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# BSTTW COMMUNITY NEWS

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## BSTTW REBUILDING LIVES

### Collaborating And Rebuilding Lives

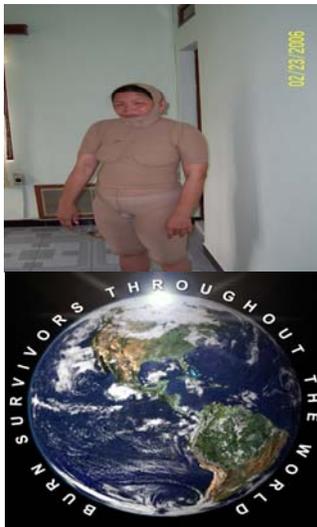
By: Michael Appleman, CEO

**B**STTW, the French-Vietnamese Hospital (FVH) in Ho Chi Minh City Viet Nam, Gottfried Medical, Inc. and Miracle of Aloe from the USA and Arya Vaidya Pharmacy in India collaborated in order to rebuild the lives of several burn victims and burn survivors in Viet Nam.

The **BSTTW Viet Nam Fund** donated the finances needed to pay for the surgery, medications and massage therapy Ms. Xuan needed and for Michael Appleman and Nguyen Thi Dieu Tran, BSTTW Vice President & Director – Viet Nam to travel to Viet Nam and offer medical supplies to two burn survivors in need of wound care work and



fire safety education for several villages in South Viet Nam. Two months before **BSTTW's**



### A FAMILY AROUND THE WORLD

and concluded that she will need z-plasty surgery and pressure garments. Dr. Franckhauser asked Mr. Appleman if BSTTW would be able to get the pressure garments needed for Ms. Xuan. Mr. Appleman immediately began to contact several companies who produce pressure garments in the USA and other areas around the world. Lisa King from Gottfried Medical, Inc. contacted Mr. Appleman and informed him that Mr. Gottfried would be willing to donate the pressure garments needed for Ms. Xuan. Mr. Appleman and Ms. King put together the information needed and sent all to Dr. Franckhauser. An appointment at the hospital was set up with Ms. Xuan in order for Dr. Franckhauser to take the needed measurements, fill out the order forms and submit them to Gottfried Medical, Inc..

Once the order was received Mr. Appleman asked Ms. King to please order two pairs of pressure garments for



**CONTINUED Page 2 "COLLABORATING"**

upcoming trip to Viet Nam Mr. Michael Appleman, **BSTTW CEO**, contacted the French-Vietnamese Hospital in Viet Nam and requested that Dr. Siegfried Franckhauser, a plastic surgeon, evaluate Ms. Xuan, a burn survivor who was in need of z-plasty, medications, massage therapy and rehabilitation. Dr. Franckhauser evaluated Ms. Xuan

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## Inside This Issue

- |          |                                       |
|----------|---------------------------------------|
| <b>1</b> | Spa Visits: Pampering and Therapeutic |
| <b>2</b> | Life Lessons Learned In School        |
| <b>3</b> | Burn Prevention Education             |
| <b>4</b> | Foods You Should Not Lack             |
| <b>5</b> | BSTTW Poems: Helping Others           |
-

**CONTINUED From Page 1 "COLLABORATING"**  
Ms. Xuan.

The order was submitted and Gottfried Medical, Inc. produced and donated the pressure garments to **BSTTW**.

On February 14, 2006, Mr. Appleman and Ms. Dieu Tran transported the pressure garments, fire safety educational materials and medications to Viet Nam. On February 17, 2006, they met with Dr. Franckhauser and Dr. Biset at the French-Vietnamese Hospital. Mr. Appleman delivered the pressure garments to Dr. Franckhauser. Then on Monday February 20, 2006, Mr. Appleman, Ms. Dieu Tran, Dr. Franckhauser and Ms. Xuan met in order to evaluate Ms. Xuan's situation and have Ms. Xuan try on the pressure garments. Dr. Franckhauser concluded that it would be best if Ms. Xuan wore the pressure garments for 1 week and inform Dr. Franckhauser if the pressure garments are fitting properly or not. At that time they will decide on possible surgery for Ms. Xuan. Dr. Franckhauser asked Mr. Appleman to set up an appointment in one week in order to reevaluate the need for surgery and the use of the pressure garments.

The next meeting for Ms. Xuan was set up for Monday February 27, 2006. Mr. Appleman and Ms. Dieu Tran decided to begin their traveling around South Viet Nam in order to offer fire safety information and wound care services and then return to Ho Chi Minh City for the appointment with Dr. Franckhauser. During their travel around South Viet Nam, Mr.



Appleman and Ms. Dieu Tran met other burn survivors who were in need of their support and services. The burn survivors were given BSTTW information and the BSTTW Medical Application. Mr. Appleman was informed that in Nha Trang Viet Nam, there were three new burn victims who were in need of wound care. They immediately decided to redirect to Nha Trang. to meet with the three burn victims who

## **BSTTW COMMUNITY NEWS**

were in need of wound care in order to become burn survivors.

