

FIRST AID

& HOME REMEDIES



MUSCLE or JOINT PAIN/ INFLAMMATION

Consider Heat or **Ice**

Heat helps soothe stiff joints & relax muscles.

Cold helps numb sharp pain & reduce inflammation.

CONJUNCTIVITIS

20/4/15

Use hot salty water wipe away from the eye. OTC drops CHLORSIG until infection completely gone.

HAEMATOMA

Is a localised swelling filled with blood.

FOOT, usually after a sprain + INR too high.

DO R.I.C.E. = Rest - Ice - Compress - Elevate.

Do this procedure for as long as there is pain. Immobilisation of the foot for a few days may speed healing, but there needs to be a balance between healing & retaining range of motion of the foot.

BETADINE

26/11/07

Leg gash. Use Betadine as it seals out bacteria but also dries out the wound.

VOMIT

Ginger in any form is good

Drink dry ginger ale to settle the stomach

HOME REMEDIES

$1/4 1/2 3/4$

INHALATIONS

To help clear nasal passages & make ears pop:

1. Fill a MWO jug with $2\frac{1}{2}$ cups water, heat on high for 4 mins.
2. Fill an eye dropper with a small amount of Eucalyptus oil, 4 drops is the maximum amount to put into the hot water.
3. Put a place mat on the table, get a clean dry bath towel & put shower cap on.
4. When water is done, put 4 drops of Eucalyptus oil in, put jug on place mat, set 4 min timer, cover head with towel & place face in jug deep breathing in the steam, only through nose, in & out.

This procedure can be done up to 4 times per day

PREVENTATIVE @ HOME HEALTH CARE

$1/4 1/2 3/4$

PSYLLIUM HUSKS Natural Soluble fibre doesn't get broken down or retained by the body. It is a bulk forming agent which absorbs water to form a soft mass for easier evacuation.

FOR - CONSTIPATION (mostly from using Norspan #20 patches)?

N.B. 6/17 noted I am increasingly getting constipated. May need more fluid to work & I'm reducing fluid intake due to Heart failure.

SOLUBLE FIBRE in foods - Eat more;

Fruits - melon, mango, small Gala apples

Vegetables, particularly roots & skins, not so much leafy greens.

Peanuts have the most soluble fibre of "nuts", however they generally have the most salt. So unsalted only. Yuk!

Oat bran - Porridge

Psyllium (seed husks)

Dried beans

Lentils, dried peas

Soy milk, soy products

BLETHIRYTIS Commenced - 2004 Hold hot flannel over eyes 4 mins m.a.n.e

FOR - Swollen eyelids