

Treating Childhood Injuries Naturally

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Nothing can panic a mother more than an injured child. At times we can feel hopeless, not knowing what to do. My prayer is that this information will give you confidence and the knowledge to handle minor injury as easily as any ordinary task. Remember we “can do all things through Christ”.

Minor cuts, scrapes, abrasions.

From time to time our children will get a minor cut, scrape or abrasion from sports activities, and hard play. These can be treated naturally with herbs, and without additional pain or discomfort as follows:

1. Rinse off the injured area with clean water. This lets you assess the severity of the injury and remove any debris.
2. If bleeding, apply a clean wet gauze or cloth to the area and apply slight pressure.
3. Apply an herbal anti-bacterial ointment such as “Supersalve” or other herbal ointment. Remove the gauze and apply a liberal amount of salve to the area. Supersalve will stop the bleeding, combat infection, soothe the area, stop inflammation and promote cell regeneration.
4. If necessary, apply a bandage, give hugs and kisses, and they are off to play again.

More severe cuts and abrasions with excessive bleeding.

1. Rinse are with clean water, apply gauze with pressure.
2. Give one dropper full of cayenne tincture in water or juice by mouth. This will prevent shock and equalize blood pressure, which slows down the bleeding from the area.
3. Lift off gauze and sprinkle on a liberal amount of powdered cayenne pepper. The powder does not generally sting, even in an open wound. (Do not use cayenne tincture on the cut).
4. Put new gauze over the area and apply slight pressure. The bleeding will stop almost immediately. We let the pepper and gauze stay in place for 15 minutes before checking. If the bleeding has not completely stopped we add more cayenne and cover with fresh gauze. (Even our most severe cut has never bleed more than a couple of minutes.
5. Check the area, but do not wash off the cayenne. If excess pepper is on non-injured skin, this may be removed. The cayenne will soak into the wound and be absorbed by the body.
6. Now is the time you decide if you make a trip to the doctor for stitches. (I will tell you that most doctors are unaware of the power of herbs, so if you show up with cayenne pepper all over your child’s cut arm, they will start scrubbing it off and the bleeding with once again start, stitches will then ensue, complete with a scar).
7. If you are like our family, once the bleeding is stopped, we apply a liberal amount of Supersalve and apply a bandage. Additional Supersalve is added daily as needed, but the old is not washed off. By day three, most of the deep healing has taken place and now only the salve is applied, usually no bandage is needed.

Injuries treated in this manner have rarely left a scar and are healed in half the time as conventional treatments.

Broken Bones.

When a child suffers an injury that you know or suspect might be a broken bone, I recommend that you take them to your doctor or hospital for an x-ray. Breaks to joints, will most always require surgery to pin the joint into proper place to allow for healing and normal movement of the joint. Twisted, shattered and clean breaks will usually require setting and a cast of some sort to immobilize the bone to allow the body to knit it back together. Hairline fractures, depending on the bone, will also require immobilization to facilitate healing.

So is there nothing that a parent can do in the treatment of a broken bone? Absolutely not!!!

1. Diet is of supreme importance. How is the bone going to heal itself on a high sugar, refined carbohydrate, junk food diet? It isn't. Lots of whole grains, fresh raw fruits and vegetables, nuts, seeds—these are the body building foods. Get a juicer and use it three to four times a day for nutrient dense drinks.
2. Take the herbal supplement specific for bone building like Dr. Christopher's BF&C. There are reams of documented cases where persons used the BF&C formula to heal broken bones. BF&C is herbal food that the body uses to specifically build bones, flesh and cartilage. Pain will stop when the bones have the nutrients they need and BF&C supplies these nutrients. A tea or tincture of horsetail, nettle and oatstraw also makes a powerful strong bone tonic.
3. If the area is accessible, fomentations, poultices or essential oils for bone regeneration will speed healing and reduce or eliminate pain.

Insect bites, snake bites, wasp stings, mosquito and ant bites, scorpion stings, etc.

