

Beat the Heat

Summer's here and we all have to deal with the heat. This article is about ways to keep cool, stay hydrated, and what to do if you get too hot. Please note: Sunburn is not covered in this article. There is an article in our library about Sunburns already. See the website <http://www.TracesEtc.com> to view it.

Your allies in your fight against the heat:

- Water
- Lemons (Oranges, Limes, and Cucumbers can also be used)
- Lavender essential oil
- Eucalyptus essential oil
- A spray bottle

Let's start with hydration. You must keep hydrated! If you don't you are in serious trouble. Dehydration signals heatstroke, sunstroke, and Hyperpyrexia.

How do you know if you are getting dehydrated?

- If you are thirsty or have a dry mouth, it is likely that you are not drinking enough water. Re-hydrate with fluids regularly throughout the day. Remember that once you are thirsty, you are already somewhat dehydrated.
- If your urine is a dark yellow color and has a strong odor you may not be getting enough fluids. Urine that is light yellow or clear in color typically means that you are drinking enough fluids. The amount of urine you produce can also be an indicator of hydration status. If you do not produce much urine throughout the day and it is dark in color, you likely need more fluids.
- Are you feeling light headed and tired, unable to concentrate or having frequent headaches? These could be a signal that you are dehydrated.

How do you stay hydrated?

- The most obvious way to keep hydrated is to drink plenty of water. If you add slices of lemon, lime, orange, or cucumber to your water you will generally find that you drink more water. There are other benefits to adding lemon to your water (that we'll talk about in a minute). Water is vital to electrolyte balance.
- Add a homeopath to your water. Rescue Remedy or Bioplasma homeopaths are both homeopaths that can be used to help keep you hydrated. Add a little of one or the other (not both!) to your water. Bioplasma helps open your cells to accept the salts they need (it's a combination of all the homeopathic cell salts). Rescue Remedy is an excellent homeopath for stress or shock, helping your body recover from both (heatstroke fits this definition nicely).
- A great product is called Emergen-C. It comes in a variety of flavors. We used to carry these, but don't anymore as you can buy a box of 36 at Wal-Mart for cheaper than we can get them wholesale. I use them year round. They are designed to boost your energy

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naturally by providing you with tons of minerals and vitamins. For example: The raspberry flavor provides 1,000 mg Vitamin C, 32 mineral complexes, and B Vitamins. They are electrolyte-balanced which makes them perfect for re-hydration. Each packet is about the size of a packet of Kool-Aid, so they're perfect for travel, hiking, etc. I generally carry a few packets in my purse.

- This is one of those times when you will find a drink with electrolytes is actually recommended—in moderation. Many of these types of drinks are very high in sodium, something to be aware of if you're someone who watches their salt intake. (I prefer the Emergen-C; it doesn't have as many surprises in it as many Sports Drinks.) If you are someone who needs to watch their sodium intake, lemon juice provides your body with what it needs without the sodium spike.
- Add a trace of Be Young Peppermint* essential oil to your water. As you drink it you can feel the “cool” spread throughout your body. Peppermint iced tea or Peppermint Lemonade is absolutely fabulous on a hot day! Hint, the Peppermint oil, if added straight to the water, will float on top and make your lips tingle when you take a drink. Add a drop or two to a small amount of Stevia or honey, then add that to your water for a refreshing sweet peppermint drink that will cool you all the way through.
- Take your daily dose of Masaji. Not only does it provide you with all those vitamins and minerals you sweat out in the heat, it also provides you with all those good things that are in your fruits and vegetables that actually help you deal with the heat better! Did you know that taking your Masaji (or eating lots of fruits and vegetables) will actually make it so you are more resistant to sunburn?

Some things to watch out for so that you don't undo the good you're trying to do:

- Watch the bottles you carry your water in, make sure they are BPA-free (Bisphenol A is a synthetic estrogen that has been shown to disrupt chromosomes—if you are pregnant or may become pregnant it is especially important for you to avoid it!)
- Always wash your lemons, limes, oranges, cucumbers, etc before putting in your water (see our article on Salmonella, it's in the Library on the website).
- Avoid drinks with caffeine—caffeine will dehydrate you, so will alcohol.
- Drink before you feel thirsty—if you feel thirsty you're already dehydrated.

Keeping your home cool:

- Open windows at night to let in the cool air, close them as soon as the sun comes up to keep the hot air out.
- Close drapes and curtains if the sun is out.
- Air Conditioners are great, but they use a lot of electricity. I use tower fans with ionizers in them. The ionization option makes the air feel deliciously cool—almost like an air conditioner but using a ton less energy. The tower fans also rotate to help keep the air moving. I also use a regular style box fan at the top of my stairs to the basement. I use it to pull the cold air from the basement upstairs. (Remember, hot air rises and cold air falls.) If you don't have an ionizing fan get a towel, get it damp, and place it in front of your fan. This will cool the air the fan is sending out (doesn't help much if you're dealing with humid heat, though).

