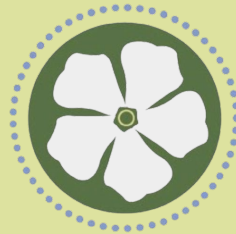


Injuries

Home Care with Natural Remedies

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remedios
naturales

Injuries - Home Care with Natural Remedies

The quicker we tend to an injury, the better we heal, and the less likely we are to have chronic pain, local or systemic infection, or need medical intervention.

The world of natural healing has a long history of using herbs to help us respond, repair, recover and get back on track. This presentation covers the most common issues we experience and how to use natural tools which are easily kept in our homes and can save us time, money and misery.



Herbal Remedies vs. Ibuprofen, Naproxen, Aspirin, Acetaminophen, Tramadol, and Opiates

Over the counter medications:

- relieve pain quickly
- have unwanted side effects.
- shut down the healing process,
- overburden our organs
- Impede healthy digestion

Herbal repair herbs:

- stimulate the tissues to repair themselves
- reduce inflammation
- allow nutrition to get to injured area
- eliminate waste products



Home Injury Kit - General First Aid

- **Hot packs** - grains in cotton bag for use in a microwave, hot water bottle, or electric heating pad
- **Ice packs** (frozen peas or other frozen veggies work in a pinch)
- **Baking soda & sea salt** (not epsom salt!)
- Medical grade gauze
- ☀️ Rubbing/isopropyl alcohol (hard liquor for drinking will work in a pinch)
- Bandages (multiple sizes and both waterproof and non-waterproof)
 - ☀️ Medical grade butterfly bandages in various sizes
 - Elastic bandages (old nylon stockings or spandex work in a pinch)
- Tweezers - small with a point and larger with a flat edge
- Cotton flour sack towels or something similar- clean and sterile (a clean white t-shirt will do in a pinch)
- Cotton swabs and balls or pads
- Hot water kettle
- Medical or sports tape (duct tape in a pinch)
- Scissors (two sizes, small and large)



Home Injury Kit - Herbs & Remedies

- Arnica topical remedy
- Alfalfa and/or Multi-greens
- Castor Oil
- Cayenne - powder, tincture, oil and/or salve
- Clay
- Comfrey root powder
- Herbs for Pain and Inflammation in Tincture or Capsules
- Herbs for Infection, topical and internal (MGS+)
- Honey
- Wheat germ oil
- Homeopathic Remedies
 - Arnica 12x, 30c, 200c (pain and inflammation)
 - Symphytum 12x, 30c, 200c (stimulate repair of injured tissue)
 - Hypericum 12x, 30c, 200c (nerve pain)
 - Rescue Remedy (manage stress/shock of injury)
- Topical herbal remedies for nerve pain
- Plantain
- Remedies for Repair and Pain
- Nutrition for Repairing Injuries:



The Basics - Tools & Herbs

- **Cayenne** - stops bleeding.
- **Arnica (tincture/cream/oil/homeopathic remedy)**- manages pain and inflammation.
- **Castor oil** - breaks up and clears out waste products
- **Contrast therapy (alternating hot packs and cold packs)**- manages pain and inflammation
- **Therapeutic baths (baking soda and sea salt)**- *Balance **all** your electrolytes.*



The Basics - Injury Types

New, Open Wounds

- Cuts
- Gashes
- Scrapes



New, Closed Wounds

- Bruises
- Blows
- Swelling
- Painful Joints



Chronic & Old Issues

- Sciatica
- Arthritis
- Stenosis
- Scar tissue
- Keloids and Cysts



Soreness

- Pain
- Tissue damage from overuse



New Open Wounds - First Aid

If there is profuse bleeding and clear signs of broken or torn tissues, *there is no substitute for medical attention*: the urgent care or emergency room is your best choice.

That said, the **ABCs** of first aid are always appropriate until medical attention can be accessed.



New Open Wounds - First Aid

- **Airway** - make sure airways are clear
- **Breath** - Make sure they are breathing and if they are not, apply CPR; If breathing and alert, help them to calm and slow their breathing.

☀️ **Circulation/Stop Bleeding** - Cayenne as a tincture, under the tongue, and directly on the wounds followed by a clean cloth with pressure over it SAVES LIVES.

