet.

**Fluids** - Finally, for any form of healing, it is necessary that you consume ample amounts of fluids. To be clear, we are not talking about coffee, carbonated drinks, and alcohol. The proper types of **liquid** are water and fresh juiced fruit and vegetable juice. Consumption of ample amounts of fluids is quite essential for the healing of wounds, so drink up!

There are also many completely natural foods and oils that you can utilize to **topically** heal and reduce scars. Most of these have incredible abilities such as **anti-bacterial, anti-inflammatory** and are an aid in cell-regeneration:

- **Rosehip Seed Oil**
- Sea-Buckthorn Oil
- Carrot seed essential oil
- Frankincense oil
- Rosemary essential oil
- Neroli oil
- Mandarin oil (tangerine oil)
- **Lemon oil**
- Chamomile oil
- Clary sage oil
- Coconut Oil
- Cocoa Butter
- **Vitamin E Oil**
- Olive Oil
- Hazelnut Oil
- Tamanu Oil
- **Helichysum Oil**
- Calendula oil
- Elemi Oil
- Castor Oil
- Cedar Oil
- Geranium Oil
- **Hyssop Oil**
- Juniper Oil
- Patchouli Oil
- Myrrh Oil
- Elderberry Flower Oil
- **Indian gooseberry paste**
- Cucumber paste

- Banana Mash
- Cilantro Paste
- Bentonite clay
- **Turmeric**
- Bromelain
- Gotu Kola
- Green Tea
- Mint Tea
- Potato Peels
- Fresh Tomato Paste
- **Colloidal silver**
- Chlorella

Topical Natural foods and Oil to specifically help with **Keloid Scars** are:

- Baking Soda
- Aloe Vera
- Lemon Juice
- **Apple Cider Vinegar**
- Garlic
- Carrot or Other Vegetables That Contains Vitamin A
- Citrus Fruit
- Onion Extract
- Black gram
- **Tamanu Oil**
- Tee tree oil
- Lavender Oil
- Mustard Oil
- **Sandlewood Oil**

Here are some mixtures that have been proven to **reduce and help eliminate** Scars including Keloid scars:

- A mixture of **Mustard Seed Oil**, (Cont. on next page) Rose Essential Oil and Jojoba Oil
- Lavender Essential Oil, Calendula Essential Oil and Coconut Oil
- A mixture of Vitamin E Oil, **Aloe Vera Gel** and Cocoa Butter
- Sandalwood and rose water
- Rosehip, Helichrysum, Mandrin and Tee Tree Oil
- Comfrey, **Goldenseal**, and Vitamin E Paste

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### Wound Care to Minimize Scars-

Here's how to care for a wound to minimize scar formation:

- Allow the wound to "**breathe**" as much as possible. Do not gunk up the area with creams, oils, or vitamin E from capsules because these substances have occlusive textures that can impede healing during the **first stages** when the skin is trying to repair itself. The fluid that is produced naturally around a wound (known as exudate) is fine by itself for the first few days.
- Don't soak the wounded area in water or get it wet for **extended** periods; doing so breaks down the scab and impairs the formation of new skin below.
- Keep the damaged skin **clean** using a gentle cleanser, but don't overclean or scrub it.
- After cleansing, cover the wound with a thin, **light bandage** that allows air to circulate.
- You may want to consider a specialty **adhesive** dressing, which are excellent at keeping the wound moist without letting it get wet.
- After a day or two, apply a thin layer of one of the foods or oils above that contain antioxidants and other **skin-repairing** ingredients.
- If possible, rather than applying sunscreen to the injured area, keep it out of **direct** sunlight altogether, which means seek shade or cover it up. Sun exposure makes scarring worse, so protecting the injured area from the sun is important.
- At night, change the bandage; if the wound is dry or itchy, apply a very thin layer of a one of the foods or oils above, as mentioned above. Keeping wounds **moist** (but not wet) encourages healing. **This** also makes the scab less itchy as it forms, and still allows the skin to breathe!
- Once a scab forms, **don't pick at it or even touch it**—ever! Any

manipulation or removal is a serious impediment to the healing that is taking place underneath the scab, and can cause scarring that otherwise would not have occurred.