Ms. Dieu Tran contacted the three burn victims in Nha Trang and requested that they come to the home Mr. Appleman is staying at in order for Mr. Appleman to evaluate their wounds and speak with them about wound care. Two of



the burn victims were female and one was male. The male burn victim stated that he became Viet Cong and did not want to have an American do wound care work on his burned arm. Ms. Dieu Tran informed him that Mr. Appleman would not be able to give him any medications before he evaluated the burn wounds. Both female burn victims came for an evaluation and had Mr. Appleman and his team offer them wound care work. After evaluating the wounds Mr. Appleman felt that Agnijith would be the herbal medication



to use. The 2 year old little girl suffered a second degree burn to her calf. This occurred when her calf hit the exhaust pipe on the motorbike she was traveling on with her family. She is a relative of Ms. Xuan the burn survivor who received z-plasty surgery at the French-Vietnamese Hospital and pressure garments from Gottfried Medical, Inc..

Mr. Appleman evaluated the wound and informed the parents that she is suffering from second degree burns to her calf. He offered wound care with Agnijith twice a day. The family agreed. You will see two pictures of the wound and several treatments later. Mr. Appleman used both Agnijith and the Miracle Ointment on the burn.

The second burn victim is a 30 year old female  
**CONTINUED Page 3 "COLLABORATING"**

**CONTINUED From Page 2 “COLLABORATING”** who suffered a 2<sup>nd</sup> and 3<sup>rd</sup> degree burns to her face while she was cooking at home. Ms. Anh the adult burn victim informed Mr. Appleman that she received wound care from a relative who was also a surgeon. Ms. Anh stated that the doctor gave her medication to take by mouth and offered her wound care treatment



twice. Ms. Anh stated that after the second wound care session the doctor informed her that she should leave the wound open for two to three months and it will

heal. Ms. Anh was not to come for wound care work any longer.

After evaluating the burns, Mr. Appleman informed Ms. Anh that she definitely needs wound care work. In the middle under the scab, the third degree burn was not healing and appeared to possibly be infected. Ms. Anh agreed to the wound care treatment. Mr. Appleman set up two sessions per day. Mr. Appleman decided to use Agnijith, the herbal medication from India. For the next five days Ms. Anh attended the



informed Mr. Appleman that she was not receiving daily wound care work. Ms. Anh attended the wound care work twice a day for the next five days. On the third day of treatment, the BSTTW team decided to begin removing the scab. In order to do so, they soaked the scab in distilled water and salt. Once the scab was removed BSTTW began to put Agnijith on the scars and open wounds. The third degree burn needed special care. By the fifth day of treatment Ms. Anh was showing excellent improvement. You can see that on the last picture of Ms. Anh. Since that was the last day Mr. Appleman would be in Nha Trang, he informed the BSTTW team to continue the treatment twice a day, take pictures at each treatment session and to contact him if they

## BSTTW COMMUNITY NEWS

have any questions. Mr. Appleman informed Ms. Anh that he is returning to Ho Chi Minh and



the BSTTW team will continue the treatment twice a day. Ms. Anh agreed to continue her treatment. Two days later, Mr. Appleman was informed that Ms. Anh decided to not

return to the BSTTW team and BSTTW does not know anything more about Ms. Anh.

## SPA VISITS: PAMPERING AND THERAPEUTIC

By: Alish Pierce

The area of skincare is a vast and ever expanding field. And, while there are several good technicians at many qualified spas, a great esthetician is hard to find. It takes years of practice and an ongoing commitment to education. Effective skin analysis requires experience with a wide range of skin **types** as well as skin **conditions**. Even the most good-intentioned skin therapist may be at a loss when presented with treating burn scars. (I know... I was one of them) However, I've done a little research and I'd like to share with you some of the tools that have proven to be beneficial in the treatment room.

Now, the basic steps in any professional skin care treatment are **Cleanse, Exfoliate, Massage, Treat, Tone and Moisturize**. The



Proud participant in the Combined Federal Campaign



**CONTINUED Page 4 “SPA”**

**CONTINUED From Page 3 “SPA”**

esthetician is trained to evaluate the skin and adjust each step accordingly. None of these steps should be performed on skin that has not healed or without doctor's approval.

**CLEANSE**

The esthetician can visually evaluate your skin and select the proper cleanser.

**EXFOLIATE**

Mechanical exfoliation is achieved through abrasive sloughing agents like corncob or almond meal, ground apricot seed, sugar, salt, exfoliating brushes and the more advanced technique of microdermabrasion. Chemical exfoliants range from gentle enzymes like papain and bromelain to the more aggressive alpha-hydroxy (lactic, glycolic, malic, citric) or beta-hydroxy (salicylic) acids and fall under the heading of chemical peels. Effective use requires an understanding of skin thickness and turgor that only comes with experience. And while the percentages are considerably lower than dermatologist peels, the acids' strength is really governed by the amount of cellular activity going on within the skin. Since it is difficult to know just how much cellular activity is going on within scar tissue most estheticians seem to prefer microdermabrasion. Microdermabrasion is very effective in stimulating fibroblasts which are responsible for production of collagen and elastin fibers and make scars more flexible. Be sure to steer clear of any technique that uses crystals as they can be deposited in the skin. Look for spas that use the “diamond head”, a metal wand with criss-cross pattern, attached to a suction tube. A series of treatments will be required for maximum results.

