



# Children's First Herbs for First Aid™

by CEDAR BEAR NATURELES®

Great Tasting 100% Alcohol-Free Liquid Herbal Products

## An Herbal Formula for First Aid and Crisis Use

Got bruises? Sprains and strains? Here is a natural herbal formula that magically melts away these common kid related problems.

First Herbs for First Aid™ Liquid Herbal Formula is a strong healing energy activator and direct aid specifically formulated for topical use in first aid situations with bruises and sprains and for temporary relief from joint and muscle aches and pains and general sports injuries. The herbs used in this formula form a unique combination that activates the healing process when used topically on injured tissues, causing quick circulation stimulation and healing that helps to reduce pain and swelling when rubbed on the distressed area needing attention.

First Herbs for First Aid™ can also be used internally as a first aid crisis remedy in emergencies for shock and trauma and for crisis intervention during cardiovascular stress. In such cases, get professional health care immediately. The herbs in this formula bring fast support to cardiovascular circulation and a quick relaxing of the respiratory system when used internally.

**CONTAINS:** Lobelia leaf/stem/flower, capsicum fruit, prickly ash bark, black cohosh root, blue vervain leaf, and *mB!*™ Liquid Trace Minerals in a kosher vegetable glycerin/purified water TincTract® base.

**NOTE:** The capsicum in this formula will cause a stinging or burning sensation if used on open wounds or burns. Avoid contact with eyes. Persons with capsicum/cayenne sensitivity should not use this formula.

### SUGGESTED USE:

**EXTERNAL USE:** Apply to skin as needed. To enhance the benefits of First Herbs for First Aid™, mix equal parts of First Herbs for First Aid™ with rubbing alcohol for an excellent pain relief liniment and/or add a dab of Comfort and Healing Salve to First Herbs for First Aid™ and rub into the skin.

**INTERNAL USE:** 1/4–1/3 teaspoon (1.23–2 ml) as needed in a glass of water.

### MORE ABOUT THE HERBS IN THIS FORMULA:

- Lobelia Flower (*Lobelia inflata*) is one of the strongest and safest central nervous system relaxants known and also relaxes and cools surface tissues when used topically.

- Capsicum Fruit (*Capsicum annuum*) [cayenne pepper] is one of the most potent of all blood circulatory stimulants. When applied topically, this herb is very effective in reducing joint pain, painful muscle spasms, for speeding the healing of bumps, bruises, sprains and strains, and for warming the extremities. Internally, capsicum can be used in emergencies for sudden internal stress to the circulation in the brain or heart and for general shock. Medical attention should promptly be sought in these cases.

- Prickly Ash Bark (*Zanthoxylum americanum*) stimulates peripheral blood flow, similar to capsicum, thereby enriching oxygenation and detoxification.

- Black Cohosh Root (*Cimicifuga racemosa*) relaxes smooth muscle spasms and blood circulatory tension, helping to enhance oxygen/CO<sub>2</sub> exchange tissue-healing processes.

- Blue Vervain Leaf (*Verbena hastata*) is a profound nervine herb (relaxes nerves) and has a healing action on tissues, especially effective for bruises when used topically.

- *mB!*™, a proprietary, microfractionated liquid trace mineral made using the exclusive CBN™ Citritol™ process.

### WORKS WELL WITH THESE CBN™ PRODUCTS:

**EXTERNAL USE:** Used topically with First Herbs for First Aid™: *microBURST!*™ Liquid Trace Minerals, Comfort & Healing Salve, Deep Relief™ Salve, Lavender Antiseptical™ Essential Oil Blend, BTC™ Crisis/Stress Emergency Blend Energetic Formula.

**INTERNAL USE:** *microBURST!*™ Liquid Trace Minerals, BTC™ Crisis/Stress Emergency Blend, BTC™ Focus & Calming, Herbal Minerals™, Pain Away Willow Plus™, Joint-Ease™.

Item #754–2 oz

Claims and statements herein are for informational purposes only and have not been evaluated by the Food and Drug Administration. These statements and products are not intended to diagnose, treat, cure or prevent any disease.

Copyright © 2002 CEDAR BEAR NATURELES®

This handout was prepared by CBN  
and may be copied and reproduced for commercial-free distribution  
without alteration to content in any manner whatsoever.

[www.cedarbear.com](http://www.cedarbear.com) 1 888 85HERBS (1 888 854-3727)

Purchase CEDAR BEAR NATURELES® Products From: