



HERBAL FIRST AID CLASS

WITH BECKY MAULDIN ND



Despite our best attempts to live a healthy and natural lifestyle, sometimes we are faced with the inevitable – cuts, scrapes, sunburns, insect bites, and other minor injuries. Herbal and homeopathic remedies are extremely effective, simple to make, and easy to use.

With these remedies on hand, you're well-prepared for everyday accidents. If the mishap is truly severe, it might be necessary and prudent to head to the ER, but that doesn't mean it has to be an all or nothing situation. You can still administer the appropriate remedy on the way to the hospital. You may find that once you arrive to the hospital, you can turn around and head back home. The hospital was no longer necessary because the remedy had already brought so much healing while en route!

It is empowering to know we can take care of our family with simple natural remedies that work better than medication in most cases. Once you have the basics assembled, you can create multiple first aid kits – one for home, one for travel, and one for the car.

DISCLAIMER

Remember that for more serious mishaps, you need to seek expert medical care. Second-degree or worse burns, persistent sore throat or fever, snake or poisonous-spider bites, unexplained swelling—all of these should be evaluated by a medical professional.

The information in this class is for educational purposes only. No communication by Becky Mauldin should be deemed as personalized medical or health care advice.

The information should not be considered complete and should not be used in place of a visit, call, consultation or advice of your physician or other health care provider. You should never disregard medical advice or delay in seeking it because of something you have read here.



• BUILDING A FIRST AID KIT •

CONTAINER OPTIONS

A small tool or tackle box, available at any hardware store, makes an excellent first-aid case. They're sturdy and resistant to small critters, and they prevent bottles from breaking if jostled or if the container is dropped. Most have drawers, or at least trays, for storing items in separate compartments, which makes it easy to organize your kit and find what you need when you need it. Metal tool and tackle boxes last for years but are heavier and more expensive than plastic versions, so you might opt for a plastic carrying case if portability is a concern. Metal ones occasionally rust over time; plastic ones sometimes crack. Make certain before you buy a case that the handles and latches are durable.

Camping-gear stores generally sell high-quality packs made of durable cloth or nylon that can be turned into cases for your herbal travel kit. To shop for one, bring a 1-oz. tincture bottle and a few salve jars to the store with you; look for a case with several compartments where such items will fit.

Cases with plastic “windows” on the inside make it easy to see what you’ve stored in the various compartments, enabling you to reach for something quickly in minor emergencies. You might choose nylon over cloth, because it’s generally water resistant and cleans up easily.

Homemade travel cases can also be created out of a variety of materials, such as cookie tins, sturdy plastic food containers, cosmetics or toiletries bags, and sewing boxes.



WHAT TO STOCK IN AN HERBAL FIRST AID KIT

ACTIVATED CHARCOAL

- Absorbs toxins and poison when taken internally or used in a poultice.

ALOE VERA– FRESH PLANT OR FROZEN

- While not something to put in your first aid kit, you can have a plant at home to use for burns and scalds. Cooling and healing, aloe vera soothes the inflammation of sunburn and kitchen burns. You can buy the fresh leaves in the produce section of most grocery stores and you can cut the gel out and freeze it to have on hand for emergencies.

ARNICA GEL OR CREAM

- Arnica montana flowers have anti-inflammatory and circulation stimulating properties; the cream is excellent for sore muscles, sprains, strains, and bruises. Do not use it on broken skin.

BENTONITE CLAY

- Absorbs toxins and poison when taken internally or used in a poultice. Good to use for bites and stings when plantain is not available. Make a paste with water and apply to skin.

CALENDULA CREAM

- Calendula is an anti-bacterial and anti-fungal plant and as a cream it can be used for impetigo, rashes, wounds and is a great substitute for commercial antibiotic creams, like Neosporin.

CAYENNE PEPPER POWDER OR TINCTURE

- Stops bleeding when placed directly on wounds: use liberally on wounds to stop bleeding. The tincture can be used as a wash. It can be used for cuts as well as internal bleeding. It does not burn a wound because there is already so much trauma to the area.

CHAMOMILE TEA OR ESSENTIAL OIL

- Chamomile has mild sedative, anti-spasmodic, anti-inflammatory, and anti-bacterial properties. It promotes relaxation, helps with insomnia, and relieves indigestion. Great for children.

