

Wheatgrass For Inflammation and skin conditions

The secret of wheatgrass' efficacy is its wound healing, hemostatic and anti-inflammatory properties. It can significantly help reduce pain, swelling and inflammation, and check subcutaneous and cutaneous bleeding quickly, thereby enhancing the natural healing process. The outcome is often very gratifying as clinical improvement is expedited compared with conventional methods of treatment. This does not mean that standard treatment measures should be ignored, in fact, wheatgrass can often be used in conjunction with other treatments for a better outcome. e.g. with steroid creams in acute dermatitis.

Unlike capsaicin and other natural wound healing substances, wheatgrass can safely be applied to open wounds such as lacerations, leg ulcers and burns. Any mild discomfort settles quickly. In infants and children it is probably better to apply wheatgrass around the wound. It still works. Use sparingly as a little goes a long way. As with any "natural" product, it pays to persist with chronic conditions for at least three months before ceasing treatment.

Abscess

Apply WG to surface of abscess & wait 10 minutes. This reduces pain of incision. Drain abscess. Apply WG to wound & surrounding inflamed tissues. Do not insert drainage wick. Apply non-stick dressing & moderately firm bandage. Repeat in 24 hours. Pain can cease overnight. Minimal discharge, inflammation & swelling. Drainage wick not required. Wound closure in two or three days usually with daily dressing & WG application. The patient can self-treat with WG & dressing on day 3.

Acute, painful rashes

Apply sparingly to affected area. Can provide rapid, dramatic reduction of pain, swelling & blistering.

Burns

Apply immediately to burn area after first-aid. Apply light, non-stick dressing. Change dressing daily. Pain reduction or elimination can occur within hours. Low or negligible infection & rapid healing with reduced scar formation.

Fever, teething, irritability

Apply small amount of wheatgrass to nape of neck. Supplement with paracetamol or other analgesic. Often reduction in fever & a happier child within 30 minutes.

Ingrown toenail

Apply to inflamed area & cover with light dressing once a day. Often gives a marked reduction in pain & inflammation within a few days.

Jellyfish & insect bites & stings

Apply immediately to affected area. Can ease pain & reduce inflammation if applied early.

Mastitis

Apply 4 hourly to inflamed area. Can give relief to the discomfort and pain.

Otitis media & externa

Instil cream or spray to external canal as close as possible to tympanic membrane. Can effectively reduce inflammation & pain

Paronychia

Apply to affected area. WG almost invariably produces remarkable improvement, reducing pain, inflammation and swelling overnight. Antibiotics not required and extract prepares area for incision and drainage. However, pus tends to be absorbed and incision often unnecessary.

Phlebitis

Apply WG 3 times a day or more frequently to affected area. Can soften tissue & reduce swelling, tenderness and pain.

Phlebotomy, IV sites

Apply immediately after vein puncture. Can prevent bruising & inflammation. Ideal for venepuncturists.

Sunburn

Apply as soon as possible to affected area. Repeat 4 hourly. Can effect rapid pain & relief of inflammation. Helps remove peeling skin.

These come from www.wheatgrassprofessional.info