

Perceptive Health
300-1170 Shoppers Row
Campbell River, B.C V9W 2C8
250-286-3655
www.PerceptiveHealth.Com

Naturopathic Summer First Aid for the Whole Family!

Trauma, Stings and Bites: **Arnica** 200ch should be in everyone's First Aid Kit. Can be taken up to 6 times per day for any kind of trauma including emotional. Arnica cream applied topically (**Cyroderm Cold chemical free**) in combinations with **MSM and Boswellia** are great for injuries of muscles and joints. This is not applied to broken skin. This can also be applied to bites. If bites become infected or are not healing then see your ND or MD. Watch out for **tick bites**. If you get one, keep the tick! Dr. Biswas in Courtenay send them off and gets them checked for Lyme. This is cheaper than you getting checked for Lyme. Also a preventive round of Doxycycline is also recommended immediately! We live in Lyme Country!

Summer Flu: Every summer we hear of people getting the flu or even pneumonia. Consider having **Optibioestim** in your First Aid kit along with the instructions. To avoid antibiotics is the goal. **HTSF Influenza 200** is our favourite flu remedy taken 6 times per day for several days at the onset of any infectious symptoms. **Echinacea premium** in tablets or tincture is also a favourite. This form only contains the root of Echinacea purpura and angustifolia so can be taken year round for prevention.

Digestive Upsets: Diarrhea is best treated with **Probiotics** and **Okoubasan**. If you are prone to diarrhea then **VSL #3** is our favourite. This one needs to be kept cold so other probiotics might be better when you are travelling. Our favourites are **HMF forte and Syntol**. Dose high for diarrhea but take routinely to aid digestive health. These are taken while on antibiotics as well, just different time of day.

Musculoskeletal Injuries and Pain: **BCQ** our natural advil and can be taken up to 12 per day to help control aches and pains due to overuse or injury. It will loosen the bowel. **Magnesium glycinate** is another favorite and great for nightly leg cramps in children and adults and the number one mineral to prevent headaches. **Magnesium lotion** with melatonin is a wonderful sleep aid to rub into sore muscles and joints.

Constipation and Digestive Upset: **Magnesium glycinate** works great as a natural laxative and is taken to bowel tolerance. Always travel with your favourite probiotic and take daily to prevent digestive upsets. If you need more help ask about our **cascara** blends: **Herbal Lax and Herbotox** combinations taken before bed.

Bladder Infections: If you are prone to urinary tract infections (UTI's) or swimming in suspect water, **UTI Cleanse containing D-Mannose**, taken up to 6 times per day is our number one treatment for UTI's.

Home-made Ginger Ale: Boil for one hour: 2 cups of ginger in one gallon of water. Stores in fridge in glass containers for one week. Serve cold on ice with stevia and mint to sweeten and carbonated water. Make into popsicles for the kids. Ginger makes a

great **digestive aid** and great for **motion sickness**.

Home-made Popsicles: Make up your favourite smoothie. Ours is made with **Greens First** and combined with your favourite **protein powder**. Pour into popsicle maker and store frozen. Get the kids to make their own flavours using various fruits.

Sunscreen: We recommend sunscreen without chemicals and recommend NewCo brand.