

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## **Herbal First Aid Part II – First Things First**

by Kurt King, Master Herbalist, author of Herbs to the Rescue

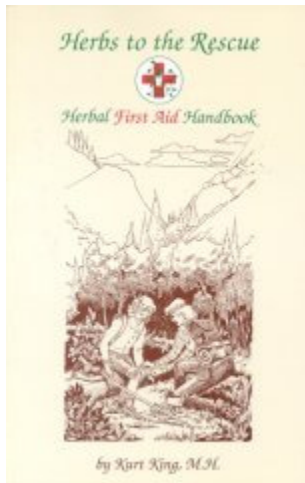
There are six basic steps that apply in any first aid situation. They are:

- 1) Stay calm and think first before you act.
- 2) Check if person is breathing and if there is a heartbeat. (Pulse check on wrist or neck arteries. Visually notice chest action for breathing.) If person is not breathing or pulse cannot be found, administer emergency CPR immediately.
- 3) Check for severe bleeding (hemorrhage).
- 4) The next priority is to examine for shock (Shock is a serious condition of acute circulatory collapse, usually brought on by severe blood loss or trauma). Then examine for head injuries, fractures, lacerations and dislocations.
- 5) Begin treating person accordingly using a good “bed-side manner,” calming and reassuring the person to help prevent shock or hysteria.
- 6) Find adequate shelter for the injured person, out of the harsh elements. Keep person warm, calm and reassured that all is going well.

### **WHERE YOU SHOULD HAVE FIRST AID KITS:**

1. Keep a kit in the trunk of each of your vehicles
2. Take a smaller kit with you when you travel by plane or train (be aware of any safety restrictions on items in your kit while traveling)
3. In your home

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*“Kurt and I [David Christopher] sat down together recently, swapping herb stories, discussing case histories, and exchanging remedies. In the course of our reunion, and after much discussion, we decided that a usable book on herbal first aid was greatly needed.*

*“Because of time restraints, I bowed out of the project and encouraged Kurt to write the book. After reviewing the book I can say that he’s put together a wonderful guide to not only first aid but health care in general.*

*“At the risk of sounding trite, let me say, study this book, use this book, and please ‘don’t leave home without it.’” (Herbs to the Rescue – Introduction by David Christopher).*

Kurt King’s excellent book, “Herbs to the Rescue: Herbal First Aid Handbook” is a book that you need a copy of with every herbal first aid kit you have. While only 90 pages long, you would be hard-pressed to come across an emergency that this book doesn’t cover. And for only \$9.95, you can’t afford to be without a few copies!

To learn more or purchase a copy, please visit:

[http://www.christopherpublications.com/King\\_Herbs\\_Rescue.html](http://www.christopherpublications.com/King_Herbs_Rescue.html)

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