

Lipoma

Remedies – Herbal, Natural & Holistic

By James Reynolds



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Introduction

Have you recently noticed an unusual lump on some part of your body? The first thing that comes to mind for most people when they encounter such a thing is the “Big C” - Cancer - and their world comes crashing down. Are you experiencing the same fear? Well, there is no need to panic! All lumps are not cancerous, though feeling fearful is quite natural. So, how will you identify whether this lump that you have developed on your body is malignant (cancerous) or benign (non-cancerous)?

In such circumstances, most people rush to their doctor or physician, because they have no knowledge and hence no clue about what has afflicted them. In majority of the cases, the doctor assures them that it is just a harmless disorder called Lipoma, which can be treated or can be ignored too, and they return home relieved. In some cases, such lumps may represent little more serious, but relatively harmless, conditions such as sebaceous cysts or other subcutaneous disorders, which can be painful and need to be treated. In rare cases, such lumps are harmful manifestations of dangerous conditions such as liposarcoma (Cancer), which call for immediate treatment.

But how can you differentiate between a Lipoma and some more serious disorder, on your own, even before you go to a doctor? Yes, and to do this you need to educate yourself about Lipoma, its symptoms, causes, treatments, natural remedies, alternative therapies and everything that you can learn. That is exactly what this e-book will give you.

Read on, and by the time you reach the end, you will be completely enlightened about Lipoma, not only in humans but in animals too, especially in pets such as dogs.

What is a Lipoma?

A Lipoma is a non-malignant or benign (non-cancerous) tumor formed from adipose tissue (body fat). It consists of a bunch of fat cells enclosed within a thin, fibrous capsule located between your skin and the muscle layer below it. Lipoma can occur anywhere on your body but commonly seen on your neck, shoulders, upper arms, torso, back, armpits, abdomen (belly) and upper thighs. More than one



Source: www.lipomapictures.org

lipoma can be present on your body at the same time. Lipoma is categorized as a common form of soft tissue tumor.



Source: www.dermatopedia.com

and such other areas.

In most cases, lipoma is subcutaneous, however, in rare cases it may occur in deeper tissues such as sub-mucous (mouth, esophagus), sub-serous (heart, lungs, liver etc.), sub-synovial (joints), sub-peritoneal (inside the abdomen), intramuscular

These fatty tissue growths are signs of only a chronic disorder and do not indicate



Source: www.squidoo.com

any acute disease. Lipoma is one of your body's methods of getting rid of toxins and such other waste elements, especially when there is an internal imbalance and it is incapable of flushing them through regular channels such as

kidneys, liver and intestines. When your immune and endocrine systems are performing at lesser than optimum capacity, due to infection or other reasons, your body tends to encapsulate all waste material and tries to discard it through your largest excretory organ - your skin !

Symptoms

- ❖ Lipomas are usually soft to touch with rubbery consistency. They feel doughy and not tender, when touched.
- ❖ They move when you apply slight pressure with your finger.
- ❖ Lipomas do not cause pain.
- ❖ Most lipomas are small in size, usually less than 1 cm or up to 3 cm in diameter, but could grow to over 6 cm. In some cases, these could even grow up to 10 cm or 20 cm and weigh between 4 - 5 kgs.



Source: www.lipomacauses.com



Source: www.torontodermatologycentre.com

- ❖ In most cases, they remain the same in size or grow very slowly.

- ❖ Lipomas can occur at any age but are often found in adults between 40 to 60 years of age. Though rarely, they are also detected in young adults and children.

Diagnosis

A lipoma is usually diagnosed by its appearance alone.

Though mostly benign, lipomas could transform into malignant tumors, according to some sources. However, there is no conclusive or convincing evidence documented yet to prove it.



Source: www.cure4incurables.com

Lipomas developing in internal organs, though benign, can prove to be far more dangerous. For example, lipomas developed in your gastrointestinal tract can result in bleeding, ulceration and agonizing blockade.

Malignant transformation into liposarcoma is very rare as these are not formed from benign tumors. Some cases of bone and kidney lipomas turning malignant have been reported, but in these cases the subtle malignant traits may have been overlooked during diagnosis. Deep lipomas have a much higher chance of recurring as compared to superficial lipomas since the former cannot be removed completely through surgery.



Source: <http://emedicalhub.com>

Causes

Hereditary disorders such as familial multiple lipomatosis are known to cause lipoma, however, development of lipoma cannot be attributed to hereditary factors alone.

Genetic studies in mice showed a link between the HMG I-C gene - previously linked to obesity - and lipoma formation. These studies reinforce previous epidemiologic data in humans indicating a correlation between mesenchymal (loose connective tissue derived from the mesoderm) tumors and HMG I-C.



Source: www.lipomacauses.com

Even minor injuries are known to have triggered the growth of lipoma, referred to as “post-traumatic lipoma”, according to some studies. But the relation between trauma and growth of lipoma is not clearly established and this subject is still marred by controversy.

Lipoma may also be caused as a consequence of some other disorders such as Adiposis Dolorosa, Gardner’s syndrome, Madelung disease and Cowden syndrome.

Types of Lipoma

Lipoma has several subtypes such as;

➤ Adenolipoma

This type of tumor is a variant of the common lipoma differentiated by the presence of eccrine sweat glands within the fatty tissue mass. It consists of lobulated adipose tissue, where the lobules are bigger and more prominent than in normal lipoma. It is a slow-growing, painless, soft lump located just below the skin. It usually forms on thighs, chest, arms and shoulders.



Source: www.lipomapictures.org

➤ Angiolipoleiomyomas

These are asymptomatic, acquired and standalone acral nodules that are histologically distinguished by well-circumscribed tumors located just below the skin and made up of smooth muscle cells, fat, connective tissue and blood vessels. These are rare, non-cancerous mesenchymal tumors also called Cutaneous Angiomyolipoma.

➤ Angiolipoma

This is a painful nodule located just below the surface of your skin that has all other characteristics, similar to typical lipoma. Details of this type of lipoma are provided later in this e-book.

➤ Chondroid lipoma

This is a deep-seated, slightly hard tumor, yellow in color, commonly found on the thighs and legs of women. It is a rare and unusual, non-cancerous, adipose tissue lesion comprising mature fat and chondroid matrix.

➤ Corpus Callosum lipoma

This is an uncommon congenital brain disorder which may or may not show any symptoms. It occurs in the colossal commissure (also known as corpus callosum) - a wide, flat bunch of neural fibers below the cortex within the human brain. It is a rare congenital disorder, which expresses itself in different forms such as headaches, epilepsy, dementia or hemiplegia.

➤ Hibernoma

This is a non-cancerous tumor formed from brown fat. It is also called by different names such as 'fetal lipoma', 'embryonic fat lipoma' or 'immature fat lipoma'. It is a slow-growing, solitary lump, usually painless, located just below



Source: www.lipomacauses.com

the skin. Both men and women are affected with the incidence of men being greater than women. The average age of those affected is around 38 years. It grows to an average size of 9.3 cm but could vary from 1cm to 24 cm.

➤ Spindle Cell Lipoma

This is an asymptomatic, slow growing, hypodermal tumor that has a tendency to be formed on the neck, shoulders and back of older men between the ages of 45 to 70 years. It is often mistaken to be a liposarcoma.

It consists of a mixture of uniform spindle cells, collagen fibers and lipocytes.

➤ **Intradermal Spindle Cell Lipoma**

This type of lipoma, most commonly affecting women, has a broad distribution. It occurs with almost equal frequency on the upper and lower extremities, hand, neck and trunk.

