

Leg Ulcers

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Whenever you have an accumulation of decayed skin, open sores can develop. If your legs do not have good circulation, the skin tissue begins to break down. This can allow the development of sores.

Alfalfa- Internal Purposes: Alfalfa is the best source to obtain your vitamin K daily requirements which come in capsules or tablets. Red Clover will provide the same.

Comfrey Tea- External Purposes: You can treat the ulcers by mixing up a poultice of comfrey tea. Make sure your towel or cloth is clean; when you place the towel that has been treated with comfrey on the sore, you can benefit from soothing release of aching & inflamed leg muscles. Cautions not recommended for internal use.

Echinacea- Internal Purposes: To make immune function stronger and more efficient and heal the leg ulcers, use Echinacea.

Goldenseal– Internal Purposes: Acts as a natural antibiotic and can incite healing. Besides being in capsule or tablet form, goldenseal can also be used as a poultice. Utilize a small part of a sterile gauze, put a little goldenseal on it that is alcohol free extract and put it on the leg ulcer. Cautions: Goldenseal's use should be limited to one week at a time. Limit your usage of goldenseal if you are pregnant. Check with your doctor prior to using if you have been diagnosed with cardiovascular disease, glaucoma, or diabetes.