

Bruisology: The Cure For the Common Bruise

If you ask a doctor, they'll probably tell you this cure for the common bruise doesn't work and that it might even make the bruise worse.

Take it from me, in my experiences, they are totally wrong!

Now, if you have some underlying medical condition that messes with your blood flow or something, you may not want to try this cure.

But for those of you who, like myself, who have suffered with easy bruising and unsightly contusions for years (just tap me and I bruise), and have no underlying blood-related problems or other health issues that might affect this, my method is a surefire way to get rid of bruises fast!

It doesn't involve buying any vitamins or creams or Arnica Montana (which is some herb that supposedly helps heal bruises quickly and is found in pills called SinEcch that some physicians actually sell as a pre-op bruise reduction solution) or anything other item that can be purchased.

By the way, I've tried SinEcch, and I honestly don't think it helps.

The cure is soooo easy...and it works on bruises of ALL shapes and sizes...it doesn't matter how you got them or where they are on your body. It doesn't even matter if they have formed a big black welt. Nor does it matter how recent or old they are.

Making a bruise go away FAST is as simple as RUBBING IT OUT!!

Yes, the answer is BRUISE MASSAGE.

If you hit yourself on something and you know a bruise is going to pop up, start rubbing the area very firmly. You will find that it turns red, and will look very red for the next day or so. But then, the red miraculously fades out, and within three or four days, your bruise is only a memory!

If you had not rubbed out this exact same bruise, it probably would have lasted three weeks.

And the miracle of bruise rubbing doesn't stop there...even if you have an OLD bruise, rub it out...it will be gone VERY quickly!

On really bad bruises, be prepared for a deep red color to last for two days, and maybe even look worse than the initial blue or green or black color, because rubbing it out does "spread out" the geographic area. However, if you can hold out for a couple of days, by day three (or in really severe bruises, day four), you will see a remarkable difference, and from there, the bruise

will disappear exponentially fast. On my VERY WORST bruises, they were pretty much gone in a week, and totally gone in 10 days, and these were definitely bruises that would have EASILY lasted four or more weeks without having rubbed them out.

I actually did my own little “controlled scientific study” on two bruises I had, one on my left leg, and one in the same or similar area on my right leg. The bruise on my right leg was not as severe as the one on my left leg, and I opted not to rub that one out.

I rubbed out the more severe one on my left leg, and by the next week, the one on my left leg was totally gone...NO TRACES. (It was actually gone in like three days). The one on my right leg, the less severe one, was STILL THERE, albeit in a healing stage!

So, this really does work, and severe bruises that you massage will diminish far faster than tiny bruises that you opt not to massage!

Tips for bruise massage:

- Massage the bruise initially until it turns a reddish or reddish-brown color.
- I usually massage a bruise for a couple of minutes, a couple times per day, just to expedite the healing process and rub it out more.
- You may want to put some cream or moisturizer on the bruised area before you begin rubbing it, so the bruised area doesn't get dry and flaky from rubbing it.

Remember...I'm not a doctor and have never had an endorsement from one that this works. So, please don't contact me to tell me that something adverse happened to you when you rubbed out your bruise.

This is based strictly on my own observations, and my own bruises. I really just wanted to provide a possible solution for others like myself who bruise easily and want a possible fast remedy!