➤ **Neural Fibrolipoma**

This kind of tumor is caused due to overgrowth of fibro-fatty tissue commonly along or around a nerve trunk and often resulting in nerve compression.

➤ **Pleomorphic lipoma**

Similar to spindle cell lipoma, this type of tumor is frequently found on the backs and necks of elderly men. It is distinctly identified by its floret giant cells and overlapping nuclei.

➤ **Superficial Subcutaneous Lipoma**

This is the most common type of lipoma that is usually located just below your skin's surface. It is most commonly detected on the trunk, thigh and forearm, though it can be found anywhere on the body, wherever there is fat.

Differentiating Body Lumps

We have seen what a lipoma is and the different types of lipoma, but to correctly identify the lumps that may form on your body; you need know the different types. What are the other types of tumors that appear similar to lipoma and how to differentiate between them?

Sebaceous Cysts

These are lumps on your skin usually found on your face or in the groin region or any other body part that has oil present on it. In such parts, the hair follicles present become swollen due to clogging (blocking) by dead skin tissue. Normally this type of lumps are skin colored and harmless, however in some cases, they could become inflamed and ooze liquid. In that case, surgical removal by a doctor is the best option.



Source: www.realjock.com

Folliculitis

This condition is the result of a bacterial infection of hair follicles, which causes formation of lumps on your skin. Such lumps can be of varying sizes and can be sometimes painful. Folliculitis may be caused by shaving, wearing tight clothes; contact with warm or wet zones such as bath tubs and such other areas that are perfect ecosystems for bacterial multiplication and growth.



Source: www.healthype.com

Cherry Angioma



Source: <http://cherryangiomas.org>

These are small red bumps appearing on your skin, typically on your back or stomach region. Far from being dangerous the main concern of these bumps is cosmetic or aesthetic in nature. They are very bad to look at, though harmless, and could dent your confidence or self-esteem. However, sometimes they may change in shape or start bleeding, in which case quick

surgical removal is the only option.

Keratosis Pilaris

This condition occurs due to the blockage of hair follicles leading to formation of small skin lumps. These lumps appear similar to acne. They are itchy or irritable; red, white or skin colored and rarely painful.



Source: www.keratospilaris.org

Angiolipoma

These are exactly similar to lipoma, hence often confused for lipoma lumps. The only difference between the two is the presence of blood vessels and adipose tissue



Source: www.lookfordiagnosis.com

in angiolipoma and hence these are painful. Like lipoma, these are benign too.

These tend to form as multiple lumps on the neck, chest, arm, forearm and torso.

Angiolipoma are divided into two types;

infiltrating and non-

infiltrating. The latter types are commonly found in young adults and comprise of soft and painful tumors. The former types are rare but capable of spreading to other body regions or tissue such as nerves, muscles and bones.

Surgical removal by a doctor is the best option, mainly due to self-esteem issues caused by their highly visible prominent nature.

Liposarcoma

This is the malignant manifestation of lipoma. It is the second most commonly occurring soft tissue growth after lipoma. It is a malignant lump that forms over the fatty tissue characterized by a large size with few smaller growths that sprout out of the main lump. Liposarcoma is a rare condition, but like lipoma, this occurs in adults between the age of 40 to 60 years in the body extremities or retro-peritoneum.

Lipoma Remedies – Herbal, Natural and Holistic

Liposarcoma can be broadly categorized into five different types;

- Well-differentiated

This is the most common form and regarded as low grade.

- Myxoid

This is an intermediate form of the disorder.

- Round Cell

This is an aggressive form of the ailment and considered high grade.

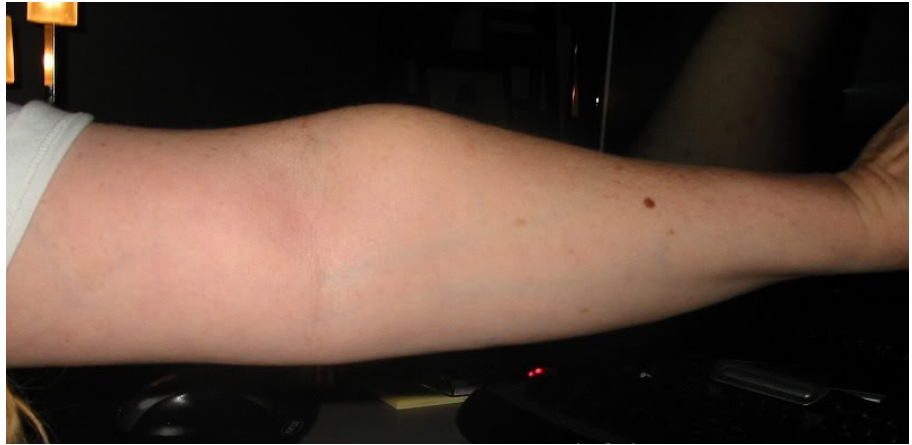
- Pleomorphic

This yet another aggressive form of liposarcoma and high grade too, but of the rarest type.

- Combination

This is a mix of the above four types.

Their grade and location are critical for determining the necessary treatment and prognosis. High grade occurrences have weaker prognosis along with high possibility of recurrence. Pain, swelling, nausea, weight loss, numbness, abdominal pain, kidney problems, restricted movement, varicose veins and fatigue are typical symptoms. Surgery is the best treatment; chemotherapy and radiotherapy being other option



Source: <http://bb.sarcomaalliance.com>

Dercum's Disease

Also known as 'Adiposis Dolorosa', this condition is characterized by the formation of benign fatty lumps called lipoma. Usually these fatty tissue lumps are small, soft and painful but some of these associated with this condition are known to have grown to 5 kilograms. This type of lump is usually found in women in the 40 to 60



Source: www.mdjunction.com

years age group just below the skin surface on the arms, legs and trunk.

Research indicates hereditary causes for this disease with clear proof of transfer from the mother to the daughter, though on the whole the causes are still unclear.

There is also an indication of a strong association between this disease and obesity with the key factor being restricted movement caused by the pain. The pain inflicted by the fatty tumor pressing against the nerves is severe, even while sleeping or resting. Other symptoms have been observed that appear unconnected such as depression, headaches, confusion, forgetfulness, stiffness, numbness, lack of concentration, heat and skin sensitivity and easy bruising.

Diagnosis is done through discussion with the affected person and tests to rule out other conditions. Pain reducing medicines and surgical removal are the commonly adopted treatment method, but there is always a possibility of recurrence.

Herbal Remedies and Natural Cures

There are several herbal remedies or natural cures available for treating common ailments and many of these can be easily prepared at home with the use of dried or fresh herbs which can be grown in your flower bed or garden. While modern medicine is powerful and valuable, most herbal remedies provide great relief from minor conditions.



Source: <http://health.howstuffworks.com>

Herbal remedies have been in use for centuries. A healthy

diet and lifestyle boost their healing powers. They provide relief from the discomfort or irritation caused by many ailments by simple application of an ointment or wrapping derived from the herb. Most herbal remedies directly address the underlying cause of the conditions.



Source: www.herbalhealingco-op.com

Herbal Remedies

Herbal remedies have been commonly used in treating lipoma, since they are known to reduce the size of or completely cure the fatty tumors. Some of the popular herbal remedies are;

➤ Sage (Salvia Officinalis)

Sage is a popular herb that is frequently used in cooking. This versatile plant has several varieties and is often used in natural treatment due to its capability of thinning your blood. Its natural affinity draws it to fat. Hence Sage extract, when applied externally



Source: www.bhg.com

to a lipoma, helps dissolve it. Sage is also known to balance the fluids in your body. Lipoma is an accumulation of fatty tissue, which indicates an imbalance that can be relieved by administering Sage.

