



Naturopathic First Aid Solutions



Summer is a great time for activity and family fun. Active time outside can also lead to increased cuts, scrapes and bug bites. Nature can provide great healing solutions for low grade injuries like bug bites or minor scrapes. Add some of the following to your first aid cabinet and make the most of what nature has to offer. ~ Dr. Kristin Heins, [ND Doctor of Naturopathic Medicine from Thrive Natural Family Health www.thrivehealth.ca] has contributed the content of this bulletin - thank you!

resource: **A Treasury of Natural First Aid Remedies from A-Z** by Kusick, James (ISBN: 0130631817 / 0-13-063181-7)



Aloe Vera Gel: Having a plant on hand at home is a wonderful addition to the medicine cabinet. Simply break open a leaf as needed, squeeze out the soothing gel from within the leaf and apply topically to aggravated skin. Especially helpful when applied to minor skin burns.

Calendula: The flowers are often used in ointments that can be applied topically to skin. The herb is known to help aid in healing minor skin irritations like scrapes, cuts, bug bites, diaper rash or chicken pox. It is available in gel or cream versions from most health food stores.



Eucalyptus:

Dabbing some eucalyptus essential oil onto skin before nature hikes or time outside is a great way to help reduce the likelihood of being bitten by annoying pests. The smell helps repel mosquitoes and is a bug repellent.



Oatmeal: This cooking ingredient is a wonderful itch reducer and can be made into a paste with water and applied to itchy rashes such as poison ivy, chicken pox or bug bites. Best to make it with warm water and cool prior to application.



Tea Tree: This essential oil is a great antiseptic and can be applied with a cotton ball onto skin and is great for helping clear acne spots. Can also be helpful in treating warts and topical fungal infections like athletes foot.

first aid/ wellness scenario #18
Answers next bulletin

? What are 3 tips for protecting your back...so you can be Ergo Savvy?

*Answers to last 2HEALTH Bulletin's scenario #17:

1. **WHAT GLOVES ARE RECOMMENDED IN A FIRST AID SITUATION + HOW CAN YOU CARRY THEM SO THEY ARE HANDY?**
 - > vinyl or nitrile gloves.
 - > carry gloves in a keychain pouch with a face shield; in a small container to reduce risk of puncture; or in a sealed bag for the purse, gym bag, diaper bag
 - > gloves are not only to reduce risk of disease transmission...they help increase speed of rescue. When you where them, you are less squeamish when handling vomit, touching blood or fluids.

This bulletin is for information only and to be used in conjunction with medical care. People with medical conditions or pregnant must use caution. Please consult a herbalist or Naturopath before using essential oils and for treatment of specific injuries.

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