The Healing Properties of Nature and Everyday Products

Jeanne Chaloner, RN
* Sun exposure - good and bad
* Epsom Salt Therapy
* Castor oil
* Honey
Sun Exposure: Too much or too little?
We need sunlight!!
The sun, in moderation, and using common sense, is important to our health!
* Sunlight therapy (heliotherapy) - favored by the medical community in Europe
* Considered to be the best treatment for infectious diseases from the late 19th to the mid-20th century.
* Medical doctor and author, Dr. Auguste Rollier, 1874-1954, a famous heliotherapist of his day, operated 36 clinics in Leysin, Switzerland.
* Advanced medicine has caused heliotherapy to fall into disuse.
* Sun exposure is now considered a risk to our health.

* This can be true if you over indulge in how much sun you allow yourself to take in without protection.
Ultraviolet Rays of the Sun

* UVA - these long wavelengths are more constant year round and penetrate deeper into the skin layers.
* UVB - These shorter rays are the ones that help your skin produce Vitamin D.
Vitamin D - The Healing Power from the Sun

* Promotes calcium absorption and healthy bones
* Supports immune function
* Regulates cell growth
* Research continues in vitamin D’s effect on hypertension, heart disease and other medical conditions
Experts now worry that public-health messages warning about skin cancer have gone overboard in getting people to cover up and seek the shade.

By practicing safe sunning, you will avail yourself of all of the sun’s health benefits with none of the risk.
Both UVA and UVB rays are harmful if allowed to penetrate the skin for **prolonged** periods of time without any protection.

Calculating the SPF to exposure time

Number of minutes it takes for you to burn without sunscreen x SPF number = maximum sun exposure time allowed for you.
Sunscreens - Sun clothing:

Because UVA rays are constant year round, protecting yourself even in the fall and winter months is important.
A guide in choosing the best products to protect you from the sun:

* Use a sunscreen with a minimum of SPF 15 and a maximum of SPF 50;
* Make sure labels list UVA and UVB (or broad spectrum protection);
* Avoid products containing oxybenzone and retinyl palmitate if you're concerned about potentially toxic chemicals;
* Choose lotions versus spray sunscreens for a more evenly distributed protection.
Epsom Salts

Epsom salt is not a salt. It is a naturally occurring mineral containing sulfate and magnesium.
Possible benefits from the major components of Epsom Salts:

**Magnesium:**
* Eases stress and improves sleep and concentration
* Reduces inflammation to relieve pain and muscle cramps
* Helps the body to eliminate harmful substances
* Can help relieve localized swelling and soothe muscle aches

**Sulfates:**
* Flushes toxins
* Improves absorption of nutrients
* Helps to prevent or ease migraine headaches
Other Uses:

* For athlete’s Foot - Soak feet in an Epsom salt foot bath to help relieve the symptoms of Athlete’s Foot.

* To remove splinters - Soak affected skin area in an Epsom salt bath to draw out the splinter.

* Gardening - Sprinkle Epsom salt once weekly to help nourish your houseplants, flowers and vegetables.
Epsom Salt Soaks

* No more than 20 minutes of soaking is best. It is important to drink water before and afterward to stay hydrated.
* Water temperatures should be between 92 and 100 degrees which is a healthy range.
* Do not use soap with an Epsom salt bath, as it will interfere with the action of the minerals and the detoxification process.
How much to use for a bath

* Children under 60 lbs: Add 1/2 cup of salts to a standard size bath.
* Individuals between 60-100 lbs: Add 1 cup of salts to a standard size bath.
* Individuals between 100-150 lbs: Add 1 1/2 cup of salts to a standard size bath.
* Individuals between 150-200 lbs: Add 2 cups of salts to a standard size bath.
* For every 50lbs larger - add in an additional 1/2 cup of salts.
Contraindications to Epsom baths:

* If you are pregnant
* Dehydrated
* Have open wounds or burns on your skin
* Individuals who are suffering with cardiovascular disease should always consult with a natural health physician who is familiar with the health benefits of Epsom salt baths before starting.
Castor Oil
Cold Pressed
Why Cold Pressed Oil?

* Expelling oil from castor beans is best when pressure is applied to release the nutrients, minerals and essential fatty acids which it contains.

* Using heat, chemicals and solvents to extract the oil (cheaper) produces an inferior product. Purity is lower and beneficial compounds are lost.
Castor Oil benefits through skin absorption

* The lymphocyte count of the blood increases.
* Lymph flow improves throughout the body, speeding the removal of cellular-related toxins and reducing swollen lymph nodes.
* There is a general overall improvement in organ function and a lessening of fatigue and depression.
Other Benefits

Good for...

* Acne
* Sunburn
* Athlete's Foot
* Warts
* Skin Abrasions
* Inflammation - especially of joints
* Liver/age spots
Castor oil, through the use of packs applied to the skin, was popularized by the late psychic healer Edgar Cayce, and then later researched by primary care physician William McGarey of Phoenix, Arizona, a follower of Cayce's work and the author of *The Oil That Heals*. 
Dark Honey
Honey’s Usefulness - More than just a sweetener

* Acts as a cough suppressant
* When combined with apple cider vinegar; fights colds and respiratory infections of all kinds
* As an antiseptic, honey is also a drawing agent for poisons from bites or stings or infected wounds.
* When applied topically, speeds the healing of tissues damaged by infection and/or trauma. It contains vitamins, minerals and enzymes, as well as sugars, all of which aid in the healing of wounds.
* With clean wounds, honey acts as a healer.
Cough Relief

A double blind study published in “The Archives of Pediatric and Adolescent Medicine”, 105 children and teenagers who had coughs from upper-respiratory infections were divided into 3 groups.

1. No treatment
2. 1-2 tsp. of Buckwheat Honey given
3. A dose of honey flavored dextromethorphan

From the study, Buckwheat honey produced the greatest improvements in sleep and reduced cough frequency and severity.
Honey Dosing:

*½ tsp in a single dose 30 minutes before bed for kids ages 2 to 5
*1 tsp for kids 6 to 11
*2 tsp for kids 12 to 18

Diluting the honey with small amounts of warm water helps in the ease of swallowing.

Risk Factor:
According to the National Institute of Allergy and Infectious Diseases, honey may be useful in relieving coughs but should never be given to children under a year of age because in rare cases it can cause infantile botulism.
* Links to further information on honey and its uses backed by studies:


Effect of honey, dextromethorphan, and no treatment on nocturnal cough and sleep quality for coughing children and their parents.

Manuka honey
http://honeycentre.com/Manuka_Honey_Info.php
Resources

Sun info
http://articles.mercola.com/sites/articles/archive/2013/07/01/vitamin-d-benefits.aspx
http://www.cnn.com/2012/05/16/health/sunscreen-report/
Environmental Working Group’s 2012 Sunscreen Guide

Epsom Salts info
http://www.naturalnews.com/042753_Epsom_salt_bathsRemarkable_health_benefits_detoxification_technique.html#ixzz3WiprAKJx
http://www.arthritistoday.org/about-arthritis/arthritis-pain/pain-relief/warm-water-therapy.php

Castor Oil info
http://www.drdavidwilliams.com/benefits-uses-castor-oil
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1781768