

Natural First Aid for kids + Colic remedies: 2-pages special

Here are some formulas for an organic and non-toxic first aid remedies for the family.

Please consult a medical professional for diagnosis and specific treatment related to your child.

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My friend had a bad cut on a camping trip and they didn't have a first aid kit, and had only tea bags and wild herbs. These did a beautiful job of keeping the wound from becoming infected and healing it, but they still would have liked to have some more natural products. Your kit should include the usual bandages, scissors, etc., but there are also many amazing natural products.

Aloe vera gel: Cooling, soothing and healing, aloe vera gel is excellent for treating burns, minor wounds, insect bites and stings. For sunburns, apply aloe gel with lavender essential oil (5 drops lavender to 1 tsp aloe) directly to the skin. This will calm the burn and heal the skin.

Calendula-comfrey salve: Have a herbal salve that contains calendula and/ or comfrey for cuts, scrapes, rashes, burns, bruises, strains, and sprains. These herbs are antimicrobial and speed wound-healing. Other excellent herbs in a salve such as St. John's wort, heal-all, plantain, purple loosestrife, yarrow and mullein.

Charcoal: Activated charcoal is essential for food poisoning. At the onset of symptoms, take 6 capsules and then another 6 in six hours. The charcoal absorbs the gas and toxins and helps move them out of your body.

Echinacea tincture: Use straight Echinacea tincture or in a blend with other immune stimulating herbs. Use Echinacea at the first sign of illness or infection of any kind. It can also be used topically on wounds to prevent infection. For toothache, hold the tincture, diluted in a little water, directly on the infected tooth. Echinacea combined with St. John's wort is excellent for staving off a sore tooth.

Laxative herbal: A herbal tea blend for constipation such as Traditional Medicines or Flora. It's best though to take a bulking laxative such as psyllium husks mixed 50/50 with whole flax seeds so that your bowels don't become dependent on laxatives.

Natural insect repellent: Make an effective but safe natural insect repellent using one essential oil from each of these families: evergreen family such as cedar, juniper wood, spruce, fir, and pine; lemon family such as citronella, lemon balm, and lemon grass; and a general aromatic such as eucalyptus, mint, catnip, or lavender. A good blend is citronella, pine and lavender. Use 5-10% essential oils in a base of olive oil and the contents of one 400 IU vitamin E for every ounce of oil or suspend the oils in a base of water and alcohol (20%).



Valerian tincture: This is a powerful sedative and relaxing herb. It's useful for insomnia, anxiety, tension, cramping and headaches.

Witch hazel: Distilled witch hazel is astringent, anti-inflammatory, and antiseptic. It helps stop bleeding and promotes healing. It's good for insect bites and skin irritations. Essential oils can be added for various first-aid conditions such as bruises, stings, burns, cuts, and scrapes.

Chamomile tea: Chamomile is an excellent tea that is safe for children. It is good for digestive problems and for promoting sleep. Applied topically it is good for cuts, scrapes, rashes or other irritations of the skin. Use the luke warm tea bags over the eyes for tired or irritated eyes. For indigestion it can be used alone or in an herbal blend with other herbs such as peppermint, fennel, anise or ginger. To make a medicinal tea, steep one tea bag or one tsp of loose tea in one cup of boiled water for 10 minutes covered, then strain.

Ginger tea bags: Ginger tea is excellent for nausea whether from morning sickness, motion sickness, or other causes. Sip the tea as needed. It can be sweetened with honey.



Essential Oils

Eucalyptus: A potent antibiotic and antiviral, eucalyptus is excellent for upper respiratory infections and congestion. Put a few drops in a pot of hot water, put a towel over your head, and breathe in the steam. You can also use it diluted 2 drops in 5mL carrier oil and rub it on your chest or under your nose for congestion. This oil is also good for muscle aches and pains.

Lavender: This oil is a virtual panacea and is one of the few oils that can be applied directly on the skin. It has anti-inflammatory, antiseptic and sedative properties. It is helpful for anxiety, insomnia, headaches, wounds and burns. It provides immediate relief from insect bites, burns, cuts, or scratches. For sunburn, soak in a cool bath with 10 drops of lavender essential oil or mix with aloe (see above). Massaging a few drops on the temples can help ease a headache, especially if it is stress related. Add 5 - 10 drops of oil to your bath to relieve muscle tension and calm nerves. Put a few drops on your pillow to promote sleep. Lavender also is excellent for raising the spirits.

O24: This oil blend is amazing for aches and pains of all kinds. Use it on stiff or sore muscles, back aches, menstrual cramps, and other achy complaints. It's even great for pimples!

Peppermint: Peppermint is great for tension headaches. Massage 2 drops in 5mL carrier oil on the temples.

Tea Tree Oil: This essential oil is antiseptic, antibiotic and anti-fungal, making it ideal for treating cuts, insect bites, fever blisters, acne, skin infections, as well as fungal infections such as athlete's foot. When applied early enough, it can help prevent cold sores from developing. This oil can be applied straight to the skin.

must have
NATURAL
products for your
First Aid kit!

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Rescue Remedy: This Bach Flower remedy is taken to ease feelings of shock or panic following a trauma and in stressful situations for calming the nerves. A must have! Using it after an accident can help the body recover faster.



