

How I Eradicated Almost Every MRSA Scar From My Body!

**Insider Secrets Most Plastic Surgeons
Don't Want You to Know**

Christine Dawson

Important Disclaimer

(Read This First)

As I share this very personal information with you, first I want you to understand that **I AM NOT A DOCTOR**. This information is **NOT** intended to be a substitute for professional medical prevention, diagnosis, or treatment. In **NO WAY** should it be considered as offering medical advice of any kind. **NO LIABILITY** shall be assumed for the use of this information to treat, cure, or prevent any disease. The US Food and Drug Administration (FDA) has **NOT** evaluated this information. **NEVER** rely on **ANY** home remedy as a "cure-all" without seeking **REAL** medical treatment. **ALWAYS** consult your physician, pharmacist, or health care provider before taking any home remedies, health supplements, or starting any alternative medicine programs.

The techniques I am about to share are what I found to be extremely effective in preventing and minimizing my MRSA scars. There is **NO** single procedure or medicine that works for everyone 100% of the time. You will find this to be true, even with medications you might receive from your doctor. I have done everything I can to ensure this information is correct, complete, and up-to-date.

Thank you for understanding.

MRSA Scar Removal: Insider Secrets

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This Is My Story

I was diagnosed with a chronic case of MRSA in March of 2005. It literally cost me a fortune between the over the counter products, cleaning supplies, and medical care. This is because I had a very aggressive strain of MRSA that would rapidly spread across my body and face. But it didn't stop there; it also hit my husband pretty hard as well.

My monthly routine consisted of going to my doctor, getting boils cut open and drained, "packed," receiving antibiotics, healing, and getting re-infected. It's like I was locked in the infection's **never-ending** cycle. I grew very paranoid and would panic whenever anything resembling MRSA appeared anywhere on my body. I was an emotional wreck and I felt completely helpless.

Over time the agony, frustration, and embarrassment got to me. I tried **so many** different things to get rid of it, but nothing worked. It kept coming back. My doctor even had to give me *Vancomycin* (the "last resort" drug) before I underwent surgery to ensure MRSA did not ravage my surgical site. I was so depressed because I had no control over my condition. Fighting MRSA seemed futile. I thought there was

nothing I could do. But after yet another MRSA attack with multiple infections popping up all over my body, I ignored the plea from my doctor stating “we’re doing all we can” and decided to **take action**.

I was determined to find something to help me not only to treat, but also to prevent my vicious MRSA outbreaks. After all, every time the doctors 'treated it' it just came back. I got on the Internet and literally spent the next 3 months referencing medical research, studying natural remedies, reading MRSA victim forums, emailing Naturopathic Doctors, and talking to Dermatologists. I viewed over 200 different websites to include foreign websites to gain a different perspective on MRSA treatment and prevention. I was looking for something more than general information. I was looking for specific ways to control MRSA that were proven either through scientific studies or large clinical trials. If the solution I found did not adhere to these guidelines, I ignored it and kept searching.

Most of the information I found fell into two categories: (1) free, general information about common sense hygiene and recommendations on when to see your doctor and (2) paid, specific information about root causes of MRSA attacks, but nothing on how to cure the disease.

Even the expensive sites were silent on the solution! For this breakthrough I had to fit the pieces of the puzzle together on my own. After about 3 plus months of intense research I stumbled upon some pretty solid research. From here I pieced together a method that literally stopped my current MRSA attack in **under 9 days!** The crazy thing is: not only did it work for me, but it worked for my husband too!

I figured it would come back like it always did so my husband and I both waited ... nothing.

A month went by ... nothing!

Two months and three weeks ... nothing!

Six months ... **still** nothing!

We couldn't believe it! After three years of worry, anxiety and mounting medical bills — not to mention being afraid to even appear in public — I was finally able to take a deep breath and enjoy a life free of aggressive MRSA attacks.

Meanwhile, I got on the internet and contacted 5 other MRSA victim friends I had met on the MRSA forums who had also been **devastated** by this condition. I told them what I found and shared exactly what I did. Within 3 weeks all of them contacted me telling me they were getting amazing results! However, one ladies' family member was still healing because he had another condition that made his MRSA even harder to treat (however, he was MRSA free by the second month).

We were so happy, we started contacting people through MRSA forums telling them what we did. So many of these people were getting such **amazing** results that they were emailing me and thanking me for the information.

Now honestly I wasn't used to all this attention because I'm just a little ol' country girl, but in that moment I realized how **badly** others needed this information. So I talked to my husband and we decided “Why not compile this into a more formal information resource and offer it to other MRSA victims who are suffering just like we were? This way this resource would teach them what they needed to know to follow the same plan of action that helped us and so many others become MRSA Free.”

