



***A SPECIAL REPORT
ABOUT
BRUISING CAUSES
BRUISING REMEDIES
AND
BRUISE PREVENTION***

***Taken from widely published articles
written by bruising expert Carolyn Cooper***

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Why Do Some People Bruise Easily And What Can You Do About It?

As you get older, you may notice that a simple bump can lead to some truly spectacular bruising. Your family is concerned and your friends are worried, but you may have no idea how that bruise got there! The truth of the matter is that as we age, we become much more susceptible to bruises, and many people, especially women, finding that bruising easily is something that they need to deal with. Take some time to consider why you might bruise and what [bruising causes](#) might be at work.

One of the first things that we need to consider when we're looking at bruising and bruising causes is what causes or creates a bruise in the first place. Bruises, also known as contusions, are the result of damaged or thinned blood capillary walls when the adjacent skin is not broken. Practically any type of impact can create a bruise, and on fair complexioned people the resulting bruise can be quite dramatic. The impact which causes the bruise can be painful, but the bruise itself is seldom harmful, but they can cause embarrassment when we're around other people that can see them.

Knowing that bruises are usually caused by some form of impact, what makes them so colorful. To find that answer to the difference in coloration, you have to determine the amount of blood that seeps into the adjoining tissue. Aging in some people causes easy bruising because their skin and/or capillary walls have grown thinner. With either one of these types of thinning the tendency of to bruise easily will probably increase as you age. Aging skin loses elasticity and becomes more fragile and then it fails to provide the protection to the underlying capillaries that it did when the skin was younger. It is the combined weakening of the skin and capillary walls that causes people to [bruise easily](#).

When you decide to take steps that can help you stop bruising easily, you'll find that there are any number of things that you can do. Perhaps the most important thing for you to think about

when you want to stop bruising so spectacularly is to look at eliminating anything that might be weakening your capillary walls. For instance, having a nutritionally incomplete diet, smoking, or drinking too much alcohol can weaken your capillary walls. When you want to change your bad or improper behavior, consider switching over to a diet that does not have excessive fats and, make sure that you get regular exercise and consider taking some specific, helpful natural supplements.



Why Do People Bruise Easily And What Can You Do?

If you are someone who bruises easily, you undoubtedly have had experiences with friends who become nearly frantic with concern for a bruise on you which you barely remember what caused the mark in the first place. It is true, despite the fact that many people associate bruising with traumatic injury, there are definitely other reasons which can cause some people to bruise more easily than others. Bruising causes can vary from person to person, but generally speaking the causes are almost always the same.

Bruises, which are also known as contusions, essentially occur when the capillaries are damaged, and blood seeps into the surrounding tissue. If the upper layer of skin remains uncut, the blood will stay where it is. This is why [bruising causes](#) are typically related to blunt trauma. Although bruises can be quite painful, and though they can be quite alarming to look at, there is usually no danger in them. When you are looking at what makes you bruise easily, there are two different possibilities.

In the first place, you will find that as you get older, your skin gets thinner. What this means is that the capillaries underneath your skin are more exposed and less protected. As we get older, our skin becomes more fragile and less elastic. For instance, consider what happens when you pinch the skin on the back of your hand. Does it separate from the back of your hand easily? This papery quality of the skin is one thing that can make you much easier to bruise, and when you do, the bruises can also become that much more dark and dramatic. If you [bruise easily](#), you may also find that you are going to need to think about whether or not your capillaries are easier to damage as well.

If you are someone who bruises easily, it is very common that you may not even remember how the bruising happens. In very severe cases, you may find that you can just gently knock against something with no pain or concern at all, and then because of this, you are left with a black, blue,

yellow or greenish mark the size of a silver dollar. While it can be a little frightening, it is not really something that you need to worry about it. Do be careful, though, because as we age, things seem to start hitting us harder than they did when we were young. It is much easier to damage us, and it usually takes longer to recover as well.



What Can Certain Vitamins Do To Reduce Bruising?

If you are someone who is subject to [bruising easily](#), there is likely a good chance that you are used to looks of concern from worried friends. The real point is that this type of concern gets very old, very quickly; particularly when you are unsure as to how you got the bruise, and then can't remember any sort of injury or pain at all.

The real fact of the matter is that there are many people around who have concerns when it comes to getting large dramatic bruises which seemingly have no apparent cause. Unfortunately there can be lots of different reasons why you might be getting numerous bruises with very little cause, and you should also be aware that there is likely a bruise treatment for you as well. When you are examining how to heal bruises, there are definitely some vitamins that you need to keep in mind.