➤ Turmeric (Curcumin)



Source: www.herbaextractsplus.com

The Turmeric herb is comprised of a substance called Curcumin, which is known to shrink the size of lipoma in dogs. Curcumin, when applied as a topical mask, can help reduce the size and re-formation of lipomas. Mix one teaspoon of turmeric powder with one teaspoon of olive oil until you derive a soft paste. Apply this paste on the skin in the region around the lipoma. Remember

that turmeric's yellow color will dye your skin and clothing yellow if you are not cautious. To avoid this effect, wrap a bandage around the paste.

➤ Chickweed (Stellaris media)

Chickweed also referred to as Common Chickweed or Star Chickweed, is an herb that has been very popular since ancient times and with ancient civilizations, like the Chinese, for treating lipoma. It finds frequent application in natural medicine mainly due to its excess mucous loosening ability, which is formed when you suffer from a cold or flu. Naturopaths generally



Source: www.paganpages.org

recommend consuming Chickweed tincture thrice daily, in the morning, afternoon and evening. It is highly beneficial in extracting excess water from your body, which can get accumulated due to cardiovascular disease. Chickweed also helps in lowering fat accumulation in your body, including lipomas. Chickweed ointment is known to alleviate lipoma pain and also control the size and spread of the tumor. It can be directly rubbed onto the affected portion of your skin where the lipoma exists. This herb is usually available at your local natural food store.

➤ **Thuja Occidentalis**

Thuja is a member of the cedar family and commonly used in treating growth, both over and



Source: <http://commons.wikimedia.org>

beneath your skin. It is often used in homeopathic treatment of lipoma. For treating lipoma with Thuja, you need to mix Thuja extract and some water and then apply it on your skin above the lipoma twice or thrice every day. In some cases, Thuja is used in combination with other natural treatments and

dietary control, hence it is recommended that you consult a homeopathic healthcare professional.

➤ Bitter Herbs & Foods

Bitter herbs and foods enhance your system's capacity to digest fats. Fat is the core and majority component of lipoma. Bitter herbs and foods improve your fat metabolism rate by stimulating your liver and gall bladder functions. Since prevention is better than cure, to protect yourself from lipoma and other diseases, you should include bitter herbs and foods in your daily diet. By this you can not only prevent lipoma formation but also cure existing lipoma. You need to be aware of lipoma symptoms so that you can catch it in



Source: <http://cookbooksandexperiments.blogspot.com>

early stages. Some examples of bitter herbs are yarrow, rue, golden seal, southernwood, wormwood, gentian, centaury and boneset. Bitter foods include karela (bitter melon), black unsweetened chocolate (dark chocolate), olives, dandelion greens and citrus peel.

➤ Cedar

Lipoma is observed to get cured when treated with cedar ointment comprising apple cider vinegar and beeswax. This ointment, when applied



Source: <http://forestry.about.com>

directly over the affected area of your skin, helps you get rid of fatty tumors. Vinegar is also beneficial for your overall health.

Mix a few teaspoons of apple cider vinegar and one glass of water. Drink this mixture a few times a day to prevent lipoma development.

Herbs for Boosting Immunity

While many herbal medicines target specific ailments or purge your body of disease, most are focused on boosting your immune system. This is critical because



Source: <http://blog.tsemtulku.com>

it is our immune system that keeps us healthy and enables us to fight ailments and illnesses.

There are multiple ways to boost your immune system such as fortifying your liver function and strengthening your skin. There are several herbs available that can help you achieve this. Let us have a look at some powerful herbs that can boost your immune

system.

➤ American Ginseng (*Panax quinquefolius*)

American Ginseng is a perennial plant of the ivy family frequently used in Chinese or herbal medicine. It is an herb whose roots are used to formulate medicine. Consumed on a daily basis, it alleviates respiratory



Source: www.buyginseng.com

ailments. It is also useful to reduce stress, improve your immune system and as tonic and stimulant. It is beneficial in treating infections like cold and flu, HIV / AIDS, intestinal and those related to cystic fibrosis. It can improve your appetite and digestion as well as treat vomiting, colon inflammation (colitis) and stomach inflammation (gastritis).

Besides these uses, it is highly beneficial in treating a vast number of disorders such as anemia, insomnia, diabetes, nerve pain, hangover symptoms, fever, erectile dysfunction, cancer, joint pain, fibromyalgia, dizziness, attention deficit hyperactivity disorder (ADHD), headaches, memory loss, convulsions, atherosclerosis and aging problems.

➤ **St. John's Wort**



Source: www.mentalhealthy.co.uk

This is a traditional western herb that possesses all kinds of amazing health improving properties. Its leaves and flowers form key ingredients in many medicines. Its most powerful characteristics are its strong antifungal and antibacterial properties, which boost your immune system empowering it to fight off hostile invasions.

Other uses of this herb include treating depression and related disorders such as appetite loss, anxiety, exhaustion and insomnia. It can cure ailments such as heart palpitations, mood swings, menopausal symptoms, obsessive compulsive disorder (OCD), chronic fatigue syndrome (CFS), seasonal affective disorder (SAD), ADHD,

irritable bowel syndrome (IBS), fibromyalgia, muscle and nerve pain, migraine, HIV / AIDS, hepatitis C, smoking addiction and cancer.

The oil extracted from this herb can be applied on your skin for treating, bruises, wounds and cuts, inflammation, nerve and muscle pain, bug bites, hemorrhoids and first degree burns. Applying this oil directly on your skin poses some risk though in terms of making you skin highly sensitive to sunlight.

➤ **Garlic (Allium Sativum)**

Many people do not consider Garlic as an herb capable of boosting your immune system. But research studies have clearly shown that Garlic helps prevent cancer and effectively handle stress and fatigue.

In addition, it has antiseptic, antibacterial, antiviral, antifungal and more such properties. Contrary to common belief, it is a powerful immune system boosting herb and highly effective against food borne pathogens frequently encountered in commercial foods.



Source: www.garlicbreakthrough.com

➤ Echinacea (Heliantheae)



Source: <http://health.howstuffworks.com>

This is yet another herb from the basket of Western herbal medicine. It is a terrific immune system booster. It significantly enhances white blood cell production, which augments your immune system and keeps you fighting fit.

It is a popular herb belonging to the daisy family - Asteraceae. Another name for this herb is American

Coneflower. It is highly effective in treating common cold and flu.

Three main species of this herb are commonly used in making herbal medicines. These are *Echinacea angustifolia*, *Echinacea pallida* and *Echinacea purpurea*.

It consists of a complex combination of active substances, said to possess antimicrobial properties. It also has some compounds called 'phenols' possessing antioxidant properties that are beneficial for human health. A few more useful elements include polysaccharides, caffeine acid derivatives and glycoproteins.

Herbs for Weight Loss

The obesity rate in the western world is rising rapidly. Why? Sedentary jobs leading to lesser exercise, worsening eating habits courtesy of fast food and convenience.



Source: www.ifood.tv

You often come across people making desperate efforts to lose weight, either to look better or improve their health. Traditional ways of achieving this are still the best - eating healthy stuffs, plenty of exercise and home remedies.

Want to lose weight? Use the right herbs! Though termed as 'alternative' medicine, herbs are very powerful and a vital component of medicine, both in the Western and Eastern countries. Today, man has become too accustomed to allopathic drugs forgetting, in the process, the power of natural ones. However, modern scientific research is delving deeper into the benefits of healthy herbs as an aid for weight loss and creating renewed awareness.