- **Do not irritate the skin!** The skin's primary, natural reaction to a wound is inflammation, so anything you do to irritate skin further makes matters worse.
- **Avoid soaps** (they're too drying), highly fragrant products (whether natural or synthetic, fragrance is a skin irritant), and alcohol, peppermint, menthol, citrus, eucalyptus, clove, camphor, or any type of mint, all of which increase irritation and make matters worse.
- Apply **pressure** to the cut when it's healing. This will prevent the collagen in the scar from rising up.
- Massage the affected area when the new skin has grown. This will keep the skin loose and make the scar far less **noticeable**.

**Foods to AVOID** in order to prevent scars and OPTIMALLY heal scars that are already formed:

- Dairy Products
- Meat Products
- Sugar
- **Junk food** and processed foods.
- Any foods with chemicals in them

**Massage** is helpful for all scars including keloid scars as it increases blood circulation to the area and will flush out the dead skin cells, softens the area and aid in faster healing and a better **skin regeneration process**. You can utilize any of the oils above for massage purposes. A massage of the stiff scars a few times a day to breaks down the tissue and makes scars softer.

Massage the area where the scar is forming and massage **towards the heart**. There are times when scars form because there is not enough blood circulation. When people get massages usually in the areas where the scar is, the **dead skin cells** can also be removed. This

can also prevent keloids from forming at certain areas of the skin.

**Acupuncture** has also been proven to help speed wound recovery. Needling the tissues near the wound can boost local **circulation** and help eliminate scar tissue.

The following Research Resources will provide you with a lot more information about natural solutions for preventing and healing scars including ways to mix oils and create mixtures for treatment:

- <http://www.livestrong.com/article/32828-foods-eat-heal-cuts-scars/> - Can Specific Foods Help Heal Cuts and Scars?
- <http://www.onegreenplanet.org/natural-health/how-to-help-heal-cuts-and-wounds-with-turmeric/> - How to Help Heal Cuts and Wounds With Turmeric
- <http://www.livestrong.com/article/415716-natural-herbs-to-heal-scars/> - Natural Herbs to Heal Scars
- <http://www.top10homeremedies.com/home-remedies/home-remedies-for-scar-removal.html> - Home Remedies for Scar Removal

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- <http://positivemed.com/2013/04/09/healing-scars-naturally/> - Healing Scars Naturally
- <http://www.wikihow.com/Get-Rid-of-Scars> - How to Get Rid of Scars
- [http://www.paulaschoice.com/expert-advice/skin-care-basics/\\_/treating-and-minimizing-scars-](http://www.paulaschoice.com/expert-advice/skin-care-basics/_/treating-and-minimizing-scars-) Treating (and Minimizing) Scars
- <http://www.healthyandnaturalworld.com/best-ways-to-heal-scars-naturally/> - The Best Ways to Heal Scars Naturally
- <http://hybridrastamama.com/coconut-oil-scarring-plus-natural-remedies/> - Coconut Oil and Scarring (Plus a Few Other Natural Remedies)
- <http://www.naturalalternativeremedy.com/>

## There are many Fabulous, EFFECTIVE and also 100% NATURAL Solutions for Preventing and HEALING Our many SCARS !!!! (Cont.)