When you want to [prevent bruising](#) from occurring so dramatically and with so very little cause, vitamin deficiency is something that you definitely want to look into. One reason that many older people particularly have problems with easy bruising is due to the fact that our bodies change as we age, and we may fall a little bit out of touch with what they need. We realized some time ago that we can't eat and exercise the way we could twenty years ago, and now it is vital that we pay attention to what our bodies are telling us to do. If you have a vitamin deficiency, there is an excellent chance that your body may try to notify you with bruising.

If you want to start to [heal bruises](#) through the use of adding vitamins in your diet, there are a several specific vitamins that you should try. First and foremost, you should consider increasing your quantity of vitamin C. Vitamin C is a great bruising treatment, and you'll find that it plays an pivotal role when it comes to helping your body purge things like pollutants or allergens. If either one of these issues is contributing to your bruising, vitamin C can help you overcome it. Do keep in mind that unbuffered vitamin C is acidic and that this fact may cause stomachaches in some.

Your body already creates vitamin K, but you should know that the use of antibiotics can deplete it. A deficiency of vitamin K in your diet can certainly increase the bruises that you get, so make sure that you start increasing your intake for this vitamin. You may also want to put more leafy green vegetables in your diet as well, which will help support your body's ability to reabsorb blood into the adjacent tissues.

Vitamin E is another excellent choice when it comes to [healing bruises](#) that have already occurred. This vitamin is especially geared towards healing bruises through helping your body restore its tissues. It can be ingested, or, if you have the bruise already, applied externally.



What Are Bioflavonoids and What Can They Do For Me?

When you are seeking a bruising treatment that really works, or you are seeking a method that lets you work on healing bruises in particular, you will find that bioflavonoids are mentioned repeatedly. It seems like nearly everyone is talking about them, but what do you want to know about them? It's always a good idea to try to learn more about the supplements that are you curious about, and there is a plenty of interesting information regarding bioflavonoids themselves as well as how they can provide you with an excellent [bruise treatment](#).

Bioflavonoids originate from plants, where they aid the plant to do things like create pigmentation and protect the plant from bacterial attack or other forms of illness and harm. They are common in most plants, although they will vary in amount and intensity depending on what plants that you are examining. There is very strong experimental proof that points to them as being very helpful when it comes to helping our bodies to react appropriately against a host of things that include viruses, cancer-causing agents and allergens. They can also act in an anti-inflammatory, anti-allergic and anti-cancer manner.

There have been over 4,000 bioflavonoids that have been discovered, and virtually all of them are helpful to your body. In the not to distant past, they were formerly known collectively as Vitamin P, but as we learn more about them, we are learning that there are several groups and that they all have their unique strengths.

Proanthocyanidins, which are abbreviated to PCO, are very potent and can be found in things like grape seeds or the bark of the maritime pine. Similarly, quercetins are the most active of the bioflavonoids and often make up a very powerful part of the other bioflavonoids. Citrus bioflavonoids are the ones that we most commonly come in contact with, and they are the ones that are often used to treat people who [bruise easily](#); they may also be used for things like hemorrhoids, varicose veins and capillary permeability.

What part do bioflavonoids play in our ability to try to [heal bruises](#), and why are they such an essential bruise treatment? Firstly, taking them and making certain that you are getting enough of them is an excellent way to heal your body when there has been any sort of physical trauma at all to it, and that is in essence, what a bruise is, whether you remember it happening or not. A bruise is basically a capillary under the skin breaking and seeping blood into the surrounding tissue, and taking the proper amount of bioflavonoids can help you heal the damage much more rapidly.



What Is Bilberry and What Can It Do To Aid Me Reduce Bruising?

If you are exploring for a [bruise treatment](#), or if you are simply tired of bruising so easily, you'll discover that bilberries and bilberry supplements are cited again and again as an effective cure. Why is bilberry so highly respected, and what can it do for you? You should never begin a treatment without knowing what good it is doing for you and how it is getting you the results that you are looking for. A lot of people talk about how bilberry helped them when it came to [healing bruises](#), but what is it really doing? As a matter of fact, what is a bilberry?

There are several low growing, bushes that produce dark berries that are referred to as bilberries, and they can be found in mountainous ranges across places like the UK, Russia, and Siberia. They are very difficult to harvest because they are relatively delicate and because of this, they can be very expensive if you are looking to purchase them whole. Purchasing a whole bag of bilberries could be a very expensive undertaking, but if you want to see what kind of benefits they offer you, you can also get them in the form of a dried supplement.