- Take gallon size freezer Ziploc baggies. Put enough water in them so that when you lay them flat they are about ½-1” thick. Then freeze them. Once they’re frozen they’re perfect for a multitude of uses. Use them in your coolers (they take up little space, but pack a wallop of cold). If you’re roasting, wrap one in a towel and then sit on it. You’ll be amazed at how cool you’ll get! This is a great tip for when the power goes out and the heat’s still on. You can stay cool. (Make sure you are sitting where you won’t have water damage if it leaks.)
- Before going to bed, take a spray bottle, add some cold water and a couple of drops of your favorite essential oil (I like orange, some people like lavender, make it something soothing to sleep to). Lightly spray your sheets; this will make them feel deliciously cool when you get in to sleep. Sometimes I’ll re-apply if I wake up in the night and am hot.
- Avoid using the oven during the day. If you must bake, do so in the evenings so the cooler night air can help cool down the house. There are many alternatives: Dutch Ovens, grilling, a rotisserie can be used outside, etc. If you are going to bake, try to time things to cook together. For example, bake your bread and your potatoes at the same time or throw in a pan of brownies when you cook your bread. Avoid cookies, they take more time and require opening the oven a lot. Make pan cookies or brownies.
- Have you noticed how hot a light bulb gets? Keep those lights turned off! Saves electricity and heat. Replace the lights you use the most with LED light bulbs, they don’t run as hot (and save on electricity), the price of these is coming down. You may also want to look at fluorescent bulbs, remember to dispose of them properly when they burn out.
- Stay indoors during the hottest part of the day. Not only does this keep you cooler, it helps keep your house cooler. Every time you open the door you get an air exchange. Just going to get the mail means you open the door twice (once to go out and once to come in, and that’s assuming the mail’s here when you go out, if you have to go again because you went to get the mail before it got here there’s another two times the door has to be opened.)
- Wear loose-fitting, lightweight, and light colored clothing. Wear a wide brimmed hat with a wet bandana under it if you have to be outside. (Basic brown and green don’t seem to attract bugs as much.)
- You can also do some serious cooling down with a ice pack on the back of the neck. They have bandanas you can buy now that have things inside them (what things depend upon the brand, look for one that’s non-toxic, biodegradable, all that fun stuff). You immerse them in water, freeze them (or just immerse in cold water), and then take it out on a hot day and put around your neck. I use these when I’m working at an outdoor show, they really help keep you cool!

The perfect cool-off—great to keep you cool and to keep you healthy! Indulge all summer long in fruit slushies! Just take some of your favorite fruit (frozen or fresh), throw it in the blender, add some fresh ground flax and some ice. Blend and enjoy! You may also want to add a drop of your favorite Be Young essential oil for a flavor wow. Some suggestions include Orange, Spice for Life blend, Peppermint, Lemon, Cinnamon, Grapefruit, Lavender, or Spearmint. Your body will thank you!

Some recipes for common heat related ailments:

Heat cramps:

2 drops Geranium
3 drops Eucalyptus
1 tsp carrier oil

Massage the legs with the above and drink a quart of water to which you have added ½ tsp salt.

Prickly Heat: a rash of tiny blisters that look like little pink or red spots. It is caused by blocked sweat glands and is extremely itchy. It can affect any part of the body.

- Keep as cool as possible. If possible expose the affected area to air, if you must cover it use only light cotton cloth.

Prickly Heat Recipe:

6 drops Eucalyptus
6 drops Lavender
6 drops Chamomile (Roman or German)
1 tsp of alcohol (rubbing)
1 cup spring water

Put in a spray bottle, shake up, and spray the affected area.

Bathe in warm (not hot) water with 4 drop Eucalyptus and 4 drops Lavender added to the water. Baking soda is a good addition to the bath water. For best results, add the Lavender to the baking soda, and then add the baking soda to the water. For adults use 1 cup baking soda, decrease this amount according to size and age (2-10 yrs old, ½ cup baking soda, under 2 years old use ¼ cup baking soda, only 2 drops of Lavender, and omit the Eucalyptus).

You may find that bathing in the Healing Bath Salts will help cool you down. They make the water feel deliciously cool even if it is hot.

Pets are important parts of our family. They are not as able to deal with the heat as we are. Dogs and cats don't sweat in order to cool off, they pant and they wash themselves (the moisture on their fur helps cool them). Here are some ideas you can use to help keep your pets cool in the heat:

- Add a few ice cubes to your pet's water dish.
- Dogs are silly, they like ice. Take a big bowl, fill it with water, and freeze it. (You may choose to add treats or their favorite toy to the water before freezing so they get a "prize" as the ice melts.) Dump the block of ice out where your dog can get to it. Many dogs will lick the ice block, some will even chew on it, to help keep them cool in the heat.
- Make sure your pet has adequate shade!
- Some pets like to be wet, others don't. Allow them (to an extent) their preference. I set up the sprinklers in the back yard and then let the dogs out to play with me. I had a Lab who would run over and actually sit on a sprinkler to get cooled off (didn't get the lawn watered, but was fun to watch). If you have a dog who loves to play fetch, throw the stick/ball/Frisbee through the sprinklers on the lawn and they'll go retrieve it through the

water. You may also consider a child's wading pool (the hard plastic, not the inflatable one). I have one in the kennel filled with water, the dogs can get in and get wet as they want. It's not deep enough to worry about them, but deep enough if they roll in it they can get a good dousing (I have medium size dogs).

