

I fell down, now what do I do?

Unfortunately, this is a question I get at least once a week. We all try so hard not to fall, but still, it happens.

First, put Peppermint on the injury to reduce bruising and swelling. Apply liberally with a carrier oil.

Now, determine the nature of the injury:

- **Twist/Sprain/Strain:** Continue to apply Peppermint every 20-30 minutes to keep the swelling and bruising at a minimum. (After 2 hours, reduce how often you apply, but keep applying for several days if the injury was severe, if it's just a little bump that quickly went away you can discontinue Peppermint after a day or so.) After you apply the Peppermint, add a layer of Cypress (for circulation) and a layer of Lemongrass (to strengthen and support the connective tissues), if you feel like there's enough damage you may be facing scar tissue then add a layer of Lavender.
- **General bruising.** The Peppermint should do it. However, if bruises start to show up and are painful and swelling appears you may want to add a layer of Bay Laurel and a layer of Cypress.
- **Cuts and bruises.** Follow the above for bruises; be sure to wash the cuts. To disinfect apply Tea Tree. If they're bleeding a lot, apply Geranium (the bleeding will initially increase, but then slow). If bleeding is excessive, will not stop, or cut is large, please visit a doctor, stitches may be necessary. If you have stitches, be sure to treat the area several times a day with Tea Tree (to prevent infection) and Lavender (to prevent scarring, also helps with the itching as it heals).
- **Is there nerve damage?** Apply Helichrysum.
- **Did you break something?** Go to the doctor to have the bone set and cast. Use Chiro Touch and Birch to help the bone heal properly and quickly. (Add some Lemongrass to your regimen to help the connective tissues and Cypress to keep the circulation going strong.)
- **Any or All of the Above?** The Brain Gem blend is incredible for any kind of bashing about the body has experienced, ESPECIALLY if the head was involved.

Basic suggestions to help you through the fall:

- Drink plenty of water, this helps your body heal and clean out the germs.
- If you got stressed out, sniff some Geranium to help you calm, if you got scared, sniff some E Motion. You may need the whole EAT (Emotional Aromatic Touch) done.
- Have a PAT (Physical Aromatic Touch) done, at the very least an assessment will help you feel better.
- Apply Chiro Touch to the feet to help your body re-align and stay in alignment.
- Soak in the tub with Healing or Balancing bath salts. (Did you know that Healing bath salts will help your body heal from the injuries of the fall? It's not just for respiratory ailments!)
- Take some Arnica homeopath (it's for bruising).

A final note, be sure you pay very close attention to your body during this time. Sometimes there are injuries we do not see that occur with a fall. You may need to go to a doctor and have some x-rays taken. Also, pay attention to why you fell. If you blacked out or have no recollection of the fall, just awoke to find yourself on the ground, please seek medical assistance to determine the reason of the fall. This article is not a substitution for a qualified professional's care.

To order, for class information, or if you have questions contact:

Debby or Penny Swann
208-852-2295
www.TracesEtc.com

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