We compiled Step 1 of this program in a 3-Part Book and a 7-Part Video Course titled: "What Every MRSA Victim Should Know." Here we explain exactly how we and so many other people stopped our infections. Step 2 (which is what you are reading right now) explains how we prevented/minimized all the scarring that is almost guaranteed with any MRSA infection.

But before I begin I want to give you an idea of how much research I put into this report. Understand I used to get some pretty bad infections in some very noticeable locations (like my face, legs, and arms). I went to the doctor multiple times so she could **cut them open and drain them out**. I really hated this. It was the worst thing in the world and it hurt like **HELL!** My infections even got so bad that there were times I didn't even want to leave the house because make-up didn't always cover them up. So this is when I decided to search the internet like a mad scientist to figure out what I needed to do to ensure these MRSA wounds didn't heal into disgusting scars. As any other women would, I wanted to hold on to all the beauty I had as long as I could ... and MRSA was really making it hard for me.

On the internet, so many different websites sell "beauty" and "scar dissolving" products. Sometimes it gets really confusing. There are a lot of scams out there so I had to dig deep to find the key to a scar-free

MRSA infection. And you would be shocked if you knew how many **outright** lies and rumors I uncovered looking for an effective scar treatment! But that's beside the point, my goal here is to ensure you are armed with the most effective scar prevention techniques for MRSA. If you're like me, you hate scars. I definitely want to **save you the trouble** of searching for this stuff on your own.

But understand something real quick. The method I'm about to reveal is going to seem **extremely** simple (I know because that's the exact way I felt about it when I discovered it). I just want you to do me one simple favor: *Suspend your disbelief and give it a shot.* If you do ... I **guarantee** you'll see phenomenal results!

How Is A Scar Formed?

(The Basics)

A scar is any **visible** area on your skin that was once wounded, but is now healed. Whenever your skin is punctured (either accidentally or intentionally -- as in a medical procedure) your body automatically begins to heal itself. Almost in the **exact moment** the puncture occurs, blood clotting begins. This is to minimize blood loss. As a result, scar formation **starts** as the wound begins to scab.

Collagen fibers (a natural protein our body produces - found on the second layer of our skin) begin to fill the hole of the wound. Once the hole is filled, the scab falls off. When our body tries to fill the wound with more Collagen than required, it causes a scar that is raised above the surrounding skin. The deeper the wound the longer it's going to take to heal **AND** the greater probability of an ugly scar.

The time scars take to diminish depends on three things: the location of the wound on the body, the size of the wound, and the age of the wound victim. Scars are more likely to fade away in children and young adults due to their bodies' natural ability to heal. This is why cuts that occur later in life take so long to disappear (if they go away at all).

How to Prevent Scars?

Whenever MRSA attacks any point on your body a pocket of pus emerges. Whenever this pus drains, the hole the pus drained from needs to be repaired ... so your body begins to plug the hole with collagen. Scarring is an even bigger deal if your doctor had to cut your infection open so it could drain **OR** you caught MRSA recovering from a surgical procedure where an incision was already present.

As a women, preventing scarring was very important to me. Point blank, **the key to preventing MRSA scars is to break up the collagen and not allow it to bond to your skin's top layer.** But before I tell you how to do this, let me tell you what you should never do because it can lead to further scarring and/or permanent skin damage.

Never Let Your Wound "Scab Over"

Many people think scabs promote the healing process. While this might be true (as a scab acts as a "protective covering" to the wound) ... the scab also **promotes** scarring! Here's why ...

A scab deprives the tissue underneath of nutrients and moisture necessary for the regeneration of new skin tissue. Scabs also prevent the skin beneath it from growing flush with the surface of the skin

If you allow your skin to scab ... a scar is almost always **guaranteed**. When we get to the section on how to prevent scars I'll show you how to keep the scabs away, but for now I want continue to tell you what else you shouldn't do.

Never Use Hydrogen Peroxide

When I was a little girl I remember my brother always coming in the house with cuts and scrapes. It was really common in our house to run and grab the Hydrogen Peroxide to clean out his wound. We would all gather around to watch the solution bubble up in amazement ... while we saw the tears clouding his eyes slowly begin to run down his face.

Well, now I've learned that this is one of the **worst** things you can possibly do! Sure, hydrogen peroxide kills germs ... but it also **destroys** new skin cells that are starting to grow. This slows the healing process while increasing the scarring process at the same time!

Never Expose Your Wound To Sunlight

When I say no sunlight, what I really mean is no ultraviolet (UV) light. Tanning beds and a few other lights also fall into this category. Whenever you expose a wound to UV light, it begins to discolor the scar. This is because UV light stimulates the cells that produce pigment, causing greater discoloration. This makes your scar as noticeable as an elephant in a dog house! **Covering the area is your best bet.** But if you absolutely must leave it uncovered (which I do not recommend), use a lotion with a SPF 15 or higher and ensure that the wound *stays moist*.