ECHINACEA TINCTURE

- Stimulates the immune system and is also anti-bacterial. Good for infections, poisonous bites.

GINGER CAPSULES, TEA BAGS, OR CRYSTALIZED GINGER

- Ginger is the best remedy for motion sickness and works better than medication. It's also great for indigestion, nausea, and gas.

LAVENDER ESSENTIAL OIL

- Virtually an all-purpose remedy, lavender has sedative, anti-inflammatory, and antiseptic properties. It's helpful for anxiety, insomnia, headaches, wounds, and burns. It can be applied undiluted to the skin, but be sure to use only a pure oil, such as doTERRA.

PEPPERMINT ESSENTIAL OIL

- Peppermint soothes an upset stomach, alleviates nausea, clears sinuses, and helps with the itching from insect bites.

PLANTAIN LEAF- FRESH ONLY →

- A very common weed, plantain works very well for insect bites, stings, wounds when applied topically. It draws out the poison and reduces inflammation.

SALVE

- An herbal salve made with herbs such as comfrey root, yellow dock root, plantain, etc, can help heal cuts, scrapes, wounds, rashes, and sores.



SLIPPERY ELM BARK POWDER

- This herb is soothing and healing to the digestive tract and can stop diarrhea and heal the body after food poisoning. It is also great used topically as a poultice to heal and soothe the skin. When mixed with other herbs, it acts like herbal glue to hold everything together in a poultice.

STOMACH RESCUE

- This is a wonderful supplement for food poisoning that is made by Peaceful Mountain. Always keep a bottle on hand in your cabinet for those late night digestive emergencies.

VITAMIN C

- In high amounts, vitamin C has anti-toxin, anti-histamine and anti-bacterial properties. Sodium ascorbate is a non-acidic Vitamin C that can be taken in high doses easily and can be found in powdered form.

ADDITIONAL FIRST-AID ESSENTIALS

- **Adhesive bandages:** various sized, including butterfly closure bandages.
- **Alcohol pads**
- **Bandage materials:** Sterile gauze pads, a roll of gauze, adhesive bandage tape.
- **Disposable gloves**
- **Elastic bandage:** for sprains and strains
- **Electrolyte replacement:** Powdered electrolytes come in packets that can be added to water, such as Electromix made by Emergen-C.
- **Tweezers**



A mortar and pestle comes in handy when you need to grind up small amounts of herbs into a paste.

You can find these at most kitchen stores.

• HOMEOPATHIC REMEDIES •

WHAT IS HOMEOPATHY?

Homeopathy is a unique form of medicine that uses minute amounts of pharmaceutically prepared substances from plants, animals and minerals. It is based on strict adherence to the Law of Similars discovered by Samuel Hahnemann, MD in the late 1700's. Dr. Hahnemann found that when a toxic substance is diluted to an infinitesimal level, the toxic characteristics are antidoted leaving only the curative qualities. For example, most people have heard of Ipecac for use in inducing vomiting. This substance, when diluted in the homeopathic method, will address an illness of relentless vomiting. Dr. Hahnemann's theory was scientifically reproducible and continues to be so today, hence his hypothesis is not theoretical but a biological law of nature. Yet, homeopathy has no side effects, is safe, gentle and oddly enough, quite inexpensive.

- **ACONITUM NAPELLUS:** This is a great remedy for shock and fear from accidents and trauma.
- **ARNICA MONTANA 30X:** The most frequently used remedy for trauma is *Arnica montana*, particularly when it comes to injuries to the head such as in concussions. Should the injury be of a serious nature, it has been shown to be of great value when administered on the way to the hospital every few minutes.
- **HYPERICUM PERFORATUM 30X:** *Hypericum* is also used for injuries, particularly if the pain is nerve pain in nerve-rich areas, like when you injure your fingertips or toes, fall on your tailbone, or have dental work done. There are so many areas of our bodies rich in nerves that respond well to Hypericum. In an acute situation, use Hypericum 200C, as needed, every few hours, depending on the severity of the pain.
- **LEDUM:** Ledum is the remedy of choice for most insect stings. Think of it also for accidents from punctures, stabs, injury from an imbedded nail, as well as bites from cats, rats, dogs and horses. Meanwhile, be sure to get traditional medical care, as well, since this is not a substitute for professional care when the injury is serious. Having Ledum on hand, however, is an opportunity to augment the body's ability to begin healing, reduce swelling, minimize potential infection and bring about calm.
- **RHUS TOX:** If the eruption is of a burning nature that causes severe itching and aggravated by the warmth of a bed, the night and by scratching, consider Rhus tox. This powerful remedy is particularly interesting in that it is made from poison ivy. For those with a propensity for these itchy outbreaks yearly, it can be used as a prophylactic before the season begins with a few doses each day for two days.

