

# Are You Prepared?

## With a First Aid Kit Stocked with Natural Remedies That Can Handle Most of Life's Little Ills

People don't get sick or injured at convenient times. You can't always run to the health food store or herb shop when something happens. So, it's wise to make up a home preparedness kit so that you have the tools on hand to be ready to take care of injuries and illnesses as they arise.

I keep my home health care kit in a large tackle box. This gives me various compartments for bandages, herbs and other supplies, making them easy to locate. I think of it as my home health care toolbox. You can put together your own herbal First Aid Kit.

Here are my recommendations for what to put in your home health care kit.

### Capsicum Extract or Capsules

Capsicum is an important remedy for stopping bleeding, treating shock and stimulating circulation and healing. It is also a valuable remedy for colds and has mild analgesic qualities.

### Lobelia Essence

Lobelia is an antispasmodic that relaxes muscle cramps or spasms and can be used to ease pain, relax the body during anxiety attacks and stress, ease asthma attacks, and relieve tension headaches. Lobelia can also be used as an emetic to induce vomiting in cases of food poisoning or flu. Blue Vervain is a milder alternative some people prefer for young children.

### Ultimate Echinacea or Immune Stimulant

It's good to have something to stimulate the immune system. Ultimate Echinacea (a liquid suitable for young children) or Immune Stimulator (an encapsulated remedy for older children and adults) can be used for fighting infections and preventing illness when it is "going around."

### Silver Shield and/or Silver Shield Gel

A natural antiseptic is a must for a first aid kit and Silver Shield is one of the best. Silver Shield has been shown to kill every pathogenic microbe known. The liquid can be taken internally or applied topically. It can also be sprayed on the throat for sore throats, or into the sinuses for sinus infections. The gel is excellent for all topical applications and is safe to use on open wounds.

### Activated Charcoal

Every home should have some activated charcoal on hand for use in case of poisoning, especially if there are small children. It lasts forever, so there is no worry about it going bad on you. It is also good for intestinal gas, diarrhea, spider bites and absorbing toxins.

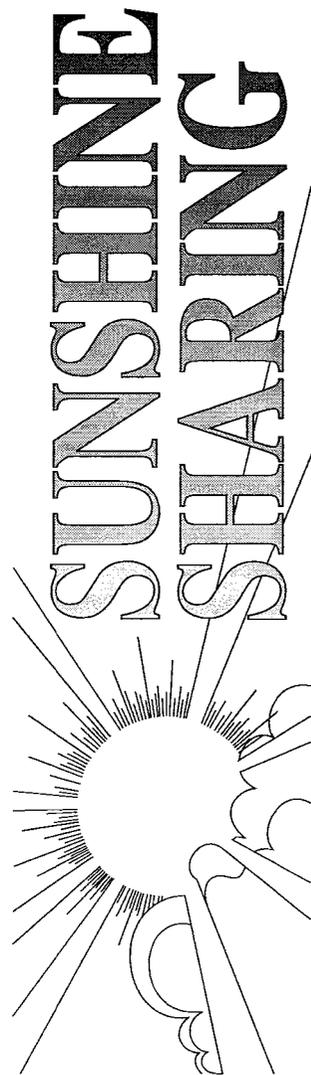
### Tei Fu Oil and Peppermint Oil

These two oils constitute the first aid kit you can carry in your purse or briefcase. Tei Fu oil is a topical analgesic and can be rubbed in to ease the pain of headaches, muscle aches, arthritis, sore throats and much more. It can be inhaled for respiratory congestion and makes a great remedy for bites and stings. Peppermint oil settles the stomach and helps promote mental alertness.

### Distress Remedy

Distress Remedy is a flower essence that can relieve both emotional and physical shock. It can also be applied topically to speed the healing of minor injuries.

**More about what remedies should be in your first aid kit inside..**



Your guide to better health the natural way.

Vol. 20 No. 5

### Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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### AL-J Liquid or Capsules

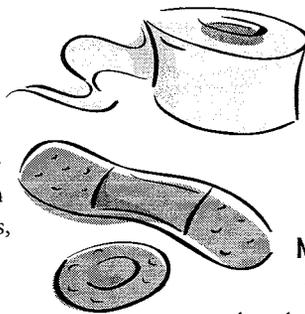
If you are prone to colds and respiratory congestion, this is a great remedy for clearing mucus from the lungs and sinuses. It is useful for coughs, colds, earaches, digestive upset and allergies.

### Aloe Vera Gel or Herbal Trim Skin Conditioner

A high quality aloe vera gel is useful to keep on hand for burns, sunburn, abrasions and other skin irritations. Herbal Trim Skin Conditioner is also an option.

### IF Relief

No first aid kit is complete without something for pain. This natural anti-inflammatory is a great remedy for easing pain and promoting recovery from minor injuries, headaches and other aches and pains.



### Healing AC Cream

This cream containing arnica and calendula is very helpful for reducing swelling and promoting healing of bumps, bruises, sprains, pulls, torn ligaments and other injuries where the skin has not been broken. You'll be amazed how fast it works.

