

The Truth About Scars and Roadblocks to Healing

What Every Patient, Doctor, and Surgeon Needs to Know

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#1 Best Selling Author



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*The Truth About Scars: What Every Patient, Surgeon, and Doctor
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THE TRUTH ABOUT SCARS

Proverbs 1:5 ESV

*“Let the wise hear and increase in learning,
and the one who understands obtain guidance.”*

Scars! It is important to find out if you have any scars on your skin (including your scalp and in your mouth) that are active. If they are active, they can cause your nervous system to malfunction.

I have been observing scars and their effects on the nervous system for over 20 years. Scars can make your heart rate increase without regulation, interrupt your sleeping, cause you to wake up many times in one night, ruin your digestion, and more. Sometimes, they can even impair your hearing, vision, and flexibility.

Oh yes... Scars can also throw a wrench in your weight loss or weight gain goals.

Your skin is your largest organ, and if you don't take care of it, it can cause a lot of problems. We take our skin for granted because we can see that it heals on the outside, but what we don't know is that it is not always completely healed the way that the body wants it to be healed. Unbeknownst to us, our body has its own ideas of what is “completely healed.”

Active scars on the body can cause interference to the communication pathways from organs to the brain. It is estimated that about 80 percent of our sympathetic nerve fibers are in the skin. When these scars are acting as a roadblock to these communication pathways, it stops all functions of the pathway blocking the flow of energy which affects your circulation and oxygenation of your tissues. For example, think of an overturned semi truck backing up all lanes of a freeway. Health can be adversely affected by causing interference to proper functioning.

The meridian system is the freeway of our body. When scars cross a meridian or lie along its course, the scar impacts the electrical flow throughout that meridian. Even small scars (especially around the midline of the body) can have a serious effect. C-section, episiotomy, circumcision and vasectomy scars, and even the navel are examples of scars on the midline of the body.

Holes in the body such as pierced navels, nose rings, pierced ears, and tongue rings are scars. Navel rings almost always have a negative effect, as they not only cross and disrupt the energy flow, but also because they are metal, which means they can have an electromagnetic effect. Usually, this jewelry must be removed, and the piercing should be treated as a scar. Tattoos, stretch marks, and burns can also have this effect.

The adrenal glands are the security guards of the body. As the security guards, it is their job to release adrenaline in a

dangerous situation. This occurs to give us the ability to react to the situation by making us stronger and faster. Adrenaline is only meant to be released in dangerous situations so we have quick reflexes. For example, if you have to jump out of the way of a falling tree, adrenaline would give you the ability to move quickly.

When the adrenal glands release adrenaline, it stops the formation of stomach acid. Without stomach acid, there is no digestion and, therefore, we don't break down our food and get the nutrition from it. If we don't get the nutrition, our bodies malfunction and break down.

Unfortunately, even if we only have a cat scratch or a papercut, the adrenal glands still react the same as if it were a dangerous situation. When the adrenals get the information that the skin has a scratch, it immediately causes an elevated release of adrenaline. Therefore, it is important to put a wound treatment on as soon as possible to secure the area. In turn, this action sends a message to the adrenals that we are not in a dangerous situation. It is important to keep the wound covered until it is not active anymore (i.e., no scab, completely healed over, and no redness).

Some scars are white while others are red or purple. As a scar heals, it will turn colors and then become skin color again or close to it. Even old scars can usually become the color of our normal skin again. It is critical to rub your scars until they become deactivated.

The process that I describe is the easiest, probably the

most affordable, and sometimes the only way to get your body to calm down enough to heal. Whether it is ringing in your ears or a back ache that just won't stop, sometimes, the only remedy that will work is rubbing your scars with organic sesame seed oil for four minutes each in the morning and before bedtime.

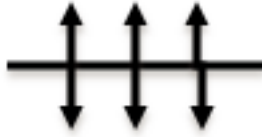
Some scars act crazy by sucking your healing energy up because they want to heal. So when they are treated, you can feel strange fireworks tingling all over your body. Don't worry. Slow down and keep breathing. You have just experienced stored energy being released. It will pass! Then, be sure to stretch out where you felt the fireworks/tingling/electrical zinging. Stretch that area for 45 seconds while breathing peacefully without pain or discomfort.

If the scar is too tender to massage, just lay your hand on it and breathe. Breathe in the good healing oxygen, and breathe out the pain. Once the scar is less tender, it is then ready for treatment.

HOW TO RUB SCARS AWAY FOR FAST-TRACK HEALING:

- Rub scars gently and slowly with the organic oil your body chooses (wheat germ oil, organic sesame oil, or organic black currant seed oil) two times a day, in the morning and at bedtime, for four minutes each. You can purchase high-quality organic oils from Standard Process.