**MASSAGE**

Jen Hartley is an expert on therapeutic massage for burns. A burn survivor herself, Jen suggests that incorporating several different techniques can be beneficial in alleviating some of the tension in the scar. Lisa Sickler, an

**BSTTW COMMUNITY NEWS**

educator for Babor Skincare System, suggests an invigorating massage from the chest upwards to stimulate blood flow and therefore increase oxygen to the cells. Then, finish with a soothing lymph drainage or pressure point technique. Massage can help moisturize, decrease itching, and applies pressure to the collagen fibers to make the scars more pliable.

**TREAT**

All the previous steps are designed to lead you to this moment. The treatment phase is the most important part of receiving a facial. It's at this time that all of those new cells uncovered by the cleanse and deep exfoliation will be coaxed to stay plump, moist and balanced. The idea of “masking” is to actually “suffocate” the skin so that it has to “breathe in” all the healing ingredients. Masks are usually either hydrating, emollient, astringent or nourishing. It's common to combine several masks to effectively treat skin type and address skin condition.

Hypertrophic scars lack sweat and oil glands. A hydrating gel mask can combat dehydration while a nourishing mask rich in multi-vitamins can alleviate dryness. The efficacy of each mask will be improved when a warm paraffin mask is applied over it. The heat increases penetration and relaxes the collagen fibers. Impaired vascular function can prevent heat from dissipating so it's important to check the temperature on healthy skin first. Also, masks are often removed with a warm steam towels. Request that they be cooled to room temperature. This may require several compresses be applied, but it's less risky.

**STONE**

There is some debate as to whether this step is even necessary. Old theory required the use of



**CONTINUED Page 5 “SPA”**

**CONTINUED From Page 4 “SPA”**

toners to restore pH balance to the skin. Today's products are designed to maintain balance throughout the entire treatment. However, the fresh spray does feel good and the water molecules will carry the moisturizer a little deeper into the epidermis.

**MOISTURIZE**

Any emollient, hydrating emulsion will help the skin. Here is a list of ingredients proven to be beneficial in treating burn scars.

**INGREDIENTS:**

EMOLLIENTS- Allantoin, Collagen, Elastin, Shea Butter, Jojoba, and Vit E

HERBS- Lavender, Calendula, Aloe and Gotu Kola

ACTIVES- Co Q-10

ACIDS- Lactic and Glycolic

PIGMENT CONTROL- Kojic Acid, Licorice, Red Raspberry, Vit C and Sleepy Morning

Burn survivors need to take extra precautions to protect their skin from UV rays. The use of a sunscreen with SPF of 15 or higher is recommended. Each point in the sun protection factor represents 10 minutes. (15 SPF= 150 minutes of protection) Apply half an hour before going out and re-apply throughout the day.

**MODALITIES****GALVANIC/ IONTOPHORESIS:**

There has been little research in the use of iontophoresis with hypertrophic burn scars. The University of Colorado has had some success using it decrease local inflammation. Your esthetician may use iontophoresis to achieve deeper penetration of vitamin or hydrating masks, pigment brighteners, and skin hydrating, oxygenating or soothing serums.

**BSTTW COMMUNITY NEWS****MICROCURRENT:**

The microcurrent is a low level electrical current often used in place of massage. It's benefits include increased blood and lymph flow, muscle re-education, increased production of collagen and elastin, improved cellular regeneration and absorption of product. Be aware that newly healed skin may be more sensitive than other areas. Also, burned areas contain many unmyelinated nerve endings which can be hypersensitive and can cause great discomfort when using electrical current.

**COOL / WARM PELTIER:**

The cool setting is used to assist in the reduction of inflammation and swelling. However, cold modalities reportedly make the burned area feel stiffer. The warm setting, used ideally around the neck and shoulder area, has a muscle easing effect. It is important to be cautious when using heat modalities over these areas to avoid an additional burn.

A good esthetician always starts with a consultation. Take this time to direct them through the type of treatment you expect. While he/she may be at a loss when dealing with burn scars, you can always share your preferences and concerns. You will receive a treatment that is both pampering and therapeutic.

**References:**

**Lisa Sickler** [lisawatts.babor@yahoo.com](mailto:lisawatts.babor@yahoo.com)

**University of Colorado Health Sciences Center**   
[Rebecca.Sloan@uchsc.edu](mailto:Rebecca.Sloan@uchsc.edu)

**Dermalogica** [www.dermalogica.com](http://www.dermalogica.com)

## *Life Lessons Learned In The School Science Lab*

By Delores Gempel Lekowski

Recently, I met two burn survivors from different high schools who were burned in their school chemistry labs during experiments involving the same culprit - methanol.

Methanol, also known as wood alcohol, is a colorless, toxic, flammable liquid used in antifreeze, solvents and as fuel. For years, methanol has been commonly used in school laboratories across the country in a variety of experiments to demonstrate chemical reactions. It gives off vapors at a low temperature, and there doesn't have to be a thick concentration of vapors for a fire to ignite. A methanol flame is almost colorless.

