

Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week, with all of the summer activities, we thought we would discuss "Trauma" in its' various forms and how to encourage the body's healing response. Montana, this land of opportunity, offers a multitude of ways to injure one's self. Rock climbing, horseback riding, gardening...we're good for pushing our limits and our bodies. So, before you get back at it, put together a little kit to have at hand, just in case. All of these remedies should be at the Natural Food Stores here in the Valley. Remember, these remedies can be useful in the healing of our pets' traumas as well.

The following homeopathic remedies show to be effective in aiding the body in healing from various types of traumas.

Trauma to soft tissue, such as sprains and bruising – *Arnica Montana*

Trauma to bone – *Symphytum*

Trauma to nerve – *Hypericum*

Bee sting – *Apis Mellifica*

Puncture wounds – *Ledum*

Rattlesnake bite – *Crotalus Horridus*

Splinters, proud flesh – *Hepar Sulph*

Supplements that can be taken to assist in decreasing inflammation include:

Natural Cox -2 (an enzyme responsible for inflammation and pain) inhibitors such as New Chapter's Zyflamend. COX – 2 inhibitors include turmeric and garlic.

Proteolytic enzymes such as Michael's Naturopathics' W-Zymes. These should be taken on an empty stomach.

Quercetin with bromelain, Vit. C and additional bioflavonoids, such as Bluebonnet's Super Quercetin

Flax and / or fish oil

There are also a variety of creams, ointments, etc. on the market. Some noted to be effective in reducing inflammation are:

Boiron's Arnica gel

Traumeel ointment or gel

Bach Rescue Remedy Cream

Peaceful Mountain products

Of course, Prevention is always the better approach. Remember, it is important to maintain an exercise routine, including warm-ups, so as to ensure a healthy response to your activities and adventures. Also of great importance; consume water, water and more water. The more fluid we are consuming, the more fluid in our movement we are becoming. An average goal for consumption of water is one half of the body weight in ounces; 100 pounds = 50 ounces consumed daily.

What about emotional trauma? Bruise your ego when you busted your butt? Try Bach Rescue Remedy. Overwhelmed by too many vacationing guests? Bach Flower Essence Elm might help. Feeling fearful about getting back up on that horse? Use Bach Mimulus.

Yes, trauma can be uncomfortable, down right painful even. So remember the above remedies for a faster recovery. And in the situations where it does occur, ask your self, "How is this my ally?" Your answer can be exceptionally revealing and growth provoking. You know, the mind-body connection; it is real. Heads up!

Question of the week? Do neti pots really work?

Answer: Neti pots have been an effective tool for maintaining sinus health for thousands of years. Choose one made from ceramic with a lead-free glaze. Use with sea salt or even a little goldenseal powder for a thorough cleansing.

Title of the Week: *Homeopathic Materia Medica & Repertory*; William Boericke; 1903, currently in print. I use this book all of the time!

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to sheryleaglewoman@livingresponsibly.com for "The Question of the Week".

Sheryl Eaglewoman is a Natural Health Consultant, Author and Publisher. Working in the Natural Health field for over 20 years, Sheryl has an extensive knowledge base, specializing in all areas of natural health, including herbal and homeopathic therapies, midwifery and organic lifestyle. Contact her at www.livingresponsibly.com or 406-892-1116.