Colic Remedies- some causes and natural remedies

Feeding: Feed your baby often. Small, frequent feedings are less likely to produce colic than fewer large ones. Try the colic hold recommended by the LaLeche League. Hold baby astraddle your arm with the head resting in the crook of your elbow and the top of the legs in your hand. Be sure baby's head stays higher than the feet while nursing. If breast feeding, make sure baby is latched on properly to the nipple to prevent her from gulping excessive air while feeding. If your milk comes out too quickly at the beginning it can also lead to baby gulping excessive air. To remedy this, express a little milk first by hand.

Allergies: Baby could be reacting allergically to a particular food or foods. Food allergies should be suspected if baby is constipated, has dark marks underneath the eyes, is windy, has red cheeks and is sweaty while sucking and wakes up suddenly. If you are breast feeding, the food substance can come through your breast milk. To remedy this, eliminate all possible allergens from your diet for one month and then introduce them back one at a time, one per week. If baby experiences colic after the introduction of a particular food, then eliminate it out of your diet for another month and retest. Any foods that cause reactions in you can cause reactions in baby. There are certain foods that are the usual suspects, so begin by avoiding these: soy, wheat, corn, citrus and dairy (especially cow's milk). Many colicky babies have been found to react to cow's milk even in the breast milk, especially when there is a history of allergies, eczema, and asthma in the family. Try using goat milk for your bottle-fed baby as it is closer to human milk than cow's milk. If you are feeding baby formula, you may need to find alternatives that don't contain a major allergen such as soy.

Problem foods: In general, avoid eating members of the cabbage family (broccoli, cabbage, kale, collards, and Brussels sprouts), turnips, garlic, onions, and curry or highly spiced foods. Other foods are too much fruit, alcohol, coffee, chocolate, leeks, beans, lentils, cucumber, tomatoes, eggs, sugar, chicken, radishes, and cauliflower, peanuts, peanut butter, fried foods and white flour. Avoid these foods during the first six months of your lactation as they can disrupt and slow intestinal activity in baby. If any of these foods are a regular in your diet or you suspect them for any reason, omit them all for one month, and then add them in one at a time at one week intervals.

Teas that help reduce gas and improve digestion: Moms can drink a cup of one of the following teas before breast feeding as the antispasmodic and digestive effects will be passed on to baby: fennel, caraway, dill, anise, chamomile, catnip, or lemon balm. Catnip is a wonderful tea to give directly to baby if she's taking a bottle as it relieves spasms in the intestines and helps with sleep. Use one tsp of dried catnip to once cup boiled water. Let it steep for 10 minutes, then strain and allow to cool until it is lukewarm. If baby is not on the bottle, you can dip your finger in the tea and put it in her mouth. Another excellent tea is lemon balm (4 parts), fennel (2 parts), and lavender flowers (1 part). Prepare as you would the catnip tea.

You can also use tinctures of catnip and/or fennel. Put 30 drops in a cupful of boiled water and allow to cool to lukewarm (this will evaporate off the alcohol). Give it to baby by the tsp or a dropper as needed. Go by what baby will take in. The effect should be obvious soon.

Bathing baby in a bath with chamomile, linden blossom, and/or lavender flowers will help ease her cramping. Massage baby's tummy with 2 drops of one of lavender, geranium, chamomile, ginger, fennel or aniseed essential oil in 5mL carrier oil (such as coconut, flax, or olive oil).

Hot water bottle: After a feeding, lying baby on her side with a hot-water bottle wrapped in a towel close to her tummy.

Acidophilus: Acidophilus provides your digestive tract with the friendly bacteria it needs. When there is imbalance in the intestinal flora it can cause digestive dysfunction, gas and bloating. Imbalance is common in babies born by c-section. You should take acidophilus daily – 2 capsules 2 times a day, 10 minutes before meals. Use Sisu, Quest, Udo's, DDS or some other higher end product. Make sure it's dairy free if you or baby have a problem digesting cow's milk. Also, give baby acidophilus directly either by putting some on your nipple before feeding (dissolve acidophilus in a little water and then spread on nipples), or dip your finger into the acidophilus and let baby suck on your finger, or put the acidophilus in baby's tea. You can get special acidophilus for babies in the health food store. Take as recommended on the bottle.

first aid/ wellness scenario #9

Answers next bulletin

- ? 1. What are signs that a child is choking (not just coughing)?
- ? 2. How do you help this child? What do you NOT do?

Answers to last 2HEALTH Bulletin's scenario #8:

What is the most common plastic and what makes it unhealthy: Phthalates and it's unhealthy because it leaches out of the product and can have health effects.

What are 3 ways to be a proactive toy consumer:

1. Check for recalls with Health Canada, Consumer Product.
2. Research the manufacturer and location toy was made.
3. Choose toys with natural finishes, non-PVC, organics, non-toxic metals.

This bulletin is a guideline on how to build a 'Natural First Aid kit' and incorporate herbal remedies as part of your healthcare. There are also resources included with this bulletin. More Prevention = Less Treatment.

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Febril Seizures | Fevers | Concussions