Some of the healthy herbs that help you lose unwanted weight are;

➤ Seaweed (Marine Algae)

This is one of the best herbs for thyroid treatment. If you have gained substantial weight due to a thyroid disorder then you must start eating edible seaweed to get rid of it. Seaweeds contain high levels of fiber and unlike land-grown plant



Source: <http://sciencetablets.blogspot.com>

foods, consist of a complete protein. They also harbor high levels of iodine. These are usually categorized as red, green and brown algae. Edible seaweeds are marine algae, while most of the freshwater algae are poisonous. However, some marine algae contain acids, which could irritate your digestive system while some others may have an electrolyte-balancing and laxative effect.

➤ Cayenne (Guinea Spice)



Source: www.cayennepepper.info

If you are a lover of spicy food then this herb is perfect for you. Also known by other names such as cow-horn, bird and aleva pepper, it offers several benefits such as aiding digestion and stimulating saliva production. But to top it

all it contains 'capsaicin' - an ingredient that accelerates your metabolism rate. It is known for its fat-burning capability by providing your body a thermogenic boost. This boost is delivered through a natural process that is triggered as your body starts to burn fat. Cayenne pepper's fat-burning properties enhance your body's thermogenic activities setting off a chain of benefits such as improved metabolism, greater food processing capability and burning stored fat.

Eating foods with high amount of carbohydrates or sugar spikes up your blood sugar level, which in turn makes you yearn for more such food, leading to quick and large weight gain. Consuming Cayenne pepper balances this process by reversing this urge for more carbs or sugar.

Ingredients such as butter or sour cream add a rich flavor to your food but also add extra fat to your body. Replacing butter with Cayenne pepper will allow you to enjoy a good flavor without the addition of unwanted fat. Similarly, while eating a boiled potato, replace sour cream with Cayenne pepper to enjoy the meal without adding fat.

➤ Green Tea

Chinese green tea has been in use as a medicine in China for over 4000 years due to its medicinal benefits. It is known to cure everything from headaches to depression. It constitutes thermogenic herbs, which can accelerate your metabolism rate and burn far more calories than they actually contain. A compound found in green tea is



Source: <http://bloa.zansaar.com>

known to restrict growth of cancer cells and in particular it is found to lower the risk of esophageal cancer. In addition, it lowers your total cholesterol level, while specifically improving the ratio of HDL (good cholesterol) to LDL (bad cholesterol). Drinking green tea helps alleviate the seriousness of various ailments such as cancer, rheumatoid arthritis, infection, cardiovascular disease, weakened immune system and regulate cholesterol levels. But how can green tea do all this?

Its secret is in its composition, which includes catechin polyphenols, specifically epigallocatechin gallate (EGCG), which has powerful anti-oxidant properties. ECGC can restrain as well as kill cancer cells without causing harm to healthy tissue. It also inhibits unusual blood clot formation thus preventing heart attacks and strokes.

Green tea can prevent food poisoning and tooth decay by killing the harmful bacteria. Does it have any side effects? The only known side effect of green tea is insomnia due to the presence of caffeine in it, however, the amount of caffeine in it is much lesser than that in coffee.

With so many benefits, the ancient Chinese proverb holds true, “It is better to go without food for 3 days, rather than tea for 1 day”.

➤ Dandelion Root (Taraxacum)



Source: <http://commons.wikimedia.org>

This is a great fat reducing agent as it enhances your liver's fat metabolizing capacity. It purifies your blood by removing poisons and acts as a stimulant. It is composed of high levels of beta-carotene and potassium. It is popular as an herb that aids digestion, stimulates appetite and acts as a laxative.

Herbal medicine practitioners use it in treating conditions like eczema, heartburn, rheumatoid arthritis, liver disorders and gastrointestinal ailments. It is known to lower inflammation and kill bacteria though there is little scientific evidence to support this belief. Besides, it has several other health benefits such as;

Anti-oxidant - dandelion flower extract has been found to fight off free radicals that damage DNA.

Diabetes - dandelion extract regulates blood sugar and cholesterol levels in mice. But whether the same effect is possible in humans is not yet proven.

Cancer - dandelion leaf extract is found to slow down growth of breast cancer cells and restrict prostate cancer cells from spreading.

Possible side effects of dandelion remedy could be heartburn, stomach upset and diarrhea. People with gall bladder problems or blocked bile ducts must avoid this herb though.

Capsules, tincture and teas made from dandelion root, flowers and leaves can be consumed. Dandelion leaves can also be used in salads or cooked and consumed directly.

Natural Cures

➤ Lemon Juice

Lemon and its juice are renowned for possessing detoxifying and antioxidant properties. Lemons help discard any free radical causing toxins circulating in your body. Lemon juice when mixed with water helps flush out toxins from your body by stimulating



Source: www.krizzyla.blogspot.com

and strengthening your digestive system and purifying your liver. These properties of lemon juice make it a favorite for preventing lipoma formation, curing existing fatty tumor and reducing lipoma pain.

➤ Castor Oil (Ricinus communis)



Source: www.ibaindia.in

Some patients have reported relief from lipoma after applying castor oil on the affected portion of their skin several times in a day.

It is a pale yellow fluid extracted from castor seeds. It has anti-inflammatory and antioxidant properties that make it useful

for therapeutic and medicinal purposes and has been used for centuries.

It possesses unsaturated fatty acids in high concentration, which is the prime source of its multiple benefits. It can be used both internally and externally. Its property of boosting your immune system finds use in treating several major diseases such as Parkinson's disease, arthritis and rheumatism, multiple sclerosis, hair loss and cerebral palsy.

It is beneficial in treating everyday ailments such as constipation, migraine, ringworm, inflammation, yeast infection, skin abrasion, gastrointestinal disorders, athlete's foot, menstrual problems, acne and sunburn. It is useful in inducing labor in pregnant women.

Castor oil has no side effects if consumed in moderation. Pregnant or lactating women and those suffering from intestinal blockade or acute inflammatory disease, abdominal pain or appendicitis must consult their doctor before consuming castor oil.

While taking internally follow the instruction of your doctor or those on the package. Overdose can cause problems like cramping, vomiting, nausea, diarrhea or pain in the abdomen.

➤ **Flaxseed Oil (Linum Usitatissimum, Linaceae)**

Flaxseed oil, also known as Linseed oil, is a yellowish, sometimes colorless liquid, derived from the flax plant by pressing its dried ripe seeds. Consuming flaxseed oil, containing high levels of omega-3, helps in



Source: www.establishlife.org

dissolving the lipoma or at least restricts growth of the fatty tissue

Flaxseed is the seed from the plant from which oil is extracted and used in medicine. It finds use in treating several diseases and ailments such as rheumatoid arthritis, osteoarthritis, benign prostatic hyperplasia (BPH), atherosclerosis, high cholesterol, anxiety, vaginal infections, ADHD, high blood pressure, dry eyes, heart disease and diabetes.

It can be used as a laxative for dealing with constipation, weight loss, and preventing breast and prostate cancers. It can be applied externally to the skin for soothing irritation or softening roughness. It also finds use in margarines and as cooking oil.

It is made up of polyunsaturated fatty acids like alpha-linoleic acid. The latter combined with related chemicals decreases inflammation and hence used for treating inflammatory diseases.

If taken in large doses it can result in loose stools and diarrhea. Some people may exhibit allergic reactions on use of castor oil.

➤ **Green, Leafy Vegetables**



Source: www.insidelaurelhighlands.org

Increasing consumption of green vegetables and fruits, besides being beneficial for your overall health, plays a key role in inhibiting the growth and regrowth of lipomas.