Never Use Vitamin E

Now before you think I'm crazy for saying this hear me out. Like you, every since I was little I was told that Vitamin E is the secret to

stopping unsightly scars. But if I told you that Vitamin E isn't any better than Hydrogen peroxide would you believe me?

Nearly every home remedy and commercial remedy for healing scars contains Vitamin E. Dabbing a little Vitamin E is supposed to facilitate the healing process ... but it doesn't!

In a research study conducted in 1999 by 2 doctors at the University of Miami Department of Dermatology, patients were given 2 ointments, one with Vitamin E and one without Vitamin E. The treatment program consisted of applying each solution to separate halves of the scar for two weeks -- two times a day. After two weeks an evaluation was made by the researchers, an independent observer, and the patients. The research proved that in *"90% of the cases in the study, topical Vitamin E had either no affect on, or actually worsened the cosmetic appearance of the scars."* The study also showed that *"33% of the patients developed contact dermatitis to the Vitamin E."* The symptoms included large burning and itchy rashes which took many days or weeks to heal. If you get a reaction like this it will **definitely** open you up to further MRSA attacks!

Ultimately researches concluded that "*topical Vitamin E on wounds should be discouraged.*" Here's the link to the study so you can check it out for yourself:

www.derm.net/Derm_PDFs/vitaminEpaper.pdf

But before you think this is purely a one sided argument, understand that I searched and searched for studies saying that Vitamin E is effective.

The result ... **NOTHING!**

I couldn't find one thing stating that Vitamin E reduced scarring.

3 Step MRSA Scar Prevention Program

Understand something ... there are ways to lighten scars and get rid of them altogether (although this may cost a kneecap and some fingertips). However, your best move is to stop your scars **before** they form. As I stated earlier: the key to preventing MRSA scars is to break up the collagen and not allow it to bond to your skin's top layer. Here is my simple, but very **effective** 3 Step Scar prevention program that works.

1. **Cover the wound AND keep it moist.** Many people are confused by this. Some people think you should let the wound "breathe." This isn't just bad advice, it is downright **reckless!** When you don't cover the wound it dries up and scabs over. As we already discussed, this is not a good thing. How do you stop a scab from forming? Simple ... By keeping the wound **moist**. Prior to placing on the bandage, you should place ointment or something similar (in the book I talk about Manuka Honey or Tea Tree Oil) on the wound. You should do this multiple times throughout the day to ensure the wound *stays* moist. And you want to do this until you notice that the new skin has grown beneath. If you do this right, you'll never see a scab.

2. **Apply pressure to the wound.** When new skin (or a scar) is forming you will often find that it is raised slightly above the skin. You can lightly run your fingers along it and see for yourself. This is why the second step is to apply pressure. You can apply pressure yourself or you can go to the store and buy special pads that serve to flatten scars like "Curad Scar Therapy Cosmetic Pads" or "Scar Fx and Syprex Scar Sheets" (I used pads for this). The point of this is to **not** allow the collagen to pop above the skin when the wound is healing.

3. **Gently massage the mark once the surface is completely healed.** I got this information from Robert Bernard who is a plastic surgeon out of New York. He says: "*Massages help break down the dense bands of collagen that attach to underlying tissue.*" If the collagen is not allowed to take hold, the appearance of the scar will be much less noticeable **if** apparent at all! Here's how you do this. First, wash your hands and nails with warm soap and water. With lotion, massage the mark **gently in a circular motion** for 20-35 seconds a few times a day (do not overdo it). Remember, the lotion is used to allow your hands to gently glide across your skin's surface, so if the skin soaks it up you need to reapply. I use Tea Tree Oil to do this. However, if you choose to use another product, please ensure

you pay more attention to **the studies** than **the advertising**. You can save a lot of money this way!

On a side note, remember that nutrition is also **very** important. You cannot expect your wound to heal properly if you're loading up on sugar all day (i.e. soda and candy bars). Instead, you need to ensure you are on a balanced diet getting all the vitamins and minerals your body needs to repair itself. During this process, a good multi-vitamin and the appropriate servings of fruits and vegetables will take you a long way. It will allow your skin to heal **faster**. In addition, do not neglect your water intake. Ensure you are getting 8-10 glasses per day. This helps you skin to shed off unwanted and dead skin cells (giving your skin a natural glow). It is just as important as everything else I've already mentioned.

Final Thoughts

Now you are armed with the same scar preventing technique I used to dissolve my MRSA scars before they even had a chance. I know this can be a tedious process, but the results are worth it. **Stick with it and be patient**. If you do, I know these techniques will leave you just as happy as they left me!