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# Natural Health

THE GUIDE TO TRUE WELLNESS

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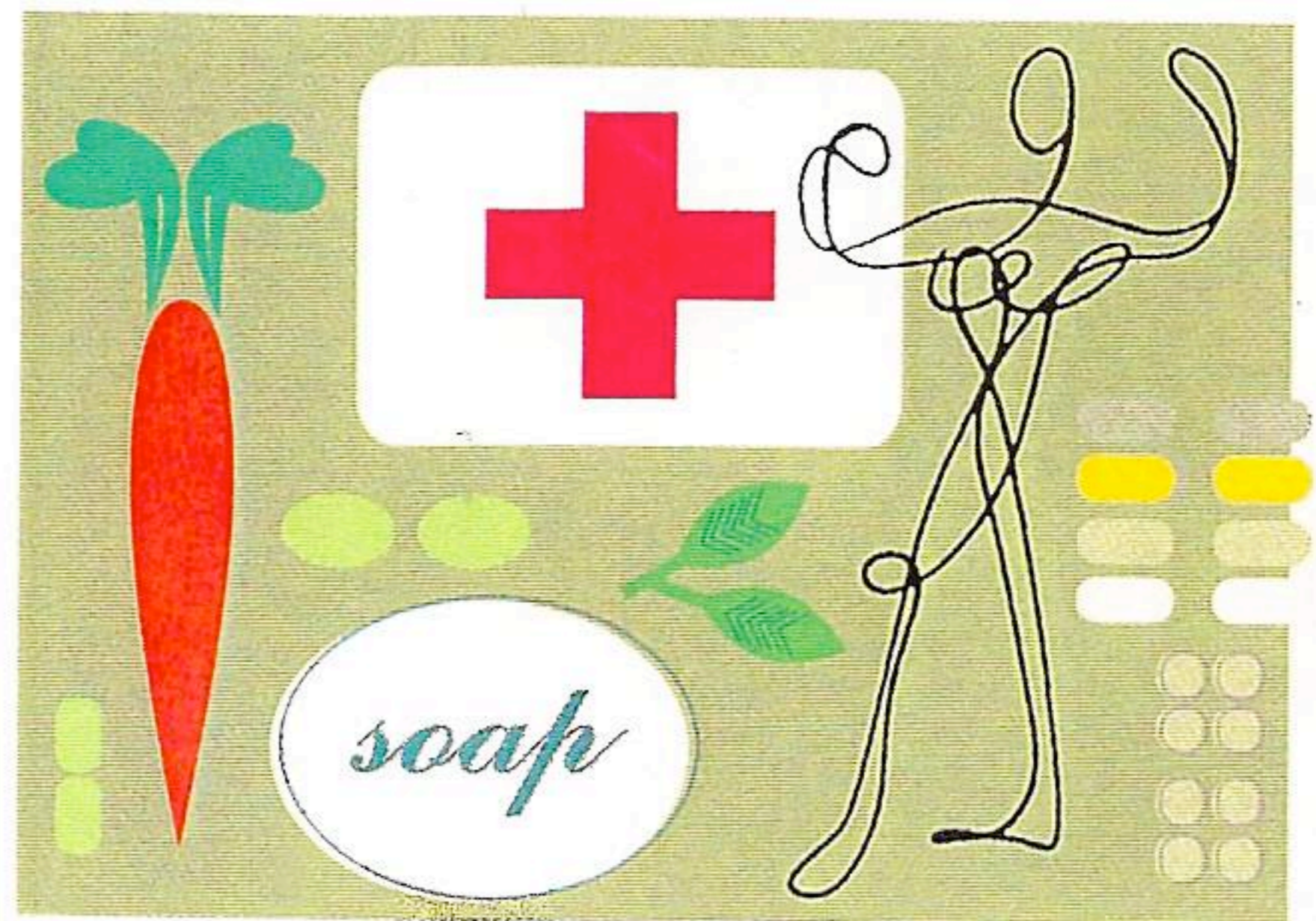
The Best Fixes  
for 15 Common

## 5 GOLDEN RULES OF SELF-CARE

It pays to be smart when treating yourself at home. Here's how.

**I**N THIS GUIDE WE GIVE YOU SUGGESTIONS ON HOW TO TREAT 15 ailments at home. To use these remedies effectively, you need to know basic safety rules recommended by Brigitte Mars, a Boulder, Colo.-herbalist and author of *Natural First Aid* (Storey Books, 1992).

- 1. Practice prevention.** It's common sense, but good self-care requires living a healthy lifestyle in the first place. "Create a safe living environment and keep your wits about you," Mars says. This includes eating well, exercising, controlling stress, and avoiding alcohol.
- 2. Be prepared.** Stock up on treatments for emergencies that might arise. "You don't want to run to a crowded health food store to get a remedy during rush hour," Mars says. "Have a natural first aid kit in your home and car."
- 3. Keep it clean.** If you get a cut or abrasion, maintain proper hygiene. Wash your skin with soap that contains lavender (*Lavandula angustifolia*) or tea tree oil (*Melaleuca alternifolia*) or apply a small amount of these antiseptic oils directly to the wound. Cleanliness promotes faster



healing and reduces the chance of infection.

- 4. Watch yourself.** Monitor the healing process and look for signs that an injury or ailment isn't improving. "The presence of infection, swelling, dizziness or nausea, and pain resonating farther from the injury are all signs that it could be worsening," Mars says. Visit a health care practitioner immediately if you have any of these symptoms.
- 5. Find a partner.** Develop a good relationship with a health care practitioner who supports your approach. "If you prefer using natural medicine, it's nice if your doctor understands what you're talking about and doesn't just roll her eyes," Mars says.

—Stephen Camelio

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