### Nature's Fresh

This product is great to have on hand for stains and odors, but it is also an amazing topical spray for helping to ease pain and promote healing. You can spray it on all kinds of minor injuries and painful areas to ease pain and promote healing.

### Other Suggestions

Other items you should consider for your first aid kit include an assortment of bandages, gauze pads and other dressings for wounds, a pair of tweezers and a needle for extracting splinters, a small pair of scissors and a flashlight for emergencies.

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# Your Mini First Aid Guide

There are numerous natural remedies for all of the following situations. However, we have limited our recommendations to those remedies in our suggested first aid kit. That way, you can put this mini guide with your kit and use it for a quick reference when needed.

## Abrasions and Scratches

Any of the following can be applied topically to abrasions, scratches and similar injuries to prevent infection, ease pain and/or promote healing: Aloe Vera gel, Silver Shield, Distress Remedy, Nature's Fresh and Tei Fu Oil.

## Asthma Attack

Lobelia acts as a bronchial dilator and can be used in cases of asthma attacks where other medications are not available. Administer doses of Lobelia Essence every two minutes (about 1/4 teaspoon) until the attack subsides. This may cause vomiting, but will ease the attack.

## Anxiety Attack

Administer small doses of lobelia every 2-3 minutes while encouraging the person to breathe slowly and deeply. Distress Remedy is also helpful for anxiety attacks.

## Bites and Stings

Insect bites and stings can be treated with a wide variety of remedies. Echinacea, Tei Fu oil, Lobelia and Nature's Fresh are all remedies that can reduce swelling and ease the pain of insect bites and bee stings. For poisonous spider bites, apply a poultice made of activated charcoal and seek medical assistance. Also seek assistance for allergic reactions.

## Bleeding

To stop external bleeding, apply pressure directly to the wound. You can also sprinkle capsicum into bleeding wounds to help stop the bleeding. Capsicum can be taken internally to help stop internal bleeding, too. Of course, seek medical help for internal bleeding.

## Blisters

Apply remedies like Tea Tree oil, Healing AC Cream, Silver Shield and Aloe Vera Gel topically to blisters and cover with a bandage to promote healing.

## Bumps and Bruises

Healing AC Cream or Distress Remedy can be applied directly to bumps and bruises to rapidly reduce swelling and ease pain. You can also hold or rub the afflicted area for 5-20 minutes to take down swelling even more rapidly. Tei Fu oil or Nature's Fresh may also be helpful.

## Burns and Scalds

First degree burns involve redness, pain and swelling and second degree burns cause blisters. You can treat both first and second degree burns by applying cold water immediately to the burned area to cool it down. You can also dress the burn with Aloe Vera Gel to soothe the pain and cool the burn. Nature's Fresh, Silver Shield and Distress Remedy also make useful burn remedies.

Two other good burn remedies you will probably have in your kitchen include real vanilla extract (not imitation) and raw honey. Both ease pain and promote rapid healing. IF Relief can be taken internally for pain. For third degree burns, which involve charring of the skin, seek medical attention.

## Colds

At the first sign of a cold, stop eating and start drinking lots of fluids. Take remedies to clear congestion like AL-J or Capsicum. You can use Ultimate Echinacea, Immune Stimulator or Silver Shield to help the body fight the infection. It is also helpful to rub Tei Fu oils topically into the chest and throat or inhale them into the sinuses.

## Canker Sores (Mouth Ulcers)

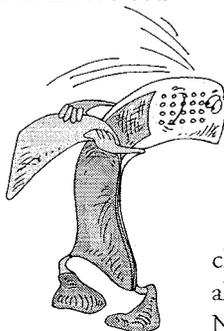
A small, painful mouth ulcer usually is called a canker sore. Apply Tei Fu oil or Peppermint oil directly to the sore to ease pain and promote healing.

## Cramps and Spasms

Lobelia is excellent at relieving cramps and spasms. It can be taken internally, but works even better when the extract is applied topically mixed with equal parts capsicum extract. This draws blood into the afflicted area and relaxes muscles.

## Cuts

Styptics are herbs, usually astringents, that have the power to stop bleeding, close cuts and speed the healing of cuts. Capsicum is a useful styptic. Silver Shield or Silver Shield Gel is a good remedy to apply to cuts to prevent infection.



## Diarrhea

Activated Charcoal makes an excellent remedy for diarrhea. It absorbs substances that are irritating the colon and firms up the stool. You can also take infection-fighting remedies such as Silver Shield, Ultimate Echinacea and/or Immune Stimulator internally if the diarrhea is caused by infection.

## Ear Infection or Earache

Two remedies which make good ear drops for ear infections are lobelia (which eases pain) and Silver Shield (which fights infection). Before putting these into the ear they should be warmed to body temperature. You can do this by putting the bottle into a cup of warm water or holding under your armpit or some other warm spot of your body.

Here are two other simple home earache remedies. One, cook an onion and put some body temperature drops of the juice from the cooked onion in the ear. Two, cut a clove of garlic in half, coat it with olive oil and place it on the outside of the ear.

