

PAID ADVERTISEMENT

## Creating a Natural First Aid Kit

By Maureen Lamerdin, O.M.D.

Whether you're camping, biking, boating or hiking in the great outdoors or even just relaxing at home it's always handy to have your very own natural first aid kit in case something goes wrong. Mother Nature has shown us that there are many useful healing remedies one can use without having to stop at the pharmacy. Pack some peace of mind by having these products on hand to ensure common problems don't put a damper on your adventure.

### Pain/Bruising/Bleeding

**Arnica** is great for relieving pain and helping bruises heal very quickly. Arnica comes in many forms depending if it's an internal or external injury.

**Dit Da Jow** is the number one Chinese remedy for bruises of all kinds.

**Yunnan Baiyao** was used by the North Vietnamese soldiers and applied to gunshot and open wounds. It is amazing for stopping small wounds that are gushing blood.

**Wu Yang Brand Pain Relieving Medicated Plaster** are topical plasters that are applied directly over traumatized areas. They can be used for swelling, micro-tears and painful areas.

**Zheng Gu Shui** is well known for its effectiveness at healing deep bone bruises and fractures.

**Yarrow** promotes clotting to stop bleeding.

### Burns/Opened Wounds

**Ching Wan Hung** is a topical cream for burns and can also be used for eczema, psoriasis and bedsores. This cream is used in China's hospitals for serious third degree burns and diabetic sores. It reduces the blistering and pain of a burn, promotes tissue regeneration, prevents scarring and prevents infection.

**Aloe Vera** is great for soothing sunburns and other minor burns.

**Lavender essential oil** is used to help with insomnia, anxiety, headaches, wounds and burns. A large number of studies have demonstrated lavender oil's ability to treat both staph infections and MRSA.

### Allergic Reaction/Sinus Infection/Cold

**Xin Yi Wan (Magnolia)** is a go to herbal formula for allergies, treating red, itchy eyes, coughing and sneezing.

**Bi Yan Pian** is a great herbal remedy to break



up sinus congestion and kill infection.

**Yin Chiao San** is used for bronchitis, fever, headache, sore throat and cough. It is an anti-viral and antibiotic.

### Food Poisoning/Stomach Bug/Bacterial Infection

**Curing Pill** elicits fast relief of stomach upset including nausea, vomiting, diarrhea, gas, motion or morning sickness and abdominal bloating with pain. This is a main one to take while traveling abroad to kill off foreign bugs that upset the digestive system.

**Ginger** is great for nausea, reflux, stomach trouble and morning sickness.

**Activated Charcoal** for acute use in food poisoning, intestinal illness, vomiting, diarrhea and ingestion of toxins.

### Bites/Stings/Rash

**Frankincense** essential oil helps control the itching and swelling of mosquito bites and relieves pain of bee stings.

**Baking Soda** can be made into a poultice and used on spider bites.

**Citronella** can be used as a natural insect repellent.

**Homeopathic Apis** is an anti-inflammatory and anti-histamine, use for allergies, insect bites and stings.

**Homeopathic Rhus tox** is a remedy for poison ivy.

You will be ready for any adventure with these natural remedies that will make you feel a lot more comfortable. However let's not forget the basics: Make sure you include in your first aid box tweezers, safety pins, bandages, scissors, gauze, non-latex gloves, oral thermometer and an electrolyte replenishment such as Emergen-C. This list may grow depending upon what activities you will be participating in. You can find all these products at your natural health food store and at Sierra Acupuncture & Healing Arts.



COURTESY

Enjoy the river made famous by Mark Twain as you cruise on the American Queen along the lower Mississippi next April.

## The spiritual force of the Mississippi awaits exploration

As we now look forward to travel once again, perhaps it is time to learn more about our own incredible history before it is written out of the history books.

We've heard about the mighty Mississippi all our lives through songs and books and some of us remember one of our first spelling tests when we learned how to spell Mississippi making it sound like a chant or a song.

The Mighty Mississippi courses through 10 states from Minnesota to Louisiana. This great river is one of the world's major river systems and the second-longest (Missouri River is number 1 at 2,341 miles) river in our country covering 2,340 miles and is the third largest watershed in the world with the deepest point at 200 feet just outside of New Orleans.

Mark Twain probably introduced most of us to the river with many of his early writings including "Life on the Mississippi," writing of his adventures as a steamboat pilot in the late 1890s. As most know, Samuel Langhorne Clemens took his more famous name from his days on the river. In school many of us read Huckleberry Finn and in this book, he described the Mississippi River as a "life-sustaining, spiritual force" and it's towns as "comely, clean, well built, and pleasing to the eye, and cheering to the spirit. The Mississippi Valley is as reposeful as a dreamland,



**Marilyn Foster**  
Travels with Marilyn

nothing worldly about it... nothing to hang a fret or a worry upon."

On March 27, 2022, you can journey along the lower Mississippi River navigating through three states with the Chamber's Travel Club as we learn and see first-hand why this river is so storied as we enjoy cruising on the antebellum style 417 passenger American Queen riverboat, the largest steamboat ever built.

We start our Mayflower Cruise journey in Memphis, ending in New Orleans. Our first night in Memphis will find us licking our fingers after enjoying a famous barbecue meal for which this city is famous. Then on to Graceland - what's a trip to Memphis without seeing the home of the "King" before we board the American Queen for a 7-night history tour?

Along the way, we will enjoy "hop on and hop off" experiences in the Mississippi Delta enjoying a stop in Clarksdale, home of the "birth of the blues" stopping at Morgan Freeman's Ground Zero Blues club. In Vicksburg we'll tour Vicksburg Military Park where the deciding battle for the Union Army was fought. In Natchez, we'll tour three antebellum homes and visit the Frogmore Plantation to explore cotton fields and

learn about the cotton gin.

Then it's on to the quaint town Francisville, Louisiana, where we'll enjoy touring a Victorian button museum and Grace Episcopal Church, the second oldest Episcopal Church in Louisiana withstanding the canons of the Civil War. Then on to Baton Rouge, the state's capital where you will take an airboat through the swamp to see alligators in their natural habitat. Next is a stop at the port of Nottoway to visit the sugar cane estate with the same name, the largest antebellum plantation house in the south.

You disembark in New Orleans where you stay overnight and tour the famous sites of this unique city and then learn how to cook Cajun at the New Orleans School of Cooking where you have your farewell dinner.

Pack up your worries and join us to see why Mark Twain was so enamored by the "life-sustaining, spiritual force" of the Mississippi on a leisurely journey into our past. Included is a 7-night cruise aboard the American Queen, 24 meals, all touring, air from Reno with transfers and free parking at the Chamber.

To learn more, check out the itinerary on the dedicated travel club page at [www.carsoncitychamber.com](http://www.carsoncitychamber.com) or call 882-1565. This trip is sure to sell out fast.

*At 92, Marilyn is still traveling, and her next trip is to NYC in mid-December to enjoy the holiday season.*

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