Bilberries are one of those foods that have an impressive reputation when it comes to healing a number of ills, and serving as a good bruise treatment is just one of them. One reason why they are so good at helping you prevent bruises from forming so easily is due to the fact that they are very good for your circulatory system. They can help you strengthen the walls of your veins and your capillaries. When your capillaries are too easily damaged or broken, bruising will develop, and when you make the walls of your capillaries stronger, you begin to halt the problem before it starts. This is what bilberries can do for you.

Bilberry also contains a powerful flavonoid called anthocyanoside. This natural substance is usually found in dark-skinned fruit, and it helps supply your system with antioxidants. Not only can it remove damaging free radicals for your body, it can help you stay healthier over all. It is also necessary to understand that anthocyanosides can help you heal quicker after your body has

undergone some form of trauma. This is something that can help you eliminate the annoying [easy bruising](#), starting from the instant that you begin taking it. Many experts favor combining bilberry supplements along with vitamin C and vitamin K for advanced healing.

When you are looking for a way to overcome easy bruising, don't worry, you are not the only one. As we grow older, we frequently find that our capillaries are susceptible to a certain frailty, and because of that, and because our skin is not as elastic or protective as when we were younger, we are ever more prone to bruising. Bilberry or a bilberry supplement is an integral part of an answer for [bruising easily](#).



What Can That Stinky Sulfur Do For Me?

If you want to stop bruising so spectacularly and so easily, you'll find that one remedy that you should take a look at is sulfur. For the most part, we do not run into sulfur unless we are reading about it in the context of sulfur and brimstone or other things that smell unpleasant, so what does it have to do with serving as a [bruise treatment](#)? The truth is that sulfur can play a huge part in healing bruises, and simply by keeping some important information in mind, you will be able to see why this is so.

The foremost question that you are going to ask when you want to discover why sulfur makes a good bruise treatment is what sulfur really is. When you are examining sulfur, you are looking at a nonmetallic element that is found in a great many forms and compounds. When you put it into a human context, it is most often used in the form of sulfides and sulfates in industry, but you need to keep in mind that it is an important part of all living things. You may also be surprised to learn that sulfur is actually odorless, despite the bad reputation that it has gotten. When you hear that sulfur smells rotten, you'll find that you are probably smelling hydrogen sulfide or sulfur dioxide, which are very common compounds that have sulfur in them.

The intake of sulfur from your food and from supplements is absolutely safe, and sulfur is a critical part of your diet. One type of sulfur that is essential for you to get when it involves [healing bruises](#) is called Bromelain. Bromelain is extracted from the family of plants that contains pineapples. The substance known as Bromelain has enzymes that contain sulfur and they actually react to digest proteins. This is important for people who suffer from lots of bruising as that it helps your body digest the pooled blood that actually forms a bruise. The faster the blood goes away, the quicker your bruise will heal, and the quicker you will stop getting those worried looks from friends and family.

Another form of sulfur that is important to keep in mind for bruise treatment purposes is called Methylsulfonylmethane or MSM for short. MSM has been shown to help us recover from

soft tissue injuries, which is one concern when you are bruising a lot. In addition, it can speed healing because it acts as an anti-inflammatory, bringing the swelling of the bruise down and allowing it to heal more quickly. These two variations of sulfur are very important elements to think about when you are looking into [healing bruises](#).

There are lots of foods that contain sulfur, and pineapple and garlic are just two of them. You may also find that your best bet is to start taking sulfur supplements, though you should always read the warnings, take them seriously and consult with a doctor if there is the least doubt.



Do You Know How Much of Each Supplement to Use to Prevent Bruising?

When you find yourself at a point where you are trying to [reduce bruising](#), you will find that any one of the varied supplements that we have discussed can have an impressive effect on how your skin looks and how rapidly your bruises heal. In light of our trying to prevent bruising, we will soon see that there are a great number of different options that are open to us, whether we are interested in a single supplement like bilberry, or other ways to reduce our injuries. Instead, why don't we take it one step further and reduce all of the problems that we see? Gathering up all of the ingredients that we have been talking about can go a long way towards helping us, so let's take a look at what our options really are.

In the first place, you may want to ask why or how you should put these ingredients together. The answer is that otherwise, you are going to be spending a lot of time testing and refining a multitude of different combinations. You can start with one treatment, not be sold on what it is doing for you, move on to another, and then move on to one after that. When you do this, you are going to be searching for the right cure for your bruising for a long time. As you continue to search for the right combination, it is very easy to become discouraged, and you may begin to doubt that you can prevent bruising at all. This is something to avoid, because, well, you can.