- [11-home-remedies-for-scars-youre-sure-to-love/](http://www.naturalnews.com/030419_scars_remedies.html) - 11 Home Remedies for Scars You're Sure to Love
- <http://homeremedystore.com/29-home-remedies-for-scar-removal/> - 29 Home Remedies for Scar Removal
  - [http://www.naturalnews.com/030419\\_scars\\_remedies.html](http://www.naturalnews.com/030419_scars_remedies.html) -Five Natural Scar and Stretch Mark Remedies Bring Healing
  - <http://www.holistichealthherbalist.com/3-simple-remedies-scars/> - 3 Simple Remedies Scars
  - <http://www.top10homeremedies.com/how-to/get-rid-scar-tissue.html> - How to Get Rid of Scar Tissue
  - [http://energy-treatments.com/holistic\\_healing/holistic\\_treatment\\_of\\_skin\\_hair\\_nails/holistic\\_tissue\\_regeneration\\_methods.html](http://energy-treatments.com/holistic_healing/holistic_treatment_of_skin_hair_nails/holistic_tissue_regeneration_methods.html) - 5 Ancient methods for Holistic Tissue Regeneration
  - <http://essentialoilsanctuary.com/11-essential-oils-for-healing-scars-plus-mixtures-and-application-tips/> -11 Essential Oils for Healing Scars (Plus Mixtures and Application Tips)
  - <http://www.healthyandnaturalworld.com/essential-oils-for-reducing-scars/> - The Best Essential Oils for Reducing Scars
  - <http://www.holistichealthherbalist.com/essential-oils-for-scars-and-a-scar-healing-serum-recipe/> - Essential Oils for Scars and a Scar Healing Serum Recipe
  - <http://www.holistichealthherbalist.com/essential-oils-for-scars-and-a-scar-healing-serum-recipe/> - Scars and a Scar Healing Serum Recipe
  - <http://birchhillhappenings.com/vol17ntm2013scars.htm> -SCARS - New and Old
  - <http://scarsandspots.com/how-nutrition-affects-scar-healing/> - How Nutrition Affects Scar Healing
  - <http://scarsandspots.com/how-do-you-soften-scar-tissue/> -How Do You Soften Scar Tissue?
  - <http://scarsandspots.com/why-do-scars-itch/> -Why Do Scars Itch?
  - <http://scarsandspots.com/can-you-tattoo-over-scars/> -Can You Tattoo Over Scars?
  - <http://woundcaresociety.org/foods-help-scars-heal-faster> -What Foods Help Scars Heal Faster? And Why?
  - <http://quickiechick.com/2010/11/foods-to-heal-scars/> -Foods To Heal Scars
  - <http://www.woundcarecenters.org/article/living-with-wounds/how-your-diet-can-aid-in-wound-healing> -How Your Diet Can Aid in Wound Healing
  - <http://www.advancedtissue.com/5-superfoods-to-promote-wound-healing/> -5 Superfoods to Promote Wound Healing
  - <https://www.organicfacts.net/nutrition-facts/others/foods-for-healing-wounds.html> -Foods for Healing Wounds
  - <http://www.eatright.org/resource/health/wellness/preventing-illness/6-nutrition-tips-to-promote-wound-healing> -5 Nutrition Tips to Promote Wound Healing
  - <http://www.healthy.net/scri/article.aspx?Id=2962> -What Doctors Don't Tell You: Healing wounds and reducing scars
  - <http://healthyeating.sfgate.com/vitamins-body-heal-quicker-4111.html> -Do Vitamins Help the Body Heal Quicker?
  - [http://altmedicine.about.com/od/galibrary/f/remedyscars.htm?utm\\_term=what%20is%20good%20for%20healing%20scars&utm\\_content=p1-main-2-ti-tle&utm\\_medium=sem&utm\\_source=msn\\_s&utm\\_campaign=adid-b6f1fce4-2b12-41e5-b33b-13fcd269fd5b-0-ab\\_msb\\_ocode-28800&ad=semD&an=msn\\_s&am=broad&q=what%20is%20good%20for%20healing%20scars&o=28800&qsrc=999&l=sem&askid=b6f1fce4-2b12-41e5-b33b-13fcd269fd5b-0-ab\\_msb](http://altmedicine.about.com/od/galibrary/f/remedyscars.htm?utm_term=what%20is%20good%20for%20healing%20scars&utm_content=p1-main-2-ti-tle&utm_medium=sem&utm_source=msn_s&utm_campaign=adid-b6f1fce4-2b12-41e5-b33b-13fcd269fd5b-0-ab_msb_ocode-28800&ad=semD&an=msn_s&am=broad&q=what%20is%20good%20for%20healing%20scars&o=28800&qsrc=999&l=sem&askid=b6f1fce4-2b12-41e5-b33b-13fcd269fd5b-0-ab_msb) -Can Topical Vitamin E Help With Scar Removal?
  - [http://www.naturalnews.com/021797\\_surgical\\_procedures\\_post-surgical\\_recovery.html](http://www.naturalnews.com/021797_surgical_procedures_post-surgical_recovery.html) -The top herbs and supplements for wound healing and post-surgical recovery
  - <http://www.youngandraw.com/3-ways-tamanu-oil-can-heal-skin-problems-like-acne-eczema-and-sun-damage/> -Tamanu: The Most Potent Skin Oil for Healing Acne Scars, Eczema and Sun Damage
  - <http://www.curezone.org/forums/am.asp?i=827167> -your scars CAN heal!
  - <http://www.30bananasaday.com/group/rawveganskincarebeauty/forum/topics/healing-scar-tissue-enzymes>- Healing scar tissue — enzymes?
  - <http://emedicine.medscape.com/article/1298013-overview>- Keloids
- (Cont.on next page)
- <http://www.top10homeremedies.com/home-remedies/home-remedies-for-keloids.html>- Home Remedies for Keloids
  - <http://www.medicinenet.com/keloid/article.htm> - Keloid
  - [http://www.earthclinic.com/cures/keloid\\_scar.html](http://www.earthclinic.com/cures/keloid_scar.html)- Natural Treatment for Keloid Scars
  - <http://www.findhomeremedy.com/home-remedies-for-keloids/> - 9 Home Remedies For Keloids
  - <http://naturalremedyideas.com/get-rid-of-keloid/> - Top 10 Home Remedies to Get Rid of a Keloid
  - <http://homeremedystore.com/11-tips-on-how-to-get-rid-of-keloid-scar/> - 11 Tips on How to Get Rid of Keloid Scar
  - <http://www.remedyland.com/2013/11/keloid-skin-scar-removal-treatments-how-to-get-rid-of-a-keloids.html> - 4 keloid skin scar removal treatments or how to get rid of a keloids
  - <http://www.thehealthsite.com/diseases-conditions/keloids/001/> -



