

MEDICAL EMERGENCY KIT FOR SELF-CARE

[the prices are based on a doctor's catalogue 2001, could be bought in bulk and divided among families]

SUGGESTION: PUT YOUR KIDS in charge OF GETTING MOST OF THESE THINGS IN A BOX UNDER THE BED OR IN THE STORAGE AREA OF THE HOME.

1. Eye Wash Kit { # 12, 4 oz. \$ 27.40}. Distilled water with salt in a squeeze bottle or glass dropper bottle, will do in a real pinch. Use 1/4 tsp. of salt per 1 cup water. Boil it. Bottle it, have it ready.
2. Bandages: Go ahead and put some **big sewing scissors** in the kit, which are useful for cutting clothes off the injured or contaminated part, and making tailored bandages, from old clothes, old bed linens. Strips of old worn out sheets, backs of shirts, etc. to use as bandages and pads. Shirt sleeves make part of a sling.
 - a. Self-cling, or conforming bandage rolls, e.g. "Kling" . It's stretchy and *stays on better* {Non-sterile, sterile is more costly} 6 " x 4.5 yds. : 6 for \$6.10:
 - b. Surgical Paper tape, white {1" wide x 10 yds. (12/box \$8.30)}
 - c. General use gauze pads (sponges) 3x3's {non-sterile 200 for \$5.45} Use to scrub and pad wounds.

Note: How wounds heal: debride, i.e. clean off the dead top tissue daily.
 - d. Adhesive bandages and strips : 1" x 3" and etc. assorted sizes, small box of each
 - e. Elastic bandage rolls e.g. "Ace" {4"x 4.5 yards " 10, for \$10.45, latex-free): for strains and sprains. They support the injured part, remind you not to move it.
 - d. Cotton tipped applicators with paper shafts . e.g. Q tips (8" 50, for \$4.40)
3. General cleansers :
 - a. Betadine Surgical scrub { 16 Oz. \$3.70} This is a concentrate. Dilute this in water.
 - b. 3% Peroxide for general wound care, bubbling out, mouth wash, etc. Renew each 3 months. Pour the old stuff in the bath tub and soak in it a while!)
4. 30+ % Food Grade Peroxide, for cleaning water etc. This is **caustic** and will burn tissue at this strength. Keep frozen. Book: *Oxygen Healing Therapies* gives lots of uses, including wart removal.
5. Reusable Hot/Cold gel compresses { 7 x 11", 12 for \$17.90}
6. Arm sling {\$4.25}. or a big piece of torn sheet to make one. Sew on bias-tape for ties or straps.
7. Knee, ankle, elbow braces. {4 sizes, about 5-6\$ @} Wrist braces come right and left and in three sizes. Also..... Find some used crutches; adjustable ones are best.
8. Colloidal silver generator & make it at home. No, It won't turn you blue. See "Silver and Gold" on this site.
9. **NATURAL MEDICINE AS ANTIBIOTICS** for bacteria, fungus, and virus.
 - a. Golden Seal Caps, 250 mg. or as strong, in grains or (extracts for kids) for infections. do not use over 3 weeks at a time! Hopefully no more than 10 days!
 - b. Grapefruit Seed Extract (adult 10 drops in water 5 x daily.) Stir it well. Heavy, sinks. *Nutrabiologic* brand has folded card-insert with instructions for lots of uses.
 - c. Olive leaf extract, e.g. *Olivir* brand. Start with 4, 4 x daily and taper as getting better. This is antiviral, antifungal, and antibacterial.
 - d. Monolaurin for VIRUS. Also may be called Lauricidin brand.
 - e. L-Lysine for herpes (fever-blister, etc.) control for those prone: esp. under stress cardioprotective, as well.
10. Ginger root caps for nausea control. Also nausea and vomiting of pregnancy. Anti-inflammatory, arthritis. Use with others is OK.
11. St. Johns Wart: for depression. studies show is more effective than Prozac, etc. For sure it's safer. NOTE: takes 6 weeks to be totally effective
12. **VITAMINS AND MINERALS.**

Use all natural (not Major brand, such as Lederle's Centrum etc.) multi- vitamin- mineral *plus* , at the very least, the following:

