

Boils

Signs & Symptoms

- A small hard swelling (abscess) containing pus on the face, neck, scalp, armpit or buttock
- The swelling becomes itchy, painful to the touch, and inflamed
- Swelling of the lymph nodes on the neck, or in the armpit or groin
- The main complication associated with boils is scarring. However, if it is ill-treated the infection can spread to other areas as well as into the blood stream which can be very dangerous

What causes boils?

- Boils are caused by blockage of the pores or deep in the hair follicles, usually due to poor hygiene habits, which provide a welcomed environment for bacteria, Staph aureus, to invade and infect
- Chronic illness conditions and Compromised Immunity - e.g. Diabetes can make it more difficult for your body to fight infection which can make you more susceptible to developing skin conditions like boils
- Boils are associated with qualities of Heat which results in painful inflammation

Treatment according to the Tibb Lifestyle Factors

- Boiled/steamed chicken and fish should be preferred over red meat
- Eat plenty of raw/steamed vegetables and fruits

- Avoid heavily spiced, fried or grilled foods, as well as sugary and refined foods
- Avoid cashew nuts, pecan nuts, peanuts, eggs, cheese, pickles, processed meats and chocolates
- Drink Green Tea, / Rooibos with lemon juice instead of milk tea and coffee
- Clean the skin around the boils with hydrogen peroxide (10 vols)
- Repeated attacks can be prevented by cleansing regularly with antiseptic liquid
- After the boil has drained, put a mixture of **blackseed honey** on to prevent further infection and promote better healing
- Shower instead of bathing. This reduces the chance of the boils spreading to other parts of the body
- When dealing with boils, keep your hands scrupulously clean
- Take strict hygienic measures if you are involved in food handling and preparation

Try these Home Remedies

- Apply a hot compress to the affected area. This will encourage a head to form, and the boil to drain
- Lance the boil with a heat-sterilised needle when a pus-filled head appears
- Cover with a thin cloth envelope containing a slice of onion or tomato, or a crushed garlic clove, or a used cold teabag

These Tibb medicines for treating boils are also available

			
<p>Blackseed Honey - promotes healing and prevents further infections</p>	<p>Septogard syrup or tablets This strengthens the immunity to better deal with infection</p>	<p>Livotibb syrup or tablets This supports the liver in dealing with the infection</p>	<p>Haemoclear syrup or tablets This stimulates the liver to remove toxins from the blood</p>

See your healthcare practitioner if

- The boil swells up to more than one cm in diameter
- Several boils form near the eyes, in the armpit or groin, or in the nose region
- Thin red lines start to radiate from the boil
- You are elderly, unwell, or very young
- If you develop a fever

For more information please contact our customer care line toll free at [0800 383 784](tel:0800383784) or email info@tibb.co.za