Rescue Remedy is a great tool to stabilize all three.



New Open Wounds - Next Steps

- STOP, COLLECT YOURSELF, BREATHE - Take Rescue Remedy
- Homeopathic Remedies for pain, inflammation, nerve injury, and tissue repair
- Administer CAYENNE (Orally and Topically) and Apply a Clean Bandage and Pressure
- Check for bleeding every 5 minutes and apply more cayenne if not stopped
- Reassess for need for emergency transport-head injury etc.
- Clean the Wound
- Disinfect
- Apply repair herbs
- Cover wound well with a clean (sterile if possible) bandage
- Take an herbal infection formula
- Clean the wound at least 2x/day and manage pain locally and systemically
- When the injury is closed and won't reopen or start bleeding again, apply salve twice a day and leave uncovered
- Apply healing herbs and apply a bandage when planning activities that will get it dirty or cause it to open again
- Manage itching and pain as healing progresses



New Open Wounds - What to do if you can't get to a hospital

If you do not have access to medical care and you think there may be a broken bone, a severed artery, there's impaled object in the body, etc.

- **Manage shock and bleeding** using ABCs
- **Stabilize impaled objects, possible broken bones or torn tissues**
- **Apply arnica and/or cayenne** (do not put arnica on open wounds.)
- **Pack with ice** - especially head injuries
- **Apply pressure** then transport if possible
- **If transport is not possible**, continue to manage bleeding, shock and pain. When all three are stable enough to remove an object and realign bones and joints with traction you repeat the process of managing bleeding, shock, pain and treating it either as a closed or open wound.



Deep gashes, open wound and burns responds well to **plasters of wheat germ oil, honey and comfrey root powder**.

- **Take herbs for infection** by mouth every 3-4 hours until the wound is closed and all signs of infection are gone (5-10 days is the general timetable). MGS+ tincture is our recommendation

Infection Associated with Wounds

Sign of infection:

- Sharp pain
- Pus (in closed pockets or draining)
- Radiating heat
- Swelling
- Red streaks
- Generalized body aches
- Fever
- Swelling and pain in the lymph nodes

What to do:

- Take Herbs for Infection
- Soak in salt water
- Disinfect wound 4-12 times a day
- Debride when cleaning
- Cover with a bandage
- Take herbal anti-inflammatory and pain herbs
- Apply moist heat packs on the area and the associated lymph nodes hourly



New Closed Wounds - Bruises/Blows/Swelling

If there is any chance of detached connective tissue, broken bones, or deep internal bleeding, stabilize the area and get to a medical facility; *Internal bleeding can be a life threatening issue.*

- **Ice the entire area** for 20 minutes at a time, applying arnica between ice packs
- Take homeopathic arnica, hypericum, symphytum and Rescue Remedy
- Continue applying cold packs for the first 72 hrs
- Apply arnica and castor oil at least twice daily.
- Take daily therapeutic baths. Apply arnica, castor oil and ice packs after bathing.
- Change from Cold Therapy to Contrast Therapy after the first 72 hours
- Continue with the arnica and castor oil applications at least twice daily