In my discussions with one of the burn survivors, I learned the tragic turn of events that resulted in an accident while the student was observing her teacher's methanol demonstration. The science teacher had decided to conduct the impromptu demonstration at the end of class. The student was asked to move to another seat so the teacher could use her desk to perform the experiment. None of the students was told to wear safety goggles or lab coats, and the experiment was not conducted in a well-ventilated or shielded area.

This particular experiment involved igniting methanol inside a plastic jug so that a cork popped out of the top, and then repeating the procedure with a variable changed so that the cork did not pop. However, the second time the teacher added methanol to the jug, a flash fire unexpectedly ignited. The bottle fell out of the teacher's hand and the opening fell facing the student he had relocated, setting her on fire.

I am sure the teacher had performed this experiment hundreds of times without incident and since he was so familiar with its outcome, he became complacent, much like we do in our everyday lives. This complacency can have dire consequences.

## **BSTTW COMMUNITY NEWS**

The student suffered burns to her face, right hand, right side of her torso and right leg. Eighteen percent of her body was burned. Many surgeries later and after much pain, the 16-year-old student realized that she was able to endure and make it through the worst of her circumstances. Her experience has changed her for the better. She now sees the importance of telling people she cares about them, as often as possible, because they too might one day fall victim to potentially fatal circumstances like hers. She thinks it is important to give back to others and is now actively involved in social work. She has worked with children at burn camps as a role model and as a survivor who has endured a similar experience.

The first and greatest lesson of all to learn from this accident is to be conscious of fire safety in every aspect of our lives. This is especially true in a high-risk environment such as a chemistry lab, but also in our daily routines, where complacency can become a dangerous habit. These burn survivors I recently met - and their fellow students and teachers - learned a valuable lesson in their lab classes. It may not have been the lesson that was supposed to be taught that day, but it is one that will stay with them forever.

### **Burn Prevention Education**

By: Lynda Rae Fraser

I was burned over twenty years ago in an apartment fire. Very early one morning my then five year old son woke up and found some matches that someone had left behind. Like most children that age he started playing with them and soon a fire broke out in our living room. When I woke up a few minutes later he was too scared to move and so I went into the flames to get him out. As a result I wound up with burns to 80% of my body, 50% of them were third degree. My son was more fortunate than me because of a quick thinking neighbour who put him into a tub of cool water. He wound up with burns to 40% of his body, 10% were third degree.

Several years ago I started talking to students at schools in my home town about my experience,  
**CONTINUED Page 7 "BURN PREVENTION"**

**CONTINUED From Page 6 “BURN PREVENTION”**

usually because the local fire department invited me to attend with them. I could see that the impact on the students of hearing and seeing what can happen when you get burned from someone who had been through it was incredible. Unfortunately, at the time, no one was paying people to do this kind of burn prevention program and like most people I needed to make some money so I could feed and house myself and my son.

Then a few years ago my local burn support group started an education program and employed another burn survivor to deliver the program. At the time I was not all that active with the group and did not know about the position until a couple of years later. When the group was looking to expand the program to two educators I expressed an interest and was hired. I have no been doing this for almost two years.

I travel to schools around my province here in Canada. I talk to all grades from Kindergarten up to grade 12, gearing the presentation to the age I am talking to. I talk about the different ways people get burned (sunburn, frostbite, electrical, chemical, friction, contact, scald and fire) and what can be done to prevent these from happening. I talk about ‘Stop, Drop and Roll and Cool the Burn’. With the older children I talk about first, second and third degree burns. Then I tell them my story – how I got burned and what my recovery was like. It depends on the age of the group how much detail I get into about the recovery. It can also depend on how the group is behaving, if it is teenagers and some of them are acting like there is nothing to this then I get really gross with them (e.g. give them a blow by blow of staple removal). I have two videos I use, one for K-4 and one for 5-12. I finish up with a question and answer period.

I get a lot of satisfaction out of my job and I get great feedback too. The teachers fill out an evaluation form for me and the comments are almost always positive. Some of the students send me thank you notes and questions they didn’t get to ask while I was at their school I always answer these questions. While I may never know if I saved a life I do know that the children really listen while I am there and hopefully that translates into them being more careful.

**BSTTW COMMUNITY NEWS****Foods You Should Not Lack**

By: Michael Appleman, M.S.

Most of us have been told over and over what foods that we should not eat. The problem I ask myself is what are the most important foods that I should have? What foods will help me continue my recovery and keep me as healthy as possible? In this article I will talk about the five foods that we all should use in our daily diet.

**Greens**

The first type of food is greens. You may ask what foods are in this green category? Cruciferous vegetables (members of the cabbage family) have several amazing cancer-fighting phytochemicals. These phytochemicals can act as [antioxidants](#) or they may actually keep cancer-causing substances out of your body. Green fruits, like kiwi, have some of these compounds too. Broccoli is a great example of a green vegetable with phytochemicals in it that can your digestion and keep bad bacteria out of your stomach. Leafy greens and some green fruits also contain a phytochemical which keeps your eyes healthy and may keep you from going blind when you get older. Spinach, kale and collard greens are the best sources.

