

# Top 10 Remedies For Camping and Cottaging

By Heather Osler, D.H.M.H.S., Homeopathic Doctor

When you're off to the bush this summer, whether it's a canoe trip with the family or a quiet weekend at the cottage, make sure you go prepared for potential accidents that can put a damper on your vacation.

Should you happen to trip over a rock on the way to the dock, burn yourself while roasting marshmallows, or strain your back carrying that canoe that seemed so light when you were in your twenties, you'll be happy to know there are several amazing remedies that can come in handy when medical attention is not nearby.

Think about adding the following gems to your first aid kit.

Remember these remedies are completely safe for babies and young children and can be used safely with conventional medications.

(3 pills every 15 minutes immediately after injury until you feel improvement, then follow with 3 pills, 3 times per day until recovered. Do not touch pills with your hands, but drop directly into mouth. Do not put anything in your mouth for 15 mins before and after dosing.)

- 1. *Arnica 200C*:** A multipurpose homeopathic remedy that should be used in any physical trauma. For injuries especially sprains, bruising, head injuries, or wounds.
- 2. *Apis 30C*:** For bee/wasp stings with heat, stinging pain and swelling.
- 3. *Rhus tox 30C*:** Very useful in poison ivy.
- 4. *Metallicum album 30C*:** For food poisoning or gastrointestinal upset due to bacterial infection.
- 5. *Cantharis 30C*:** For burns of any kind.
- 6. *Staphysagria 30C*:** For mosquito bites, either numerous or very itchy
- 7. *Ledum 30C*:** For animal bites and puncture wounds.
- 8. *Tea tree oil*:** Use externally to disinfect cuts/scrapes
- 9. *Calendula cream*:** Apply directly to cuts, wounds, burns (sun or fire/heat), poison ivy, itchy bites to relief pain, disinfect, prevent scarring and relieve itching.
- 10. *Traumeel cream*:** To apply to any bruise, sprain/strain. Rub into affected area 3 times per day.

Don't forget about Natural Bug Spray and Natural Sunscreen (both are just as effective as the conventional brands but they are free of toxic chemicals).

So, should your child wander into a patch of poison ivy, or bump their head jumping off the picnic table, you'll be happy to have these remedies to bring relief!

*Note: The above suggestions are not intended to replace conventional medical care. They can however, bring relief to minor injuries or be used as support while en route to the hospital for more serious situations.*

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***For more information about workshops on Homeopathy and First Aid for Families, or to book your appointment, please call 416-588-0400 or email [info@bloorwestwellness.com](mailto:info@bloorwestwellness.com). Visit our website at [www.bloorwestwellness.com](http://www.bloorwestwellness.com).***