



Essential First Aid for Home & Away



The old Scout motto "Be Prepared" is good advice during the summer months. Whether away on vacation or at home, summer presents some of its own unique challenges: sunburn, insect bites, scrapes, outdoor injuries, etc. But you can be prepared with natural, fast-acting remedies for all summer can throw at you and your family. So no matter where your fun vacation times or outings take you, being prepared for a little of the unexpected will keep the fun going and your memories sweet.



Silver Shield Gel:

The science behind Silver Shield Gel as a general purpose infection fighter is minute silver particles suspended in liquid. These silver particles actively inhibit bacteria, viruses, fungus, and molds they come in contact with. Use Silver Shield Gel externally for infections of all types, wounds, burns, and insect bites. To avoid catching germs, apply Silver Shield to hands, nose and mouth areas regularly.



Aloe Vera Gel:

Nothing beats the soothing and healing properties of Aloe Vera Gel for sunburn, minor burns, and abrasions. Compounds in aloe are anti-inflammatory, antibacterial, and anti-fungal to help ease pain, prevent infection and speed healing. Try adding tea tree oil to aloe for even better healing results.



EverFlex Analgesic Pain Cream:

EverFlex is a pain-relieving cream that provides fast-acting, temporary relief of aches and pains of muscles, joints, tendons and ligaments. Also pain from strains, bruises, sprains and arthritic pain. EverFlex Cream's deeply-penetrating ingredients include menthol, a proprietary blend of fatty acid esters, olive oil, and MSM. For external use only.



Refresh, Re-energize, Rehydrate with Solstic

Whenever thirst hits you this summer, beat it with a packet of Solstic. Mix with your family's favourite juice or just in cold water and you'll be ready to go again. Great when you're on the trail, bike, boat, in the car, or just need a bolt of energy or nutrition. Use Solstic Energy when you need a jolt of quick energy. Solstic Nutrition supplies 15 essential nutrients including important electrolytes to replenish your cellular energy.





Stomach Comfort:

Few things are worse than the discomfort of heartburn and indigestion. A natural alternative to antacids is Stomach Comfort. It contains calcium carbonate to neutralize stomach acid; alginic acid (from kelp) to protect the mucus lining of the esophagus from irritation; wintergreen oil and papaya fruit to aid digestion; slippery elm bark to soothe the digestive tract; licorice root concentrate and ginger to aid and promote digestion and ease nausea. Unlike OTC antacids, Stomach Comfort safely controls acid, soothes the stomach lining, and helps digest food particles. Always have Stomach Comfort on hand for times of stomach upset.



Tea Tree Oil:

Tea Tree oil has an excellent record of safe and effective topical use. First, tea tree's antiseptic and anti-inflammatory properties penetrate the skin providing relief to cuts, scrapes, minor burns, fungal infections, and insect bites and stings. In addition, tea tree oil makes for a very good insect repellent as a substitute for commercial brands that use pesticides. Simply mix tea tree oil in water and spray or rub on skin, or mix in aloe vera gel. Avoid contact with eyes. External use only.



Tei Fu Massage Lotion or Oil:

Five thousand years of Chinese herbal wisdom has gone into the creation of this proprietary essential oil massage lotion. This multi-purpose lotion can be massaged into skin to soothe and relax aching muscles; relieve headaches when applied to the temple; or to invigorate the senses as an all-over therapeutic massage lotion or essential oil.



Echinacea and Goldenseal Extract for the nasty Summer Cold:

Used in Herbal Medicine to help relieve the symptoms of upper respiratory tract infections. Nothing worse than nasty cold symptoms to keep you from enjoying summer.



CBG Extract (Fun holiday times can also be stressful):

CBG Extract is a unique formula containing black cohosh, chickweed, golden seal, brigham tea, licorice, passion flower, and valerian. Combined, these herb help calm the nerves, lesson cold and flu symptoms, support the respiratory system, reduce inflammation and tissue irritation, ease cramping of the digestive system, and help relieve fever. CBG Extract belongs in every medicine cabinet.



Homemade Bug Repellent with Essential Oils:

Certain essential oils have long been recognized as effective at keeping away pesky insects. You can easily make your own homemade version of bug repellent by combining essential oils. Here are 4 essential oils, each with it's own proven tract record at repelling insects. Combine a few drops of each for an even greater effect. Combine peppermint oil, lavender oil, tea tree, and lemongrass in a spritzer diluted with water and a touch of NSP Concentrate liquid soup (to mix the oils). Or, mix them in aloe vera gel and apply to the skin. Avoid coming in contact with eyes. For external use only.