➤ **Avoid Fatty Foods**

Decreasing consumption of red meat and dairy products offers you several health benefits. This reduces stress on your liver boosting its fat processing capacity and combating development of fatty tumors.



Source: <http://rana-bcdairy.blogspot.com>

➤ **Avoid Sugar and White Flour**



Source: <http://blogs.spryliving.com>

These foods too put stress on your liver. Lowering their intake provides excellent health benefits and leads to reduction in the size and density of existing tumors.

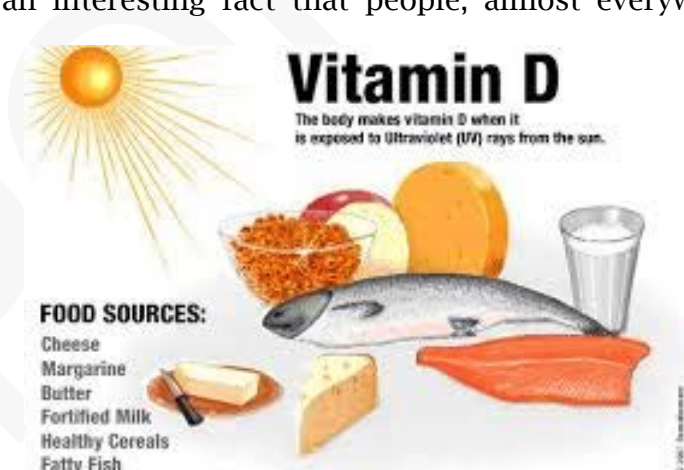
Vitamins and Liver Cleansing

Which are the best vitamins that help in curing existing lipoma or prevent new tumors from forming? Do vitamins really help or are their benefits just a myth?

Before you embark on treating your lipoma with vitamins, make sure that you are suffering from lipoma and not some other kind of lumps. Here are some vitamins that can help you deal with lipomas.

Vitamin D

Recent research has exposed an interesting fact that people, almost everywhere across the world, have been found to be suffering from vitamin D deficiency. Even in blazing hot regions, where the sun shines every day, many people simply do not spend sufficient time outdoors to absorb adequate sunlight, which is a prime source of vitamin D.



Source: www.perfectskincareforyou.com

Vitamin D is renowned for modulating cell growth and possessing it in the right levels can do wonders for your health.

However, in order to ensure optimum absorption of vitamin D you will need to consume magnesium, as well. So you must consume a concoction that has both these ingredients.

Vitamin C



Source: www.cancertruth.net

The vitamin best known for offering protection from common colds and flu, vitamin C, has also been found to slow down the growth of lipoma.

Lipoma growth is usually attributed to a toxic liver, whose ability to process and digest fats has diminished considerably. Hence a healthy liver is a very vital factor in preventing as well as eliminating lipoma.

Since vitamin C protects the liver, it has emerged as the most significant treatment for lipoma.

Vitamin E

Fatty liver disease, which is nothing but accumulation of fat within the liver, is commonly associated with obesity. Vitamin E is found to have powerful antioxidant properties that can help overcome fatty liver disease.



Source: <http://dnabiopharm.blogspot.com>

A healthy liver means prevention of lipomas and improvement of existing ones. Vitamin E is known to reduce liver inflammation.

Vitamin B



Source: www.healthinset.com

Intake of a B-complex supplement proves good for your health as it bolsters your energy levels, especially when your diet is lacking. B-complex vitamins are highly beneficial in fighting liver disease, especially in combination with vitamin C.

As mentioned earlier, a healthy liver plays a critical role in preventing formation of lipoma lumps and reducing existing ones.

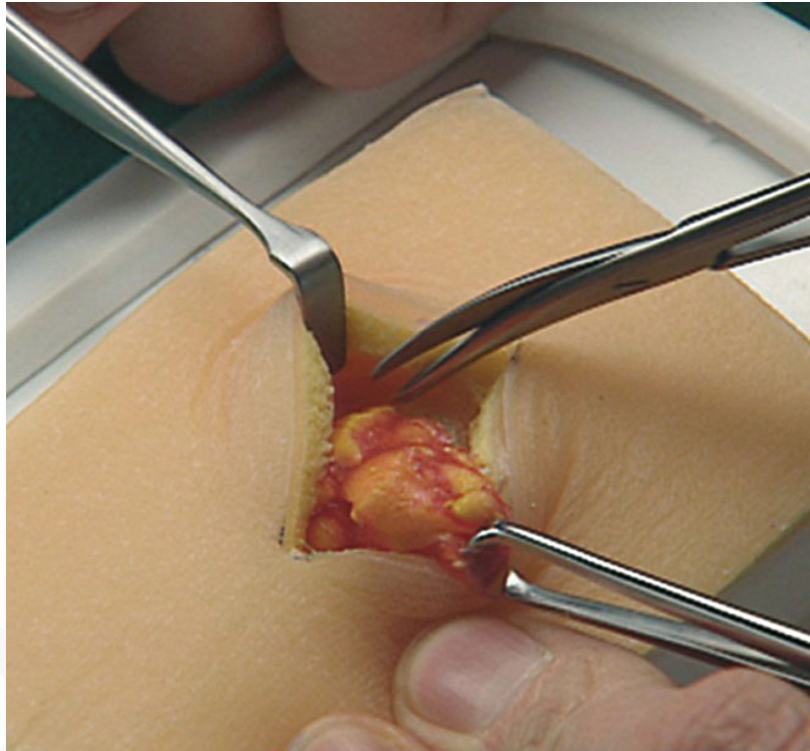
It is no co-incidence that the same vitamins used in treating lipoma are the ones administered to augment liver functions.

The core function of your liver is to process sugar, fat and different toxins. When its functions are less than optimum ability, the toxins get trapped in fat to protect your body from them. When the liver is in a healthy state and able to function properly, the chances for developing lipoma are very negligible.

So how can you ensure a good regular dose of vital vitamins that will keep your liver healthy and functioning optimally? The best way is to get them from whole foods instead of through supplements. Fruits such as oranges and papayas, amongst others, are a good source of vitamin C, almonds and cereals can provide you with vitamin E, green vegetables and legumes contain sufficient amount of vitamin B-complex.

Treatment for Lipoma

A lipoma, being harmless in nature, does not require any treatment, unless the tumor turns painful or restrains movement. Lipomas can be diagnosed by their appearance in most cases. However, to actually determine that an unusual lump formed on your body is a lipoma and not any other cancerous tumor, it needs to be surgically removed and subjected to histopathological examination. This helps determine whether it is a lipoma or a more dangerous type of tumor such as 'liposarcoma'.



Sources: www.lipomacauses.com

Doctors recommend surgical removal of lipomas if they exhibit the following symptoms;

- Become tender or painful.
- Get infected or inflamed frequently.
- Foul-smelling discharge arises from them.
- Restrict movement or function of your limb or body part.
- Enlarge significantly
- Become unsightly or troublesome.

However, surgical removal should be your last resort. You may try Ayurvedic or Homeopathic treatment before opting for Allopathic treatment.

Ayurvedic Treatment

With its origins in India, more than a thousand years ago, Ayurveda lays great emphasis on preventing diseases instead of treating them. Hence it has slowly gained prominence and popularity as an alternative medicine option. The basic premise of Ayurveda is addressing the root cause of ailments by internal cleansing achieved through dietary control, exercise, medicines and herbs.



