

Natural First Aid Remedies

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Note: This reference guide is for educational purposes only. It is not intended to medically prescribe nor is it intended to replace qualified medical healthcare. If you have or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.

The top 6 remedies for every household

- 1- Arnica 30X or 30C, Arnica Crème or Gel are also handy for bruises.
- 2- Rescue Remedy – Liquid
- 3- Tea Tree Oil
- 4- Charcoal Caps or Powder (activated)
- 5- Echinacea Extract
- 6- Herbal Ed's Salve

Herbal Remedies –

Echinacea – Acute dosage is up to 5 dropperfuls of the liquid extract for the 1st dose then 2 dropperfuls every 2 hours (waking)

Goldenseal – Is a strong anti-septic and anti-fungal. It is a good anti-bacterial for the skin applied topically. Internally one of its greatest uses is treating diarrhea caused by bacteria. It is excellent as a sore throat gargle and any upper respiratory or sinus problem where there is yellow mucous.

Neem Oil – Is excellent anti-fungal oil. It has a strong smell but works well.

Indian Pipe – Is used as a pain remedy. It doesn't take away the pain but puts the person distant from the pain making the pain more tolerable. **Aspirea Compound** (Herbalist Alchemist) is a good general pain combination liquid extract.

Cinnamon – is an excellent haemostatic helping to stop bleeding. The extract combination made by Herb Pharm – **Erigeron*Cinnamon Compound** is the best herbal extract for passive bleeding.

Khella – Use during the passing of **kidney stones** or gallstones it relaxes the ureters and bile ducts so that the stone can pass more easily through narrow passageways. Use 30 - 60 drops in 8 oz of hot water and drink all at once. This can be taken 6x a day. Apply hot compresses to the kidney area or soak in a hot tub. Khella is also good for preventing Asthma attacks (see information in Therapeutic Herb Manual by Ed Smith)

Ginger – Best known herbal remedy for motion sickness and general nausea. Use fresh root grated or powder or cut dried root in tea.

Oil of St. Johns Wort – applied topically can help with Shingles Pain; it is also excellent for 1st, 2nd. Degree burns. Apply anywhere there is nerve trauma, injury or back injury.

Herbal Combinations and Ointments –

Neutralizing Cordial (Herb Pharm) – A good antacid alternative take 30 – 80 drops every _ hour, hour, or 2 hours according to urgency of symptoms. Drops should be well diluted in 4 to 8 oz of water.

Herbal Ed's Salve (Herb Pharm) – one of my personal favorites, this is an excellent all purpose herbal salve that has a wide range of uses topically.

Plantain/Goldenseal Compound (Gaia Herbs) – a good anti-biotic skin salve. It can also be used on suspicious skin growths.

Mullein/Lobelia Compound (Gaia Herbs) – Used on swollen glands, lymphatic engorgement.

Bach Flower Remedies – There are 39 remedies used for 39 different emotional states – see the info sheet on choosing a remedy. Star of Bethlehem(Shock) and Rock Rose(Terror and Panic)- are 2 of the biggest emergency remedies.

Rescue Remedy comes in liquid, spray or cream

Rescue Remedy can help restore a sense of calm during stressful situations. Such as receiving serious news or a severe upset, after having a heated argument or a startling experience. It can also be used just before bed to calm a troubled mind or before any stressful situation such as exams, doctor or dentist appointments, public speaking, ect.

Take 4 drops directly on the tongue or in a glass of water 3 or 4 oz an sip slowly or put on the nape of the neck or pulse points. Rescue Remedy works extremely well with animals also.

Homeopathy –

How to take homeopathic remedies: If you only have 1 potency on hand use that one!

Super Acute: 200c Use less frequently than the 30c depending on the severity of the situation.

Acute 30X or 30c take a dose every 15 to 30 minutes for the 1st- 4 doses then a dose every 2 to 3 hours – back off the frequency if you see marked improvement.

Chronic 6c take a dose 3X a day. (In emergencies 6c will work just take it more often)

Put homeopathic pellets in a small amount 2oz of water stir and dissolve and hold in the mouth for 20 seconds or so and swallow. Pellets can also be put directly in the mouth.