Some green vegetables are also high in beta-carotene, another important antioxidant. Remember, beta-carotene can be converted to vitamin A in your body which helps your vision, immunity and your skin look healthy. Several of the leafy green vegetables are also a good source of potassium for your heart to beat correctly and your muscles to contract. They are also rich in calcium for strong bones.

Lutein is a carotenoid found in a variety of plants such as spinach, kale, broccoli, bilberries, and grapes. Lutein is also present in eggs and in corn and is partly responsible for the yellow color they have. Lutein is an antioxidant that can help reduce harmful free radicals that can occur in cells and may contribute to cell damage. Lutein can also filter or absorb cell-damaging, high-energy blue light

**CONTINUED Page 8 “FOODS”**

**CONTINUED From Page 7 “FOODS”**

in your eye. These defensive qualities enable lutein to defend your eye's retina, your skin and other organs and tissues in your body.

As an antioxidant, lutein can reduce the formation of damaging free radicals by quenching singlet oxygen. Two circumstances that can produce free radicals in tissues are high metabolic activity and the interaction of energy with tissue. The process that changes light energy into brain signals is very active in the macula as the lens tightly focuses light on this small area of tissue. The parts of the retina most vulnerable to oxidative damage are the outer segments of the rod cells. This area is rich in polyunsaturated fatty acids that are readily oxidized. Lutein is found in significant quantities within these outer segments.

Greens are also excellent sources of beta-carotene, vitamin B2+, C, E, iron, calcium, magnesium and folic acid. Below is a list of good and healthy greens that may benefit you: If you are not already eating them each day and each week, you may want to add them to your diet and give it a try.

- Basil
- Collards
- Leafy vegetables
- Celery
- Chard
- Peas
- Green peppers
- Spinach

**Wheat Germ**

Wheat is the most important cereal crop in the world. The health benefits of wheat depend entirely on the form in which you eat it. These benefits will be few if you select wheat that has been processed into 60% extraction, bleached white flour. 60% extraction means that 40% of the original wheat grain was removed, and only 60% is left. Unfortunately, the 40% that gets removed includes the bran and the germ of the wheat grain - its most nutrient-rich parts. In the process of making 60% extraction flour, over half of the vitamin B1, B2, B3, E, folic acid,

**BSTTW COMMUNITY NEWS**

calcium, phosphorus, zinc, copper, iron, and fiber are lost.

Wheat, in its natural unrefined state, features a host of important nutrients. Therefore, to receive benefit from the wholesomeness of wheat it is important to choose wheat products made from whole wheat flour rather than those that are refined and stripped of their natural goodness.

**Wheat Germ Essence:**

Wheat Germ Essence is water-soluble and makes a tasty addition to hot or cold beverages and shakes. It's ideal for stirring into soups, sauces, hot cereals, and other dishes while also suitable for baking into bread, pancakes, and waffles, muffins or cookies to replace the vitamins lost in milling grain for white flour.

**Benefits of Wheat Germ Essence:**

Wheat Germ Essence is an excellent source of natural vitamin E. Vitamin E is recognized to be a potent antioxidant that helps prevent free radical damage to lipids. Vitamin E is an important part of our diet. It has been seen to help maintain cardiovascular health. In addition, vitamin E helps protect the immune and nervous systems from free radical damage.

**Some benefits of Vitamin E:**

- o Necessary for efficient immune function in people of all ages.
- o May play a role in controlling blood levels of glucose and fat.
- o It is a potent antioxidant against lipid peroxidation.
- o Helps support healthy cardiovascular function.
- o Helps to promote healthy vision.

***Wheat Germ Essence is also a good source of B-vitamins that promote:***

- o Energy production.

**CONTINUED Page 9 “FOODS”**

**CONTINUED From Page 8 “FOODS”**

- Neuromuscular function.
- Proper digestion
- Efficient immune system activity.
- Healthy skin, hair, and eyes.
- Maintenance of normal cholesterol levels.

**Garlic:**

Garlic is one of the oldest known medicinal plants. It has been credited with fighting heart disease, lowering blood pressure and helping to fight off colds.

The therapeutic qualities of garlic are nothing new. Sanskrit records reveal that garlic remedies were pressed into service in India 5,000 years ago, while Chinese medicine has documented the use of garlic powers for over 3,000 years. Louis Pasteur, who discovered penicillin, acknowledged anti-bacterial powers of garlic back in 1858. During World War One surgeons regularly used garlic juice to stop wounds turning septic.

What about garlic that makes it a benefit to our health? When cloves of garlic are chewed, crushed or cut, they release a sulphur-bearing compound called allicin. This chemical gives garlic its pungent taste and smell. Scientists have discovered that allicin is the magic ingredient thought to be responsible for garlic's therapeutic qualities.

