



First Herbs for First Aid™

by CEDAR BEAR NATURALES®

Great Tasting 100% Alcohol-Free Liquid Herbal Products

An Herbal Formula for First Aid and Crisis Use

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 (cayenne pepper), prickly ash bark, black cohosh root, blue vervain leaf/stem/flower, mB!™ Liquid Trace Minerals in a kosher certified vegetable glycerin/purified water TincTract® base.

NOTE: The capsicum (cayenne pepper) 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:

TOPICAL USE: Apply to skin as often 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 Cedar Bear Naturales® Comfort and Healing Salve or Deep Relief Salve to First Herbs for First Aid™ and rub into the skin.

INTERNAL USE: 1/3–1/2 teaspoon (2–2.26 ml) as needed in a glass of water.

MORE ABOUT THE HERBS IN THIS FORMULA:

- 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.
- 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.
- Prickly Ash Bark (*Zanthoxylum americanum*) stimulates peripheral blood flow, similar to capsicum, thereby enriching oxygenation and detoxification.
- 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.
- Black Cohosh Root (*Cimicifuga racemosa*) relaxes smooth muscle spasms and blood circulatory tension, helping to enhance oxygen/CO₂ exchange tissue-healing processes.

WORKS WELL WITH THESE CBN™ PRODUCTS:

TOPICAL 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 #329 2 oz

Children: 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.

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