## There are many Fabulous, EFFECTIVE and also 100% NATURAL Solutions for Preventing and HEALING Our many SCARS !!!! (Cont.)

About Keloids

- <http://www.enkivillage.com/how-to-get-rid-of-keloids.html> - How to Get Rid of Keloids
- [http://www.thejamushop.net/?page\\_id=698](http://www.thejamushop.net/?page_id=698) - Keloids and hypertrophic scars
- <http://www.massagetoday.com/mpacms/mt/article.php?id=14020> - The Importance of Scar Tissue Release Therapy
- <http://maureenabivinsacupuncture.com/acupuncture-for-scar-tissue/> - Acupuncture for Scar Tissue
- <http://besthealingmeditationonline.com/healing/scar-healing/> - Scar Healing – A Powerful Healing Meditation
- <http://totalhealthyoga.blogspot.com/2007/08/scar-tissue.html> - Scar Tissue
- <http://www.thealternativedaily.com/healing-powers-frankincense-myrrh/> - The Healing Powers of Frankincense and Myrrh
- <http://www.mindbodygreen.com/0-18152/understanding-scar-tissue-what-it-is-how-to-care-for-it.html> - Understanding Scar Tissue: What It Is + How To Care For It
- [http://www.strive4impact.com/message\\_files/Articles/message\\_scar\\_tissue.html](http://www.strive4impact.com/message_files/Articles/message_scar_tissue.html) - How to massage scar tissue

## There are not only PHYSICAL, but also Mental, EMOTIONAL and even SPIRITUAL SCARS and we can HEAL them all, Holistically!!

Scars have served so many purposes and have had so many meanings throughout history. Some cultures and tribes still intentionally create scars as symbols of courage, initiation and coming of age.

"Scars have the strange power to remind us that our past is real."~ Cormac McCarthy. Physical scars are some of the most notable reminders of trauma to the body, but scars do not always have to be negative. Scars can be received not only as a visible reminder of experiences we have endured, but as a tangible reason to be grateful, to not repeat mistakes; and to be careful not to injure others.

Scars can also offer encouragement and pride. They can perhaps remind us that in those moments when we could have played it safe, we chose to take a risk. When we could have chosen the easy way out, we decided to stay and lived to tell about it.

Scars do not just come in the

physical form. We can also experience emotional, mental and spiritual wounds in our life. Unlike physical wounds, these deeper and invisible on-the-surface wounds do not naturally go into recovery mode and we can not resolve and heal them with the solutions in article 2 of this newsletter.

These deeper wounds require that we take an active role in releasing the scar from what happened. An emotional scar requires that we handle the underlining cause of the scar and can be resolved through practices of mindfulness such as meditation and/or prayer, journaling, coaching and yoga. They are an opportunity to expand our compassion, forgiveness and love for ourselves and others.

