

## Is Your Scar Making You Unwell?

A scar can sometimes make a big difference to your health. The 5 main ways that they can upset the body are

1. **Changing the structure of the body.** Tightening of the skin in the area can pull on other parts of the body. For example, if someone has a 'tummy tuck', removing part of the abdominal skin pulls the body forward, causing chronic neck and shoulder problems.  
Scar tissue is more rigid and less flexible than skin and other tissues, so movement of the area can create uneven pulling. Over time, this can result in some muscles becoming tighter and others weaker, and possibly even shifting bones slightly. You could end up with chronic tight muscles or a sudden sharp muscular problem (which could be in a totally different part of the body to the scar). For example, eyebrow scars can lead to chronic neck problems.
2. **Residual inflammation.** Often we find that there is still residual inflammation on or around the scar, either from the original condition or from the scar itself. This inflammation *must be cleared*, or it is almost inevitable that health problems will result (for example constant tiredness).
3. **Damage to acupuncture channels or points.** A good example is navel rings- these cause allergies, either sinus allergies or digestive allergies, normally 5-10 years after the piercing.
4. **Circulation of blood and lymphatic fluid** are restricted, so that areas 'downstream' can become starved of oxygen and nutrients, and end up overloaded with toxins. An example could be a caesarean scar causing leg problems.
5. **Physical pressure on internal organs.** This can be caused by the removal of other organs such as the gall bladder or appendix, which create 'holes' that other organs sag into. Or the rigid scar tissue can put pressure on and irritate organs, muscles or nerves around it. If there are adhesions to the scar, this effect will be much stronger. Sometimes appendix removal will, over time, cause gall bladder problems, and so the gall bladder gets removed, etc.

Not all scars cause problems, however some can significantly undermine your health. The side-effects can occur many years after the event, and can often arise in another part of the body.

## Some Possible Side Effects of Scars

The following is a brief list of some of the possible side effects of different scars. All scars have the potential to cause disturbance to the normal functioning of the body. Whether you get these side effects, and how soon they appear, depends on how well the scar has healed, and whether there is still any irritation at the site of the scar or nearby. This can be determined by a therapist trained in evaluating scars. Symptoms usually start to appear around 5 or more years after the scar is formed, but if the scar

became infected or hasn't healed well, the symptoms can appear in as little as one year after the scar occurred.

- **Appendix operation-** Chronic stiff shoulders and neck, feelings of heart attack, back ache, spasms in abdomen, gassy abdomen regardless of what is eaten, shoulder pain, eye pain, tired eyes
- **Navel piercing or laparoscopy-** sinus allergies or digestive allergies
- **Vaccination scar toward front of shoulder-** skin disorders
- **Vaccination scar toward back of shoulder-** lower vertebrae in the neck go out, lower back pain
- **Scar around the eye-** headache, insomnia, knee pain, sciatic, tension at back of head, calf cramps
- **Hysterectomy operation-** sciatica, gassy abdomen all the time, spasms in abdomen, feeling of bladder infection without infection, tight back, incontinence, constipation, backache
- **Hernia operation-** cervical (neck) vertebrae out, chronic backache, weak/low sexual energy, sciatica
- **Infection of pierced earring hole-** sinus headaches, sinus congestion, stuffy nose
- **Sprained Ankle-** (especially if repeated sprains or the ankle remains weak afterwards), chronic abdominal pain, gassy abdomen, digestive problems, constipation, pain around the knee, tiredness of lower limbs, shoulder pain, bursitis, hip or side of the lower back problems
- **Bunion operation-** indigestion , any digestive problems, PMS, gynaecological problems, nerve problems
- **Varicose vein operation-** dull feeling of lower limbs, heavy feeling of legs, cold feet, buttock muscle tightness type of backache, gynaecological problems, PMS
- **Liver Biopsy-** poor circulation in abdomen, exhaustion, no energy, easily angered
- **Callous on neck-** (seen in violinists), nervousness, insomnia, not able to relax, headaches
- **'Tummy Tuck'-** back ache, incontinence, intestinal gas, neck and shoulder pain
- **Facial lift operation-** nerve disturbance, PMS gets worse, terrible stiff shoulders, palpitations, depression, restless feelings
- **Deviation of nasal septum (e.g. broken nose)-** the whole body is disturbed; headache, asthma, memory problems. lack of focus, irritable, insomnia, depression, and easy to get sinus infections

To find out more about how scars affect the body or to have your scar checked, please talk to Peter or Nina at Centenary Natural Therapies Clinic, 3376 6911.

