Your Kitchen is a First Aid Kit

Sampoorna Biswas
When it’s serious, call 911
Small cuts, bleeding
Glucose chains
Concentrated mixture
Hydrogen peroxide
Hygroscopic
★ Not for heavy bleeding
★ Safe for diabetics
★ Apply pressure
Wounds, cuts, infections
“...Antioxidant, anti-inflammatory, anti-carcinogenic, antimutagenic, anti-thrombotic, hepatoprotective, and antimicrobial, antiviral and anti-parasitic actions.” [1, 2]

★ Curcumin
★ Anti-fungal compound? [3]
★ Treats sores
★ Also: liver, stomach, IBS
★ Ayurvedic & Chinese traditional medicine

Potentially enhances effect of chemotherapy [4]

★ Overdose: Indigestion, diarrhea
★ Insufficient clinical trials [5]

6 LEVEL TEASPOONS of SUGAR

HALF LEVEL TEASPOON of SALT

1 LITRE OF WATER
5 cupfuls (each cup about 200 ml.)
★ Replenish sodium levels
★ Glucose for energy
Not for severe dehydration

Effective if carefully administered [6]

Water, not milk, soup etc.

Colds, Flu
★ Anti-inflammatory effect
★ Inhibits neutrophil migration [7]
★ Inconclusive evidence

Beyond the Kitchen
Burns
“...Aloe vera gel treated lesion healed faster than the vaseline gauze area.” [8]
★ Moisturizing effect
★ Heals wounds, burns
★ Anti-inflammatory
★ Stimulates fibroblast activity
★ Mannose 6-phosphate
★ Acemannan
★ Inhibits Thromboxane A2

[9] http://apps.who.int/medicinedocs/fr/d/Js2200e/6.html#Js2200e.6
★ Use fresh gel
★ People can be allergic
Thanks!