

Quick Guide To Natural First Aid Treatments

Written by: [Dr. Pat Nardini, ND](#) on August 15, 2013 · [Leave a Comment](#)



Looking for natural first aid treatments?

From the cottage to the golf course to camping trips and more, natural remedy alternatives for first aid are becoming increasingly popular. They are safe, effective and handy to use. For those seeking natural first aid treatments, this handy guide will prove useful this summer and all year round!

Feel free to print it off and keep it in your bag as you explore this beautiful world of ours.

Items written in italics are either homeopathic remedies, formulas, or tissue salts.

Natural First Aid Treatments

Scrapes and Cuts

<i>Remedy</i>	<i>Purpose</i>
Tea tree oil - diluted	~ Used locally to disinfect
Turmeric powder	~ To stop bleeding, reduce inflammation, and disinfect
Vitamin E oil	~ To regenerate tissue and prevent scarring
Calendula succus (juice)	~ To regenerate tissue
Caution: Make sure to disinfect area before using Calendula	

Bruises and Bumps

<i>Remedy</i>	<i>Purpose</i>
Arnica	~ For pain and inflammation
Ice	~ To reduce local swelling
Vitamin C + Bioflavonoids	~ To regenerate tissue

Sprains and Strains

<i>Remedy</i>	<i>Purpose</i>
Arnica, Bellis perennis, Ruta	~ To reduce inflammation and heal tissue
Stabilize area, Ice, Elevate	~ To reduce local swelling
Wobenzym	~ For inflammation and prevention of long-term complications
Traumeel cream	~ To reduce inflammation and heal tissue

Insect Bites

<i>Remedy</i>	<i>Purpose</i>
Apis, Formic Acid	~ To reduce inflammation
Ledum	~ To heal puncture wounds
Diluted tea tree oil	~ Used locally to disinfect
Calendula succus, Aloe vera gel	~ To sooth and regenerate tissue
Caution: Make sure to disinfect area before using Calendula	

Poison Ivy

<i>Remedy</i>	<i>Purpose</i>
Rhus Tox, Urtica Urens	~ To reduce pain and swelling
Crushed jewel weed	~ Used locally to reduce inflammation
Calendula succus, Aloe vera gel	~ To sooth and regenerate tissue
Caution: Make sure to disinfect area before using Calendula	

Thorns/Puncture Wounds

<i>Remedy</i>	<i>Purpose</i>
Ledum	~ To heal puncture wounds
Hypericum	~ For shooting nerve pain
Diluted tea tree oil	~ Used locally to disinfect
Turmeric powder	~ To stop bleeding, reduce inflammation, and disinfect

Heat Exhaustion

<i>Remedy</i>	<i>Purpose</i>
Belladonna, Glonoinum	~ To reduce temperature
Tepid applications to head	~ To reduce temperature
• Not Cold	
Fluid with electrolytes	~ To maintain fluid balance in body
• Sodium, Potassium	
• Magnesium, Chloride	
• Bicarbonate	

Fractures

<i>Remedy</i>	<i>Purpose</i>
Symphytum, Bellis perennis	~ To regenerate bone tissue
Vitamin C	~ To regenerate bone collagen
(MCHC) Microcrystalline	~ To re-mineralize damaged bone
Hydroxyapatite	
Calcaria fluoricum & Calcaria	~ To enhance re-mineralization of bone
phosphoricum tissue salts	

Burns/Sunburns

<i>Remedy</i>	<i>Purpose</i>
Apis, Belladonna, Cantharis	~ To reduce temperature and heal tissue
Aloe vera gel	~ To sooth and regenerate tissue

Boils/Blisters

<i>Remedy</i>	<i>Purpose</i>
Lachesis	~ To reduce inflammation
Ginger, turmeric powder	~ To dry out and disinfect area (boils must be lance first)
Diluted tea tree oil	~ Used locally to disinfect
Calendula succus	~ To sooth and regenerate tissue
Caution: Make sure to disinfect area before using Calendula	

You can also use Rescue Remedy to calm someone after an injury, and to avoid anxiety and shock.

These natural cures will go a long way toward maintaining your health while you enjoy the great outdoors this summer. But please, if you have a more serious injury, be sure to see a qualified health practitioner at an emergency department as soon as possible

Have you used any of these naturopathic remedies? Leave your comments below!

Until next time, this is Dr. Pat Nardini, putting “Your Wellness First!”



About Dr. Pat Nardini, ND

Dr. Pat Nardini, ND is a licensed Naturopathic Doctor in Toronto, Canada. His practice focuses on promotion of the overall health of his patients through a wide range of naturopathic methods. He has been in private practice now for over 10 years and specialises in thyroid conditions, primarily Wilson's Temperature Syndrome.

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