NOSEBLEEDS

- **Dip a Q-tip in water, then freeze it. Keep several in the freezer for emergencies like putting gently up the nose to stop a nosebleed, or on a painful tooth.**
- **Put finger on the side of the nose that is bleeding and push in hard for about 3 minutes.**
- **Get Monostat 7 at a Drug Store. Put the cream up into the nose.**
- **What caused the nosebleed? It could be unhealthy foods that are drying out the mucous membranes.**
- **Lack of bioflavonoids eg. Rutin.**
- **Horse chestnut herb and homeopathic are often used for vein problems like hemorrhoids. Look for supplements that help this. The nosebleed may indicate weak veins in the nose.**