Please note: Always use your good common sense in emergency situations – use the homeopathic remedies on the way to the emergency room if a problem obviously needs immediate medical attention or while waiting for an ambulance. For more minor problems wait.

TRAUMA

ARNICA - The #1 remedy for all physical traumas is Arnica – Bumps, Bruises, and any accident where you would normally bruise. Falling down, knocking your head on something, car accidents, skate board accidents, falling off a bicycle ect. Use a 30X or 30C potency and take 3 or 4 pellets as frequently as every 15 minutes depending on how acute and bad the accident is. Use 200C in very bad situations such as car accidents. This is the single most important homeopathic remedy to have in the glove box of your car or at home. Arnica is also a great remedy for overexertion where you would feel sore later. **BELLIS** – is used if the bruising goes into the organs or deeper tissues than the surface of the body. It acts just like arnica only deeper. (BELLIS feels better with heat)

ACONITE – All emotional shocks – especially when rescue remedy isn't working. Key symptoms are shaking and trembling and speechlessness. Use 30c regular and 200c extreme.

CALENDULA – All rough cuts, i.e. scraping cuts or abrasive cuts, lacerations, torn muscles, injuries to the neck. Calendula is an excellent remedy to use to reduce the pain of surgery and to help with wound healing. 30c.

IGNATIA – Grief, when in shock when hearing the news of a loved one's death. The total disbelief of a sudden grief. Also used for shock and hysteria. 30c regular and 200c extreme.

REMEDIES FOR INJURED PARTS OF THE BODY

Joints – RHUS TOX

Muscles – CALENDULA

Nerves – HYPERICUM

Tendons – RUTA – also any overstretching. Weak Ligaments, RUTA is the acute remedy CALC FLOR is the chronic remedy. RUTA is also used for injuries to the periosteum (bone covering) such as shins. Its good for skiers who lean too far forward in their ski boots and for runners who get stone bruises.

Tissues (Soft) – ARNICA

Tissues (Deeper) – BELLIS

RUTA – Weakens

RHUS TOX – Stiffens - in chronic problems CALC CARB follows.

Apparent Death

Check the heart and pulse rate – Put a mirror under the nose to check moisture.

CARBO VEG – sometimes can bring breathing back.

Asphyxia in newborns or old people with pneumonia

ANT TART 30c

Comatose People – OPIUM (it can bring a person out of a coma)

Drowning – ANT TART

Dying Person - ARSENICUM 30c or 200c it gives the person peace of mind and removes restlessness – also it can be given to animals that are dying and in pain or discomfort.

ALLERGIC REACTIONS

#1 remedy is APIS

Apis is used for bee stings, wasp stings (VESPA also), fire ants you get an allergic reaction to. **Anaphylactic Shock** use APIS 1st. 200c if it doesn't work use CARBOLIC ACID

Shock the tissues become full of fluid APIS 200c or CARBOLIC ACID

Shellfish Allergies – URTICA – (if you swell up APIS) if you eat and get a rash – URTICA (RHUS TOX) is a back up remedy for URTICA

HISTIMINUM is the general back up remedy for allergies; it is used for histamine release.

Allergic Asthma – ARSENICUM ALBUM or ALLIUM CEPA if these don't work try IODUM or BROMINE (Arsenicum is the main 1st. remedy to try with asthma)

ALTITUDE SICKNESS – COCA, CARBO VEG, SILICA

Hyperventilation, craves to be fanned or have air blowing directly in the face – CARBO VEG. CARBO VEG take it while you are ascending a higher altitude, before the headache comes on.

AMPUTATIONS – skill saws or lawn mowers – give CALENDULA 1st.

Stump Neuralgia – CALENDULA, COFFEA

BITES & STINGS

Spider Bites, Rat Bites, Dog Bites, Cat Bites or Snakes – HYPERICUM (sharp shooting pain, sensitive to touch) – **Echinacea extract** taken in frequent high doses can be very helpful in preventing infection or poison from spreading to other tissues. I've seen it work remarkably well with Brown Recluse Spider Bites. Any poisonous bite can be helped by putting activated charcoal on the bite area to draw out the poison from the bite. LOXOSCELES is the remedy made from Brown Recluse venom.