Living in the forest we have had our share of "bites". Both Paul and Sharon have been stung by scorpions, and Paul and I have been bitten by spiders. We believe his bite was from a brown recluse spider, but mine was not. The following is a listing of several options for treating these types of stings and bites.

The Zapper—this is a low voltage mini-stun gun (25,000 volts,), powered by a 9 volt battery, that we have used many times for scorpion and spider bites. We would use for a snake bite, but Praise the Lord, we have not had to deal with this one personally. We know of others who have and used the Zapper successfully—never having to make the trip to the hospital for a snake bite.

1. The Zapper is placed over the bite area and the spring trigger switch depressed. This sends a small jolt of electric current to the bite area and neutralizes the protein in the venom. The swelling and the redness begin to disappear immediately. Often within 10 minutes there is no evidence of the bite or sting.
2. We then apply a Plantain salve to draw out the venom so the body does not have to absorb and flush out these toxins.

This is the same mini-stun gun recommend by Dr. Carl Baugh of the Creation Evidences Museum and used by thousands of missionaries around the world.

Only Herbs—if you choose to use only herbs for treating bites and stings do the following:

1. Apply **Plantain Ointment** over the area—a big glob. Or, if you have fresh **Plantain** (plantain major or plantain lanceolata), growing in your garden, go grab a few leaves chew them a few seconds and then place over the area. Plantain will draw out the toxins. Replace either the ointment or the fresh plantain every 5 minutes.
2. Give 1 ounce of **Echinacea** tincture orally in water or juice. Echinacea spurs the immune system into action rendering the toxins harmless. Repeat in 30 minutes.

3. If the sting is from a mosquito or ant, the Echinacea tincture would not be necessary unless your child was allergic to them.

The first time I used Plantain made me a real believer. I was tending the garden and bitten on the right knee by a mosquito—two bites an inch apart. So I decided to experiment. I left both bites alone for 10 minutes, and letting them swell up and turn red. I then applied Bactine to one bite and Plantain ointment to the other. In ten minutes you could see that the Bactine bite was still red, swollen and itching. I wiped off the Plantain treated bite and there was no trace, no a mark of any kind. I immediately applied Plantain to the Bactine bite and in 10 minutes it too was gone. Now I grow lots of plantain and when bitten while out side, I just grab a leaf, chew and apply. Within minutes I'm back to gardening.

Essential Oils—these precious oils from plants have powerful healing action.

We had a women come into the store with a week old brown recluse spider bite. We applied the essential oil blend **Purification**, (it neutralizes the venom), on the area. The pain stopped and so did the eating away of the flesh. By the time she left the store about an hour later, you could visibly see signs of healing. We applied **Purification** a second time, and added a little **Lavender** for the scaring. She later reported complete healing in less than 2 weeks.

For an insect repellent try mixing 6 drops peppermint oil, 6 drops mealeuca oil, 9 drops eucalyptus oil in one ounce of oil and rub on ski. The oils can also be placed in a fine mist spray bottle with one ounce water and one ounce alcohol and sprayed, be sure to avoid eyes.

Splinters & Imbedded Objects

Splinters of metal, wood, glass, and plants can be very painful. Much of the time they are so small that they cannot be grasped by tweezers. We have tried the following herbal remedies that work great.

1. **Black Ointment** is a super strong drawing ointment that we have used to pull out imbedded glass, wood and metal splinters very quickly.
2. The essential oil blend **Thieves** also works to draw out imbedded objects.

Herbs make powerful additions to every family's first aid kit.

Debra Raybern (Master Herbalist, Certified Nutritional Counselor, Certified Natural Health Professional and member of the Texas State Naturopathic Medical Association) has been married to her husband, Paul, for twenty-one years, and is the mother of one daughter, Sharon who is schooled at home. They minister the power of God's herbs and natural healing protocols through workshops, a monthly newsletter, church and conference seminars, and personal consulting. For a free catalog and sample newsletter, write to Balm of Gilead Ministries, 12 Fawn Drive, New Waverly, TX 77358 or e-mail at pmsrr@evl.net. All rights reserved.