

# Naturally Treating

## SUMMER ADOLESCENTS

### Bites & Stings

- remove stinger (for bee stings)
- fresh plantain, chickweed poultice
- bentonite/green clay
- apple cider vinegar - relieves sting/itch
- calendula, plantain, chickweed salve

### Cuts & Scrapes

- wash affected area with soap and water
- rinse with antiseptic infusion or diluted tincture: goldenseal, calendula, echinacea, yarrow
- comfrey, St. John's wort, calendula, plantain salve

### Headaches

- nervine tea or tinctures: chamomile, lemon balm, skullcap
- white willow, meadowsweet tincture
- increase fluid intake
- massage
- rest/sleep
- bath with lavender essential oil

### Dehydration

- water-rich fruits/veggies: water-melons, cantelopes, cucumbers
- coconut water
- electrolyte drink: 2 c. water, 1/4 c. lemon juice, 2 t. honey, 1/8 t. sea salt
- elderflower tea popsicles

### Poison Ivy

- wash affected area with soap and water
- baking soda, oatmeal baths
- jewelweed
- calendula, plantain, chickweed salve
- diluted tea tree essential oil

### Allergies

- freeze-dried nettles
- elderberry glycerite
- local raw honey/bee pollen
- increase berry consumption

### Sunburns

- cool area with water
- aloe vera gel
- St. John's wort oil
- calendula oil

### Heat Rash

- cool with water
- baking soda, oatmeal baths
- aloe vera gel
- clay/hydrosol mixture

### Bumps & Bruises

- ice pack
- arnica oil
- comfrey compress