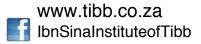


Boils



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 illtreated 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

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

These Tibb medicines for treating boils are also available

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 or email info@tibb.co.za