

HOW TO BUILD YOUR HOME TRAUMA AND FIRST AID KIT

AND OTHER USEFUL FIRST AID INFORMATION
BY DR. RICHARD SCHULZE



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DR. SCHULZE'S HOW TO BUILD YOUR HOME TRAUMA AND FIRST AID KIT

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INTRODUCTION FROM DR. SCHULZE

In my life, I have treated many people, from mild to serious trauma, in my own house, with my family, all the way to my clinic, to serious trauma that I've run into in just my travels. The main purpose why I create DVDs and write books and booklets like this one is to keep you out of the hospital emergency room.

Now why would I want to do that? Well, there are a number of reasons. First, we know that just walking into the hospital emergency room is going to cost you \$500.00, and by the time you leave, it could cost you \$10,000.00. And so the first reason is I'm going to save you a lot of money.

The second reason is 95% of injuries in and around the home don't need professional emergency hospital medical care. You can deal with it. It's just a matter of being prepared with the right tools, having a little common sense and "know how", and then getting some experience, so the next time someone cuts themselves or burns themselves in your house, you can easily treat it yourself.

Remember one thing. The body is designed to heal and repair itself. It does that naturally without you. All you're doing is kind of cleaning up the mess, making the person comfortable and using a few herbs

to promote more rapid healing and to disinfect the area.

The body is going to heal itself anyway, whether you use my plan or you to go the hospital emergency room. It's just my plan is free or of very little cost. My plan is also natural and empowering. After all, one day, in a survival situation, you may have to deal with these emergencies.

Another reason is, often when you go to the emergency room they cause more trauma and drama than the original injury. In the first place, you're probably going to sit there for three or four hours (unless it's life-threatening), if not six hours, waiting, which is just going to irritate you, while you could have treated your wound at home, gotten into bed, and been watching a comedy on a DVD, and having some fun and some good food with your friends. In the meantime, you're still in the hospital emergency room.

I can tell you a thousand scenarios where the situation has gotten worse at the emergency room. I've had people that had a small infection in their thumb from a splinter, and I've asked them to soak it and soak it. And after days, they didn't, so they got a bigger infection. When they finally went to the emergency room, the doctor took a scalpel and opened up the whole end of their thumb and stitched it back together. I think they would have been a lot better off with a little soaking in hot water and a little

salt, and then applying some **Anti-I Formula** or one of my other herbal medicines.

So I can't urge you enough to build your own natural first aid and home trauma kit by going to your local pharmacy and using my herbal medicines, and having it on hand.

Also, watch my DVD three or four times, so you have it in your mind before an emergency happens and you know what to do.

Will you be as good as me out of the gate? Not a chance, buddy. You're not even going to come close. But the reason I got as good as I am, is by handling trauma and first aid situations over and over and over again.

I can still remember my first instances where I used natural medicine, and my first aid kit, and my herbal medicines for trauma and first aid. And I can still remember my last one, which was my son cutting his leg fairly seriously. He probably would have needed about ten stitches last month, but I glued him back together with **Anti-I** on a few cotton swabs, taped him with some wound closure strips, and he is now good as new.

In the emergency room, they would have cut a lot of that tissue away, but with him, it all grew back and re-adhered to his body, and he doesn't have a scar.

So, I just want to encourage you and empower you as much as

possible to take on first aid at home, especially with your family and loved ones. The worst case scenario would be that after an hour you say, "You know what? I'm fumbling around. I think it's worse than I thought. Let's go to the hospital, OK?" But, that's not going to happen.

What you're going to find is that every time you deal with a family member or friend and their trauma, not only are you going to save them thousands of dollars, but also they're going to have a better experience. They're not going to be traumatized again by the medical personnel, and the wound is going to heal better and faster, too. Then, you're going to realize how much you're able to do, how much you know, just by being a responsible and empowered human being living on this planet.

I hereby certify you as a natural emergency room doctor, right now. And, I want to empower you to start doing this in your household, and take on, not only first aid and trauma care, but all the health care, health programs and healthy lifestyle for your entire family, and keep it at home. You'll live a lot longer and be a lot happier.

— Dr. Schulze

**TOMORROW
IS WHAT YOU BELIEVE
AND DO, TODAY!**

HOW TO USE THIS BOOKLET

I think that it's important that everyone should read this booklet from beginning to end, a few times. Then sit down and watch the DVD, a few times, and while your watching the DVD, write any additional notes you want to right in this booklet. (See NOTES section in the back of this booklet.)