Septic Bites (snake) – LEDUM the area is cold, with bluish discoloration, prevents tetanus.

Venomous Snake Bites – LACHESIS, CROTALUS (rattlesnake, copperhead, water moccasin. ELAPS – coral snake – other remedies BELLADONNA, CARBOLIC ACID, LEDUM

Fire Ants – APIS, XEROPHYLLUM (intense itching, stinging red rash with small vesicles. Fresh crushed up plantain leaves put as a poultice over the bite will help draw the poison out of the bite.

Flea Bites – LEDUM

Bee, Wasp, Hornet, Yellow Jacket stings – APIS, also wet some tobacco leaves and put on the bite. Meat tenderizer that has papaya enzyme in it can help neutralize the poison injected by the insect.

Echinacea Extract can be helpful in reducing the damage to the affected area taken internally and diluted topically.

Charcoal poultice can also be put on a sting to help draw out the toxins.

BLEEDING

#1 remedy for bleeding is PHOSPHORUS (the blood doesn't coagulate, bright red blood) Used for Nose Bleeds, Uterine Hemorrhages, Bleeding from the Bladder or any bleeding in general. #2 FERRUM PHOS – non-specific bleeding. #3 MILLIFOLIUM – major remedy for bleeding after being kicked or blows. A blow to the abdomen and later there is blood in the urine.

SULPHURIC ACID – Reabsorbs blood, the chest is dark blue from a car accident and arnica doesn't seem to be working.

BLOOD LOSS – never well since CHINA

BRUISES & DISLOCATIONS, BACK & JOINTS

Bruised and Achy from overuse – ARNICA

Back Injuries

BRYONIA – Sharp pain, which is worse from any movement (better when absolutely still) Dislocations, Blows to the spine, the back is out of adjustment and the person feels frozen in pain. **RHUS TOX** – Back injuries leaving the person stiff – but the person feels better when stretched or massaged or after putting heat on it or taking a hot bath. Rhus Tox is often called the rusty gate remedy (stiff and achy when not in use such as joints 1st thing in the morning or after sitting in one place for a long period of time such as the movie theater). Cold damp weather is the enemy of Rhus Tox it makes them feel stiff.

Broken Bones – **ARNICA** 1st to take away the pain. **BRYONIA** if the pain is much worse with any movement. **EUPATORIUM** is also a good remedy for bone pain as is **AURUM**. After the bone has been properly set – **SYMPHYTUM 6c** is the best remedy for speeding up the healing process (it can make a significant difference in the rate of healing)

Dislocation of Joints – Shoulder, Hip & Knee dislocations use **ARNICA** 1st.

PHOSPHORUS is another remedy for hypersensitivity of the joint with numbness and tingling.

Dislocation of the Jaw – **RHUS TOX** (from yawning or getting hit)

Easy Dislocation - **RUTA**

Fingernails get ripped out – **HYPERICUM**

Knee Problems – **RUTA**, a great remedy for tendons and ligaments – weak ligaments go out easily such as knees or back (Ruta is a great remedy for people who can't hold chiropractic adjustments) the pains are achy and sharp. Rita is also good for **carpal tunnel syndrome** and a good remedy for people who use their hands all day such as massage therapists.

Leg Cramps and Writer's cramps – **MAG PHOS**, **CUPRUM MET**

Pain from Spinal Taps – **HYPERICUM**

Pinched Nerve syndrome – **HYPERICUM**

Sacrum Problems – **AESCULUS** – it helps put the sacrum back in place

Tailbone injuries – **HYPERICUM**

Torn Muscles - **CALENDULA**

Whiplash – **ARNICA** at first followed by **BRYONIA** (sharp stabbing pains, they cannot move because of the pain), **RHUS TOX** (the neck stiffens up after the whiplash, better with heat and massage). **CAUSTICUM** (a combination of Rhus Tox and Bryonia and Hypericum – stiffness, shooting pains, worse movement. Brackcollis the muscle locks to the right. Raw burning sensation, deep burning, aching, neck spasms). Whiplash with shooting pain down the back – **HYPERICUM** – **HYPERICUM** is the **ARNICA** for the nervous system. **RUTA** (the neck gives out easily, the problem keeps recurring because of weakness of the tendons and ligaments).

