

First Aid in Case of Brain Injury

It makes a huge difference if the brain injured person receives the right first aid or not. The most extensive injury happens because of the post-injury brain swelling, hence, if that can be kept to a minimum, one can have a better chance of recovering.

Concussion symptoms range from headaches, light sensitivity, forgetfulness, to general inability to cope with everyday life. The following are some easy first aid tips that should be kept handy:

Tip #1: Here is what you can do to limit post-concussion secondary brain injury:

- Provide a quiet environment.
- Avoid travel. Even with the eyes covered some people have problems with the movement of the vehicle and the change in light and shadows.
- Have the person rest in a room with dimmed or no light.
- When lying in bed, have the person's head elevated.
- Try using a few puffs of Rescue Remedy spray – a homeopathic available at any health food store and even at some pharmacies. Put 1-2 drops on the top of the head every 15 minutes for the first few hours, then as needed.
- Let the person sleep as much as they need. Waking up a brain injured person from a deep sleep literally causes pain and additional trauma / brain swelling.

Tip #2: Eating very light nutritious meals allows the body to focus on healing:

- Freshly made juices / smoothies with a lot of leafy greens (salads, spinach, kale leaves, etc.) are especially helpful as they are both high in nutrition and improve the body oxygenation. The type of greens and fruits/vegetables used in the drinks should be varied so the body does not get used to the combination.

Tip #3: Drinking good quality water and lots of it is very important after the accident. It helps the body function better and helps to eliminate the toxicity generated by the tissue injury

More information about TBI, concussion, and stroke recovery can be found on my web site: HealingBrainInjury.com