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Your Naturopathic First Aid Kit

Since summer is the prime time for taking that much-needed vacation, it is the perfect opportunity to discuss what you should bring on your next great adventure. When travelling, your surroundings are all unfamiliar. It is important to keep this in mind because your body will be thrown out of its regular routine as it is exposed to new things. It could be the different food, water, new climate, the travel stress, or the simple fact that your regular routine is being disrupted. In any case, you are not only more prone to illness, but injuries can also occur during the various activities you may be participating in. So whether you are taking a trip to camp up north, or

travelling to a hot Caribbean island, it is important to think ahead and pack those essentials in case of sickness or injury.

Of course, there is the "Standard" first aid kit which contains all your regular first aid essentials. But there is something else you should consider: packing a "Naturopathic" first aid kit.

The Naturopathic First Aid Kit should contain homeopathics, herbals, and nutritionals that will either prevent or help with a variety of different sicknesses or injuries you may encounter on your travels.

For Your "Standard" First Aid Kit

- ✓ Pencil (not a pen) & paper
- ✓ Triangle and Donut bandage
- ✓ Gauze
- ✓ Waterproof tape
- ✓ Tampons or pads
- ✓ Vinyl Gloves
- ✓ Instant hand sanitizer
- ✓ Safety pins
- ✓ Needle and thread
- ✓ Nail clippers and Tweezers
- ✓ Small folding scissors
- ✓ Eye dropper and Saline eye drops
- ✓ Instant cold pack
- ✓ Assorted bandages
- ✓ Mole skin
- ✓ Hydrogen peroxide
- ✓ Alcohol swabs
- ✓ Candle e.g. tea light
- ✓ Lighter/waterproofed matches
- ✓ Cotton balls
- ✓ Tiny CPR instructions
- ✓ Disposable CPR mask
- ✓ Tensor bandage
- ✓ Utility knife – Swiss army, Leatherman, Gerber
- ✓ Emergency foil blanket

For Your "Naturopathic" First Aid Kit

Herbals

- **Calendula ointment/cream** - treating minor cuts and abrasions
- **Tea tree oil** - Treating minor cuts and abrasions, burns, earaches, hives, rashes, sunburns, and can even help with the removal of ticks.
- **Arnica oil** - Known for its anti-inflammatory and pain-relieving properties, helps with aches, bruises and sprains on unbroken skin.
- **Distilled witch hazel** - Helps heal bruising, reduces swelling and itching, and can be used to soothe skin that has come in contact with poison ivy and poison oak.
- **Burt's Bees lip balm** – protects/treats lips from wind and sun burn

Homeopathics

- **Rescue Remedy** - Provides comfort and reassurance for daily stressful situations.
- **Apis gel** - Relieves pain, itching, and hives, and helps with insect bites.
- **Homeopathic Arnica cream** - Provides relief from pain and inflammation in muscles & joints, and for bruises.

Nutritionals

- **Epsom salts** - Relaxes nervous system, soothes aches and pains in limbs and muscles, heals cuts, and treats congestion.
- **Emer'gen C** - Contains nutrients such as zinc and electrolytes to support immune system and to replenish and refuel your body.
- **Vitamin E capsules (and needle)** - Maintains healthy skin, and can be used to treat skin ailments such as rashes, burns, and hives. It can also prevent scarring.



Asparagus Basil Salad



- 1 lb asparagus, trimmed and halved
 - 1 cup grape tomatoes, halved
 - 1 ripe avocado, cut into cubes
 - 1 cup sliced basil leaves
 - ¼ cup olive oil
 - 2 teaspoons lemon juice
 - 2 teaspoon Dijon mustard
 - ½ teaspoon sea salt
 - ½ teaspoon pepper
1. Steam asparagus for 5-7 minutes until fork tender
 2. Place asparagus, tomatoes, avocado and basil in a large bowl
 3. Stir in olive oil, lemon juice and mustard
 4. Sprinkle with salt and pepper
 5. Serve

<http://www.elanaspantry.com/asparagus-basil-salad/>

Thoughts for Children

- Camilia – homeopathic teething ampules
- Coryzalia – for the onset of an upper respiratory cold
- Lavender/eucalyptus chest rub
- Homeocan Sinus
- Homeocan Earache
- Yarrow (Achillea millefolia) tea bags for fevers
- ‘Warming socks’

Top Homeopathics

Apis: Itchy bug bites, allergic reactions, hives

Arnica Montana: bruising, muscle injuries, bumps, pinches, aches and pains

Cantharis: Cutting, smarting, biting pains, burning

Euphrasia: Eye injuries, burning or swelling of eyes

Hypericum: Nerve pains, puncture wounds, lacerations or crushing injuries to fingertips

Ipecac: Severe nausea and vomiting, asthmatic cough, or coughing to the point of retching

Ledum: Black eyes, insect bites/stings, puncture wounds



Phosphoricum: Bloody nose, excessive bleeding

Podophyllum: Traveler’s diarrhea

Rhus Toxicodendron: Sprains, strains

Silica: Foreign bodies, splinters (as long as person does not have surgical implants)

Urtica Urens: First degree burns, blotchy, itchy skin, hives, rash

Oscillococcinum or Pascolecyn and Lymphdiarel: Combination homeopathics used for flu symptoms

Additional Tips

When planning any trip, you must make sure that you modify what you bring based on your destination. For example, if you are travelling to the Caribbean, you should bring **Podophyllum** for diarrhea symptoms, whereas if you are skiing in Banff, it would be wise to pack **Oscillococcinum** for flu. To avoid any digestive upset, take a daily dose of shelf stable products such as **grapefruit seed extract drops**, and/or **garlic tablets**. Some homeopathics are **Nux Vomica** for nausea, **Lycopodium** for constipation, and **Arsenicum Alba** for diarrhea. **Ginger tea or lozenges**, **peppermint tea**, and **Sea Bands** (which stimulate the anti-nausea acupoint) can also help with nausea. If you experience any sore throats or cold symptoms, **Traditional Medicinal Throat Coat Tea** and **Echinacea tea** will soothe your throat and treat your cold. And don’t forget to ask your ND about ‘**Warming Socks**’ for head & sinus colds!

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