BURNS

CANTHARIS and **URTICA URENS** (these 2 remedies cover 80% of 1st and 2nd degree burns in Homeopathy)

Radiant heat can help take the pain out of a burn. Hold the burnt part near a flame or source of heat its more intense pain at first but rapidly reduces the pain i.e. a tip from chefs who burn themselves a lot from cooking. “like cures like”

CALENDULA 200c – Takes all the pain away from deep severe burns.

Chemical Burns – CAUSTICUM (burns that feel raw and sore and there is slow healing), ARSENICUM (burns due to fire or chemicals in which the skin is seared or blackened, there is marked fear, anxiety and restlessness)

Electrical Burns – PHOSPHORUS relatively minor skin lesions, but destructive to the deep tissues and organs

Sunburn

URTICA URENS – especially 1st degree a keynote is stinging pains

Eye – Cornea Burns – CANTHARIS or CALENDULA

1st Degree Burns – think of URTICA URENS

2nd Degree Burns – think of CANTHARIS (especially with blisters and or vesicles).

CAUSTICUM is also used for 2nd degree burns especially fresh burns that don't blister or old burns where tissues have contracted in healing.

3rd Degree Burns – think of ARSENICUM

CONCUSSION or HEAD TRAUMA – ARNICA 1st, followed by NAT SULPH for long term recovery

DEHYDRATION

From Diarrhea, Vomiting or Blood Loss – CHINA also (never been well since a blood transfusion), also VERATRUM ALBUM

DRUGS

Hangovers – NUX VOMICA - #1 remedy in Homeopathy for this, it is also the best acute liver poisoning remedy. Think of using Milk Thistle extract with this for liver toxicity.

Coffee Withdrawal – CHAMOMILLA 30c

Heroin Withdrawal – with severe abdominal cramps and vomiting IPECAC

Barbiturates – GELSEMIUM or OPIUM (pale shallow and lifeless)

Over the counter Pills – causing diarrhea and restlessness – ARSENICUM

LSD – freak out, they never come down CANNABIS INDICUS

Drug Withdrawal – AVENA SATIVA (fresh green milky seed of the oat plant – Herbal extract) – helps the nervous system to recover.

EAR ACHES – topically Mullein*Garlic Compound (Herb Pharm). The best homeopathic remedies to try are CHAMOMILE (acute ear pain makes the person very irritable) PULSATILLA (usually needed by children who feel much better outside if its cool or in the A/C when its hot outside and tend to be sweet and pitiful i.e. you want to nurture them)

ELECTRICAL SHOCK - PHOSPHORUS

EMOTIONAL SHOCKS

Ailments from fright - #1 ACONITE, #2 OPIUM, #3 GELSEMIUM 200c dose takes care of the fear.

ACONITE – Fear of heart attacks, Fear of Death or dying imminently, Fear of Accidents Present Fear. Aconite can stop panic attacks (homeopathic valium)

GELSEMIUM – Anticipatory Fear – Future Fear i.e. going to the dentist, stage fright, projecting that a disaster will happen. Ailments due to bad news. Symptoms of Trembling, Exhaustion, and weakness.

OPIUM – Recurring Flashbacks i.e. Vietnam or the image of the attacker keeps coming back; they can't get the bad episode out of their mind. Past Fear.

IGNATIA – Is Hysterical Fear or Fright – Flailing, Crying, Hysteria – the big keynote is they can't catch their breath. Hard sobbing from grief, death of a loved one. Sighs a lot.

Grief – **IGNATIA** People who suffer from great disappointment, they can have tendencies to be perfectionist and after a divorce, financial loss.

PHOSPHORIC ACID – They never recovered from a grief or loss and afterwards lost their zest for life with weight loss, emaciation and apathy.

Denial of Grief – They say they are doing fine – **ARNICA, IGNATIA, OPIUM**

NAT MUR - #1 Long term Grief Remedy (they shut down emotionally, withdrawal from others and are closed emotionally often when this happens physically they become sensitive to the sun and wear sunglasses, and can crave salty foods.

Suicidal Depression – **AURUM** from financial or personal loss.

