

Natural Healing Express Weekly

Column Volume 64 Herbal First Aid Salves

Last week, as I was cleaning and organizing the basement at my late parents' estate, I struggled with a big box and ended up smashing my hand against a door jam. As a result, my dominant hand was cut, scraped and bruised and of course I looked like an idiot doing it much to the pleasure of my sorting mate.

After letting loose with a long strain of what is labeled "colorful" language and tying a tourniquet around it to stop the spurting blood, I took a time out. I guess being someone's child can come with a responsibility of taking care of their affairs after they pass. Sorting out 467 cool whip and country crock containers (which I consider redneck Tupperware) as part of this duty is just, well, WRONG. Getting injured doing it is wellinsult to injury...literally and figuratively. Note to aging parents, do your kids a favor and throw some stuff out once in awhile. Or not, and just giggle from heaven watching the struggles at the excavation site.

The day after my hand tearing incident when I returned to Natural Healing Express, I remembered we have some wonderful Herbal First Aid Salves. These salves can be bought separately or in a set of six. Note to self, I should probably strap them my body before facing the remaining basement corners.

Anyhow, I applied the Herbal Healing Salve to my hand. This salve is for wounds, rashes, itching and skin irritations. It contains Chickweed and Plantain which stimulates the skin and draws out toxins. It also contains Calendula and Comfrey which are anti-inflammatory. Also included are Myrrh, Echinacea and Goldenseal for their anti-bacterial and anti-septic qualities. My hand instantly felt better and the swelling seemed to go down nicely. This salve has so many practical uses, there are far too many to list.

As the week progressed and the scabs crusted and fell away, I began to apply SCAR REPAIR. It contains Lavender, Helichrysum, Yarrow, Chamomile and Frankincense all known to contain properties that encourage cell regeneration, reducing the appearance of scars. Mine is looking pretty good. This is a pretty good one to have on hand if you have active kids or someone that is accident prone.

Other salves in the set are Sprain and Strain Recovery for bruising, swelling, sore and aching muscles. It is infused with St John's Wort and Arnica, known to relieve pain, reduce swelling and stimulate circulation while inducing relaxation. This salve is wonderful if you are an athletic household. It also appears to help with edema.

Joint Support is for painful, stiff and inflamed joints. It contains Chaparral which improves circulation and St John's Wort and Arnica which we discussed above. Bay contains eugenol which has anti-inflammatory properties. Anyone with painful joints could receive benefit from this salve. Makes a great stocking stuffer for grandpa and grandma.

Repetitive Motion is for swollen and painful tendons. It contains Comfrey. This is great for relieving inflammation from carpal tunnel and tendonitis and for those of you involved in sports.

And finally, we get to the Deep Chest Rub. This is for congestion, stuffy noses and sinus pressure. I think this salve belongs in every medicine cabinet. Peppermint and Eucalyptus are known for their anti-viral, anti-bacterial and decongestive properties. Clary sage, black spruce and ginger create a lifting and calming effect. This is safe for everyone, including babies.

I hope your holiday shopping is going well. As a reminder, we have Gift Certificates available and plenty of fun items for those on your list. On December 21st, we will be open late as part of the Lena Retail Promotion called Men's Night Out. If you fall into that category of guys who wait until the last minute and may need some help shopping, all the while wanting a bowl of chili and a drink, then come on by, we'll fix you up with a good gift.

Ladies, come by any time PREVIOUS and let us know what you'd really like! LOL. (Laugh out loud)

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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