

Natural Healing Express Weekly

Column Volume 149 Wound Healing

As many of you now know, I took quite the hard hit during my crash at RAGBRAI. I am still healing from the broken clavicle and nursing some road rash wounds along with a nice elbow abrasion. For the most part, I am healing way ahead of schedule and I will tell you exactly what I am using. First and foremost, I am drinking comfrey leaf tea like it's going out of style. Comfrey is an herb that aids in rapid healing. Over the years it has been used to heal all wounds.

In the digestive tract, comfrey can be used for any ulceration – bleeding from the stomach, lungs, bladder or bowels. Comfrey can also be used as an expectorant for dry coughs. Now for what has been really working for me. For the bones, comfrey can be used to speed up the healing of fractures, sprains and ligament damage. It can also be used externally as either a poultice, tincture or macerated oil. I call it the stitching back together on the inside effect. In fact, comfrey's alternative name is called the "knitbone". For you knitters out there, you can readily understand structurally why this is true.

Comfrey promotes or regulates the overgrowth of skin tissue. It is effective for psoriasis and skin ulcers and helps clear bruises. It also helps to heal scar tissue.

Comfrey can help relieve inflammation caused by gout and rheumatic joints.

However, comfrey does have its contradictions which make it a little harder to use in all applications. Comfrey does contain pyrrolizidine alkaloids, which are mainly present in the root, so it is highly recommended that novices do not utilize the root internally.

So, it's best to stick with the comfrey leaf tea. And, I can tell you from experience, I believe I am cutting my healing time in half by using it.

As for the flesh wounds, which are mostly abrasions and lacerations, I have been using a wonderful product that we carry at Natural Healing Express called Herbal Healing Salve. I highly, highly, highly recommend it for everyone's Natural Medicine Kit and First Aid Kit.

Herbs contained in this include Calendula, Chickweed, Echinacea, Goldenseal, Myrrh, Aloe and of course Comfrey.

We have a few sizes of this available ranging from \$4.00 to \$12.00. Hard to go wrong have one of these on hand.

I want to thank everyone for their wonderful support and well wishes throughout the healing process. I especially appreciate a couple of you who have offered to finish the ride with me. That was touching. It is wonderful to live in an area where we can be close knit and supportive of each other.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com)

Facebook: Natural Healing Express