

Additional_First_Aid_2002.txt

A few additional, basic, emergency first aid suggestions:

- * Bach flower Rescue Remedy (which can be diluted and sucussed in the same manner as homeopathic remedies) is invaluable for shock and trauma, especially for children.
- * For 2nd and 3rd degree burns, Calendula succuss (juice) is highly beneficial to promote healing without the danger of the wound closing over an infection.
- * For a burn or other wound that you are concerned may close over an infection, make a poultice of plantain leaves mixed with enough water to make it clump together. Place directly on the burn/wound or in between layers of gauze/cloth. Remove the poultice frequently at first, observing any light green or pus pulled out by the poultice. The plantain is a powerful plant for drawing out anything, including infections, and can do so on a very painful burn or open wound without additional irritation (there may be some slight stinging when it is first placed on and some discomfort when removing it, especially if it is allowed to dry completely on the burn/wound).
- * We are gathering alcohol rather than ?anti-septics? and sheets rather than sterile gauze for our first aid supplies.
- * Tinctures for pain: California poppy + Skullcap, Jamaican Dogwood
- * Other important tinctures to have:
 - o Cactus ? excellent for major heart problems
 - o Crataegus (Hawthorn) ? tonifying and nutritive for the heart, excellent anti-oxidant for the lungs