BLOOD

Foods that are Natural Blood Thinners:

Garlic oil, flax seed oil, rice bran oil, cod liver oil, wheat germ oil, eve. primrose oil, black currant oil, olive oil, soybeans, sunflower seeds, vit. E, ginkgo biloba, butcher's broom (herb).

These foods thicken the blood, so avoid these if you are worried:

Spinach, alfalfa, broccoli, cauliflower, egg yolks, liver, red meats, coffee.

HOW TO STOP BLEEDING

1. **Wash the area. Clean out any debris.**
2. **Apply pressure to the area for several minutes to give time for the coagulation to develop.**
3. **Paprika, Bentonite clay, Coffee grounds all have properties that may promote clotting.**
4. **Bandage the area if needed.**
5. **You can get antibiotic ointment from the pharmacy without prescription that you can apply if needed. If you can't do that and you think there may be infection in say a cut – dab or spray the area with 3% hydrogen peroxide and if it bubbles up, there is infection in the area and you need to continue using the peroxide every hour until no infection shows.**