- If it's really hot you may want to hose your dogs down. Make sure you don't get water in their ears when doing this. Also, ALWAYS, I mean ALWAYS, let the hose run for a minute before spraying the dog. The water that's been sitting in the hose can be boiling temperature if it's been in the sun. Always feel the water first to make sure you don't hurt your pet. For the housecat I will take a washcloth and get it wet with cool water, then hold it over my hand and "pet" the cat. The first time they may wonder what the heck you're doing, but once they figure it out they don't object. If it's really hot I've also put a frozen bag wrapped in a blanket under the pillow she likes to lie on. This makes it nice and cool for her.
- Cement is often cool, especially if it's been in the shade. Let your pets lie on the cement or roll on it.
- NEVER leave your pet where they can't get water or shade! I know you like to take them with you, when you do treat them like your child—make sure they get a drink of water, don't leave them in the car with the windows up (or in their carrier in the back of the pickup). Make sure they have a way to keep cool.

What to do if you have or are approaching Heatstroke, Sunstroke, or Hyperpyrexia (an excessive elevation of body temperature):

- If you are feeling dizzy, faint, and nauseous—and you may not even feel thirsty—retire to the shade and drink as much water as you can. Apply Lavender, Eucalyptus, or Peppermint (Peppermint's a hot oil, you may need to dilute in carrier oil) to the temples, back of the neck, and solar plexus (upper abdomen), and breathe deeply.
- Your body temperature must be brought down immediately and treatment must continue for at least the next 48 hours!
- Bathe in cold water to which you have added 4 drops each of Eucalyptus, Lavender and 1 drop Peppermint essential oil. If you can't immerse the body, pour water over your head! (If you've been in the military you'll remember this from their hikes, dump a whole bottle of water over the head and then consume a whole bottle of water—NOW!) Add the Lavender and Eucalyptus essential oils to the temples and the back of the neck. Apply ice to the underarms, the groin, wrists, and neck helps too. Get indoors or in the shade as quickly as possible and continue application of cold water and Eucalyptus essential oil for at least the next 48 hours. You must continue applying the water—a dowsing with water will lower the body temperature by one-hundredth of a degree (not enough, you need to keep working at it to get the body temperature back down where it should be).
- Drink plenty of water. To replace electrolytes add ½ teaspoon of salt to each quart of water or add an Emergen-C packet to your water.
- Take some ice and roll it up in a towel and place along the back of the neck. Excellent for reducing the body temperature.
- Refer to a medical professional for signs that your symptoms are more serious than home care alone should treat.

Remember, I promised you some more information on Lemon Juice? Here it is! Why should you add lemon juice to your water?

Lemon Juice

- Richest single source of vitamins and minerals known to man (you sweat out vitamins and minerals and need to replenish them).
- Benefits bile formation, which is essential for optimal fat metabolism.
- Helps regulate the liver.
- Promotes peristalsis. Keeps waste moving along for elimination and helps control constipation and diarrhea.
- Encourages tissue building.
- Strengthens and energizes the heart.
- Stimulates and builds the kidneys and adrenal glands.
- Its oxygen builds vitality.
- Its calcium strengthens and builds the lungs.
- Its sodium encourages tissue building and helps keep your electrolytes balanced.
- It alkalizes the pH of the blood to a healthy level.
- Its iron builds the red corpuscles.
- It cleanses the blood plasma.
- Aids the thyroid for deeper breathing.
- Helps dissolve and eliminate mucoid plaque from the digestive system.
- Is high in Potassium (keeps you from holding water—many of us swell when it's hot and nourishes the brain and nerve cells).
- Excellent source of Vitamin C.
- Some studies also show that lemon juice is as effective against heartburn as the leading prescription medications. It also relieves bloating and belching.
- Many people will use lemon instead of salt as a flavoring agent (it has the same good effects for your body without the bad effects).
- Lemon acidifies your urine; this prevents the formation of the crystals that turn into kidney stones.
- It is an antiseptic (it prevents the presence of pathogenic bacteria and decomposition of tissue).
- Dissolves uric acid (which causes joint pains and gout).
- If you're pregnant, lemon juice helps build bone in the child.
- Contains calcium to help build bones and make healthy teeth (have you heard the old wives tail that lemon eats away your teeth—that's false, it actually strengthens them!)
- Lemon contains certain elements which will go to build up a healthy system and keep that system healthy and well.
- Lemon juice helps decrease hardening of the arteries.
- Lemon juice helps your body get the energy from the food you are eating.

(Note: All of the above refers to fresh lemon juice.)

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Next to drinking plain purified water, drinking lemon water daily is the most important thing you can do for your health.

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