



Natural Remedies for First Aid

Upgrade Your First Aid Kit with Herbs and Essential Oils

You've probably dealt with your fair share of cuts, bruises, abrasions, burns, sprains, insect bites, stings, and other minor injuries that need first aid. And, while modern medicine is necessary for serious injuries, most minor ones are easily treated at home with some basic knowledge of first aid and a few home remedies.

When it comes to home remedies for first aid, herbs and essential oils work better than most over-the-counter remedies. Natural remedies nourish and support tissues, reverse inflammation, and help injuries heal more quickly, usually without scarring. Even in serious injuries, natural remedies can help promote more rapid healing, making them great first aid remedies to keep in your home.

That's why we're covering first aid using herbs, essential oils, and other natural remedies in this issue of *Sunshine Sharing*. In this issue, you'll find a list of remedies to keep on hand and a list of injuries and illnesses these remedies can be used to help. We'll begin with the remedies you should keep in your first aid kit.

Assembling Your First Aid Kit

People don't get sick or injured at convenient times. So, you can't always run to the store when something happens. That's why it's wise to create a home first aid kit so that you have the tools on hand, ready to take care of injuries and illnesses as soon as they arise.

Your kit should include standard first aid supplies like 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. In addition, we recommend you keep the following natural remedies on hand.

Herbal Remedies

There are many single herbs that are valuable as first aid remedies. Here are three of the most dependable and versatile single herbs keep on hand for first aid.

Aloe Vera: Aloe vera is a soothing, mucilaginous herb and one of the most dependable remedies for burns and sunburns. It is also helpful for abrasions, rashes, and irritated skin. Keep a high quality aloe vera gel in your kit or just keep an aloe vera plant in your home.

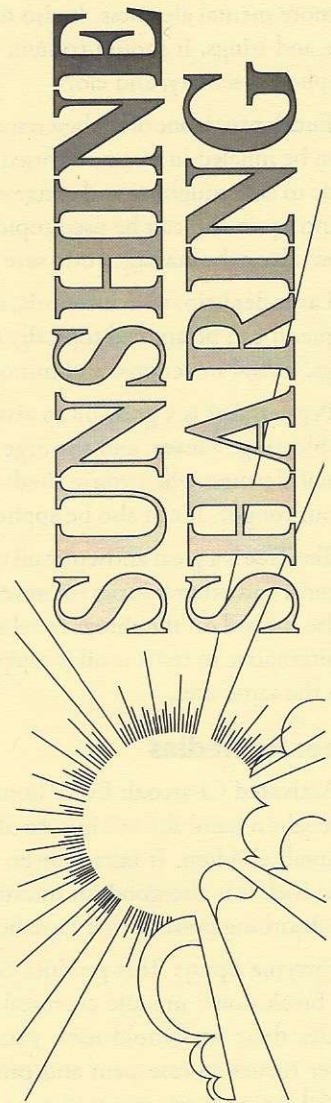
Capsicum Extract: Capsicum is an important remedy to stop bleeding, treat shock and stimulate circulation and healing. It is also a valuable remedy for colds and has mild analgesic qualities. The extract is best for first aid uses, but you may also wish to keep capsules too.

Lobelia Extract: Lobelia is an antispasmodic that relaxes muscle cramps or spasms and can be used to ease pain, reduce feelings of anxiety 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. The extract works best for first aid purposes.

Essential Oils

Essential oils are great additions to any first aid kit. What follows are a few oils you should consider having on hand.

An **Analgesic EO Blend** can be applied topically to ease the pain of headaches, muscle aches, arthritis, sore throats, and much more. It can also be inhaled to relieve respiratory congestion and



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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.

Sunshine Sharing is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to *Sunshine Sharing*, P.O. Box 911239, St. George, UT 84791-1239 or comments@treelite.com.

