

Nature's nurses

Nature has a cause and cure for everything. Add these remedies to your first aid kit to promote rapid recovery and prevent complications.



LIFE'S little mishaps can strike at any time. Cuts and scratches, bruises, burns, strains and stings are just a few challenges that call for some quick TLC. A classic first aid kit with bandages, saline, scissors, gloves, face shield, hand sanitiser, and tweezers is your best mate in an emergency. The Red Cross have TGA-approved affordable kits for the house, workplace and car (www.redcross.edu.au). A First Aid course also equips you with simple steps to save lives, such as CPR and AED application (www.stayingalivefirstaid.com). Adding natural remedies can also ease the hurt. Having these medicines on hand can make the difference between a positive or potentially fatal outcome. Be prepared to treat sudden illnesses or injuries with these fantastic first aid allies.

Anaphylaxis This life-threatening condition is often triggered by insect bites, nuts, seeds, dairy, shellfish, latex or acidic fruits. The only reliable treatment for the internal swelling is an adrenalin auto-injector, which is available by prescription through an allergist or script-free from a pharmacy. If the anaphylaxis was triggered by a bee sting then scrape it out, immobilise the casualty, administer the epipen, call 000 then give Apis 30 homoeopathic. Applying ice directly to the sting site will give pain relief but won't ameliorate the anaphylactic reaction. The casualty should stay still for four hours and repeated doses of adrenalin may be given every five minutes if the anaphylactic reaction doesn't abate.

Asthma/breathing difficulties Asthma, allergies or chest infections can cause strained breathing. While waiting for the pharmaceutical medication to work or arrive, encourage the casualty to relax their shoulders and breathe slowly with longer exhalations. The casualty can also inhale dilute eucalyptus or camphor steam. You can apply a heat balm to the chest and upper back, such as the following home-made vapour rub. Melt ¼ cup olive oil, ½ cup coconut oil, and ¼ cup grated bees wax in a double boiler. Allow to cool and add 10 drops each of peppermint and tea tree essential oil, 20 drops eucalyptus essential oil, and 4 drops lemon oil.

Bites Australia abounds with venomous spiders, snakes, and marine life. An essential item in your first aid kit is two compression bandages in case of envenomation from a snake, funnel web spider, blue ringed octopus, or cone snail. Firstly stay still, don't wash the bite site and apply the two bandage pressure immobilisation technique. One tight bandage directly over bite site and the other from toes to groin or fingers to armpit. If you know it's a redback spider, then apply a cold compress. If symptoms progress after medical attention, apply a paste of activated charcoal and bentonite mixed with colloidal silver to pull the poison from the tissues.

Bleeding Small cuts can be washed in saline solution, dilute tea tree oil or colloidal silver and powdered with turmeric to reduce the bleeding. To accelerate healing, calendula increases blood flow and oxygen to wounds, fast-tracking tissue repair.

Breaks Healing a fracture can be a long, painful process. However, with the help of homoeopathic Comfrey or Symphytum, a break can heal miraculously. Comfrey's allantoin, steroidal saponins, rosmarinic acid and tannins team to increase bone cell growth, soothe swelling, and ease inflammation.

Bruises Adding arnica to your first aid armoury will banish bruises better than vitamin K formulations, according to Northwestern University's Department of Dermatology. Arnica can be applied externally or internally in homoeopathic form to ease aches and fade a black bruise fast. For centuries, arnica has been the anti-bruising boss, thanks to its powerful anti-inflammatory helenalin and vasodilating thymol content.

Burns Subdue burns under gently running cool water. Deep, blistering burns require immediate medical attention to prevent shock and infection. Mild to moderate burns can be sprayed with a 50% dilution of lavender essential oil then coated in a blend of manuka honey and aloe vera gel.

Diarrhoea A runny tummy can ruin a trip and turn to dangerous dehydration. Rehydrate with home-made hydrolyte. Combine a cup of water,

coconut water or caffeine-free tea with a pinch of salt, a teaspoon of honey and a teaspoon of citrus juice. A heaped teaspoon of activated charcoal taken with water will stop the flow and farts. Homoeopathic Arsenicum album 30 is a firm favourite for food poisoning. Nux vomica works well when overindulgence results in indigestion.

Fever Cool a hot-headed fever with homoeopathic Belladonna 30. Dip a cloth in cool sandalwood essential oil diluted in rosewater and apply to the forehead. To break a fever, encourage sweating by keeping the body warm and sipping diaphoretic yarrow or elderflower tea.

A paste of activated charcoal, bentonite and colloidal silver will pull poison from a bite out of the body's tissues.

Head injury After a blow to the head, it's important to check for concussion, a haematoma or haemorrhage. Keep the casualty still and lying down, with their chest and head raised. Aconite is indicated within the first few minutes or hours after injury, where the person is in shock. If there is vertigo and tinnitus, homoeopathic Nat Sulph. is useful.

Puncture wounds Ledum 6c is the homoeopathic hero for puncture wounds. It can protect the body from infection, which is especially vital when there has been minimal bleeding. Rashes Soothe sudden rashes with calamine lotion or chickweed ointment externally. and Rhus Tox 30 internally.

Shock/trauma Rescue Remedy or Bush Flower Emergency essence are powerful potions to ease the psychological stress of a sudden illness or injury.

Vomiting Administer homoeopathic Ipecac and ensure rehydration with electrolyte-rich fluid, such as hydrolyte. If symptoms persist please seek medical attention. ✱

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