Internally, AL-J, Ultimate Echinacea or Immune Stimulator can be helpful for earaches. It is also a good idea to avoid wheat and dairy foods in children with frequent earaches.

## Food Poisoning

You can induce vomiting by taking large quantities of lobelia or you can take activated charcoal to absorb toxins (or both). Silver Shield will help fight the infection and Peppermint Oil will help settle your stomach (after you throw up). Seek medical assistance if the problem is severe.

## Frostbite

Sprinkle tiny amounts of capsicum in socks or gloves to prevent frostbite. Warm areas affected by frostbite in cold water and seek medical attention.

## Headache (Sinus)

Headaches in the frontal region of the face are usually caused by congested sinuses. Inhale Tei Fu oils, take AL-J internally or spray Silver Shield into the sinuses to help decongest them. Drinking several glasses of water may also help.

## Headache (Tension)

Headaches involving a sense of pressure and tension can be eased by massaging the neck and shoulders using Lobelia and Capsicum and following this with Tei Fu oil. You can take lobelia internally to relax muscle tension or use IF Relief as a pain reliever.

## Nausea and Vomiting

Peppermint oil can be used to settle the stomach in cases of nausea and vomiting. Lobelia in very tiny doses (2-3 drops) can do the same thing. Large doses of lobelia induce vomiting.

## Pain

Remedies in the first aid kit that can be helpful for pain include IF Relief and Lobelia, which can be taken internally. You can also apply Tei Fu oil or Lotion, Peppermint oil, Distress Remedy, Nature's Fresh, Healing AC Cream, Aloe Vera Gel or Lobelia and Capsicum mixed topically for pain.

## Poison Ivy or Oak

Wash thoroughly after exposure. Aloe Vera gel or Silver Shield gel can be applied topically to aid healing.

## Shock

Shock is a response to severe physical or emotional trauma and is characterized by paleness, rapid but weak pulse, rapid and shallow respiration, restlessness, anxiety or mental dullness, nausea or vomiting associated with reduced blood volume and low blood pressure and subnormal temperature. Cover the person to keep them warm, elevate their feet and give them Capsicum, Distress Remedy or Peppermint oil. They can also inhale Tei Fu oil.

*Continued on Page Four*

## Additional Help and Information

For personal assistance in assembling and learning how to use your herbal first aid kit, talk to the person who gave you this newsletter. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

*Herbal First Aid DVD* with Steven Horne ([www.treelite.com](http://www.treelite.com))

*Dr. Mom-Dr. Dad* ([www.treelite.com](http://www.treelite.com))

*Natural Medicine First Aid Remedies: Self-Care Treatments for 100+ Common Conditions* by Stephanie Marohn

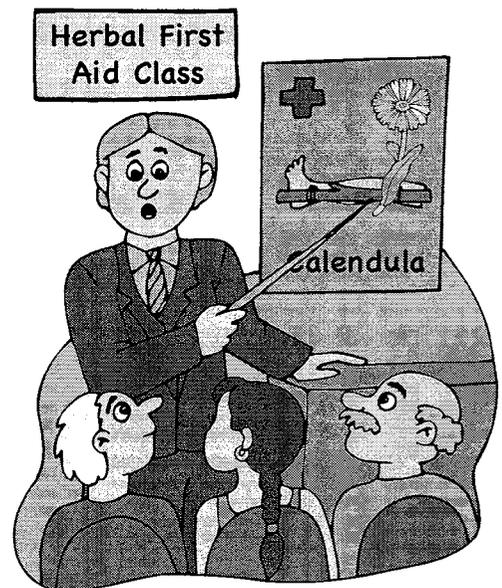
*Natural First Aid: Herbal Treatments for Ailments & Injuries/Emergency Preparedness/Wilderness Safety* by Brigitte Mars

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## Are You Prepared?

Illnesses and injuries don't happen at convenient times and places, but you can be ready by assembling a simple Herbal First Aid kit of just a dozen basic remedies.

Learn what these remedies are, and how to use them, in this issue of Sunshine Sharing.



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### Smashed Fingers

Grab and hold the finger tightly until the pain subsides (about 5-20 minutes), then apply Healing AC Cream, Nature's Fresh or Distress Remedy. Tei Fu oil can also help.

### Sore Throat

You can gargle with Silver Shield and/or Capsicum extract diluted with a little water or spray Silver Shield directly on the throat. You can also rub Capsicum and Lobelia, Tei Fu oil or Silver Shield Gel on the outside of the throat.

### Sprains and Pulls

Healing AC Cream, Distress Remedy and Nature's Fresh are all

excellent remedies to apply topically to help sprains heal. IF Relief can be taken internally to ease pain and promote healing.

### Sunburn

Aloe Vera gel, Herbal Trim Skin Conditioner and Nature's Fresh are good remedies to apply topically for sunburn.

### Wounds and Sores

Remedies that can help various kinds of injuries and sores to heal faster include Aloe Vera gel, Ultimate Echinacea, Nature's Fresh and Silver Shield.

These are not the only problems the remedies in this suggested first aid kit can help. Talk to the person who gave you this newsletter for additional suggestions and training.