

First Aid, Cuts, Wounds & Bug Bites:

There are SO many oils we can talk about for use of first aid. First of all I will describe what type of wound or cut we will use the essential oils for: Tears in the skin, cuts, punctures, scrapes, or crushing wounds. **Obviously if you get your hand crushed, you will want to use essential oils, on the way to the emergency room. These oils will disinfect, minimize pain and speed healing but if you have broken bones or are bleeding profusely, use common sense and go to an emergency room. One of the recipes that is recommended in the Young Living Reference guide is quite long but extremely well crafted. It contains a minimum of 7 oils. I am going to do a similar recipe that just has 3; the very basics. First; You hurt yourself. You have stepped on a rake or slammed your hand in the door or something of this nature. Get your first aid oils out and get the wounded area elevated above the heart if possible. The first oil they recommend is **Helichrysum** (which is wonderful) but very expensive so our substitute for that will be Lavender Oil. **Lavender Oil** is analgesic (pain relieving), anticoagulant and disinfecting. Perfect thing for the first aid front line. If you can clean the wound with soap and water, hydrogen peroxide, or even vinegar if you have nothing else (although all of the above will sting). Pat dry with paper towel and apply 2 to 4 drops of lavender. This should help the bleeding to stop within seconds to minutes.

Pan-Away is my next stop; It stimulates quicker healing by the induction of oxygen to the trauma site. Get this directly on the wound or area of trauma to curb the pain and help reduce swelling. Cover with a bandage if you can and a dry towel. Then add a bag of frozen vegetables or icepack of some sort. If the wound requires stitches or you've broken a bone, off to the emergency room you go. **Thieves Oil Blend** can be used when you change the bandage to fight any occurrence of infection. Thieves will also help with pain relief. For ease of use add 10 drops of Thieves oil & 5 drops of Lavender Oil to a 2oz spray bottle to spray wound in between bandage changings. This should help keep the wound free of infection and expedite healing.

Lavender: Is Analgesic, Anti-coagulant, Convulsice, Depressant, Fungal, Histamine, Infectious, Inflammatory, Microbial, Mutagenic, Septic, Spasmodic, and Anti-Toxic and Anti-Tumor. It is a natural Cardiotonic, Regenerative and tonic.

Thieves Oil Blend contains:

Cinnamon Bark: Antibacterial, Antidepressant, Antifungal, Antinfectious, Anti-inflammatory, AntiMicrobial, Antiparasitic, Antiseptic, Antispasmodic, & Anti-Viral. It's Astringent, a purifier, aphrodisiac, and is warming and enhances the action of other oils.

Clove: Analgesic, Antibacterial, Antifungal, Antinfectious, Inflammatory, and Anti-Paracitic. It is antiseptic, antioxidant, antiviral, disinfectant and immune-stimulant.

Lemon: Is Anti-Cancerous, Antidepressant, Antiseptic, Antifungal, Anti-Viral, It's an antioxidant, invigorating & refreshing tonic.

Eucalyptus: Is Analgeic, Antibacterial, Anticatarrhal, Antinfectious, Anti-inflammatory, Antiseptic, and Antiviral. It is diuretic, expectorant, and a great insect repellent and is stimulating.

Rosemary Cineol: Is Analgesic, Antibacterial, Anti-cancerous, Anticatarrhal, Antifungal, Antinfectious, & Anti-Inflammatory. It is antioxidant and expectorant.

Pan-Away Oil Blend Contains:

Wintergreen: Is Analgesic, Anti-Inflammatory, Antihuematic, Antiseptic, & Antispasmodic. It is a disinfectant, diuretic, stimulating to the bones, and warming.

Helichrysum: Is Antibacterial, Anticatarrhal, Anticoagulant, Antispasmodic, & AntiViral. It's antioxidant, expectorant, and mucolytic.

Clove: Analgesic, Antibacterial, Antifungal, Antinfectious, Antii-nflammatory, and Anti-Paracitic. It is antiseptic, antioxidant, antiviral, disinfectant and immune-stimulant.

Peppermint: Is Anti-Bacterial, Anticatarrhal, Antifungal, Antinfectious, Inflammatory, AntiMicrobial, Antiseptic, Antispasmodic, Anti-Viral, & it's Analgesic (pain relief topically).