- a. Magnesium (glycinate or aspartate): all of us are deficient now and will get worse with toxicity) Take 3-4 caps /day. Loose stools are end point, so back off dose.
NOTE, calcium is not nearly so important to most, to some it is vital! See your latest mineral Hair analysis to better assess that.
- b. Potassium caps, unless eating lots of fresh vegetables and fruits.
13. **PRESCRIPTIONS:** ask your doctor to prescribe these for you. He/she probably will *not*. Never mind the insurance paying for 30 days or so at a time. Tell him you will pay for all of it yourself.
- a. Your own supply for at *least one year* of each medication you take! Don't expect to do well or stay well without it. If you go natural, you must taper off, not stop abruptly! If you plan to stop it entirely, start now.
1. hormones, e.g. thyroid, etc.
 2. special medications for heart, blood pressure
 3. diabetes
 4. asthma
 5. allergies
 6. steroids, if on them daily or alternate days, etc.
- b. SSKI crystals made in distilled water into a supersaturated solution: use this for Atomic accidents, e.g. Chernobyl, Fukushima or bombs, to protect thyroid from radioactive Iodine uptake. Use for 18-36 months after the event if not longer. Adults use 15 drops per day and kids 6-12 drops per day
- c. ERYC or other erythromycin, 250 mg. Adults, take 2, 2/day.
for Streptococcus, pneumococcus, mycoplasma, i.e. "walking pneumonia" and other chlamydial infections of joints, etc.). For Impetigo, the clear drippy ooze with red skin usually in kids who get scrapes of the face etc.
HEY: LATEST NEWS ON STREP SEQUELAE!!!!!!!!!!!! Causes anorexia nervosa!
- d. Tetracycline 250 mg. 1, 4x /day or minocycline (synthetic), 100 mg, 1, 2x/ day for same. THIS WILL OUTDATE. Tell the pharmacist you will keep this a long time and you need a "recent issue".
(of the last two, ask your doctor for a prescription for 100 caps of Minocycline, generic, or 400 of the Tetracycline, generic.
- e. Phenergan, Tigan or generic of these: rectal suppositories for control of symptoms of nausea & / or vomiting. Keep in refrigerator. This does not treat cause, but will control symptoms. Ginger may be enough but that is all oral.
Adults: suppositories, 25 mg, 1 q 4-6 hours and kids less than 12 yrs., 1/2 that etc.. Remove the wrapper. Ask for a standard box of 12 and hope that's enough. Or ask for generic and get 3 boxes. Keep in the refrigerator. Don't worry about the "out date" in a life threatening situation. Will last 15 years or more.
- f. Steroids:
(1) topical, Rx. brands are stronger than OTC For bee stings, poison ivy, etc.
(2) oral "dose pack": pills packed in a decreasing dose per Rx, for severe reactions that are systemic (e.g. Medrol-Dose Pak) Note: Injections seem to work faster, but regular docs don't think they do anything. the Oral should do ok.
- g. Epi-pen (epinephrine in a syringe, pre-measured) for giving to self when having a life threatening episode. E.g. asthma (larynx closing off) from wasp stings, etc.
- h. Silvadine: a silver in a cream that sticks to burns and abrasions.
Debride. Apply Silvadine 1/8-1/4 inch thick with the flat blade of a table knife, 4 x daily. Scrub off with gauze and water each time you reapply. Wrap in "Kling"
14. Over The Counter (OTC to pick up at your cheapest pharmacy (Wal Mart, Walgreens, etc.)
- a. Liquid decongestant, cheapest form, e.g. Sudafed) for keeping ears, nose open
 - b. Antihistamine, both caps and liquid: e.g. Benadryl for allergic reactions, such as bee sting, rashes, and colds, to dry up secretions. Works ok for car or sea sickness.
 - c. Immodium: caps and liquid, for control of the *symptoms* of diarrhea. *Does not treat cause.* Use one of the natural antibiotics for treating the infection. For bowel it is OK to combine Golden Seal (berberine) and Grapefruit Seed Extract.

15. For snake and spider BITES: a **Stun Gun**; electrically coagulates the protein toxin or venom, and literally cooks it via electricity, and alters its effect. Do not use DMSO for poisonous bites - it could kill.

USE ONLY ON ARMS OR LEGS. NEVER USE A STUN GUN ON CHEST OR ABDOMEN - USE OF A STUN GUN IS FOR WHERE THERE IS NO ACCESS TO CONVENTIONAL MEDICAL CARE.

We have used this on our dog for a copperhead bite and it works well.

NOTE: For wasps, coconut shell charcoal, or tobacco (get a small bottle of Garrett snuff, mix ½ tsp. with 1 tsp. of water and use as a poultice)

16. Pepto Bismol or generic. For nausea and diarrhea. Will turn stools black. Watch out for the ASA (aspirin content) when used with a high fever.
17. Tylenol (acetaminophen generic) for pain and fever. NOT ASA and not Ibuprofen (Motrin, Advil etc.) Especially do not use a mixture of acetaminophen and aspirin!
Do not use Aspirin with a viral flu!
18. Pine needle soup. For Vitamin C. Recipe: gather green needles off the tree, a big fist full, and cut in one-inch pieces into a glass heat resistant bowl; pour on boiling water and steep for 10-15 minutes or until cool. Drink that day.

For your better health under adversity,

Patricia A.D. Braun, M.D.