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Home Remedies for Burns That Give Amazing Results by Jhon Napier

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Any damage to the body tissue by the means of chemicals, radiation, sunlight, electricity, and heating / burning substances is known as burn. Burns are basically classified into three types, they are; first degree burns (when top layer of the skin burns), second degree burns (when more layers of skin gets burned) and third degree (entire thickness of the skin is destroyed and in some cases the muscles and other tissues get damaged). There are several effective home remedies for burns (minor burns only) which can be tried at home.

In any case of burns the first and most important thing to do is to wash the affected area with water and then applying it with some honey. Or you can also apply some yogurt on the burn for 15 minutes.

One of the easiest home remedies for burns is to soak the burned area in milk for almost fifteen minutes. Or you can even try applying the affected area with a cloth soaked in milk. The fat content in the milk will promote healing and soothe the burns.

Lavender oil is also good for healing the burns. Once applied on the injury it will subdue the pain within ten minutes. You can apply it every day until it heals completely. Papaya is known to have enzymes which help in removing the dead cells and replacing it by the new ones. Therefore having a ripe papaya is one of the effective natural home remedies for burns.

Aloe vera extract is also beneficial in treating burns. Just cut some aloe vera leaves and put them on the affected area. Later take a capsule of vitamin E and break it. Now pour its liquid on the injury. This will help in preventing scar.

Applying freshly cut potato slices on the affected area is one of the most common home remedies for burns. Since potato is rich in starch it will neutralize the pain, burn and scarring. Or you can even try applying Colgate toothpaste on the wound. Keep it overnight and you will see that the next morning there won't be any burning sensation or pain.

Consume food rich in zinc in order to recover quickly. Vitamin A, vitamin C and vitamin E also speed up the healing process. Include vegetables, green fruits, cereals and nuts in your diet. Intake of citrus fruits, broccoli and potatoes is recommended since they are rich in vitamin C. Also eat food rich in protein, potassium, sodium and fluids. Avoid caffeine, alcohol and tobacco at all costs.

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