

First Aid Kit

By Leilah

In the last issue of GYMOAZ, I continued to build a natural First Aid Kit with you, the readers. The natural remedies I have already shared with you were Aloe Vera and Arnica. In this issue, I would like to present you with the next remedy, Lavender.

The next remedy to add to our First Aid Kit is Lavender Essential Oil.

Lavender Essential Oil

Many people grow lavender in their gardens for its loveliness and its wonderful aroma. This beautiful flower has cooling and nervine properties, useful for emotional upsets, anxiety, depression and pain. One woman told me that, whenever she gets a headache, she goes into her garden, sits next to her lavender plant, inhales the aroma and, within a few minutes, her headache goes away.

But, what is lavender essential oil? The essential or the volatile oils in lavender are extracted through steam distillation which produces a very concentrated and healing essential oil. What can lavender essential oil be used for?

Stings/Bites

Lavender essential oil can be used for stings/bites from mosquitoes, spiders, scorpions, poisonous fish and all other known and unknown poisonous critters as it has the capability of neutralizing poisons. It also contains antiseptic as well as pain-relieving properties. As soon as you notice you have been stung/bitten, apply lavender essential oil directly to the site of the sting. You can re-apply lavender every five minutes or you can simply place a few drops on a clean cotton ball and leave it on the affected area. For bee and wasp stings, make sure to remove the stinger first before applying lavender essential oil. I have also applied lavender essential oil to my friend's hand and arm, after my Siamese cat scratched her. She healed within two days without scars. *(If you have been bitten or stung, always consult your healthcare practitioner before using a natural therapy.)*

Sunburn

My favorite way to relieve sunburns or kitchen burns is to apply cooling compresses of aloe vera and/or witch hazel, adding a few drops of lavender essential oil. Lavender can also be added to a cool bath; a wonderful way to cool a burn and calm the nerves.

Stress and Tension

Lavender relaxes the mind and body. Keep a little bottle in your purse/pocket and inhale it whenever stress rears its ugly head. It is a strong nervous system strengthener and a mild antidepressant. It is one of the best essential oils to add to a warm Epsom Salt bath to alleviate depression, tension, irritability, impatience, stress, anxiety, shaking, grief and insomnia.

Other Uses

The scent of lavender diffused in the air has also been used in airplanes to calm a nervous passenger. Some hospitals and birthing rooms use lavender. For gallbladder attacks, an essential oil blend of one part lavender and one part rosemary in a little olive oil, massaged over the gallbladder area, can be most helpful to relieve the pain.

People who are on a spiritual path have used lavender to help them make a stronger connection to the divine.

(First Aid Kit to be continued in future issues of GYMOAZ.)

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