

## Building a Natural First-Aid Kit



“Hand-in-Hand with Elayne” By Elayne Pearson, Special Needs Preparedness Specialist

I thought chemicals were a blessing of this modern era, but our family learned that some are just too strong for children with special health challenges. Heidi was a bright, loving child with Down syndrome, who became quite another person after too many chemicals, vaccines, and prescriptions overwhelmed her fragile system. After Heidi became dual-diagnosed autistic, I found research indicating chemicals can be detoxified from the body, and synergistically, also help unlock trapped emotions. We did what we could for Heidi, and thankfully, today she's well as a young adult. We're sticking with the good old fashioned remedies that are safe, economical, and surprisingly efficient. **Our natural first-aid kit has:**

1. **Aloe Vera Gel**- You know it cools sunburns, but did you know it also soothes scrapes and insect bites? The aloe vera plant offers antibacterial properties so it may also be used on cuts, blemishes and eczema. It can be a shaving gel, too. Herbalists and naturopaths recommend *food grade* aloe vera (from most health food stores) to help soothe an inflamed GI tract, and it naturally contains helpful minerals.
2. **Epsom Salts**- Traditionally, this was used to soak away sore muscles after strenuous sports, yard work, or wearing bad shoes. This simple home-remedy is magnesium sulfate, also used as a natural laxative. My favorite way is a couple of cups in a hot bath tub for our disabled daughter, Heidi, to soak in (20 min.). Her Bio-medical M.D. recommended this economical method. The magnesium calms the central nervous system, and sulfate is a gentle detox, pulling chemicals that tend to collect in all of us.
3. **Tea Tree (melaleuca) Oil**- It's an essential oil, similar to eucalyptus, frankincense, and lavender oils. Many nickname tea tree oil "first-aid-kit-in-a-bottle." Several studies confirm various essential oils to have anti-bacterial, anti-fungal, and anti-viral properties, and more. We think it also helps our family be equipped against any "flu-bug" or illness. I keep extra bottles in my car, purse, and emergency packs.
4. **Bentonite Clay**- It's a wonderful natural remedy that is multipurpose for internal and external needs. Adding a little water makes a helpful paste that is anti-inflammatory for most skin problems such as hives, acne, and psoriasis. A lesser known method is internally, because over time, it can soothe GI tract complications of stomach and bowel issues. It gently detoxifies, as it binds and expels chemicals and harmful substances. Stir 1 tsp. into a glass of water/juice and drink. I like Utah-based Redmond Clay.
5. **Baking Soda**- Years ago, "soda baths" (a few handfuls from the common bright yellow box) helped our daughters get through the chicken pox. Making a paste by adding some water and dabbing on bug bites, hives, and seasonal rashes can also reduce itching. Baking soda baths may also help in a holistic manner, in that it can neutralize negative emotions. I truly feel more clear and balanced afterward.
6. **Coconut Oil**- Research confirms coconut oil is an excellent replacement of unhealthy fats in our diet. I also replaced chemically-laden lotions with this cheap way to soothe peeling skin, cracked heels, and remove make-up. It's also a natural sunscreen (approximately SPF 10 protection) without chemicals.
7. **Insect Repellent**- We use a nice spray of blended citronella, lemongrass, and peppermint oils that I purchase at health food stores. No harmful chemicals. Mosquitoes don't like the smell of it, but we do.

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