There are several treatments out there that will help you put some of these ingredients together, but not all of them. Either they are skimping on ingredients that are more expensive, or they are simply not aware of what the other ingredients can do. If you were to search out all of those treatments that are meant to reduce bruising, you will probably find that far too many of them are missing an ingredient or two or three that could really do you some good. Considering the ingredients that we have talked about, you may not be sure which one really helps you, and which ones combine well with others.

The most important part, however, is that there are a few key supplements that should go into your [reduce bruising](#) formula. Vitamin C and Vitamin K, which both promote better healing and can strengthen your natural reserves, should be in any treatment that you take, and don't forget the importance of bilberry anthocyanosides and citrus bioflavonoids. Similarly, make certain that you keep an eye out for ingredients containing the proper forms of sulfur like bromelain and MSM. These are all ingredients that are necessary to have in any treatment that is meant to prevent bruising, and when all's said and done, do not proceed without them.

Search for a supplement formulation that contains all of these supplements in effective doses, and that will help make sure that you can start to reduce your bruising immediately. If you desire to protect your skin, and when you want to make sure that you are going to be able to reduce your bruising all across the board, this is something that you need to take into consideration.



Will the Right Combination of All These Natural Ingredients Help Me Prevent Bruising?

When you're finally tired of the bruises that occur when you just lightly brush up against the countertop, or when you've learned that it takes a lot of work to discover the [bruise treatment](#) that is actually effective for you, you'll find that the ideal way to prevent bruising is to seriously look into a new product named Bruises Be Banned. Bruises Be Banned is an all natural product that gives you all of the great natural supplements that we have been discussing these past few weeks, and it gives them to you in the proper dosage for each ingredient. Have you been trying things like bilberry or vitamin C while not being sure of how much you should take? You don't need to be concerned about this any more.

For example, are you aware of the fact that the optimal dose for vitamin C in this instance is about 500 milligrams? This is a substantial dose, and it makes up more than 800 percent of your minimum suggested intake of this vitamin per day. On another matter, what about vitamin K? The odds are good that you should look into what your option is going to be to get it at all, but were you aware that you need to take at least 300 micrograms of it daily to have the effect that you are hoping for? How do you expect to get such exact dosages of vitamins?

The proper response for this question, as well as other questions regarding citrus bioflavonoids and bilberry anthocyanosides among other supplements, lies with beginning to use [Bruises Be Banned](#). With Bruises Be Banned, your opportunity to reduce bruising goes up significantly, and with consistent use, you are going to be able to prevent bruising from happening at all. Evaluate what your options are going to be and really hone in on why this treatment is garnering such wonderful reviews. It certainly has everything that you should have when you are trying to obtain the desired results, and you'll find that it is wholly possible to, at a minimum, [reduce bruising](#) and, hopefully, to prevent bruising from occurring to begin with.

As you examine Bruises Be Banned, you will understand that you are going to receive the optimum dosage along with the proper instructions on how and when to take it. There must be no guesswork as to how much to take and when, and if you decide that you would benefit from increasing initial dosages, you can also do this. As an example, if you were to double your initial dosage for the first two weeks, you would be priming the pump for your body's system to reach optimal levels of these supplements so as to accelerate the body's retention of the proper level of the supplements.

Within the first two to three months, you'll observe that your body has optimized itself to the point where it is constantly accruing the benefits of all of these healthful supplements. Your body is going to be in its optimal shape to not only better heal itself but also defend itself to [prevent bruising](#); and with that thought process, you are going to see a definite improvement in your skins health in a relatively short period of time.



About the Author

Carolyn Cooper has become a well respected expert on the causes and effects of [easy bruising](#), and has spent the last several years working with medical professionals and researchers to try to find a solution to the bruising easily problem that affects many people as they age. After discovering that she faced the relatively common tendency to bruise easily, Carolyn used the combination of her educational background in general nutrition and her real world experience with nutritional supplements for athletes ranging from elementary school children through the professional ranks.

Her dedication to finding a natural, healthful solution to nightmare of bruising easily has resulted in the development of Bruises Be Banned which can help reduce bruising or [prevent bruising](#) altogether. Now, for most people, there is a way to rid themselves of the embarrassment easy bruising.

You can learn more by visiting the website IBruiseEasily.com.