



Natural First Aid Kit

Healing Cream 15ml

Antiseptic, wound healer. Myrrh and Goldenseal are considered strongly antiseptic while Comfrey is healing to the skin. Comfrey Base Cream, Infused oil of Comfrey Leaf, Tinctures of: Myrrh Gum, Gotu Kola Nut, Goldenseal root.

Use this as your natural polysporin. Apply to any open wound as often as required. Gentle and soothing.

Arnica and Comfrey Cream 15ml

A traditional recipe using Arnica which reduces bruising and swelling and Comfrey to promote tissue healing. CAUTION: Do not use when skin is broken. Comfrey aqueous cream with Infused oil of Comfrey, Arnica Flowers tincture, Witch Hazel bark tincture, and Essential Oil of Peppermint. This will significantly reduce bruising and swelling. Do not use on a broken bone that has not been set correctly as the healing properties of comfrey are powerful, and the bone could heal in the wrong position

Arnica Montana 30c

Dosage: Take 2 x 30c tablets under the tongue every 15mins for 3 doses after an acute first aid incident. Continue taking every 4 hrs until swelling, bruising has subsided. For muscle soreness, one tablet of 30C potency is usually recommended to be taken three times daily. It minimizes bruising, bleeding, inflammation, pain, shock (physical and mental), as well as reducing the recovery time after strains, injuries, surgery, childbirth, pain of aching muscles, or muscle aches from the flu.

Invaluable in minimizing trauma, especially in soft tissue. An essential for all those bumps and bruises of childhood and beyond!

Peppermint Essential Oil 15ml

Relief of indigestion: Rub 4-6 drops over stomach.
Reducing Fever: Rub several drops on the soles of feet.
Reducing itching: Apply a drop topically on unbroken skin.
Poison Ivy: Apply topically on unbroken skin neat, or diluted with a carrier oil eg: olive or almond oil
Bites and Stings: Apply topically on unbroken skin neat, or diluted with a carrier oil
Nausea and Travel Sickness: Rub a few drops on abdomen.
Arthritis or Tendonitis Pain: Rub a few drops on pained area.
Headache: Rub a drop on temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
Bug Repellent: Rub on body (stay away from eyes) or put on cotton balls and place around bug entry spots.

Rescue Remedy 20ml

A combination of Bach Flower Remedies that has proven especially beneficial in times of traumatic or stressful situations. Take 4 drops under the tongue or dilute in some water and sip to relieve stress, anxiety or panic.



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Colloidal Silver 50ml

Oral Dosage: 1tsp for 7 days, then ½ tsp daily.
Children: ¼ to ½ of adult dosage.
External: Apply directly to cuts, scrapes, and open sores. A Q-Tip makes a good applicator or put a few drops on a small Band-Aid and wear over warts, cuts, abrasions or any open sore. Dab directly onto skin cancers (warts), eczema, itchy areas, or for acne, mosquito bites or any skin problem.

Colloidal Silver is a natural substance consisting of single ions of charged silver, held in suspensions of pure ionized water. It attacks invading organisms in the bloodstream and acts as a powerful, natural antibiotic. It is anti viral, anti fungal, and anti bacterial.

Colloidal Silver is non-toxic, non-addictive and has no known side effects. The body develops no tolerance and one cannot overdose. Colloidal Silver cannot cause harm to the liver, kidneys, organs, or any part of the body. It is safe for pregnant and nursing women. Colloidal Silver is odorless, taste-less, non-stinging, harmless to the eyes, contains no free radicals, is harmless to enzymes and has no reaction with other medications. It improves digestion, causes rapid regeneration of damaged cells and tissues, and helps prevent colds, flu and all organism-caused disease.

Natural First Aid Cheat Sheet

Scrapes and Cuts:

Apply Colloidal Silver
Apply Healing Cream

Burns:

Apply Colloidal Silver

Sprains and Strains:

Take Arnica sublingually
Apply Arnica and Comfrey cream topically

Bruises and Swelling:

Take Arnica sublingually
Apply Arnica and Comfrey cream topically

Broken Bones:

Take Arnica sublingually
Once the bone has been set properly,
apply arnica and comfrey cream

Head Trauma:

Take Arnica sublingually

Shock:

Take Arnica sublingually

Bites and Stings:

Apply peppermint oil to relieve the itch or sting

The information provided with this kit is not intended to replace the advice of your medical professional. This basic first aid kit is intended to provide natural care for non medical emergencies only. In any medical emergency, especially where head injuries have occurred, please seek help from a trained medical professional.