

# Herbal First Aid and Remedies

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Herbs have been used for centuries to treat bruises, cuts and other minor emergency first aid needs. Learn to use three common herbs, Aloe Vera, Chamomile and Peppermint for household first aid and good health, the natural way.

## Aloe Vera

This common houseplant should be in everyone's home as an instant "first aid" plant. There are 75 different nutritional compounds naturally occurring in Aloe Vera, which makes it a good choice when looking for aids to heal yourself and your family.

For one, Aloe provides dietary support for the digestive tract. It has a soothing effect on the digestive tract lining and helps provide a healthy balance of intestinal secretions. Aloe Vera contains natural anti-inflammatory and anti-bacterial properties. It cools and numbs sensitive tissue, such as sore gums and burned skin, and often literally stops the redness and pain.

It's a good idea to keep Aloe Vera as a houseplant, for quick first aid treatment for burns, cuts, and stings. Just cut a small piece of the leaf and gently squeeze the gel from the inner leaf onto the afflicted body area.



## Chamomile

This amazing herb is a tiny white flower that naturally contains Tryptophan, an amino acid known for its tranquilizing effects. Warm milk is the only other natural source of Tryptophan. Have some chamomile tea before bed for a restful, deep sleep. Chamomile is very soothing to the nerves and virtually harmless. For years, European physicians have prescribed Chamomile tea for babies and children with fevers, earaches and nightmares. A few drops of chamomile essential oil in a bath will help restless children calm down and go to sleep.

Other uses for small babies and children include colds, stomach trouble, colitis, gargling and externally for eczema and inflammation. It has been found to be one of the best herbs for soothing a baby's upset stomach and colic and for inducing sleep. It is also useful to relax women with PMS who are experiencing emotional tension and gives relief from menstrual cramps. Chamomile has also been used to give miraculous relief from cysts of all kinds.



## Peppermint

This is another versatile and harmless herb, one of the most common varieties of mints. Peppermint settles upset stomachs and stimulates digestion, even with colicky babies. This tiny purple flower with fragrant leaves, relaxes the nervous system, relieves headaches, dispels tension and soothes menstrual cramps.

As well, Peppermint has a strong anti-viral ingredient which is handy when treating colds or flus. It is also useful for bowel problems, and even helps to alleviate convulsions and spasms in children.

### **Instant First Aid!**

Both chamomile and peppermint are very effective as herbal teas, thus can be purchased inexpensively, brewed and served up quite readily. Or you can grow and harvest your own! There's nothing more fragrant than bunches of peppermint hanging around the house to dry!

Every household would be wise to keep these three herbs on hand at all times. Virtually, every ailment that your family can routinely come down with can be helped with one of these herbal staples. For a small amount of money you can have instance peace of mind at hand, ready for action.



### **More Links to Explore!**

[\*\*The Aloe Vera Studies Organization\*\*](#) offers sound advice on sifting through the myriad of claims about the use of Aloe Vera for health and beauty.

[\*\*The Chamomile Times and Herbal News\*\*](#) offers a quick reference for our three featured herbs, plus many others.

[\*\*Aura Cacia Aromatherapy\*\*](#) offers a delightful overview of the Peppermint plant and its health benefits.

[\*\*Herbal Home Remedies\*\*](#) presented by Garden Guides offers a nicely laid out reference guide to Peppermint and other herbs.