Secondly, if you want to do the fast track to making your first aid kit, simply go out to a survival store or a camping store or even a pharmacy, and buy a standard first aid kit. They usually come in many levels, from home and office to camping to hiking to survival. They can cost anywhere between \$10.00 and \$100.00—and the more money you spend, the more stuff you get inside.

The basic ones usually just have adhesive bandages and aspirin. The more advanced ones will have scissors, tweezers, magnifying glasses, things of that nature. But you can purchase an already made first aid kit, and then just put it in a box with the herbal formulas that came with this booklet, and now, you have a great first aid kit. It won't have some of the things that I'm going to mention, but it'll have plenty of things. And you can just throw away the aspirin, or whatever you're not going to use,

and replace it with the herbal medicines. You can even add a few more of the extra tools that I will suggest, like the extractor snake bite kit. The bottom line is just build a kit. It's not a matter of if you will need it; it's a matter of when you will need it!

CHOOSING A BOX FOR YOUR FIRST AID KIT

Simply go to a hardware store, a Home Depot or a camping or fishing store and purchase a toolbox that has some compartments in it. I prefer the ones with compartments. I put all my hardware—wound closures strips, scissors, tweezers and all my herbal medicine—in the various compartments. This way, I can sort everything in groups and put it in the order of importance to me. The first thing would be **Cayenne Tincture**. The second thing would be the **Nerve Tonic**, because usually when I get into a first aid situation, I need to either keep the person conscious, or settle them right down, and that's what those two herbal medicines do.

So the place to start for everyone is to go out and find and purchase a suitable box. You may want to first buy all the individual hardware like scissors, tweezers, wound closures strips, and the herbal medicine and put that on a table. Get an idea of how much room that's going to take, and then find an appropriate box. **Some of my favorite boxes are tackle boxes**, used for fishing. They have a lot of different compartments and they can be found in any hardware store too,

for keeping screws, nuts, bolts, nails and things of that nature.

Now having said that, a lot of people, I've seen their first aid kits, and it's just a big plastic box, a bin box with a cover on it, it says "First Aid", and someone probably wrote it with a Sharpie or magic marker on the box. And everything is in the box, and that will work just fine.

HARDWARE CHECKLIST

I am providing this checklist so you can go out and take it with you when you go shopping to the pharmacy for all the “hardware” you’ll need to create a complete first aid and home trauma care kit.

- Tweezers (blunt)
- Tweezers (sharp)
- Reading Glasses
- Flashlight
- Scissors (blunt)
- Scissors (sharp)
- Cotton Swabs or Cotton Balls
- Gauze (multiple sizes)
- Band-Aid Flexible Fabric (1” x 3”)
- Adhesive Tape
- Scotch 33 Electrical Tape
- Duct Tape
- Waterproof Wound Closure Strips
- Butterfly Bandages
- Plastic Digital Thermometer
- Sawyer Extractor Kit
- Toothbrush
- Glass Eye Cup
- Alcohol and/or Hydrogen Peroxide
- Elastic Bandages
- Non-Stick Gauze Dressings
- Cotton Cloth or Towel
- Rubber Bands
- Aloe Vera Cactus

EXPLANATION OF EACH HARDWARE ITEM

(And Why It's A Good Idea To Have Them In Your Kit)

Now, I'm going to go through each hardware item to put in your kit, and any extra tidbits of helpful information that I've learned from years in the clinic—and years in the field—that will help you in picking out these individual items.

Tweezers

As far as tweezers, I find it always important to have ones that are really, really, really sharp, because you might have to do a little minor surgery with your tweezers (especially if a splinter or an object has gone in and broken off and it's under the skin). On the other hand, it's important to have a blunt one, too—because if you have a wound, you don't want to really do more damage with it. So I would have two tweezers in my first aid kit, one sharp one (very pointed) and one blunt one that almost looks like the ends of slotted screwdrivers, that you can just pull things out with. And remember to disinfect them each time you use them with some **Anti-I**.

And you might even get an additional tweezers that are a little bigger than those two, and then you have three sets of tweezers.

Reading Glasses

These are just magnifier glasses that you buy at a drug store. I think it's important to have them, depending on your eyesight. Buy a 1X (or one power) for general magnification, so you can see a little better, especially in a low light situation, and buy a 3X (or three power) too. Three powers are very strong for the average person, and you have to put the part of the body you are looking at about three inches off the end of your nose. But sometimes when you're pulling out small pieces of glass or the spines off a prickly pear cactus, you need a lot of magnification to see what you're doing.