**Helping Your Health With Garlic**

Most of the research on garlic has looked at its ability to lower cholesterol and blood pressure as well as offering protection against strokes and heart disease. Scientists have also looked at the role garlic plays in helping prevent the formation of blood clots. A review of recent clinical trials, published in the Journal of Hypertension, showed that taking garlic tablets cut blood pressure by between one and five per cent.

**Preventing Heart Disease:**

Garlic and garlic-derived supplements can help reduce the risk of heart disease in several important ways. Garlic lowers blood pressure and cholesterol, lessens destructive oxidation and decreases the formation of blood clots. It also slows hardening of arteries (atherosclerosis) and helps maintain their elasticity. At the same time, garlic decreases troublesome symptoms of atherosclerosis, such as poor circulation, fatigue and headaches.

Garlic's clot-reducing capability takes about three to four hours to peak and remains effective about a day, makes garlic a reasonable substitute for aspirin to prevent clotting. You should talk to your doctor before using garlic or stopping the use of aspirin. In one study with 200 people who had heart attacks, garlic reduced the likelihood of another attack occurring in the next three years by two-thirds.

**Antibiotic Action:**

Garlic's compounds also have antibacterial and antifungal properties. It has been seen that garlic can help fight off all sorts of infections, including those of the lung, sinus, bladder, and vagina, colds and the flu. Garlic is a practical remedy used both internally and externally to treat fungal and bacterial skin infection. Low quantities of garlic, on the average of one clove a day, have been shown to improve digestion and reduce intestinal bacterial infection, even dysentery. In a Chinese study, drinking a daily tea made by soaking three crushed cloves in two cups of water cured 80 percent of patients with diarrhea in a week. Garlic also helps knock out intestinal worms and other parasites.

Garlic can also help people who develop stomach ulcers. The bacteria called *Helicobacter pylori* is responsible for stomach ulcers and inflammation and can lead to stomach cancer. A garlic compound called ajoene, is especially effective in treating helicobacter. Like other sulfur compounds, ajoene is not found in the bulb. It forms when garlic is crushed, then mixed with oil or alcohol.

**CONTINUED Page 10 “FOODS”**

**CONTINUED From Page 9 "FOODS"**

While eating fresh garlic helps prevent ulcers, you'll get more benefit with garlic tincture.

**Improving Immune Function:**

Garlic also stimulates the immune system by increasing activity of several types of immune cells: macrophages, helper T-cells, killer T-cells and interleukin. It even protects against genetic changes in DNA. Using garlic or onion in your daily dining may help to reduce the chances of developing cancer, particularly in the digestive tract.

**Choosing your Garlic and Garlic Supplements:**

I am sure you are wondering how much garlic you should eat each day? It has been found that eating one average-sized clove of garlic a day, this is between 2 to 3 grams, will help you maintain good circulation, fend off disease, and stay healthy. If you're sick, especially with an infection, you should triple the amount of garlic you use a day. Try to incorporate garlic into your regular diet. You might find that your cholesterol will go down immediately and within two to three months you may find that your health is much more positive.

**Tofu:**

Tofu, also known as Soya Bean Curd was first made in China, 2000 years ago. Tofu has been called the perfect food. It is high in protein, low in saturated fats and a good source of calcium as well as vitamin E. It is also cholesterol free.

*Tofu* was introduced into Japan in the *Nara* period (761-793). At first, "*tofu*" was called "*okabe*", and the old cook book referred it as "*kabe*" (wall) or "*shirakabe*" (white wall). It was first called "*tofu*" in the *Muromachi* period (1392-1573). In the *Edo* period (1603-1867), *tofu* became popular among the public.

Tofu is produced by grinding cooked soya beans until a soya milk is produced. The soya milk is then solidified with a mineral coagulant calcium sulphate. The result is a naturally blended tofu. Tofu is a perfect addition to both sweet and flavorful dishes. It is not only for vegetarians. Many people have found that tofu is not only healthy but also takes part in making excellent meals.

**BSTTW COMMUNITY NEWS**

Soya has been found to be an excellent source of high quality protein as well as vitamins, minerals and fiber. Some research indicates that consuming more soy protein may help maintain the kidney function of those who are susceptible to kidney disease. Soy protein may also help preserve your bone density and prevent osteoporosis. Soy isoflavones is associated with decreasing the risk of several types of cancer. This includes colon cancer and prostate cancer. Soy foods help to lower cholesterol levels and by improve the elasticity of the arteries. The result may help to reduce the risk of heart diseased.

Protein is essential to the health of your skin, bones, muscles and organs. Examples of these areas in your body is your brain and heart. While many people consume too much protein, some consume too little. The quality of the protein in soy is as high or higher than many other sources, including eggs, meats and dairy products. With the high quality protein in tofu you will be increasing the protein intake needed in order to remain healthy.

All foods that are Soya-based foods are made from the soybean. The result is that the foods are high in vitamins and minerals. This includes B vitamins, calcium, folate, phosphorus and potassium. Some soy foods are an excellent source of fiber. Fiber has been shown to help control blood cholesterol levels and reduce the risk of digestive disorders. Soya foods are also a source of phyto-chemicals, naturally occurring compounds found in plant foods. This has been linked to lower rates of cancer, heart disease and other health problems. Soya foods offer a great taste and an opportunity for a healthy diet. Alternating Soya foods with fish, skinless poultry, lean meats and low fat dairy products provides a variety of flavors and textures in a healthy diet.

