

## Topicals for Bruising & Inflammation

### Emu Oil (1 oz)

<http://www.emuoilbenefits.com/>

+ essential oils of

**Wintergreen** = birch (8 drops) **topical only, don't use full strength, add to emu oil**

**Helichrysm** = immortelle (6 drops) **topical only, don't use full strength, add to emu oil**

The emu oil is the carrier oil; it dilutes the intense potency of the essential oils.



I've used Thunder Ridge Emu Oil: <http://www.thunderridgeemu.com>, but shop around for the best price for a high quality oil: *Thunder Ridge's unique all-natural feed program is a customized blend of grains and minerals. Thunder Ridge uses no steroids, antibiotics, growth hormones or animal proteins. All meat and oil products from Thunder Ridge emus are completely drug-free.*

<http://www.thunderridgeemu.com/about-us.cfm>

“Australian Aborigines have known for centuries that both the meat and oil of the emu possess special properties which explain its role as a traditional Aboriginal food and medicine. Studies show that deep penetrating Emu Oil has anti-aging, moisturizing and anti-inflammatory properties.”

### About the essential oils:

**Helichrysum, also known as Everlasting Essential Oil or Immortelle**, has been studied in Europe for regeneration of nerves, improving skin conditions, and reducing inflammation while speeding healing. . . . Aromatically, it is thought to open the heart and clear old emotional wounds. <http://www.anandaapothecary.com/aromatherapy-essential-oils/helichrysum-essential-oil.html>

Wintergreen is extensively used in pain relieving formulas, as its chemical makeup is essentially that of liquid aspirin. **Keep the concentrations and frequency of use as low as needed to produce the desired result.** See more on the [use of Wintergreen here](#). Birch bark has a similar natural chemistry, and is worth considering due to the handcrafted nature and excellent aroma.

<http://www.anandaapothecary.com/aromatherapy-essential-oils/wintergreen-essential-oil.html>

For a non-greasy/non-oily product that's perhaps less potent, but easier to travel with:

**Blue Emu Super Strength** (online, Target, etc.)

<http://www.blue-emu.com/why-emu-oil/>

(or **Blue Goo** – don't ask me why they make all these emu oil products blue. . . )

Vegetarians use **castor oil compresses**



**For bruising and other acute pain:**

**Traumeel topical homeopathic:** “anti-inflammatory, analgesic, provides relief of minor aches and pains associated with sports injuries, joint pain & bruises. Traumeel® works with the body's natural resources to reduce pain and shorten recovery time. Unlike traditional pain relief products that mask symptoms, Traumeel® skips the distractions of heating and cooling effects,

instead offering a safe and effective solution to muscular pain, joint pain, sports injuries, and bruising.” <http://traumeel.us/>

## **Chinese herbal products:**

**Spring Wind general products: liniments, salves:**

[http://www.lhasaoms.com/spring\\_wind\\_herbs-194-page.html](http://www.lhasaoms.com/spring_wind_herbs-194-page.html)

Spring Wind formulas for 3 stages of Trauma (Immediate = 1<sup>st</sup> 2-3 days, Stage 2 = 1-2 weeks after, and Stage 3 = lingering effects of old injuries)

[http://www.lhasaoms.com/spring\\_wind\\_professional\\_products-196-page.html](http://www.lhasaoms.com/spring_wind_professional_products-196-page.html)

To learn from Andrew Ellis about the

## **Treatment of the Three Stages of Sinew Damage Employing External Applications**

[http://www.lhasaoms.com/spring\\_wind\\_herbs-194-page.html](http://www.lhasaoms.com/spring_wind_herbs-194-page.html)