Many metaphysical and holistic professionals look to the area in which the scar occurs to indicate the meaning of the scar. For example, the right index is about power issues and the left index finger is about inner power (boundaries, or not knowing what you want.) Scars have also

been associated metaphysically with an unwillingness to let go of a lopsided perception, stuck consciousness, locked in attitudes, anger and hardness. Holistic and spiritual healers have proven amazing results in healing physical scars by helping people to release old mental and emotional blockages.

As always, bringing a physical, mental, emotional and spiritual balance to us is both preventative and healing and the same is true for scars of any type – both physical and mental/emotional scars. Allow yourself the gift of balance both inside and out as part of your life for overall health and wellness and your whole self will thank you for it.

Those of Us who are more in touch (Cont. on next page)

with our EMOTIONAL Body know there are many Emotional Wounds that we all acquire in the roller coaster of Life, as well as even 'Mental' wounds. Some of Us even KNOW

## There are not only PHYSICAL, but also Mental, EMOTIONAL and even SPIRITUAL SCARS and we can HEAL them all, Holistically!!

about our SPIRITUAL WOUNDS ... those also produce 'SCAR Tissue'. Literally when we get our Proverbial **Heart Broken** it seems like we can NEVER again love with ALL our Heart nor let all POSSIBLE LOVE IN.

There are Mental Wounds, if we were bullied while **growing up**, and then again, one way or another, as young adults and it seems like our '**bullied wound**' scars do not heal that well because we DEVELOP a High UnHEALTHY tolerance to Verbal ABUSE.

Those are examples of Emotional and Mental Wounds that leave **deep scars** that NEGATIVELY IMPACT our Present moment since they produce limitations on our ABILITY to Live our LIVES to the FULLEST. That is just the way it is for those of Us, willing to be brutally HONEST and **Vulnerable**. The GOOD News is that all those Wounds and Scars can be HEALED all the way to **leaving**, instead of a 'ugly SCAR', a NEW EXPANDED ABILITY and OPENNESS, Deeper WISDOM and Compassion. However, to **accomplish** that Healing it does require doing the Emotional, Mental

and Spiritual WORK of Healing.

In my view, the **greatest** and most effective way to get that done (by personal experience and with thousands of others that I have supported on this process) is to FIND a Masterful COACH, (an Emotional Coach, Mental and even SPIRITUAL COACH) that will hold your hand through the **healing process**, so you can get to your own RAINBOW at the end of the Storm in this aspect of life. It is an **amazing** process, WORTH every inch of the Journey and on the other side you come out as a MORE EVOLVED, Self LOVING, Joyful and FULFILLED Being!!!

The below Research Resources will provide you with more in depth information about the mental, emotional and spiritual aspects of scars:

- [https://www.novapublishers.com/catalog/product\\_info.php?products\\_id=42015&osCsid=a79df5592f9331df1e8f8cf43e6796c1](https://www.novapublishers.com/catalog/product_info.php?products_id=42015&osCsid=a79df5592f9331df1e8f8cf43e6796c1) - Psychological Stress and Skin Wound Healing: New Highlights
- <http://www.noomii.com/articles/251-the-significance-of-scars> - The Significance of Scars
- <http://lifehopeandtruth.com/life/blog/>

[when-will-scars-heal/](#) - When Will Scars Heal?

- <http://handanalysisonline.com/scars-wounds-cuts-on-fingers-what-do-they-mean/> - Scars, wounds, cuts on fingers – what do they mean?
- <http://www.artofmanliness.com/2015/05/07/men-and-scars/> - Men and Scars
- <http://roots.blog.sbc.edu/2012/02/19/the-scar-its-history-its-significance/> - The Scar, Its History, & Its Significance
- <https://tami-brady.com/the-creation-of-scar-tissue-and-energy-blockages/> - The Creation of Scar Tissue and Energy Blockages
- <http://www.spiritualityandpractice.com/blogs/posts/body-spirituality/187/body-scars> - Body Scars
- [http://www.edgarcayce.org/are/holistic\\_health/data/prscar3.html](http://www.edgarcayce.org/are/holistic_health/data/prscar3.html) - Cayce Health Database

## SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all to-

gether empower our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



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