ANAPHYLAXIS

This is a very serious condition so please seek medical attention while using the suggestions below. We have seen this work with a severe nut allergy.

Remedies:

- Immediately give the person HIGH doses of Vitamin C. Start with at least 10 grams (that's grams, not milligrams) of sodium ascorbate stirred into water.
- If possible, also use 8-10 Quercitin capsules taken with the Vitamin C water. Quercitin is a natural anti-histamine. (The Vitamin C is also anti-histamine, and that alone could be enough to stop the reaction.)
- Homeopathic: Apis 200C or 1M: 1 dose, every 5,10 or 15 minutes, depending on the severity and less frequently as improvement begins.
- Watch the person's symptoms closely for the next 10 minutes.
- If the above helps their symptoms calm down, but does not stop it completely, give another dose of each 10 minutes later.
- If this does not help, seek medical attention.



BLEEDING



Remedies:

- Make sure you keep the wounded area elevated so it is higher than the heart.
- Apply cayenne pepper powder (pack it into the wound) to stop bleeding.
- Apply pressure to the wound.
- Homeopathic: Ferrum Phos 3x: take every 10-15 minutes.

BLISTERS



Remedies:

- Soak a gauze pad in witch hazel, lay it over the blister and cover with an adhesive bandage.
- After blister has broken, wash with an anti-bacterial tincture diluted with water, such as Echinacea.
- Apply an herbal salve and cover with an adhesive bandage.



Our famous herbal salve is a favorite of our clients for itchy skin, rashes, bug bites, cuts, wounds, and abrasions.

To order, contact us at getpurevitality@gmail.com



BRUISES



Remedies:

- Immediately apply ice to relieve pain and reduce swelling.
- Apply arnica cream or gel twice a day if skin is not broken.
- St. John's Wort oil also is excellent for bruises and takes away the discoloration.

BURNS



Remedies:

- For minor burns, immediately cool the area and put out the fire by submerging the area in ice water for at least 30 minutes. Or use an ice pack wrapped in a towel.
- Once the heat is reduced, you can apply aloe vera gel— fresh from the plant.
- Burns with blistering need medical attention.
- For sunburn, apply aloe gel or diluted apple cider vinegar.



DIARRHEA

Remedies:

- Slippery Elm bark powder: take 4-6 capsules two to three times a day or mix 1 Tbsp. powder into a smoothie or applesauce.
- DigestZen essential oil by doTERRA (take 1-2 drops internally, topically, or aromatically)
- Replenish electrolytes and trace minerals if it lasts more than a day.

FOOD POISONING

Remedies:

- Take 1 ounce of Stomach Rescue (by Peaceful Mountain). Wait 15 minutes and take another ounce if symptoms are not completely gone.
- Mild food poisoning can be addressed by taking 1-2 Tbsp of raw apple cider vinegar in a small glass of water.



Tip: Quality matters! Poor quality herbs won't get the same results as high quality herbs. You get what you pay for!

Our favorite bulk herb suppliers are Pacific Botanicals, Mountain Rose Herbs, and Oregon's Wild Harvest.



INFECTIONS

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Remedies:

- Skin Infections: Find fresh plantain leaves, wash them, and grind them into a paste with mortar and pestle. Powdered slippery elm can be added. Apply the herb paste over the infection and cover with a bandage.
- Take Echinacea root tincture internally or Core Berberine Blend 4-5 times a day.
- Infected hangnail or splinter, soak in very hot water with sea salt (as much as can dissolve).

INSECT BITES

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Remedies:

- Find fresh plantain leaves, wash them, and grind them to a paste with a mortar and pestle. Apply the herb paste as a poultice over the bite and hold in place with a bandage.
- Mix 1 teaspoon of bentonite clay with enough water to make a thick paste. Apply a thick layer over the bite and let sit until nearly dry. It will draw out the poison and alleviate itching.