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promote mental alertness. It also makes a great remedy for insect bites and stings. It should contain essential oils like wintergreen, camphor, rosemary, and clove

Eucalyptus is one of the best remedies for respiratory congestion, it can be inhaled in steam, diffused, or smelled straight out of the bottle to ease coughing and congestion and to fight infection. It is an antiseptic and can be used topically much like tea tree oil (see below). It can be massaged into sore joints and muscles to ease pain.

Lavender helps with insomnia, stress, nervousness and nervous fatigue. It can be applied topically for burns, abrasions, bites and stings, fungal infections, and minor pains.

Peppermint is a great oil to settle the stomach and relieve gas and bloating, nausea, and the urge to vomit. It is also helpful for mental alertness when you're tired; try putting a drop on the back of your tongue. It can also be applied topically to bites and stings.

Tea Tree is a great antiseptic oil to put on cuts, burns, scratches, wounds, and other injuries to prevent infection and aid healing. It can be rubbed on the throat to relieve sore throats and laryngitis. An alternative to tea tree oil is cajeput oil, which is a close relative with the same uses.

Other Remedies

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. It is also good for intestinal gas, diarrhea, spider bites, and absorbing poisons that have been ingested.

Enzyme Spray: This product contains six classes of enzymes that break down organic chemicals that cause odors and stains. Besides these household uses, you can spray it on swollen and tender tissues to ease pain and promote healing. It's specifically helpful for sunburn, insect bites and stings, and rashes and other skin irritations. It can also be used as an underarm deodorant.

Homeopathic Arnica: This is one of the best remedies to have on hand for injuries like sprains and bumps. It will reduce swelling, ease pain, and prevent bruising when taken internally or applied topically.

Nanoparticle Silver: An antiseptic is a must for a first aid kit and nanoparticle silver made with the aquasol technology is one of the best choices. It has been shown to kill every pathogenic microbe known. The liquid nanoparticle silver can be taken internally or applied topically. It can also be sprayed on the throat for sore throats, into the sinuses for sinus infections, or dropped in the ears for ear infections. The silver gel is an excellent hand sanitizer and topical antiseptic for any type of wound or sore.

Formulas

Immune Boosters: It's good to have some remedies to stimulate the immune system to help your body resist colds, flu, and other infectious diseases when they are going around. Remedies that contain echinacea, mushrooms (reishi, cordyceps, maitake), vitamins C and D3, and zinc are helpful for reducing your risk of viral infections. You can keep some of these remedies as singles or as part of an *Immune Boosting Formula*.

Natural Pain Reliever: No first aid kit is complete without something for pain. An *Anti-inflammatory Pain Formula* containing herbs like andrographis, boswellia, mangosteen, turmeric or curcumin can be used to reduce inflammation and ease pain after injuries or surgery. Not only do these herbs reduce swelling and ease pain, they also help tissues heal faster. These herbs may also help with headaches, backaches, and other minor aches and pains.

Shock and Injury FE: This is a blend of the flower essences of star of Bethlehem, rock rose, impatiens, clematis, and cherry plum. It is helpful for easing both emotional and physical shock. It eases feelings of anxiety and anger and helps one be present and focused in emergencies. It can also be applied topically to speed the healing of minor injuries and burns.

A Quick Guide to Natural First Aid



There are numerous natural remedies for all of the following situations. However, we have limited most of 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, nanoparticle silver, *Enzyme Spray Formula*, tea tree oil, lavender oil, or the *Analgesic EO Blend*.

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 extract (about 10-20 drops) every two minutes until the attack subsides.

Anxiety Attack

Start by giving the person the *Shock and Injury FE Blend*. You can also administer small doses of lobelia extract (about 5-10 drops) every two to three minutes while encouraging the person to breathe slowly and deeply.

Bites and Stings

Echinacea, the *Analgesic EO Blend*, lobelia and the *Enzyme Spray* are all good topical remedies for insect bites and bee stings. For poisonous spider bites, apply a paste made of activated charcoal moistened with aloe vera gel and cover with a bandage to hold the mixture in place. Change this every hour. You can use these remedies while en route to seeking appropriate medical attention for poisonous insect or snake bites.

