

A BEACH BAG OF NATURAL MEDICINE:

Keeping Summer Fun, Safe and Healthy!

Sunglasses, hat, light clothing & SAFE
SUNSCREENS

Article: *Summer Sun: Health Promises, Perils & Pitfalls in Recent Research.*

CALENDULA SALVE (wild crafted calendula flower in a Vitamin E base):

Uses: sunburns, scrapes, rashes, scabs, dry irritated, itchy skin.

Benefits: protects against infection, soothes itch & burn, speeds healing, non-toxic.

ARNICA 30CH GRANULES & TRAUMEEL TOPICAL CREAM:

For: muscle & joint aches, stiffness, pain, injuries, strains, bruises and inflammation – caused by over exertion in a sport/activity or from a fall, contusion or head injury.

Arnica 30ch:

- Take 2 granules of oral homeopathic arnica under tongue – 15 minutes away from food – right after the injury or prior to, during & after an activity that you know will make you sore (e.g. water skiing or lots of gardening!).
- Max Dose: 5 x/day = (10 granules/day).
- Arnica reduces pain & swelling, speeds healing and eases the anxiety that comes with pain.

Traumeel Cream: apply topically to muscles or joints that are sore, stiff, inflamed, scraped or bruised, up to 5 applications/day.

1. Both arnica granules and traumeel topical cream can be used as an alternative to pharmaceutical anti-inflammatory and pain medication or in conjunction with them.
2. Safe, non-toxic, speedy healing.
3. Effective for children and pets! (e.g. An older dog who has over exerted himself running & swimming at the cottage will very much appreciate 2 granules of arnica in his water dish that night and the following day. You will notice how nicely his stiffness resolves☐..... *Fetch Forest!*)



FIGHT THE BITE! SOLVLAROME & B-VITAMINS.

Solvarome = Essential oil blend – used to repel insects and treat skin/nail infections.

- **Insect Repellent:** Mix 35drops in 500ml water (spray bottle) – shake up – cover eyes, nose & mouth, as it can be irritating to these areas – spray on skin.
- **Skin/Nail Infections:** A few drops of solvarome topically applied to skin wounds or an infected wound (fungus, bacteria) will help prevent and treat infection. Dilute with oil or water if it irritates the skin in full strength. Use up to 5x/day.

B-vitamins:

- Scientific research suggests that adequate B-vitamin intake & blood levels prevent mosquitoes from biting us!
- ***B-vitamin rich foods include: whole grains (“brown things”) such as: brown breads, cereals & rice.***
- B-vitamins increase energy, reduce anxiety & depression and balance the nervous & hormone systems.
- **Dose:** B-complex (e.g. Genestra Orti- B Complex or Liquid B-Complex, one pill/day at breakfast or lunch or ½ to 1tsp of liquid per day with food).
- **Note:** B-vitamins will make your pee bright yellow – that’s normal, you are not peeing out excess B-vitamins.

PARASITES: NATURAL PREVENTION TREATMENT

Transmission of Parasites: dirty swimming pools, rivers, lakes, wells, soil, undercooked foods such as meat and fish, close physical contact between animals (dogs/cats) & children during play, improper hand washing.

Symptoms: abdominal pain, bloating, gas, diarrhea, high or low appetite, nausea, fever, fatigue, weight loss, strong food cravings (often for crunchy things).

Long-Term Parasite Infections: wreak havoc on multiple body and brain systems.

Treatment & Prevention:

- Filtered Drinking Water.
- Thoroughly cooked food –especially meat and fish.
- Proper Hand Washing – warm water and soap. Avoid harsh anti-bacterial soaps & disinfectants because they kill the healthy bacteria on your skin, which help to protect against undesired infections.
- **Probiotics:** > 25 billion CFU, acidophilus & bifidus species (e.g. HMF Intensive, HMF Powder or HMF Replete made by Genestra – 1 pill per day with food or ½ to 1 tsp of powder per day with food).
- **Digestive Enzymes:** plant based digestive enzymes used during meals and on an empty stomach kill parasites in the intestines. (e.g. Pure Digest (Pure Encapsulations): 1-2 per meal & 1-2 in between meals (3x/day).
- Apple Cider Vinegar: take 1 tsp. prior to each meal.
- Garlic & Pumpkin Seeds: have anti-parasite properties.

If you are concerned about an acute or chronic parasitic infection - contact your local ND. We will help you eradicate the parasitic infection and re-store your body to full health.

Please Note: These natural medicines are safe & effective for a wide range of ailments from minor to serious, however they are not meant to be the sole aid in all cases - appropriate medical attention by your N.D., M.D. or emergency care worker might be necessary.

If in doubt, check it out!

HAVE A SAFE, HEALTHY & FUN IN THE SUN SUMMER!



Heidi McGill is a registered doctor of naturopathic medicine. She has owned and operated Healing Foundations since November 2006. She has helped dozens of families discover their best balance for overall wellness in body and mind, using the principles and practices of naturopathic medicine. Dr. Heidi regularly appears as “Guelph’s Naturopathic Expert” on Inside Guelph, a local Roger’s T.V. program. She also writes articles on topics that matter to you. Dr. Heidi is focused on educating you about how your body functions in combination with the natural and cultural environment. She is genuinely passionate about guiding you towards optimal health, vitality and more joy in your life.

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