There are two basic types of tofu. The first type is called *silken tofu*. This type of tofu is soft and can be utilized as a dairy free version of ice cream, sauces, cheese cake and salad dressings. The second type of tofu is the *firm tofu*. This is a more solid for of tofu. It can be grilled, used in Asian dishes, **Hor D'oeuvres**  
**CONTINUED Page 11 "FOODS"**

**CONTINUED From Page 10 "FOODS"**

stir-fried, deep fried, pickled, scrambled, sandwiches, barbecued, sautéed, smoked, spreads, dips, soups, sauces, broiled, baked and deserts.

Recent studies have also shown that Soya beans and products derived from them may play a role in preventing various types of cancer, particularly breast cancer. It has also been seen to have preventative capacity with regard to osteoporosis and symptoms related to menopause. An additional benefit of tofu is that it is extremely easy to digest. This is because the Soya bean's fiber is removed during the manufacturing process.

One drawback associated with tofu is that it absorbs cooking fat easily. It will, in fact, take in about 15 % of the fat used in the frying process. Soya is also known to be a common cause of food allergy.

When shopping for tofu, check that it is not sour. You can do this by smelling the tofu to see if it is fresh. You should be able to find an expiration date stamped on the outer wrapping. When you have your tofu at home, rinse it and then keep it stored in the refrigerator in fresh cold water. Make sure you use the tofu within three or four days after you bring it home.

You should add Tofu to your diet. It is a valuable asset to your meals and to your health. If you never had tofu before, you should ease into it slowly. You should also be careful that you are not allergic to tofu. If you are, you should stop using tofu. If you are not allergic to tofu, you should try to cook your tofu in non-fat products. See if you enjoy all of the benefits of this high protein, low food Asian wonder food.

**Strawberries:**

Strawberries are low in calories and a good source of many vitamins and nutrients that a body needs in order to remain healthy. Strawberries are high in iron and Vitamin C. They have less than 60 calories per cup. Strawberries are also a good source of folic acid, fiber, potassium, and cancer-fighting antioxidants.

**BSTTW COMMUNITY NEWS**

Besides being healthy, strawberries are a very versatile fruit. They can be used in baked goods, salads, beverages, dipped, or eaten plain. The following conversion chart provides useful information when cooking with fresh strawberries.

BSTTW advises you to speak with your doctor about your food intake and the types of food you would like to eat.

 **BURN SURVIVORS**  
**THROUGHOUT THE WORLD**



## **BSTTW POEMS**

I began writing poems during my recovery in order to not only help himself, but to offer support and positive thoughts to all burn survivors and family member who are going through a rough time. I ask you all to never give up and continue to do what I and so many others have done during and after recovery...find the support needed to work through the rough time and continue moving forward in your life.

If you would like to submit a poem or story to **BSTTW** you can do so by email at [poems@burnsurvivorsttw.org](mailto:poems@burnsurvivorsttw.org) or [stories@burnsurvivorsttw.org](mailto:stories@burnsurvivorsttw.org). **BSTTW** also has a program on our internet site that allows you to submit your stories and poems electronically. You can submit the full story at [www.burnsurvivorsttw.org/stories/storymaker.html](http://www.burnsurvivorsttw.org/stories/storymaker.html) and your full poem at [www.burnsurvivorsttw.org/poems/poemmaker.html](http://www.burnsurvivorsttw.org/poems/poemmaker.html)

*Michael Appleman, CEO*

## **Helping Others**

By: Michael Appleman

A burn injury is very hard  
It leaves us all deeply scared

Recovery takes a long time  
It felt like I was in a bine

Support is important for us all  
Please help when they fall

Alone is the worst feeling all had  
True friends help the survivor to feel glad

I founded BSTTW to help you each and  
every day  
To help you find what is needed to move in  
the new way

After my recovery I stayed with the burn  
survivor community that is true  
I am available to help each one of you

Do not hesitate to give me a call  
God Bless you all

*Michael Appleman*

## BSTTW CONTACT INFORMATION

### EMERGENCY CONTACTS

**BSTTW** has a support team that is on call 24 hours a day 7 days a week to help a burn survivor, family member or firefighter deal with a burn injury and fire related emergency. You can contact **BSTTW** on the internet or by telephone. On the internet go to the **BSTTW Emergency Email E-Form** at [www.burnsurvivorsttw.org/eforms/emergemail.html](http://www.burnsurvivorsttw.org/eforms/emergemail.html) or the **BSTTW Support Team E-Form** at [www.burnsurvivorsttw.org/eforms/supportemail.html](http://www.burnsurvivorsttw.org/eforms/supportemail.html)

To contact **BSTTW** by telephone by dialing 941-364-8457 or toll free at 800-503-8058. If we are not in the office or it is after hours, you can leave us an emergency message in our voice box 44 and a support team member will respond to you within 24 hours.