Blisters

Cut a hole in a gauze pad the size of the blister and put it around the blister; then apply a bandage on top of the gauze to cushion the blister. If the blister pops you can put tea tree oil or nanoparticle silver on it to prevent infection and aid healing.

Bumps and Bruises

Hold or rub the afflicted area for about 5-20 minutes immediately after the injury. This will take down swelling and ease pain. Take homeopathic arnica internally. You can also apply the *Enzyme Spray*, *Shock and Injury FE*, *Analgesic EO Blend*, or homeopathic arnica cream topically to heal the injury and prevent bruising.

Burns and Scalds



First degree burns involve redness, pain, and swelling, while second-degree burns cause blisters. You can treat both types of burns by applying ice-cold water immediately to the burned area. You can also dress the burn with aloe vera

gel to soothe the pain and cool the burn. Mixing lavender essential oil with the aloe vera gel makes it even more effective. You can also mix lavender oil with the nanoparticle silver gel.

Two good burn remedies you will probably have in your kitchen include real (not imitation) vanilla extract and raw honey. Both ease pain and promote rapid healing. You can apply any of these remedies to third degree burns, which involve charring of the skin, but you should seek medical attention for these more serious burns, especially if the burn covers a large area.

Contagious Disease Prevention

Your best protection against contagious diseases is proper sanitation (hand washing and basic cleanliness) and a strong immune system. When contagious disease is spreading, such as during the cold and flu season, take anywhere from 1,000 to 5,000 mg of vitamin C, 200-1000 IU of vitamin D3, and 15-25 mg of zinc daily. You can also take an *Immune Boosting Formula*.

At the first sign of acute illness, stop eating heavy foods and start drinking plenty of fluids. Also take these remedies to boost your immune system every two to four hours. This often allows you to ward off the infection in just a day or two.

Canker Sores (Mouth Ulcers)

A canker sore is a small, painful ulcer in the mouth. Apply peppermint oil or the *Analgesic EO Blend* 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, relaxes muscles and eases pain. You can also apply the *Analgesic EO Blend* or lavender essential oil topically.

Cuts and Bleeding

To stop external bleeding from a cut or wound, apply pressure directly to the wound. You can also sprinkle capsicum powder into severely bleeding wounds to stop the bleeding. It stings, but it works. Capsicum can also be taken internally to stop internal bleeding. Seek medical help for internal bleeding. You can apply tea tree oil or nanoparticle silver to cuts to prevent infection.

Diarrhea

Activated charcoal is an excellent remedy for diarrhea. It absorbs substances that are irritating the colon and firms up the stool. Take 2-4 capsules every three or four hours up to about eight capsules per day. You can also take nanoparticle silver to help fight infection.

Ear Infection or Earache

Two remedies which make good ear drops for ear infections are lobelia (which eases pain) and liquid nanoparticle silver (which fights infection). Before putting these into the ear they should be warmed to body temperature. You can also make ear drops by diluting equal parts of lavender oil and tea tree oil in olive oil. Use ten drops of olive oil for each drop of essential oils. This can be warmed to body temperature and used as drops in the ear or massaged around the ear.

Food Poisoning

You can induce vomiting by taking large quantities of lobelia (1-2 teaspoons) with warm water. You can also take activated charcoal to absorb toxins (or do both). 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 to thaw them out. Seek medical attention for severe frostbite.

Headache

Headaches involving a sense of pressure and tension can be eased by massaging the neck and shoulders using a mixture of equal parts lobelia and capsicum extracts. You can follow this with lavender oil or the *Analgesic EO Blend*. As the muscles relax, the headache usually goes away. The *Anti-inflammatory Pain Formula* can be taken internally as well.

Infected Wounds and Sores

If a wound becomes infected you can sprinkle activated charcoal on it to help draw out the pus and infection. You can also mix the charcoal with nanoparticle silver and/or aloe vera gel and apply it as a paste. Cover with a bandage and change every couple of hours.