Flashlight

Along with glasses, you need lighting, and there's two ways to do it. One is a great small flashlight. I would buy one that's really bright, but not so big where it takes up your whole hand. A small kind of penlight flashlight is great. There are some great ones made nowadays with lithium batteries and halogen or LED bulbs that are very, very bright. You need brightness.

However, flashlights can take up one of your hands. And, often in a first aid situation, I do not have an extra hand or an extra person there to hold the light on. And why is it that the other person is always holding the light on the wrong area anyway, not where I'm looking? Usually, it's because they're fainting and falling down, and you see the light just trail off

and the next thing you know, your assistant is on the floor.

So for that reason, I like head lamps. They are a device that you'll find in most camping and backpacking stores that actually straps on your head with an elastic strap and has a light in the front. There are a lot of great ones. Again, I usually get the ones that have LEDs and halogen light, so I can have various levels of brightness, that have different burn times. They may look a little geeky, but no one's going to notice. Remember, having light, even when it's daylight, is really important when you're treating a trauma or wound.

Scissors

The two basic types are pointed and blunt. Blunt are great for removing clothing, removing any type of item where you don't want to cause more trauma or cut the person. But often, you need sharp, pointed ones as well, so I would have both in the first aid kit: blunt or round-end scissors, as well as pointed or sharp scissors.

Cotton Swabs or Cotton Balls

These come in really handy for cleaning wounds, so you should have at least 24, if not 48 cotton swabs in your first aid kit. Sometimes you have to pick up an area of flesh and get **Anti-I Formula** under it. I like to use a cotton swab dripping with **Anti-I Formula**, and then use a tweezers

to lift up the flap, and then get that swab in there, especially if there is any dirt or foreign debris. Don't worry about hurting the person, because if they have their flesh that can be lifted up off their body, they're not going to feel it. But the **Anti-I** will sting!

Also, the ones in the drugstore are now made out of polyester, and I would not use those. I prefer cotton, and if you can, find organic cotton. You can often find them in the health food store, but the bottom line is use a natural fiber. I do not like the polyester ones. They don't absorb liquid or blood (in most cases) and they just make a mess. They don't do their job.

Gauze

I would suggest various types of rolls of gauze. It seems as though when you're using gauze, you never have enough. If you're putting a little bit of Aloe Vera Cactus gel on a burn on a leg, you'll almost use a whole box of gauze. So I would have gauze in various sizes, from one-inch and two-inch to four-inch rolls of gauze, especially if space isn't a problem. I would have three boxes of gauze (one-inch, two-inch and four-inch) in your first aid kit.

Band-Aids

There are so many different varieties. I specifically like Band-Aid flexible fabric, 1-inch by 3-inch strips. Why I like them is I can wear them for two days in the ocean and they don't come off.

They stick, where most others, you sweat a little and they pop right off.

Adhesive tape

I like adhesive tape that sticks. You can always experiment with different brands, but I like Waterproof Adhesive Tape.

Electrical Tape or Duct Tape

As we're talking about tape, there are other types of tape that I really like. One of them is electrical tape, and I think one of the best brands is Scotch 33. I've used it on a lot of wounds to hold gauze on, to hold Aloe Vera on with the gauze, and then the tape after that. You can even use duct tape. I'll tell you, duct tape, which I'm sure most of you guys know, works for just about everything, including putting the body back together in trauma.

So I would throw a small roll of duct tape and a small roll of electrical tape in your first aid kit, along with your Waterproof Adhesive Tape and Band-Aids.

Wound Closure Strips or Butterfly Bandages

I've used them both, but I prefer the breathable wound-closure strips. They're tougher. They're kind of like rip-stop nylon. They have some fibers in them, so they're a little tougher than just a Band-Aid and they're longer. Your average butterfly bandage is about an inch and a half long. Your wound closure strips are four inches long. And an inch and a half long isn't long enough for me, especially when I'm trying to close a wound

and I've already put **Anti-I Formula** on there or some **Jojoba Ointment** on there, or there might even be some blood on there.

