



# Naturopathic First Aid Kit

## A Handbook

In the case of an emergency please call 111

Anytime you are unsure please consult your GP or call 111.

Please use these tools in this course to help and support common non-emergency household ailments.

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## PHYSICAL INJURY

### Cuts and Scrapes

**Disinfectants the area with -**

**Colloidal Silver -**

⊕ Spray onto and around wound multiple times a day.

**Manuka honey -** Antiseptic, promoting fast healing

⊕ Put a small amount onto the wound or onto a non-stick wound pad and place onto wounded a bandage over the top.

**Tea tree essential oil -** Antiseptic, promotes fast healing

⊕ Either drop 2 or 3 drops onto the wound. If the wound is open and sensitive rub drops around the wound and not straight on.

*x Caution: It can sting an open wound.*

### Muscle aches and soreness

**Epsom salt bath -** Reduces muscle soreness and tension, relaxation for the nervous system.

⊕ Place 1/2 cup of Epsom salts (Magnesium citrate) into a hot bath. Soak for no longer than 15 minutes and drink plenty of water before, during and after the bath to rehydrate.

*x Caution: Make sure you get out of the bath before 15 minutes as toxins pull from the body and if you soak longer the can reabsorb into the body.*

**Peppermint or cayenne cream -** Increases blood flow to muscle

⊕ Any herbal cream you buy with both of these ingredients or just one, massage the cream into the muscle 1-2x day.

*x Caution: This can create a burning sensation on the skin as these creams are quietly powerful. Some burning and redness is normal, if burning becomes too much to bare then wash off with soap. Do not touch your eyes after use.*

### Bumps and bruises

**Arnica -** brings bruising to the surface for fast healing

⊕ Rub arnica cream onto the affected area liberally 3-5x/day and then reduce after 2 days to 1x day.

*x Caution: It will start to look more bruised if there is bruising to come out so don't panic if it looks worse, it is a good thing.*

## Stings and bites

*x Caution: If you are allergic to bee stings or you start to develop swelling in other areas of your body, increased heart rate, shortness of breath or any other allergic symptoms please consult a health care practitioner immediately.*

**Honey** - Soothes pain and itching, promotes fast healing

⊕ Place a glob of honey on the area and leave to absorb in.

**Baking soda** - Neutralise bee venom, reduced pain, redness, and swelling

⊕ Make a thick paste with baking soda and water and place onto the sting.

Other things which can be similar is toothpaste or apple cider vinegar.

**Aloe Vera** - Soothes pain and irritation

⊕ Place aloe vera gel directly onto the sting and around the area.

⊕ If you have an aloe plant, peel off some of the light green inner parts of the plant and place it on the sting like a plaster.

**Calendula cream** - Soothes pain and irritation

⊕ Place cream on the affected area.

⊕ You can also make a small soak using 1 cup of boiling water and a tablespoon of dried herb and let sit with a lid on for 15 minutes, then adding enough cold/warm water to make a small bath to soak to the affected area in for 10-20 minutes.

**Lavender essential oil** - Soothes itching, redness, and pain, promoting fast healing.

⊕ Drop a few drops of the essential oil onto the sting.

⊕ If too sensitive rub a few drops on the skin around the sting.

*x Caution: It can sting a little. Wash off if too painful. Avoid touching eyes after applying.*

## Burns and sunburn

**Manuka Honey** - Antiseptic, soothes pain, promotes healing

⊕ Smear some honey over the burn.

**Aloe Vera** - Cools the burn, soothes the pain

⊕ Gel is the best form of aloe Vera for burns, smear onto the area liberally.

**Lavender essential oil** - Drop 2 or 3 drops on the burn, this will speed up the healing process.

**Sunburn -**

**Aloe Vera gel** - rub onto the burned areas to cool the burn and soothe the pain.

⊕ If you have an aloe plant, peel off some of the light green inner parts of the plant and place it on the sting like a plaster.

**Coconut oil** - Hydration, providing skin nutrients to promote healing

⊕ Rub coconut oil over the burn regularly will keep the area hydrated.

*Note: Hydration is so important if you get a sunburn. Sunburn is often linked with dehydration, also, your body will use a lot of its water stores to deal with sunburn and it will keep needing a lot of water to heal. Adding a pinch of Celtic or Himalayan sea salt into your water will be beneficial to hydrate faster and replenish electrolytes.*

## SICKNESS AND ILLNESS

### Colds and flu

**Homemade chest rub** - Immune support, improves symptoms of the cold and flu

⊕ You can also buy a good quality herbal chest but if you want to make it yourself - Get melted coconut oil or melted beeswax and add liquid oil (almond, avocado, jojoba) and use this as a base. Add peppermint, eucalyptus, rosemary and/or thyme essential oil, mix in and use this to rub on your chest in a hot shower or bath.

**Inhalation with Eucalyptus essential oil** - Clears congestion, supports immunity

⊕ Place a few drops of the essential oil in a big bowl of boiling water and place a towel over your head and the bowl to keep the steam in and concentrate the infused oil. Breathe this steam in for as long as you would like and do this as often as you would like.

x *Caution: Do not ingest essential oils*

**Vitamin C** - Improves immune function

⊕ Vitamin C comes in powders and tablets, whatever form you have in the house it is a good idea to take around 3000/mg per day. If you have the ascorbate acid powder add 1 tsp to water and drink.