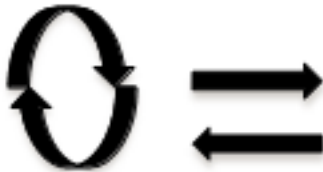
- If your scar is horizontal, rub vertically.



- If your scar is vertical, rub horizontally.



- If the scar is a circle, rub around and back and forth.



- If you have a lot of scars, it's okay to only rub half of your scars at a time. Make a list of them, then divide your body down the center (head to foot) and do the right side one time and the left side the next time.
- Testing shows it's best to massage oil into your scars before you shower.

Chinese cupping and cold laser therapy are two additional treatments for scars. Chinese cupping therapy is a favorite for helping keloid scars to flatten out. A cold laser is a high-intensity light (or energy) that operates at a specific frequency to increase healing to the scar area. The increased oxygen is used by the cells to facilitate the repair of the injured tissue. A four- to five-minute application of the cold laser to the scar may need to be repeated every other day until healing is complete.

It is estimated that high-quality oils and massage will handle 90 percent of scar problems. Adding in cupping and cold laser therapy will take it to 95 percent. And the two applications combined will handle about 98 percent of scars. The remaining 2 percent need further evaluation and treatment by an advanced Nutrition Response Testing® clinician. In a small number of cases, neural therapy may be necessary. This therapy injects the scar with a healing substance by needle.

If you want extra healing for your scars, castor oil packs are an old-fashioned remedy that everyone should know about. Cut a piece of wool or flannel to fit the scar, saturate the cloth with castor oil, and cover it with plastic wrap or something tight to keep it next to your body overnight. Wear old clothes and lay a towel down on your bedding so the oil doesn't ruin it.

My personal testimonial to castor oil is that I lacerated my eyebrow wide open in a surfing accident. Upon getting home after receiving stitches, I put on colloidal silver and a

3M waterproof bandage, then applied the castor oil pack and wrapping. By morning, my black eye was gone!

What Our Clients Say:

“If you have a C-section, you must see Dr. Shannon, as she does a state-of-the-art scar therapy. I could not imagine my life without her treatment. She is very welcoming and friendly. Eight weeks after my C-section, I felt like I had a rock at the site of the surgery even though the doctor told me I was healed and ready to hit the gym. Dr. Shannon’s treatment helped my scar heal and made me pain-free. She follows up very well with her patients.”—Aloma B.

“When I started to rub my scars, I immediately felt more relaxed in my body and slept peacefully. Also, I experienced longer periods of sleep. Even if I had to get up for the bathroom, I fell right back to sleep.”—Jake C.

“I rubbed my scars with sesame seed oil, and my headache went away. I was very surprised!”—Adrian M.

PREVENTING SCARS

“An ounce of prevention is worth a pound of cure.”
Benjamin Franklin

Prevention Is Key: Proper Wound Care Prevents Scars

The first choice for proper wound care is colloidal silver 500 PPM (part per million). Colloidal silver contains 99.99% pure silver particles suspended indefinitely in demineralized water that kills bacteria and viruses. The presence of colloidal silver near a virus, fungi, bacteria or any other single celled pathogen disables its oxygen-metabolism enzyme.

Place it directly on the wound and the surrounding area everywhere a bandage will touch. Air dry. Apply a 3M waterproof bandage. The area is now secure under that bandage. It is waterproof, so it can go surfing or in the shower or bathtub. It likes to stay on for at least five to 10 days. I do not even attempt to take them off unless the edges are frayed.

Also, other products I trust very much are grape and grapefruit seed extracts. They are antibiotic, antiviral, and

anti-fungal like colloidal silver 500 PPM.

Both of these products work well. I have found that colloidal silver allows the bandage to stick better because the grapefruit seed extract by nature has some oil in it. The waterproof 3M bandage comes in a lot of different varieties. My favorite is called Tegaderm because it is big, and I can cut it to size. They also come in a box like regular bandages in three different sizes. (For your entertainment, some of them even have pictures on them.)

THE BOX MUST SAY “3M WATERPROOF” TO KEEP YOUR WOUND SECURED.

Everyone is different, and some skin cannot handle adhesives. In that situation, I would use non-stick pads and then use gauze to wrap around the area and secure the bandage. You should change it twice daily and use colloidal silver 500 PPM each time.

Remember that proper wound care means fewer scars. Using these methods, I have avoided scars 99 percent of the time.

DO SCARS EVER POSE A PROBLEM IN THE FUTURE?

Yes, it is possible that they can become “active” again after months or years and may need some additional attention. This is another reason why periodically getting your nutrition checked makes perfect sense. That way, you can catch potential issues before they affect your health.

TIP:

**Stock your First Aid Kit with 3M
waterproof bandages and a bottle
of Colloidal Silver 500 ppm**



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