EYES

Scratched Cornea – All eye surgeries – **CALENDULA**

Black Eye – **LEDUM**

Hay Fever – **ALLIUM CEPA** (eyes watery but not irritated)nose discharge irritated

EUPHRASIA (eyes watery and irritated) nose discharge not irritated.

Injury to the bony area around the eye orbit – **SYMPHYTUM**

Splinter in the eye – **ACONITE** followed by **CALENDULA**

Stye – **STAPHYSAGRIA, PULSATILLA** is the 2nd choice.

FAINTING – **CARBO VEG** (lack of oxygen or in a crowded situation)

Fainting at the sight of blood – **IGNATIA**

Fainting from bad news – **IGNATIA** or becoming weak and fainting **GELSEMIUM**

FEAR OF FLYING – **ARGENTUM NIT**, also agoraphobia

FINGERS, Crushed – **HYPERICUM**

FOOD PROBLEMS

Food Poisoning – **ARSENICUM** – Don't forget to take **Activated Charcoal** caps or powder to absorb the toxins causing the problem

Chocolate or Sugar overdose – **ARGENTUM NIT**

Fat Overdose – feeling sick from eating too much fatty foods – **PULSATILLA**

HEAT EXHAUSTION – HEAT STROKE

VERATRUM ALBUM – all the classic symptoms, skin is cool and clammy with cold perspiration on the forehead and a pale face with blue lips. The patient has collapsed with headache, vomiting and muscle cramps. If muscle cramps are a major symptom use

CUPRUM MET – the major muscle cramp remedy in homeopathy – Muscle Cramps

GLONINE – Bursting headache, throbbing pulse, the person is confused and dizzy.

BELLADONNA – Face is flushed and radiating heat, pupils are dilated and the pulse is pounding, full frontal headache worse from light and noises. The person doesn't perspire in conditions where everyone else is perspiring heavily

HIVES – APIS is the #1 remedy, the keynote symptom is swelling and itching that is worse from heat. **Dermal Writing** (where you can scratch a line in your skin lightly with a fingernail and the skin rises up in a red line) – URTICA URENS.

HOSPITALIZATION

Surgery -ARNICA – taken just before surgery and the day or 2 after can dramatically help with soreness and shock caused by surgery. Take a 30c dose the night before surgery, a dose just before going into surgery, have your significant other give you a dose as soon as possible after surgery, then a dose every 3 hours for the next 24 hours.

Anesthesia Problems – PHOSPHORUS (can antidote the anesthesia, helps to clear the mind and the person recovers more rapidly)

Dilated Orifices – STAPHYSAGRIA

Gas from C – Sections – CARBO VEG, abdomen blows up hard like a balloon ready to pop -CHINA

Healing from Surgery - CALENDULA – Helps pain often dramatically and helps speed up healing, prevents infection and reduces complications – start the day after surgery 30c – 4X a day for the 1st week then 2X a day until healing is complete.

Intestinal Paralysis after surgery – The bowels shut down – OPIUM

Surgical Shock – STRONTIUM CARB (the patient never came out of anesthesia, shock from anesthesia or they can't stop bleeding).

Wounds that don't heal – CALENDULA –1st choice, STAPHYSAGRIA (the incision never heals), GRAPHITES (the incision oozes a sticky honey like substance)

JET LAG

ARNICA is often the 1st remedy to take

COCCULUS – because of the disruption of sleep pattern

Dullness of the brain because of – COCCULUS (feeling dizzy). GELSEMIUM (weakness)

LACK OF SLEEP – COCCULUS

Great for a person nursing a loved one – they stay up night after night and feel they are going to lose it.

LIGHTENING STRIKE

PHOSPHORUS — put cold water over the head, remove clothes and cover the body with dirt outside.

MOTION SICKNESS

Always remember to take Ginger in any convenient form.

Cars and trains and planes – COCCULUS INDICUS (its very good for motion sickness caused by reading in a car and for problems caused by flickering lights)

Boats – TABACUM- deathly nausea the person feel so bad they want it to end.

PETROLEUM motion sickness that is worse for fresh air.