**Homemade immune tonic** - Improves immune function, improves gut health, antimicrobial

⊕ For maintenance: Take 1 shot of this tonic in the morning.

⊕ When sick: Take 1 shot 5x a day

*x Caution: Ingredients are really potent, you can experience an uncomfortable stomach after taking. If this turns into pain or cramping discontinue use and ask a health care practitioner.*

**Colloidal silver** - Antiseptic, disinfected for surfaces

⊕ Spray a few sprays into your mouth and over your face as well as over surfaces in your house that you use often.

*x Caution: Try not to ingest too much silver, using it topically and on a household, surfaces are more advised to avoid a silver build-up in the body.*

## Nausea and vomiting

**Himalayan salt and water** - Replenish electrolytes, hydration

⊕ Add a pinch of Himalayan or Celtic salt into a bottle of water and drink.

*x Caution: This can sometimes affect a sensitive stomach. Use this to rehydrate after vomiting not to be used while in a vomiting episode.*

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⊕ Spray a few sprays into your mouth and over your face as well as over surfaces in your house that you use often.

*x Caution: Try not to ingest too much silver, using it topically and on household surfaces are more advised to avoid a silver build-up in the body.*

**Ginger tea** - Relieves nausea and settles digestive upset

⊕ Grate or finely chop fresh ginger and steep in boiling water for a few minutes with a cover on.

**Fennel tea** - Relieves nausea and settles digestive upset

⊕ Use dried or fresh fennel, steep in boiling water for a few minutes with a cover on.

## Headaches and migraines

**Lavender, Rosemary, peppermint, Eucalyptus essential oil** - Can ease the pain and the tension of a headache

⊕ Use any combination of these essential oils, either through an inhalation (putting a few drops in boiling water and

inhaling the steam), or putting drops into a base oil and massaging into your head, face, and neck, or simply sniffing the oil.

**! Willow bark or Feverfew** - Works to relieve the pain of a headache.

⊕ If your medical herbalist has prescribed this - place 10 drops of one of these herbs into a small glass of water or straight into your mouth or as directed by your herbalist.

## Diarrhea and constipation

### Diarrhoea -

**Lavender, Ginger, Frankincense, Peppermint, Oregano, chamomile essential oil -**

⊕ Use any or a combination of these essential oils, either through an inhalation (putting a few drops in boiling water and inhaling the steam), or putting drops into a base oil and massaging into your head, face and neck, or simply sniffing the oil.

*x Caution: Do not ingest essential oils*

**! Bilberry** - Anti-inflammatory, High in tannins (drying affect)

⊕ If you have been prescribed this by a medical herbalist - add 10 drops in water or straight into your mouth.

**Himalayan salt and water** - Replenish electrolytes, hydration

⊕ Add a pinch of Himalayan or Celtic salt into a bottle of water and drink.

**Activated charcoal** - works to clear out the pathogen present in the gut

⊕ Take a store-bought activated charcoal supplement and use it as directed.

### Constipation -

**Prunes** - Fibre and high fructose pull water into the bowel

⊕ Eat a handful of prunes a few times in the day along with a lot of water.

**! Senna** - Herbal laxative

⊕ If you have been prescribed Senna by a medical herbalist use as directed.

**Flaxseeds** - Bulking fiber

⊕ Take 2 tablespoons of flaxseeds or linseeds and soak in cold water until a jelly form. Take as is or add to food like a smoothie.

**Psyllium husks** - bulking fiber

⊕ Add a teaspoon to water and drink or add to food. Make sure you drink at least 1.5 Litres of water after this as this will dry your digestion out unless you drink a lot of water and can add the problem.

## **OTHER CONDITIONS**

### **Fainting**

*x Caution: Check for a medical alert bracelet in case they are diabetic or have another condition and in a medical emergency call 111.*

**Sugar** - replenish low blood sugar levels

It is highly likely they have low blood pressure and/or low blood sugar.

⊕ Mix 2 teaspoons of sugar in water and ask the patient to drink this. You can equally use any food high in

sugar and easily digestible like candy, fruit juice, etc. but anything with a lot of fiber like fruit will digest to slowly.

*x Caution: Ensure the person is fully conscious and able to eat food if there is a possibility that they could lose*

*consciousness again do not give them anything to eat in case of choking.*

### **Acid Reflux/GERD**

*\*Note: If this is happening often, please consider consulting a Naturopath to get to the root cause of the issue. Prolonged GERD or acid reflux can have long term effects on the digestive system.*

**Fennel tea, Chamomile tea, Ginger tea** - Soothes stomach and reduces reflux

⊕ Either fresh or dried herb add 1 teaspoon to a cup of boiling hot water and steep with a cover for 10-15 minutes and drink.

**Slippery elm** - Soothes mucous membranes in the gut

⊕ Dissolve 1 teaspoon of powder into water and drink.

**Aloe Vera juice** - Soothes mucous membranes in the gut

⊕ Drink a small glass Aloe Vera juice.

*x Caution: This is only for the juice of aloe Vera. This is not appropriate for the gel or other forms of the plant.*

## Dental

**Clove oil** - Topical analgesic, antiseptic

⊕ Rub a small amount of clove oil on the affected area.

*x Caution: Do not swallow clove oil*

## Emotional Trauma

**Rescue remedy** - Supports the nervous system in a state of trauma

⊕ Depending on the form of rescue remedy you have, spray, pills, lollies or drops use as directed