



# Summertime First Aid Kit

## Natural Remedies for Sunburn, Bug Bites, Bee Stings and Minor Injuries

Summertime is the time for outdoor fun, and all that goes with it—sunburn, bug bites, bee stings, abrasions, cuts, bruises, poison ivy or poison oak, and so forth. Fortunately, summertime is also the time when nature's green remedies are also in abundant supply. According to native beliefs, there is no venom in nature where the Creator didn't provide an antidote within a few feet. Unfortunately, very few people in modern urban society are familiar enough with our green herbal allies to identify them in a natural state. It is still possible to get the benefits of these botanicals, without knowing any field botany, by assembling an herbal first aid kit to take with you on those summertime excursions. Here's a list of what to include, and how to use it:

### Nature's Fresh Enzyme Spray

Formulated as a product to remove stains and odors, many people have also discovered the powerful healing qualities of this product. Sprayed on just about any injury, it reduces swelling and inflammation, eases pain, and speeds healing. Put a small spray bottle in your first aid kit and apply it to insect bites and stings, abrasions, scrapes, sunburn, sprains, pulls, and other minor injuries.

### Tei Fu or Deep Relief essential oil blends

When a person "over-does" it and winds up with sore and aching muscles both Tei Fu and Deep Relief oils can be applied topically to ease pain and stiffness. These oils can also be applied topically to minor injuries to prevent infection. Both will help ease the swelling and pain associated with insect bites and bee stings. Massaging them into various areas of the neck and head can help relieve headaches, too. Inhale Tei Fu oil for sinus congestion or apply a drop to the back of the tongue to help stay alert when driving.

### Tea Tree essential oil

This essential oil makes a great topical antiseptic for cuts, abrasions, burns, or wounds of any kind. It doesn't sting, even when applied directly to injured areas and promotes rapid healing and tissue regeneration. It also helps repel insects when applied topically.

### Herbal Trim Skin Conditioner

This blend of aloe vera gel, Tei Fu oils, pau d'arco and lobelia is a wonderfully soothing preparation to apply to burns and sunburn. It eases pain, cools the heat and promotes rapid healing, especially if kept moist with an occasional spray of Nature's

Fresh Enzymes. Herbal Trim can also be applied for itching from poison oak or ivy, or any other skin irritation. It can also act as an insect repellent.

### Lobelia extract

Applied topically, lobelia will relax muscle cramps and spasms. When combined with capsicum and Tei Fu oils it makes an effective rub for sore muscles of any kind. Lobelia applied topically will also take the pain and swelling out of most bug bites. It can be warmed and dropped into the ear to help relieve earaches. It can be taken internally in small quantities to relieve asthma attacks, anxiety or nervous tension.

### Capsicum extract and/or capsules

Capsicum is a must for any first aid kit because of its ability to treat shock. After any accident or injury a person may go into shock, with their face and skin becoming cold, pale and clammy. A small amount of capsicum extract, or the powder from a capsule, placed under the tongue will help with symptoms of shock. Capsicum can also be applied topically to bleeding wounds to help stop bleeding and speed healing. Taken internally, it can also help to stop internal bleeding.

### Yarrow or Bayberry capsules

Both of these herbs are astringents, meaning they contract and tone tissues. The powders from open capsules can be sprinkled directly into bleeding wounds to help stop bleeding. They can also be taken internally, along with capsicum, for internal bleeding. Both yarrow and bayberry are also effective against insect bites and bee stings. Moisten the powders and apply them as a poultice (paste).

### Distress Remedy

A blend of flower essences, Distress Remedy can be used internally for just about any kind of shock or trauma. Use about ten drops under the tongue and hold it there for several minutes. Applied topically it can help injured tissues to heal. Add ten drops to a spray bottle of water and you can mist larger areas of injury to help reduce swelling and ease pain.

Of course, add a few bandages, a pair of tweezers for slivers, some gauze pads and tape and other standard first aid supplies and you'll be well prepared to deal with any of the minor injuries you might encounter during your summertime fun. For more information on these products, consult with your local herb specialist. His or her name should appear below.

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