

FIRST AID FOR SHOCK . . . SELF CARE

First aid for anything: **PRAY FIRST!**

First Aid Kit for Shock

- **Rescue Remedy.**

Flower essence combination helps relieve shock, grief, spaciness, hysteria. Put 2 drops in the mouth or add to drinking water.

- **Cayenne** (hot pepper powder).

Helps relieve shock, spaciness, hysteria, internal hemorrhage, heart attack and seizures. Put on wounds to stop bleeding.

I usually use 40,000 hu (heat units) which is hot but not too hot.

Put 1/2 t. in tomato juice if available, water if not. Stir and drink. Have fresh water to chase it if it tastes too hot. (It can't hurt you.)

When in deep shock you won't taste it. You know you are coming out of shock when it begins to taste hot.

- **Water.**

Most people are dehydrated. Dehydration alone can put you into shock. Water helps nourish your brain so you can think clearly. When you are hydrated you are less likely to take on emotions and hysteria from others.

- **Sea salt.** (I use an excellent unrefined Celtic sea salt.)

Provides electrolytes and feeds the adrenal glands, prevents histamine reactions caused by dehydration. Helps to bring you back in balance.

- **Yunnan Paiyao** — Chinese first aid remedy. "Gold No Trade."

These are packaged with a red pill for immediate use and orange capsules for followup.

Give one red pill immediately for shock, bleeding, pain.

- **Arnica** (homeopathic remedy).

Arnica is used as first aid for injury, but can also alleviate shock.

Take three pills of 200C or 1M or 10M potency without food.

- **Lobelia** tincture or homeopathic liquid.

Powerful medicine for hysteria, nausea and spasms, including asthma attacks. In larger doses the tincture can cause vomiting and is only used to force vomiting from the stomach or lungs in extreme cases. The homeopathic liquid will not do that.

When using the tincture start with 2 drops in water and give more slowly until calmed down (up to 3 Tbsp.). Stop if nausea occurs.

When using homeopathic liquid, put a squirt in the mouth or in water to drink. You can mix it with Rescue Remedy.

- **Sedation:** For more sedation, use Valerian Tincture (1-2 t) (I use the glyc-² erite/non-alcohol form) or clove powder (1t.) in water.
- **Food.** If hunger or blood sugar is an issue, eat simple food. In emergency alternate raisins (chewed slowly one at a time) with almonds to balance. (Do not use coffee, sugar or chocolate which promote shock.) Chamomile and peppermint teas or umeboshi paste alleviate discomfort.

Bodywork to clear shock.

- **Slow deep breathing** *through the nose.*
Calms the body, oxygenates the tissues and the brain for clear thinking and action. Helps neutralize adrenaline and lactic acid.
- **Rub temples** (sphenoid bone contacts) to release dural tube contraction for 3–20 minutes. Relieves flight/fight/freeze reaction.
- **Adrenal glands.** Rub deeply adrenal gland contacts.
About 2 inches up and one inch out from either side of navel.
Do this for 1–5 minutes. Contacts may be sore. Soreness usually lets up as you rub. Do every hour as necessary.
- **Tap on skull.** Use a good “thunk” with fingertips on forehead, around ears, on top of head. This releases cranial bone holding and keep the cranial-sacral fluid moving (so your system can “breath” again) and stimulates pituitary (the master gland) secretions to normalize body function .
- **Tap on upper chest,** especially thymus gland (the center of zest in life). This releases holding in the chest and diaphragm, and reactivates the immune system.
- **Suck thumb and stretch and comb cheeks** from inside the mouth or pinch and pull from outside. Massage jaw muscles in the mouth. Releases cranial bones and tension around the tailbone (coccyx) and stimulates the pituitary gland. Restores parasympathetic nervous system.
- **Pull and stretch ears.**
This massages the brain, and helps drain sinuses and ears for clearer thinking and physical balance. Resets body’s clocks.
- **Balancing the energy field.** This is usually done on others, but you can do some on yourself. Rebuilds the energy field. Use this in conjunction with other bodywork or by itself when you cannot use touch (e.g., when there is injury that would preclude touch). Always do with prayer and neutrality.

Long-term followup.

- **Cranial-sacral technique and chiropractic care** are essential to clear deep shock from a life-threatening situation or long-term accumulated shock.
- **Sleep, cleansing diets, fasts, natural remedies** that reverse shock damage.