KIDNEY STONES

Remedies:

- To dissolve a kidney stone, use this remedy: Put 2 pounds of fresh unpeeled beets, chopped, into a pot and cover with filtered water. Bring water to a boil, then simmer beets until cooked. Strain out the beets, but save the water they are cooked in. The water the beets are cooked in is the remedy. You can discard the beets or use them in another recipe. Drink once a day until the kidney stones pass or dissolve.
- Add 1-2 Tbsp. raw apple cider vinegar to water and drink daily to prevent kidney stones from forming.



NAUSEA

Remedies:

- Peppermint essential oil by doTERRA (take 1-2 drops internally or inhale)
- DigestZen essential oil by doTERRA (take 1-2 drops internally, topically, or aromatically)
- Ginger essential oil, ginger tea, or crystalized ginger.

INSOMNIA

Remedies:

- Make a strong cup of chamomile tea (use 2 tea bags) and drink 30 minutes before bed.
- Lavender essential oil—put a drop on hands and inhale or put into a diffuser.
- Grounding: go outside and put your bare feet on the earth to ground yourself.
- Turn off all wireless and electronics. I turn off the breaker to my bedroom each night.



Grounding is a simple thing you can do to reduce pain, improve sleep, and reduce nervous tension. Just go outside and put your bare feet on the grass for a minimum of 15 minutes a day.



PAIN RELIEF

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Remedies:

- Immediately apply ice to relieve pain and reduce swelling.
- Apply arnica cream or gel twice a day if skin is not broken.
- Hypericum perforatum 200C is wonderful for nerve pain.

POISON IVY

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Remedies:

- To prevent poison ivy from developing into a rash, after exposure take a shower and use Fels Naptha laundry soap and washcloth to scrub the oils off skin.
- If the rash has already developed, Jewelweed tinctured in vinegar can be applied to skin.
- Can use Rhus Tox 30C prophylactically (one dose one day per week) to prevent allergic reaction.



SHOCK

Remedies:

- Homeopathic: Aconite 30X 1 dose every 1-2 hours
- Rescue Remedy

SPRAINS

Remedies:

- Immediately elevate the area and apply an ice pack to reduce swelling and inflammation. After 24 hours, apply hot compress to increase circulation and speed healing.
- Homeopathic: Arnica 30X, every 1-2 hours.



The most important thing you can do in an emergency
is to remain calm.



SPLINTERS



Remedies:

- Herbal: Fresh Chickweed can draw out splinters. Find some in your area (see above photo to recognize what you are looking for). Take a small handful of the leaves and stems, crush them up in a mortar and pestle and apply as a poultice over the splinter. Cover with a bandage and leave on for a few hours. Splinter should come right out.
- Homeopathic: Silica 30X 4 times a day.

STAPH INFECTION



Remedies:

- Allimed garlic liquid: 1 tsp. internally each day.
- Take 1 garlic bulb, crushed and put into cheesecloth and tied with a band. Put into a tub of very warm water. You are making fresh garlic tea in your bathtub. Submerge the affected area of the body in the garlic-infused water and soak for 30 minutes. Repeat each day until boils heal.
- Sanitize house, bedding, and clothing to prevent reinfection.



WOUNDS

Before you use a remedy:

- Wash the wound with warm water; try to remove all dirt and debris. Clean the wound thoroughly, removing any extraneous matter that may cause infection or prevent the wound from healing.
- Gently pat dry the wound. Apply firm pressure with a clean cloth or gauze to stop bleeding. Maintain the pressure until the bleeding stops.
- If the cut is on the hands, arms, feet, or legs, elevating it above the heart will slow down bleeding.

Remedies:

- You can use 1 dropperful of Echinacea root tincture to 1/4 cup water as an antiseptic wash.
- In the instance of an animal bite when possible infection is a big concern, use the homeopathics: Hypericum perforatum 200C taken with Arsenicum 200C.
- Do not apply an herbal salve until after a scab has formed, to prevent trapping bacteria.

See a doctor if there is continual bleeding, increasing pain, wound worsening, increased levels of pus, or a red line traveling from the wound toward the torso. Symptoms of systemic infection include fatigue, lethargy, fever, chills, and swollen lymph nodes.