MUSCLE SPASMS – CUPRUM MET, MAG PHOS, COLOCYNTHUS (the person is in a really bad mood) especially abdominal spasms

PAIN – GENERAL

ACONITE – Pain from a traumatic experience the person is fearful that they will die.

ARSENICUM – Burning pains with great anxiety and restlessness. Desperate with their pain and needy.

AURUM – Deep pain in the bones. It's also used for a deep hopelessness because of chronic pain.

CHAMOMILLA – Piercing pain, the person or child is screaming in pain, desperate or howling in pain, irritability is a keynote – the person is in a very bad mood because of the pain.

COFFEA – Burning sharp pain

COLOCYNTHIS – Abdominal cramps, pancreatitis, appendicitis, and the person rolls up in a ball screaming. The pain feels better with pressure applied. (Ovarian cyst that's about to burst)

POISON IVY – RHUS TOX, ANACARDIUM, CROTON TIG (best when it goes to the groin and buttocks)

PUNCTURE WOUNDS – LEDUM, HYPERICUM, CALENDULA

Puncture on the sole of the foot or Palm of the hand – HYPERICUM

Needles – HYPERICUM, LEDUM, SILICA

RADIATION SICKNESS – CADMIUM SULPH, SOL (if cadmium sulph doesn't work).

Cadmium sulph is a good remedy to use by people undergoing cancer treatment that involves radiation.

SKIN INFECTIONS – HEPAR SULPH – any wound that becomes inflamed with redness, swelling, heat and the formation of pus. The patient is intensely sensitive to the pain. HEPAR SULPH is the top remedy for boils that are coming to a head.

Wounds that contain foreign bodies – SILICA for wounds that have stuff in them, become infected and are slow to heal. SILICA 30c 1X daily for a week will help expel the debris. Don't forget to use plenty of **Echinacea Extract** during a skin infection. Wash the area with diluted **calendula** tincture also.

Wounds that become **so infected that they putrefy** with horribly offensive discharges. The patient often has a high fever with it. PYROGEN

SPLINTERS – SILICA (stimulates the body to throw off anything foreign)

SUNBURN – URTICA URENS after putting **aloe vera gel** on.

Headaches from the sun – NAT MUR

VACCINATION REACTIONS – LEDUM or HYPERICUM taken before to prevent reactions. THUJA to follow the day after the vaccination.

WOUNDS –

Puncture wounds – HYPERICUM for nerve damage, LEDUM for coldness of tissues

Multiple abrasions – CALENDULA it also helps to stop the bleeding. Calendula is used more for wounds on the surface, not deep wounds.

Inflamed wounds – HEPAR SULPH where there is redness, swelling, heat, and the formation of pus.

Infected wounds – BELLADONA where cellulitis is present (inflammation spreading through surrounding tissue)

Clean knife or razor wounds – HYPERICUM for the pain and STAPHYSAGRIA to reduce infection of the wound.

Gangrene – PYROGEN

Don't forget to take plenty of **Echinacea** tincture or extract to prevent the spread of infection to other tissues. Use **calendula** tincture topically – dilute the tincture so the alcohol doesn't bother the skin.

Gota Kola tincture has constituents that stimulate the healing and repair of skin; once the infection is under control it can help with the healing.

Essential Oils –

Tea Tree Oil – Is one of the most essential things to have in your 1st aid kit. It has potent anti-microbial and anti-fungal properties and can be used topically on numerous skin problems. Excellent for any skin condition that forms **pus**, its great on **boils** and **acne** problems, the oil penetrates through layers of skin to get to the infection. It can be used to prevent infection when used on **scrapes** and lacerations (superficial). Great for any fungal problems such as **athlete's feet**, and **toenail or fingernail fungus**. Use on **burns**, **insect bites**. – see the info sheet on it.

Clove Bud Oil – strong anti-bacterial, antiviral, and antifungal properties make it useful for infections. Historically it has been used to treat toothaches.

Lavender Oil – Should be the basis for every 1st aid kit with its calming, balancing, antiviral, antibacterial and antifungal properties. It can be used undiluted on the skin to help heal minor cuts, bruises, burns, blemishes, and insect bites. It's uplifting and stress-relieving properties are wonderful for baths.

Wintergreen – contains ketones and methyl salicylate, a pain relieving agent.

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