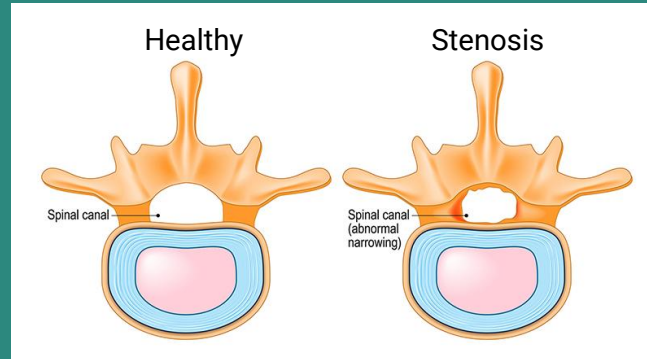
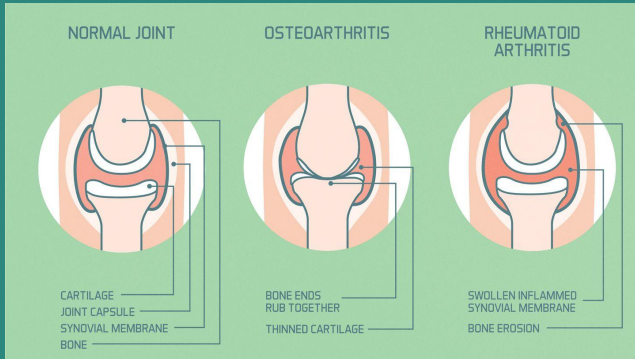
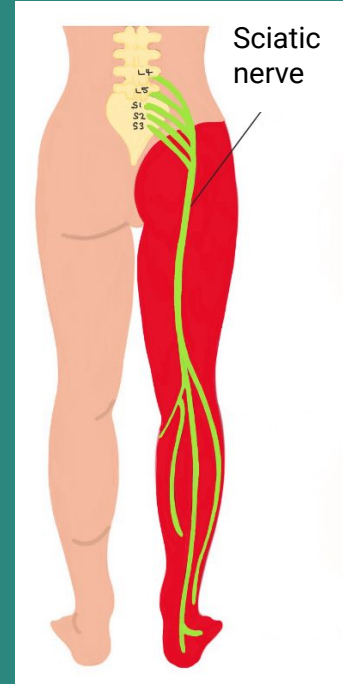
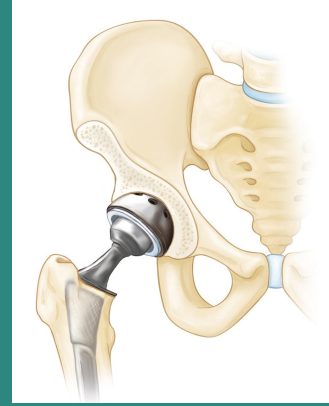
Manage your pain: UNMANAGED PAIN AND INFLAMMATION KEEP TISSUES FROM HEALING PROPERLY, IT IS IMPORTANT TO BRING DOWN THE SWELLING AND KEEP PAIN DOWN SO YOU CAN SLEEP THROUGH THE NIGHT.

- Increase your healing nutrition



Joint Pain -Arthritis, Stenosis, Sciatica, Repaired and/or Replaced Joints

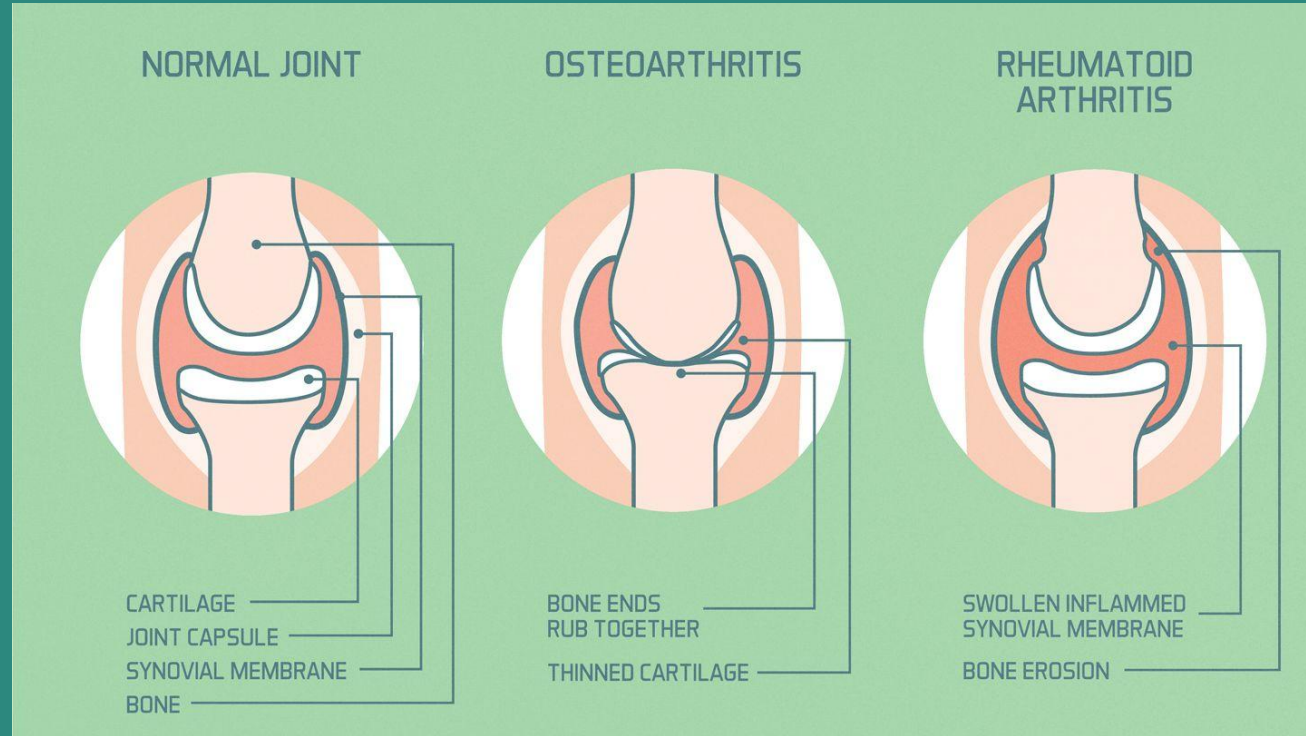
Joint injuries can be some of the most challenging because constricted spaces in joints and their complicated structures restrict blood flow.