With a four-inch wound closure strip, I can attach it far away from the wound, pull it across the wound, drawing it together, and put it on another space on the other side of the body. That way, where I start it and finish it is dry and clean, and doesn't have herbs or blood or plasma leaking into that area. So I find that the wound closure strips, simply because they're four inches, work a lot better, but on top of it, I like the material that they're made out of. It's breathable, and there's some fibrous material in there that holds it tighter, more like a stitch, where a butterfly bandage is more like a Band-Aid.

Thermometer

It's a great item to have. Sometimes it's hard to tell if someone's running a fever. And knowing that they're running a fever can be a useful piece of information, not only for your diagnosis, but your treatment. I would have a digital thermometer and I suggest the plastic unbreakable kind, as I've broken many glass thermometers. Things get bounced around and knocked around in a trauma situation, so use the plastic ones.

Sawyer Extractor Kit

I love extractor kits. This particular one by Sawyer is a snakebite kit, but you can use it

to pull anything out of the body. You can use it to pull blood out of the body. You can use it to pull pus or infection out of the body. You can use it to pull anything out of the body, including thorns, needles off plants, and even poison injected by spiders or snakes. It's a wonderful extractor kit. Everyone should have one in their first aid kit.

Toothbrush

I would just get a small toothbrush that you could find in a health food store that's made out of some natural type fiber. Toothbrushes are great for cleaning wounds. I know it sounds a little painful, but a good toothbrush comes in handy in a lot of first aid situations, especially with what is often referred to as "road rash" (when people go down on bicycles or motorcycles, and they have chunks of asphalt and stone stuck in their body). A toothbrush and a tweezers and a few hours, and you'll have it all out of there.

Glass Eye Cup

Always have a glass eye cup to wash your eyes. They're getting harder and harder to find. Most stores only have the plastic ones. First of all, we don't want to put our herbal medicine in plastic. It's toxic. They're also really sharp and they press into the eye. They almost feel like they're cutting your skin around the eye. So, get a glass eye cup.

If you can't find one, I can't tell you how many times I've used a

shot glass, a glass shot glass out of someone's bar, to clean the eyes. The only downside is you spill the liquid on their shirt and make more of a mess, but if you can't find an eye cup, don't worry about it. Just put a glass shot glass in your first aid kit.

Alcohol or Hydrogen Peroxide

Sometimes you need to do some cleaning of the area. I almost always use **Anti-I Formula** to do that, but sometimes it's good to have an extra bottle of alcohol or hydrogen peroxide as well. Again, I prefer to always use the **Anti-I**, but these two ingredients work pretty good, and they're both natural, to have in your first aid kit.

Elastic Bandages (or Ace Bandages)

It's a really great idea to have a couple of different sizes in your kit. Nowadays, they often have a Velcro closure on them, so they're real easy to use. They're great for covering up a trauma afterwards, like a bruise, strain or torn ligaments or muscles, and they will also add much needed support. You can even use them with some sticks to make a splint.

In some cases, once you get the gauze and some herbs on a wound, or some aloe and a bandage, you can then loosely put on an elastic bandage. This is a great way to protect and immobilize the area and give it extra support.

Non-Stick Dressing

Once you treat the wound, you can put this pad over it and use some of your waterproof tape to just keep the area clean. You'll want to have various sizes of pads. So always have some different sizes of gauze and non-stick dressings in your kit.

Cotton Cloth or Towel

One or two small cotton towels are a nice thing to have in your kit. You may just use them and keep them soaked with water, so that you can wipe your hands on them occasionally as you're working on the patient. Or, use them to clean up the patient. Either way they will definitely come in handy.

Rubber Bands

I've used them in many occasions to hold things in place. I would keep a packet of various-size rubber bands in your kit. I can make an ice bag with ice, a cotton cloth and a rubber band in less than 1 minute—WATCH THE DVD!

Aloe Vera Cactus

This actually doesn't go in your first aid kit, it goes in your kitchen. There's really no replacement for fresh Aloe Vera leaf. On my video, I show you how to use it. Everybody, whether you live in Alaska, Florida, New York, California or anywhere in-between, can have an Aloe Vera cactus. If you live in a hot climate, it can live outside. Just plant it in your yard. If you don't,

put one in the kitchen and move it outside in the summer. You can keep them in the winter in Alaska in your house. And then it's right there, any time you need it, for a burn or any type of wound. Just take a leaf off the cactus, fillet it and apply the gel on the area. On the DVD, I show you how to use it on any wound.

NOTES

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& Home Trauma
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