

Dr. Bieler's

QUICK-AID TIPS

There are a few occasions that call for some "quick-aid" and this little pamphlet should stay nearby for ready reference.

BUG BITES

Should you receive a bee sting, ant or spider bite, it is best to put a baking soda and water poultice on the affected area. If this ingredient is not available, a mud pack will do. Otherwise, draw the poison out—Dr. Bieler felt that there is no need for a shot as this will only deplete or whip the adrenals. A 24 hour fast on juice or Bieler Broth may help.

SNAKE BITES

Get medical attention.

Assuming the snake bite is a poisonous one, it would be wise to cut into depth of fang area and encourage some free bleeding to rid the body of the toxin. The lymphs will automatically attempt to push those toxins out. Staying as calm as possible will help. Again, a Bieler Broth fast will help clear the blood stream as well as settle the shocked organs and nausea. If nausea is too pronounced, crushed ice will help until there is a decrease in symptoms. Also, bed rest is suggested to relieve the burdened organs.

Side Note: Dr. Bieler stated that those persons who are over-proteinized will naturally attract the bugs and snakes.

BURNS

Ignore all the old wives tales about butter for burns, etc. Instead, apply raw, whole milk instantly. Not only will this relieve the symptoms, but the burned area will not scar. After burn reaches the "itchy" stage, a little mentholatum will soothe. Keeping a cloth soaked in raw, whole milk wrapped lightly around the area will help greatly.

POISON IVY/OAK

Dr. Bieler found that if a person does not have excess sugars in his/her system, they will not normally react and get poison ivy or oak badly, if at all.

SPRAINS, BRUISES ETC.

Those uncomfortable situations all cease with time but, temporarily, try hot epsom-salt packs on the area every hour if necessary, as well as hot baths with epsom salts. Of course, a heating pad may help.

CONCUSSIONS

There really is no cure for these "head-splitters". Again, Dr. Bieler felt that taking medicine would only add an offending toxin, plus mask certain vital signs. Bed rest is the best as there may be dizziness. For nausea which may occur, try crushed ice then Bieler Broth for a day or two.

CYSTITIS

Even though this might well be termed an "elimination crisis", it would still be good to take some quick action, so it does not create more pain or become more serious in nature. Dr. Bieler did not allow his patients to take anti-biotics, for he felt this only suppressed the symptoms and depleted the adrenals. Your only medicine Dr. Bieler "prescribed" for this was diluted, unsweetened pineapple juice (2 parts water, 1 part juice) [if your body can't take this well, then only 1 tablespoon pineapple juice in a glass of water], taken every hour or two for 48 hours or until symptoms cease. You will be amazed at the results! This is the one Gloria Swanson called "the \$1.98 cure"!

DIARRHEA

If nausea is present, try crushed ice or hot water (whichever feels most comfortable) until food is feasible, then drink raw milk with El Molino Dry Yeast (or fresh cake yeast, taking no other food with it or within 1 hour of it) added to the milk until rapid movements cease. This will get the system alkaline, and soothed down. Also, raw milk enemas (1 part milk to 3 parts water) will help soothe the inflammation in the bowel and hasten recovery.

SUNBURNS

The best advice would be to avoid the sun, to that extreme, but assuming it's too late for that, pat milk gently over the sunburned area as often as needed - this is a very soothing antidote.

COLDS

Should you come down with cold symptoms, try gargling with apple cider vinegar 2 times daily or more (it helps bring the phlegm up), in addition to bed rest and diluted juices. Also, use mentholatum for your "stuffy" nose and coughs. As time goes on and your toxin level decreases, so will your colds. Should there be a fever present, alcohol rubs will aid in lowering the temperature.

HEART ATTACK OR STROKE

Dr. Bieler stated that a heart attack is a giant gastritis or digestive attack (usually precipitated by consumption of sugar or salt. He would calm the patient down, then proceed to give him 1 teaspoon of baking soda in warm water at intervals. And after the patient had received relief (an hour or two, possibly a day), he would then follow with Bieler Broth only for several days until recovered from this very acid condition.

In conclusion, one might safely say that the best first-aid tip is to eat and live in accord with nature as much as possible. In that way, fortunately, many emergencies will be avoided "naturally"!