

@nourishe, april 2010



I love this time of year - beautiful warm sunny days & crisp clear nights. It's still light enough in the morning that you feel like getting up + there are still enough daylight hours to be out & about - so you can stock up on your Vit D. This is also the time of year to re-stock your Naturopathic First Aid kit in readiness for WINTER. Here are some suggestions...

for health & wellbeing

+ A Naturopathic First Aid Kit +

- + **Lavender Oil** = antiseptic, antiviral, bactericide, calming, decongestant. Coughs/colds, 'flu, wounds, stress - this essential oil is great for all manner of things!
- + **Thyme Oil** = I recommend using Thyme for any bronchial congestion. Inhalation via steam or a few drops on a tissue will help to relieve wheezy/asthmatic or congested lungs. Less is more with this one (you can also blend into an oil or balm & rub onto the chest area).
- + **Traumeel** = a Homeopathic blend containing Arnica, Calendula, Aconite & more. For sprains/strains; inflammation/tendonitis etc. Available as drops, cream or tabs.
- + **Calendula Cream or Balm** = for treating skin rashes/itches. Will help reduce scarring after injury.
- + **Rescue Remedy** = if you don't already have it @ home then get some now! Used whenever something dramatic happens. Great for shock or trauma, road rage etc!

+ A Herbal First Aid Kit +

- + **Andrographis** = one of my personal favourites, used to treat the common cold. It is useful in upper respiratory infections & sore throats. A must-have-on-hand for those itchy throats that we inevitably get throughout the coming months! Usually found in a complex with other immune herbs.
- + **Astragalus** = another beneficial Immune System herb. Astragalus can be highly beneficial for those of you experiencing fatigue, low vitality & recurring infections. It is generally used for a chronic (long term) condition as it stimulates the immune system & increases metabolic activity. Best used long-term.
- + **Echinacea** = immune booster, fights infection, colds & flu. Best taken at the first sign of symptoms. Great for Strep Throat. High doses will deal to your cold quickly.
- + **Ginger** = great for the digestive system. Ginger can also be beneficial in colds & throat infections. An easy one to get hold of & great as a hot drink too!
- + **Lemon Balm** = very calming on the nervous system. Use fresh or dried herb in an infusion to help sleeping. Also has some mild anti-viral & antibacterial activity. (Easy to grow in the garden).
- + **Olive Leaf** = another favourite, Olive Leaf is highly anti-viral. Best taken as a capsule however you can also use it in an infusion (quite a bitter flavour).
- + **Peppermint** = well known for it's calming effective on the digestive system. Also great for headaches. Peppermint essential oil acts as a "pick me up" (brings out the inner child!).
- + **Psyllium** = most commonly used to deal to constipation. Psyllium is a soluble fibre that is a source of mucilage for the digestive & respiratory tracts.

NOTE: Most of these herbs are safe at therapeutic doses. If you are on medication then ALWAYS check with a health professional before you self-prescribe. Many herbs have a variety of effects on your body & can be used to treat numerous conditions. If in doubt - ASK FOR HELP.

Please bear in mind there are literally 000's more herbs to choose from. The herbs I've listed are readily available & easy/safe to use. Some may have a contra-indication if you are on medication, are pregnant, or on a restricted diet. I hope you find this list helpful - feel free to email me if you have any queries or want to talk about the Practitioner products I work with.

Coming up on Wed 16th June is my **Winter Wellness** workshop. Pencil it in your diary now - more info available next month. If you have a particular health concern that you'd like me to include then please let me know

yours in health