Source: www.mattindia.com

Ayurveda is based on the fundamental principles of overall well-being and specifically that of your physical body. In Ayurveda, overall well-being is referred to as 'Prakriti' and it constitutes three energies;

- Pitta - containing fire and water
- Vata - containing space and air
- Kapha - containing water and earth

All Ayurvedic medicines aim to balance these three energies, each called 'dosha', and thus improve your body's capacity to resist diseases and recover from ailments.

The major advantages of Ayurveda are the use of natural ingredients that reduce possible side-effects, are safe to use, non-invasive and non-toxic.

Ayurvedic Therapies

There is still no ayurvedic medicine available that is known to cure lipoma. However, there are a few ayurvedic treatments that have been successfully tried and provided relief to patients. These are;

✓ Udwartana

This remedy is known to restrict the growth of lipoma. It is an herbal lymphatic massage that penetrates deeply and helps prevent fat accumulation any further.



Source: www.vedictherapies.com

Udwartana clears out lymphatic toxins from your body, improves your blood circulation and augments your digestive system by treating kapha dosha.



Source: www.realmagick.com

✓ Vaman Therapy

This therapy is imparted to people suffering from a high imbalance of kapha. As deposition of fat is the prime cause of lipoma, the patient's kapha instability needs to be addressed. The patient must undergo Vamana - one out of the five purification therapies that constitute the Panchakarma. The vitiated dosha (waste elements) are cleaned and discarded through the upper gastrointestinal path i.e. by vomiting.

✓ **Copper Therapy**



Source: www.omvedstore.in

In Ayurveda, copper is a very important element as it is considered helpful in curing extra growth. Here is one more remedy that involves copper. Take some water in a copper vessel. Leave it overnight and drink the water the next morning. After drinking, if you experience a vomiting sensation, simply keep the water as it is for two hours.

Ayurvedic Surgery

Painful lipoma, though a rare condition, is a reality. If you are suffering from it and all medicines have failed to cure it, then ayurvedic surgery is the best option. This is carried out after fomentation. The tumor is removed surgically and the incision is sutured (stitched) immediately after the bleeding stems. The wound is then cleaned with a fine paste made from a mixture of powdered turmeric, red sandalwood, lodhra, manasshila, hartal and honey. You need to apply karnja oil later on to facilitate faster healing.



Source: www.wedasa.info

Homeopathic Treatment

Homeopathy is based on the belief that an ailment is caused by some systemic disorientation in your body and the symptoms that you experience are simply an



Source: www.keeperofthehome.org

expression of such a disorder. Hence, instead of the symptoms of the illness, it is the imbalance that must be treated. Removal of the lipoma means removal of the expression of the illness, but the cause of the illness or the illness itself remains untreated. Hence lipoma can recur. Treating ailments with homeopathic remedies is a slow and ongoing process.

Homeopathy considers lipoma to be a local expression of an inherent systemic disorder. So removal of the tumor surgically will not address that systemic disorder. Homeopathic medicines mainly treat your body's immune system and reinforce it, thus addressing the cause of lipomas and preventing recurrence. Lipoma tumors disappear completely if treated with homeopathy in the initial stages.

Homeopathy provides tailor-made treatment for every patient based on various factors such as medical history, existing allergies, habits, symptoms etc., unlike allopathy, which is readymade. Your doctor will note down complete details about your medical history and create a case, after a thorough questioning session.

There are 22 homeopathic medicines that provide tremendous relief in treatment of lipoma. But the best choice and consequent relief depends on the correct judgment and experience of your homeopathic doctor. Two people with the same ailment will

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not necessarily be treated in the same way and may be prescribed different medicines based on their individual cases. You may even be prescribed two or more separate remedies for treating different ailments - one for treating general bodily imbalances and the second for treating specific, acute symptoms. On your follow-up visit the remedies can change dependent on your progress.



Source: <http://sciencebasedpharmacy.wordpress.com>

A few homeopathic remedies that effectively treat lipoma are;

- Calc ars
- Calc flour
- Lapis alb
- Calc carb
- Radium brom
- Thuja
- Silicea
- Spigelia

Advantages of Homeopathic Treatment



Source: www.continuumwellness.org

Homeopathic treatment provides several benefits; some of the important ones are;

- ✓ It is fully non-invasive.
- ✓ Safe for all age groups.
- ✓ Virtually free of side effects.
- ✓ Can be taken even after surgical removal of tumor.

Homeopathy and allopathy treatments can co-exist. You may consume homeopathic medicines as you slowly distance yourself from allopathic medicines.

Acupuncture Treatment

Acupuncture treatment is claimed by people to be successful in treating lipoma by providing relief from its symptoms; however there is no confirmed evidence yet about it resulting in lipoma size reduction or elimination of symptoms completely. Hence it should not be used as the only treatment for lipoma, but may be tried alongside some other proven treatment.



Source: <http://health.howstuffworks.com>

Modern medical professionals believe heredity to be the main cause of lipoma formation while acupuncture practitioners attribute lipoma development to the stagnation of your body's 'qi', meaning 'life force energy'.

Acupuncture, a part of Chinese medicine, has been used for treating physical and mental ailments for thousands of years. It involves inserting needles at specific points of your body, piercing energy pathways called 'meridians'. It is based on the theory that if the energy flowing along the meridians is blocked then it results in ailments or organ failure.

Acupuncture is said to cure illnesses by facilitating the release of endorphins (your



body's in-built natural pain relievers), fortifying your immune system and rebalancing 'qi', thus reinstating the energy flow across the meridians.

Source: <http://healthxwellness.com>

In treating lipoma with acupuncture, needles are inserted near the lump or

the points across your liver and spleen meridians may be stimulated. Energy blockages or 'qi' stagnation occurs frequently along your liver and spleen. This results in formation and growth of lipoma, other skin ailments and other conditions such as anxiety, depression or fatigue. It is therefore concluded, but not with certainty, that acupuncture aids in unblocking energy pathways and relieves pain and discomfort caused by lipoma symptoms.

Allopathic Treatment

Surgery



Source: www.aafp.org

Lipomas are normally removed surgically, by a simple excision. The operation takes about 30 minutes or less and is usually carried out under local anesthetic. Simple surgery can be carried out at the Doctor's office or an Outpatient Center. The doctor administers local anesthesia around the tumor, then cuts the skin to access the tumor, removes and

stitches (sutures) up the skin. If the lipoma is formed in a part of your body that is not easily accessible then surgery has to be performed in an operating center under general anesthesia. Most cases of lipoma get cured with excision and chances of recurrence are about 1 - 2 %.

Liposuction

Liposuction is one more option, but this is applicable only in cases where the tumor is soft with a small connective tissue. Liposuction results in lesser scarring, however, it may fail with large tumors as it is unlikely to remove the whole tumor, leaving some residue and lead to regrowth.



Source: <http://health.howstuffworks.com>

Newer methods, resulting in almost zero scarring, involve;

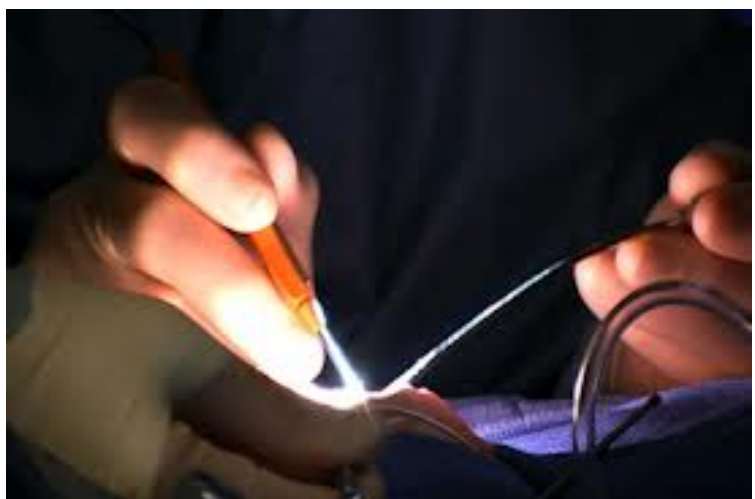
Steroid Injections



Injections of compounds such as steroids or phosphatidylcholine that trigger lipolysis help in shrinking the lump but will not remove the fatty tissue completely from below your skin.