Joint Pain -Arthritis

Arthritis

inflammation or
infection in a joint.

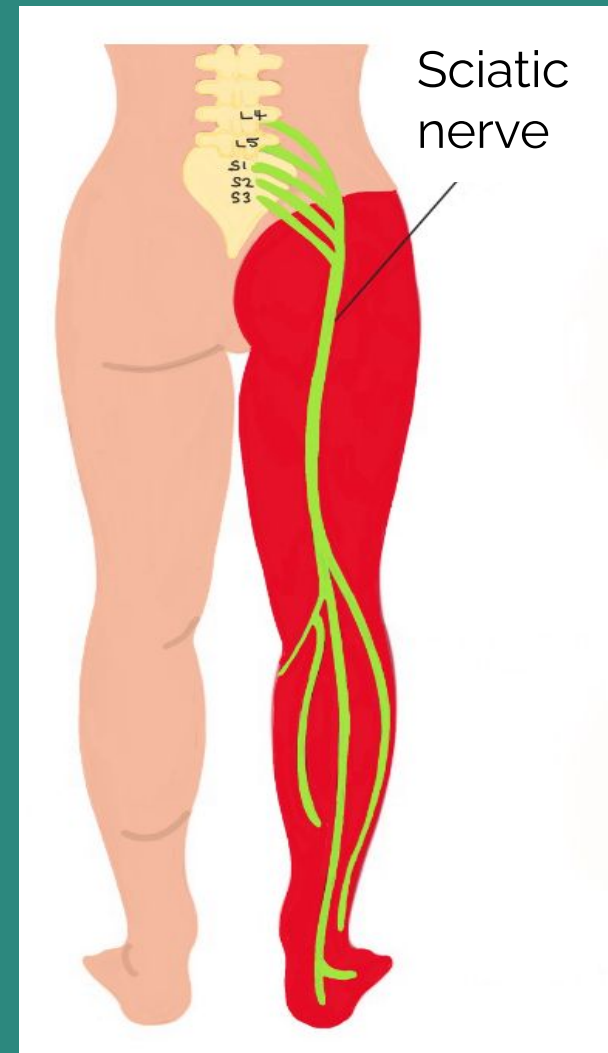


Joint Pain - Sciatica

Sciatica: pain starting in the low back and/or one or both buttocks. It is caused by pressure on the sciatic nerve.

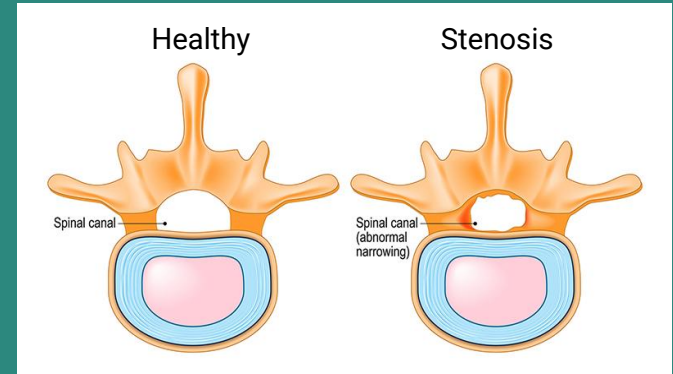
Symptoms include:

- Pain running down the back of the thighs, through the back of the knees, and down the calves.
- Burning and sharp pain, generally only on one side but can be on both.