#### **BSTTW Directors**

Michael Appleman: **Executive Director**  
[michael@burnsurvivorsttw.org](mailto:michael@burnsurvivorsttw.org)

Nguyễn Thi Diêu Trân: **Director- Việt Nam**  
[tran@burnsurvivorsttw.org](mailto:tran@burnsurvivorsttw.org)

Ariel Gonzalez: **Director- Mexico**  
[ariel@burnsurvivorsttw.org](mailto:ariel@burnsurvivorsttw.org)

#### **DONATIONS**

As a 501 (c)(3) Non Profit Organization, **BSTTW** depends on donations from corporations, organizations, families and individuals. All donations, big or small are tax deductible to the extent allowed by the United States government tax laws. **BSTTW** has several different funds that you can donate to. The **BSTTW** general fund, the **Bishop Peter Nguyen Van Nho World Wide Burned Children's Fund**, the **"Dwight Lunkley Racing To Victory" Fund**, **USA & Asian Burn Camp funds**, **BSTTW Healing Weekend Fund**, the **BSTTW Agnijith vs. Miracle**

## **BSTTW COMMUNITY NEWS**

### ***Ointment Aloe Vera First Aid Study, and the World Burn Congress Fund.***

Your donations will help **BSTTW** to do what is needed to help a burn survivor, family members rebuild their lives. It will also be used for public awareness on fire safety and how the community can help a burn survivor reenter their community.

**BSTTW** also offers people that donate \$25.00 or higher to a free copy of the **BSTTW Music CD**. To learn more about this you should go to [www.burnsurvivorsttw.org/donations/donatecd.html](http://www.burnsurvivorsttw.org/donations/donatecd.html) or [www.burnsurvivorsttw.org/donations/donations.html](http://www.burnsurvivorsttw.org/donations/donations.html)

Remember your donations can be money, clothes, a used bicycle etc.. All will help burn survivors and their family. Many families loose their homes and property. Please personally think about and talk to your family and friends about donating to **BSTTW**.

#### **MAKE DONATIONS PAYABLE TO & MAIL TO:**

Burn Survivors Throughout The World, Inc.  
650 N Beneva Road #305  
Sarasota, Florida 34232

#### **DONATE ON LINE**

To learn more about donating on line go to:  
[www.burnsurvivorsttw.org/donations/donations.html](http://www.burnsurvivorsttw.org/donations/donations.html)

If you have any questions call us at 941-364-8457, toll free at 800-503-8058 or by email at:  
[donations@burnsurvivorsttw.org](mailto:donations@burnsurvivorsttw.org)

#### **VOLUNTEERING YOUR TIME**

There are many children, adults and families around the world that need support and other help. You do not have to be a burn survivor or family member to become a **BSTTW Volunteer**. All you need to do is become a **BSTTW** member and then apply to become a **BSTTW Volunteer**. If you are a burn survivor or family member, in order to become a **BSTTW Member**, fill out the **BSTTW Membership & Profile Registration E-Form** at:  
[www.burnsurvivorsttw.org/membership/memform.html](http://www.burnsurvivorsttw.org/membership/memform.html),

Next fill out the **BSTTW Volunteer E-Form** at:  
[www.burnsurvivorsttw.org/volunteer/volunteer.html](http://www.burnsurvivorsttw.org/volunteer/volunteer.html)

If you are not a burn survivor or family member you can skip the **BSTTW Membership & Profile Registration E-Form** and go directly to the **BSTTW Volunteer E-Form**.

By volunteering with **BSTTW**, you will be taking part in rebuilding lives and helping burn survivors reenter their community.

If you have any questions, you should first review the **BSTTW Volunteer E-Form**, after that if your questions have not been answered, you can contact **BSTTW** by email at [volunteers@burnsurvivorsttw.org](mailto:volunteers@burnsurvivorsttw.org), and by telephone at 941-364-8457 or toll free at 800-503-8058.

### **PURCHASES**

**BSTTW** has an online store where you can purchase Skin Care Products, Books and Video Tapes. To learn more go to:  
[www.burnsurvivorsttw.org/sales/sales.html](http://www.burnsurvivorsttw.org/sales/sales.html)

**BSTTW** also offers a free copy of the **BSTTW Music CD** to people who donate \$25.00 or higher to **BSTTW**. To learn more about this you should go to  
[www.burnsurvivorsttw.org/donations/donatecd.html](http://www.burnsurvivorsttw.org/donations/donatecd.html)  
or [www.burnsurvivorsttw.org/donations/donations.html](http://www.burnsurvivorsttw.org/donations/donations.html)

### **BSTTW ADDRESS & PHONE NUMBERS:**

Burn Survivors Throughout The World, Inc.  
650 N Beneva Road #305  
Sarasota, Florida 34232  
(941) 364-8457  
Toll Free: 800-503-8058  
Fax: (941) 364-8441

Feel free to contact **BSTTW** if you have any questions and/or comments by using the **BSTTW Comment & Question E-Form** at:  
[www.burnsurvivorsttw.org/eforms/emailform.html](http://www.burnsurvivorsttw.org/eforms/emailform.html)