

## **NATURAL FIRST AID FROM A BOTTLE**

### **Castor Oil**

One of the best emergency remedies for drawing out foreign bodies from wounds - it will thoroughly remove all nasties.

Use as a poultice after stepping on rusty nails, to draw an abscess, a boil or any infection from any part of the body - tick heads (including infection) and splinters. Also useful for removing foreign bodies from the eyes, allowing them to exit along natural channels.

### **Lavender Oil**

It is a natural antibiotic, and antiseptic, which promotes healing and prevents scarring, and is especially effective for the treatment of burns and scalds.

To treat burns first apply ice-cold water for at least 10 minutes. Then immediately put 2 drops of neat lavender oil directly on to the affected area. Put 5 drops of the neat oil on a dry, cold compress and cover the burn.

It can be rubbed in to the skin to soothe mild inflammations, such as sprains, rheumatism or sciatica. Individual sores or insect bites can be dabbed directly with the oil. Also use to relieve the pain of headache. Simply massage a couple of drops of the oil into your temples with your fingertips.

### **Tea Tree Oil**

It is a powerful antiseptic and its anti-viral, anti-fungal and anti-bacterial properties make it useful in treating a whole range of first aid situations. Two or three drops in a bowl of warm water makes an excellent antiseptic wash for wounds, scratches, cuts and sores.

It will also relieve the itchiness and irritation of mosquito stings and other insect bites. A teaspoon added to the bath will relieve muscular aches and pains, and 6 drops of the oil blended with 10 ml of olive oil, massaged in to tired and sore muscles will give temporary relief.

Use for acne and cold sores. Apply immediately 3-4 times daily, but no longer than five days. It will also give soothing relief to cracked heels, sunburn and other skin irritations, including shaving and nappy rash and chafe.

Use as an inhalation for colds, flu and sinus problems.

### **Olive Oil**

Olive oil is useful for treating ears that tend to wax up or discharge, or ears that ache. If there is an infection deep in the ear, you can mix a bit of Castor Oil with the Olive Oil to add drawing power.

Warm a little of the oil by putting a small jar of it in a pan of warm water. Add 3 drops to the affected ear and rub it in. Leave overnight, and clean with a bit of cotton wool the next morning. It will not only clean the ears but will also provide pain relief. For serious ear problems you should consult your family health practitioner.

Olive oil also acts as a soothing balm for all types of skin rashes, including those caused through an allergic reaction. And a small amount of the warmed oil can be used to treat dry scalp dandruff. Simply massage well into the scalp and leave for about 15 minutes, then wash out.

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