

Valuable First Aid Herbs

Kelly Pomeroy, M.H.

I was reminded this past week, while treating a family member with shock, just how helpful a knowledge and understanding of simple herbs in first aid care really are. I will list a select few that I have used most recently and encourage you to keep your own supply of herbs in your home and car.

Cayenne-This past week my mother broke her leg, leaving an intact lame leg and a broken leg. Due to the trauma from breaking the other leg and the strain of the lame leg having to compensate for the broken leg, she passed out into my arms later that evening. I laid her down and went in search of cayenne. I gave her a small dropperful of cayenne orally and she came to, wondering why she was on the floor.

Cayenne is a misunderstood miracle worker. It equalizes blood pressure which can restore blood flow. Dr. Christopher also teaches in the Herb Syllabus, "Cayenne is a certain remedy for heart attack; as a stimulant, it can start the heart into action again, and as it facilitates blood flow throughout the body, it will keep the heart going."¹ Cayenne has also been shown to inhibit substance P in nerve endings, which causes local pain impulses to not be transmitted to the brain.² Not only does cayenne bring blood to an area, but reduces pain as well. I always keep cayenne on hand.

Garlic- Garlic is an antimicrobial herb that has abilities to fight off parasites, bacteria, and viruses. It is most potent chopped fresh and used raw. You can also make a wash of chopped garlic and water to clean a wound, internally eat it raw, or in an electuary (in honey) to fight an infection. Dr. Christopher made a Super Garlic Immune formula that has been a staple for healing the broken leg mentioned above, to be both preventative, keeping the immune system boosted and the organs eliminating channels supported.

Lobelia- This herb is both a nervine and an emetic. It can help calm the nerves to eliminate the gag reflex with a few drops, or in large doses, can serve as an emetic to get excess phlegm dislodged and eliminated, in addition, lobelia is wonderful for alleviating painful female cramps. A neighbor of mine came to me hoping for something to take away cramps, after all the over the counter medications couldn't touch it. She came back saying, "This is a miracle in a bottle!"

Red Raspberry Leaf- Red raspberry leaf is a wonderful astringent, anti-nausea, and nutrient dense herb for the reproductive organs. In the Herb Syllabus, it mentions a woman whose heavy menstrual flow was reduced to normal several hours after chewing on some red raspberry leaves. Red raspberry contains iron citrate that assists in blood production and helps regulate the body. Red raspberry has also been used to support pregnancy and prevent illness. Dr. Christopher used this herb in his Female Reproductive, Hormonal Changease, Birth Prep, Lower Bowel, and Eyebright formulas.

Slippery Elm- A couple months ago I had a friend call me that was sick and couldn't seem to hold food down. She has a very weak immune system and every bite of food or sip of liquid seemed to come right back up. I offered my help and came over with some echinacea and red

raspberry leaf tea and a bowl of slippery elm gruel. I had her take small “bites” of the gruel and wait. To her surprise, she was able to hold it down. She sipped the tea and was able to hold that down. I had her get in a bath to humidify her body as much as possible and had her continue with the slippery elm and herbal tea. She was feeling so much better by the end of the day.

When an emergency arises, be sure you are prepared with a few herbs you know how to use. These simple remedies can prove lifesaving in some instances. If you are wanting more education on how to use herbs, I recommend you take our Family Herbalist course through The School of Natural Healing or a couple of books I would recommend would be *Herbs to the Rescue* by Kurt King or *Herbal Home Health Care* by Dr. John R. Christopher.

Kelly Pomeroy is a Foot Zoner, Foot Zone Instructor, Master Herbalist and Adviser for the School of Natural Healing. She lives in Utah with her four children and enjoys continuing her education in nature and health.

References:

1. Christopher, David, and Cathy Gileadi. *School Of Natural Healing Herb Syllabus*. Christopher Publications, 2010.
2. 2020, https://www.researchgate.net/publication/268515427_Cayenne_Capsaicin_and_Substance-P. Accessed 10 Mar 2020.
3. Christopher, John R. *School Of Natural Healing*. Christopher Publications, 2014.