

Boils

What are boils?

Boils, or furuncles, are painful pus-filled bumps that form under the skin when bacteria infect and inflame one or more of the hair follicles.

Signs & Symptoms

A small hard swelling (abscess) containing pus forms on the face, neck, scalp, armpit or buttock. The swelling becomes itchy, painful to the touch, and inflamed. Swellings become visible on the lymph nodes on the neck, or in the armpit or groin.

Complications

The main complication associated with boils is tissue scarring. However, if they are not treated properly the infection can spread to other areas of the skin, as well as into the blood stream. In this case there may be serious consequences.

What Causes Boils?

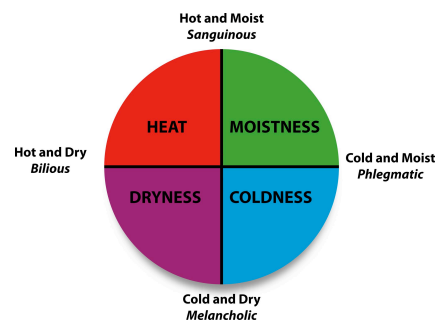
Boils are caused by blockage of the skin pores or deep in the hair follicles, usually due to poor hygienic habits. This provides a welcomed environment for bacteria, *Staphylococcus aureus*, to thrive, invade tissues and cause infections.

Risk factors for the development of boils include chronic illness conditions and compromised Immunity as in diabetes. This makes it more difficult for the body to fight infection, making it susceptible to developing boils.

Stress, increases heat in the body and this can increase the risk of developing boils.

The Tibb View on Boils

According to Tibb, boils are associated with qualities of **excessive heat** which makes the skin susceptible to infection and results in painful inflammation. Boils are more common in individuals with a sanguinous/bilious temperamental combination, where the quality of **heat** is dominant.



Treatment and Management of Boils

Treatment and management is aimed at **reducing the excess heat** associated with boils, by implementing Tibb Lifestyle Factors that **increase the quality of coldness**. This assists Pehysis in addressing both the symptoms and the causes of boils.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Moist foods** - such as carrots, cucumber, lettuce, and rice, **followed by Cold & Dry foods** - like citrus fruit, yogurt, fish and beans.
- Eat **less of Hot & Dry foods** – such as eggs, chickpeas, onion and chili, and the **least amount of Hot & Moist foods** – like sugar, white flour products, cheese, and mutton.
- Drink at least two litres of water daily.
- Select a high fibre diet of fruit and vegetables to encourage regular bowel movements.
- Eat plenty of raw/steamed vegetables and fruits.
- Avoid heavily spiced, fried foods, as well as sugary and refined foods.
- Avoid cashew nuts, pecan nuts, peanuts, eggs, cheese, pickles, processed meats and chocolates.
- Partake in a cleansing fast monthly to rid the body of accumulated toxins.
- Drink rooibos tea with lemon juice, instead of milky tea and coffee.

Other Lifestyle Factors

- Clean the skin around the boils with hydrogen peroxide (10 vols).
- Repeated attacks of boils can be prevented by cleansing the skin area regularly with antiseptic liquid.
- After the boil has drained, apply a mixture of blackseed honey to prevent further infection and promote healing.
- Shower instead of bathing. This reduces the chance of the boils spreading to other parts of the body.
- When dealing with boils, keep the hands scrupulously clean.
- Adhere to strict hygienic measures if you are involved in food handling and preparation.
- Reduce stress by performing slow and deep breathing exercises daily.

Medication

Herbal Remedies

- Apply a hot compress to the affected area. This will encourage a head to form on the boil, and help it to drain.
- Cover the boil with a thin cloth envelope containing a slice of onion or tomato, or a crushed garlic clove, or a used cold teabag.

Tibb Medication

Septogard tablets or syrup - Boosts the immune system to prevent and fight infection.

Blackseed Honey - promotes healing and prevents further infections.

Livotibb tablets or syrup - This supports the liver in dealing with the infection.

Haemoclear tablets or syrup - This stimulates the liver into removing toxins from the blood.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

http://www.tibb.co.za/concepts_tibb.html; diet charts: <http://www.tibb.co.za/food.html> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products

visit <http://www.tibbherbals.com/>