

Ow, that hurts!

Allergic Reaction: Apis homeopath is an indispensable remedy for any kind of bug bites or stings, particularly wasp or bee stings. Higher dose forms such as 1M effective in an anaphylactic/allergic reaction situation

Bruises

- Apply Fysical Thera P Blend. Use cold compress in injured area. Oil repels water. This drives the oil into the tissue to help heal.
- Can also add lavender to Fysical Thera P blend – layer on top.
- Peppermint oil directly on bruised area, immediately after impact, helps make the area feel better and minimizes bruising. Marjoram also helps clear bruising
- Arnica homeopath is excellent for any kind of tissue trauma, be it a bruise, a blow to the body or a cut.

Burns, Sunburn: Spray for sunburns: mix several drops of lavender with water & 1 drop of peppermint, shake & spray.

Cuts, Scrapes & Abrasions

- Use a drop of undiluted Tea Tree on a minor cut (that does not require stitches) to disinfect the wound. Apply Tea Tree every hour or two for the first 6 hours to minimize the chances of infection.
- If there is a lot of bleeding, such as in a cut on the head, use a drop of undiluted Geranium. At first, bleeding may increase to initially cleanse the wounds, but very soon the Geranium will help the bleeding to stop and assist the healing. You can also use Bioplasma homeopath to control bleeding.
- You can put a drop of Tea Tree and/or Geranium on the pad of an adhesive bandage before applying it to the wound.
- You can facilitate healing after having stitches by using a drop or two of the undiluted Tea Tree to minimize infection, and a drop or two of Geranium, Spice of Life, or Lavender to speed the healing.
- Use Geranium or yarrow to suture cuts and wounds. Apply neat, bind; brings edges of cut together. Make sure wound is clean, do not seal in infection. Helichrysum promotes tissue regeneration.
- **RECIPE** – Salve for cuts, scrapes, bug bites, burns:

1 tsp organic raw honey

2 drops Lavender

2 drops Geranium

1 drop Helichrysum

Dana's family believes that this is better than any salve you can find in a pharmacy. The honey won't evaporate, keeps wound healing quickly.

Muscle Cramp: (Charlie horse) – apply basil, neat. If large area, use in carrier oil.

Shock/trauma

- Geranium calms you down. Peppermint or Lavender. Rescue Remedy (homeopath).
- Apply Peppermint essential oil to the bottoms of feet to help ward off/bring out of shock.
- Aconite homeopath excellent – Rescue Remedy is best

Sprains:

- Apply 5-6 drops of peppermint with warm compress – it increases circulation, then cold compress to reduce swelling. Then apply Fysical Thera P blend with warm compress and then cold compress – this helps move the blood around.
- Apply lemongrass if tendons are involved in the sprain.
- Sports Balm (a little goes a long way)
- Lavender to support internal repair.

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

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