Laser Treatment

Lasers are used to burn away the fatty tissue without leaving behind a single scar. However, this treatment can be used only for small lipomas.



Source: www.swedish.org

Lipoma in Animals

Lipomas are detected in several animals, but most commonly found in elderly dogs, particularly in breeds such as Labrador Retrievers, Dachshunds, Terriers, Poodles, Cocker Spaniels, Doberman Pinschers and mixed breeds. These tumors are usually found on the upper limb or trunk region. At least one lipoma is usually present in most older and bulky dogs, while weighty female dogs are more prone to developing lipoma.



Source: www.1800petmeds.com



Source: <http://ocw.tufts.edu>

Lipoma is also detected in other animals, but to a lesser extent, in parakeets, cattle and horses, and in rare cases found in pigs and cats. Certain forms of intestinal lipoma in horses can result in death when the intestine gets wound around the lipoma stalk and loses blood supply.

Lipoma in Dogs

Lipoma, though usually found in older dogs, start appearing in middle age. It is similar to that found in humans in all respects. Lipoma in dogs is most common in the armpits, on legs, chest and abdomen. Since lipoma is difficult to treat, preventing it is the best approach. Most veterinarians attribute lipoma in dogs to grain-based diets, commercial pet foods, exposure to toxins in the environment and over-vaccination.



Source: www.dogaware.com

Causes



Source: <http://sketchedout.wordpress.com>

The most common causes of lipoma in dogs are;

➤ **Bad Diet**

Chemical preservatives, carbohydrates and such other toxins present in processed foods contribute to the unusual growth of fat cells leading to tumors. Water is an integral part of your dog's diet, but tap water must be

consciously avoided as the chlorine present in it damages your dog's thyroid and disturbs his endocrine system.

➤ **Chemicals and Drugs**

The dog products that you use for controlling heartworms, ticks, fleas and such other types of worms, besides proving toxic for insects and parasites, are toxic for your dog as well. You must use natural and effective methods that



Source: www.fleatreatmenthq.com

do not involve toxic residue to control such pests. Vaccines and medicinal drugs also include contaminants; hence they must be avoided, wherever possible.

➤ **Surroundings**



Source: <http://dottyaboutdogs.wordpress.com>

You dog's immediate surroundings could harbor toxic substances, especially in the form of pesticides or herbicides sprayed in the vicinity. During spring and summer, pest trucks visit every place actively spraying poisons to eliminate pests

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such as ticks, fleas and ants and everything that they can find. This includes you and your dog too. Avoid use of such products within your house or in your yard. Bugs are supposed to be useful to our environment, so let them be. After walking your dog in a park or a zone with a presence of pesticides or herbicides, wash his feet with soap and water as soon as you reach home. This will prevent him from absorbing toxins when he licks his paw pads.



Source: www.newstopic.net

Whatever you do to alleviate the causes of lipoma and prevent your dog from being affected, there are always exceptions. You just have to accept the fact that your dog can suffer from lipoma, irrespective of your efforts.

Treatment



Source: www.lipomacauses.com

As in humans, lipoma in dogs is a lump of fatty tissue, moveable, unattached to the skin or underlying muscle, small, round or oval in shape, size of a marble, has a soft or rubbery feel. But sometimes it can grow to the size of a golf ball or baseball or be flat and long or inflamed.

Since it is difficult for vets to determine if a tumor is a lipoma or a cancerous (malignant) growth just by feeling it, they remove and examine the fluid within the tumor through a biopsy process called 'fine-needle aspiration' to determine its exact nature. However, this procedure has the potential to spread cancer if the tumor is malignant, especially in the case of tumors in the abdomen, heart, urinary tract (bladder and prostate) and the risk is greater if the lump is filled with fluid, which can be detected through ultrasound. In the case of subcutaneous tumors though, this risk is small and the advantages far outweigh the risk in favor of accurate diagnosis.



Source: <http://vetmedicine.about.com>

The best thing to do after detecting lump on your dog's skin is to wait and watch. If it grows rapidly, becomes inflamed or shows other abnormal signs then it could be a cancerous tumor,

whereas if it grows slowly then it is most likely a lipoma. Lipomas should be

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removed only if they grow exceptionally large or create functional problems due to their location on your dog's body. Lipoma should not be removed surgically due to cosmetic reasons. In fact, surgical removal of lipoma can lead to liver complications in dogs.

Surgical removal of lipoma in dogs should be a last resort, adopted only if it threatens his life. Surgery is suppressive and only succeeds in pushing the disease and poisons deeper in to the dog. For every lump that is removed, more are formed requiring further surgery. Surgery only removes the tip of the



Sources: www.vetstreet.com

iceberg. It does not remove the toxins that cause the fatty tumor and leaves residual scar tissues, which blocks a big chunk of your dog's skin that is vital for his body to release toxins. Such scar tissue only forces the toxins feeding the tumor, deeper into his body causing damage to his internal organs and systems.

Natural Remedies

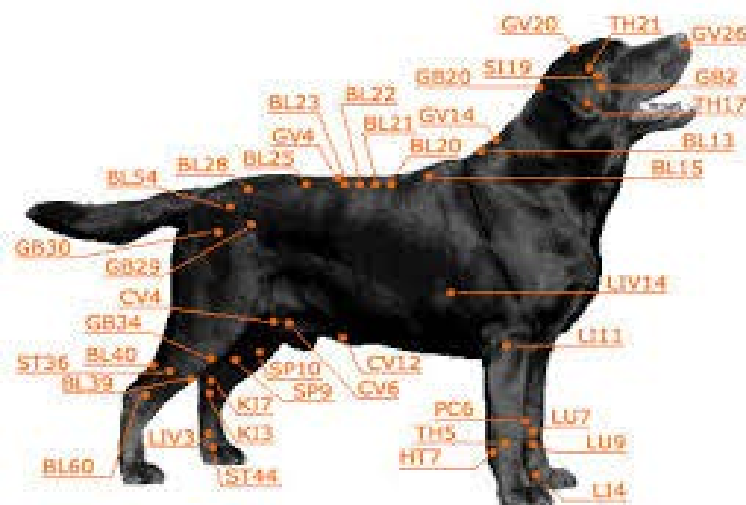
The first thing that you must do is to stop the supply of toxins to the tumor by taking the precautions stated above. Then you should help your dog to flush out



Source: <http://free-health-guide.com>

existing toxins from his body and facilitate detoxification and healing. Next, put your dog on a natural diet that is free from chemicals, drugs, pesticides, herbicides, vaccines and such other toxic substances. Always provide him filtered water to drink. There are a wide variety of natural remedies that will speed up the healing process such as fatty acid supplementation, homeopathy, glandular therapy, bovine colostrum, gemmotherapy and aromatherapy. A few such remedies that could be very helpful in treating lipoma in your dog are explained below;

➤ Acupressure



Source: www.luckydoghealth.com

Acupressure involves application of finger touch or massage to the body along the meridians, unlike acupuncture, which requires needle insertions at the same points. The key principle that forms the basis of such a healing process is that vital ingredients, while moving harmoniously through the body, nurture and

nourish it. Two such vital ingredients are 'chi' (or 'qi') - a life-enhancing energy and 'blood' - a nutrient-rich fluid in the body. According to traditional Chinese medicine, 'blood' comprises other body fluids such as those found in the body joints or those present in the spinal column. It also believes that lipoma is formed as a result of stagnation of body fluids. The aim is to get 'chi' through



Source: www.inhaleexhalepaws.com

the affected region to disperse the fluid. The longer the delay, greater is the difficulty in dispersing them as they turn 'cold'. Further, the younger your dog, quicker is the healing time of the lipoma. With age your dog's system slows down naturally and this leads to greater possibility of developing lipoma.