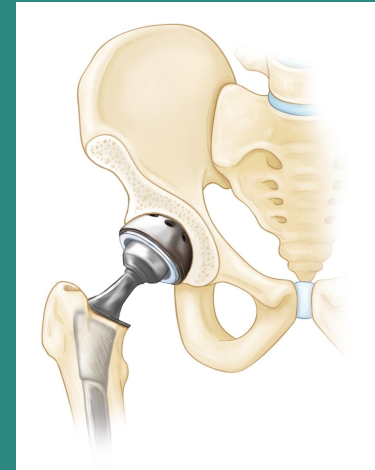


Joint Pain - Stenosis, Repaired/Replaced Joints

Stenosis: a **constricting** of the openings in the bones of the **spinal column** which impinge the nerves and other tissues which move around and through the area.



Joint Replacements: Replaced and repaired joints always have *scar tissue and non-natural objects around them*. They require maintenance to reduce scar tissue and debris build-up.



Joint Injuries - At Home Care Protocol

- **Apply Arnica and Castor oil** twice daily until completely normal movement without pain (can be months)
- **Alternate ice and heat** depending on symptoms
- **Apply herbs for infection topically** (*Cayenne Plus Oil*)
- **Wrap/Support with tape or brace** *when actively using the area*
- **Unwrap and move joints** *when sleeping, resting or doing normal activities with no impact or strain*
- **Take therapeutic baths** *followed by repair and pain herbs and/or castor oil and arnica **daily if possible***
- **Improve your digestion and/or increase nutrition for healing tissues** (*Oak Bark, Comfrey, Alfalfa, Green Vegetables, lecithin, olive oil, flax seed, coconut oil etc.*)
- **Stretch, Strengthen and Move Tissues** (*Physical Therapy, Yoga, Swimming*)
- **Clean out the Kidneys, Belly and Reproductive System*** (*see general recommendations*) *to reduce pressure on the spinal column and affected nerves*
- **Take Remedies for Inflammation and Pain** (*Ralph's Pain Formula*)
- **Apply Remedies for Nerve Pain** (*Ice Packs; Resting/Nighttime Salve; Nerve pain Salve; Chronic Pain/Numbing oil, Cayenne Plus Oil*)

Old Injuries - Scars & Keloids

Castor oil twice a day until the scar is flat and not tugging on the tissues beneath or around it.

Clay Packs for keloids or deep scars: apply daily followed by castor oil and arnica over the area.

Do not wash clay off in the sink. It will clog your drain. Instead, scrape it off and throw it in the trash.



Soreness from Overuse

- **Prevent:** hydrate well. Take homeopathic arnica and/or apply arnica topically before your process
- **After your workout:** Apply Ice, Arnica and Castor oil ASAP
- **Take a therapeutic bath** with baking soda and sea salt
- **Apply and take homeopathic arnica** after bathing and before sleeping
- **Use ice/cold therapy over swollen muscles and joints**
- **Take herbs for pain.**



General Rules

- Manage Stress/Breathe
- Stop Bleeding
- Stabilize fractures
- Keep wounds clean and watch for signs of infection
- Apply ice packs, arnica, and castor oil for soreness and pain
- Old Injuries and Joint injuries need care 2x/day with consistent baths, topical remedies, and movement/stretching



Conclusion

- **Be prepared** - keep tools handy. Know what you have. Replace & upgrade.
- **Ask for help** - get medical attention when necessary. Your safety comes first
- **Be diligent** - stay on top of your injuries and be consistent.
- **Be brave** - trust yourself and the herbs. When you don't have medical attention, do your best.

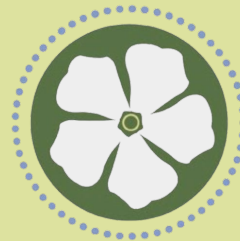


If you have questions about any of the material in this presentation - or another topic - you can always email us at

herbalist@remediosnaturalesnm.com

Or check out our website where we provide information on many common health issues

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