Echinacea can be taken internally and applied topically to help heal infected wounds. Essential oils like tea tree and eucalyptus are also helpful for infected wounds. You can apply them directly or mix them with the nanoparticle silver gel.

Nausea and Vomiting

Peppermint oil can be used to settle the stomach in cases of nausea and vomiting. Lobelia in very tiny doses (1-2 drops) can do the same thing. Large doses of lobelia induce vomiting.

Nose Bleeds

Nose bleeds are often due to vitamin C deficiency or dehydration, which makes the sinus cavities more prone to irritation. So take vitamin C and stay hydrated if you're prone to nose bleeds. You can also use capsicum internally to help stop the bleeding.

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Pain

Remedies that can be helpful for pain include the *Anti-Inflammatory Pain Formula*, lobelia (in doses of 10-20 drops), and capsicum (2-4 capsules or ½ to 1 teaspoon of the extract). You can also apply

the following remedies topically over painful areas: *Analgesic EO Blend*, lavender oil, eucalyptus oil, the *Enzyme Spray*, or equal parts of lobelia and capsicum extracts. Massage the afflicted areas for 5-20 minutes after applying these remedies for best results. It also helps to ease pain if you drink a lot of water and breathe deeply.

Poison Ivy or Oak

Wash thoroughly after exposure. Aloe vera gel or nanoparticle silver gel can be applied topically to aid healing. If you live in an area with poison oak or ivy, you may wish to add *Rhus tox* homeopathic to your first aid kit and take it before and after exposure.

Shock

Shock is a response to severe physical or emotional trauma and is characterized by paleness, rapid but weak pulse, rapid and shallow respiration, low blood pressure, and lowered body temperature. Always treat anyone who is seriously injured for shock. Cover the person to keep them warm, elevate their feet (if possible), and give them the *Shock and Injury FE Blend*. You can use capsicum extract or a drop of peppermint oil under the tongue. You can also have them smell the *Analgesic EO Blend*, peppermint, or eucalyptus oil.

Slivers

Slivers are typically removed by using a needle and tweezers. Disinfect the needle and the affected area with nanoparticle silver or tea tree oil prior to extracting the sliver.

Smashed Fingers

Grab and hold the finger tightly until the pain subsides (about 5-20 minutes), then apply the *Analgesic EO Blend*, *Enzyme Spray*,

the *Shock and Injury FE Blend*, or arnica topically. You can also take homeopathic arnica internally to prevent bruising.

Sprains and Pulls

Apply equal parts capsicum and lobelia extracts to the injured area and massage it using rapid light strokes (you don't have to press hard) for about 5-20 minutes. Follow this with the *Analgesic EO Blend*, *Shock and Injury FE*, and/or *Enzyme Spray*. You can also take homeopathic arnica or the *Anti-Inflammatory Pain Formula*.

Sunburn

The best remedy for sunburn is to apply aloe vera gel liberally. You can mix a little lavender oil with it for even better results. Spray the area frequently with the *Enzyme Spray* (or just plain water) to keep it moist. Reapply the aloe vera every hour or so until the pain is gone. Also take extra vitamin C.

Tick

Ticks can carry diseases such as Lyme or Rocky Mountain spotted fever. Carefully grasp the tick with a pair of tweezers and pull gently to remove it. Be careful to not crush it or break off the head. Disinfect the area of the tick bite with nanoparticle silver and/or tea tree essential oil to help prevent infection.

Get Prepared Today

Don't hesitate! Get prepared for emergencies by assembling your natural first aid kit today. And keep this newsletter in the kit to help you remember how to use the various remedies.

Additional Help and Information

For more information about herbs, essential oils and other natural remedies for first aid, contact the person who gave you this newsletter. You can also consult the following resources:

The Fundamentals of Natural Healing course by Steven Horne (treelite.com)

Nature's Home Remedies course by Steven Horne and Jay Vanden Heuvel (naturesinstitute.com)

The Herbal Medic by Sam Coffman (<https://theherbalmedic.com/>)