Acupressure massage, also known as 'Tui na' in Chinese, is one of the best



Source: <http://worddomination.com>

ways to promote the movement of 'chi' and vital body fluids through every lipoma. This is because, lipoma is superficial and so are the meridians. Hence focusing on the meridians that go across a lipoma hastens healing. Applying acupressure around a lipoma instead of the meridian points will be less effective or

totally useless.

An important constituent of curing dogs of lipoma is the actual process of applying acupressure. For maximum effect, there is a specific method for applying acupressure on a consistent basis. It is as follows;

Apply acupressure massage daily for six days. Then take a break for one day. Then re-apply the acupressure massage for five or six days more. Repeat this pattern until the lipoma becomes insignificant or vanishes completely. This is an important remedy in helping dogs get rid of their lipoma. Consult your local acupressure practitioner to know more about acupoints that impart energy to different regions of your body.

➤ Herbal Medicine

Herbs have been used for millions of years for treating almost every kind of ailment. Even modern science acknowledges the effectiveness of several ancient herbal remedies. Turmeric (*Curcuma longa*) is a root that imparts a distinctive color and flavor to Indian curries. Since ages, it has been used in Ayurveda - East India's traditional medicine - specifically to treat disorders of the digestive system and arthritis. Turmeric gets its anti-inflammatory and anti-oxidant properties from Curcumin - an active ingredient within it.



Source: www.greenearthproducts.com



Source: <http://everydayroots.com>

Any herbal treatment should begin with small doses, which should be gradually increased till you reach the recommended dosage. For turmeric treatment, small dogs should be given $\frac{1}{4}$ teaspoon, medium-sized dogs should be given $\frac{1}{2}$ teaspoon and large dogs should be given 1 teaspoon every day. This dosage should be mixed with food to prevent stomach disorders. But before you administer this dosage make sure that your turmeric is

indeed *Curcuma longa* and not some cheap substitute.

Curcumin extract has far greater concentration than its powdered root form. While prescribed dosage may vary, one dog product recommends administering 20 to 60 mg every day, for every 10 pounds of body weight. Large dogs suffering from cancer are treated with much higher doses going up to 2000 mg twice daily. Mixing curcumin with bromelain improves absorption.



Source: www.justlabradors.com

One reported case of turmeric treatment for a dog indicates that turmeric may have a suppressing effect on the growth of lipoma. A yellow Labrador dog aged 13 years was suffering from arthritis. He was given turmeric root powder to treat it. He had developed six lipomas ranging from

large to medium sizes. While undergoing treatment, three of these lipomas simply vanished and the others shrank considerably in size. About six months down the line this arthritis treatment became ineffective and he started limping again. Hence his treatment was stopped and consequently the dog's lipomas re-appeared. He developed many more tumors than he had earlier.

➤ Homeopathy

Homeopathic treatment for lipoma is usually recommended as a support therapy. Homeopathy as a standalone treatment for lipoma has been a complete failure and hence not found favor with veterinary homeopaths.



Source: www.hubpages.com

Most trained homeopaths use single remedies and not combinations to deal with their patients' particular symptoms. The most appropriate remedy is the one that suits the patient's picture as a whole.



Source: www.thatmutt.com

One homeopath cites a successful case of a Shepherd mix dog, 8-years-old and suffering from lipoma on his back, which had grown almost to the size of a basketball and hung over his side. The sheer size of this lipoma restricted the dog from running properly. The homeopath treated the dog with Thuja 10M only once.

The result was astonishing. Almost within a month, the tumor had dissolved and two months later only a large sack of skin could be seen hanging from the dog's back.

The homeopath's reasoning behind prescribing Thuja was the fact that the dog had been vaccinated before the lipoma developed. Homeopathic Thuja is a good remedy in such cases, when a lipoma forms after vaccination.



Source: www.homevet.com

➤ Aromatherapy



Source: www.organic-pet-digest.com

Aromatherapy's essential oils are reported to have resolved lipomas in a few cases. One therapist used a mixture of frankincense (*Boswellia* spp), Douglas fir (*Pseudotsuga menziesii*) and Sandalwood (*Santalum album*) as a healing protocol for treating

tumors. This helped the dog's body to detoxify and heal faster. The dog owner was instructed to massage a small quantity of these oils into the benign tumor every day until the body did not need it any more.

Another reported case highlights the healing properties of pure essential oils of therapeutic grade. Here the dog developed a tumor on his right shoulder. The dog owner started applying frankincense, only about two drops, directly onto the tumor and gently



Source: www.conferenceofbirds.net



Source: <http://dogs.thefuntimesguide.com>

rubbed it in. Within 48 hours, a remarkable difference was noticed in the size of the lipoma. It was actually found to be shrinking. The dog owner continued the same process every day and very soon the tumor had completely disappeared.

One particular therapist uses grapefruit essential oil (Citrus x paradise) at

full-strength. This is not categorized as a distilled essential oil as it is obtained by cold-pressing the peel of fresh fruit. It has a highly cooling, cleansing and decongesting effect similar to that of a lemon. Grapefruit oil aids the body in flushing out excess fluids and breaking down fats. In addition, it stimulates a lightness of spirit. It also helps clean the lymphatic system, clear skin congestion and acts as tonic for the system.

Essential oils are generally diluted before applying to dogs, but a couple of



Source: www.dogster.com

drops of frankincense or grapefruit oil of therapeutic quality can be massaged safely onto a dog's lipoma one or two times daily.

What Next?

How do you feel now? Some sort of an expert on Lipoma? Surely, you are one now!

Lipoma is a harmless condition, which is best ignored, unless it is painful or affects your self-esteem. Its symptoms, causes and diagnosis help in differentiating it from its more dangerous forms or manifestations, which call for immediate treatment. While there are a wide variety of treatments available surgical removal should always be the last resort and allopathic treatment should be the last option unless necessary. But a visit to your doctor is mandatory in order to confirm that the lump that you have is indeed a lipoma and not any other dangerous tumor.

Herbal remedies and natural cures are the best options as they are time-tested and proven to deliver results without any side-effects. Besides, they are easily available, easy to use and hold the potential to cure you completely. There are a large number of options that you can choose from based on what suits you. You also have a choice of treatments in the form of acupuncture, ayurvedic therapies and homeopathic medicines that are equally competent when it comes to curing lipoma and common ailments, in general. Why only humans? These natural remedies and cures are even applicable for treating animals, which suffer from lipoma, especially the most common pet in every home, your dog. There are vets available, who are trained in alternative medicine and capable of curing pets with such remedies.

But before you embark on your endeavor of identifying lipomas on your own, you must realize that you have just acquired the knowledge and skills. The experience that you gain through practice will make you perfect over a period of time. In any case, do not forget to consult your doctor or recommend the same to others since tumors can sometimes be tricky and malignant factors may be present in a subtle manner, in which case, only an experienced physician can read the subtle cues and take the right action at the right time.