POISONING

If a child:
Symptoms: pale, weak, short of breath, appears to be slipping into unconsciousness, confusion, blue lips or nails, rapid breathing, vomiting, burns around the mouth or throat, confusion, seizure, can't walk properly.

Check if other problems may be the answer: fever, earaches, colds, sore throats, recent accident, epilepsy, emotional stress in the home or at school.

Activated Charcoal can be used, take about double the amount of poison swallowed. Most of the time you don't know how much is swallowed. Act fast.

Try and stick your finger into the throat and stroke the tonsils to encourage vomiting. Don't spend a lot of time, if it doesn't work, move to stage two: Mix 2 heaping tablespoons of charcoal powder (equals 24 crushed tablets) in water and have the child drink it down. If the child has eaten within 2 hours, the food will dilute the mixture and you will need to double the amount of charcoal.

You can have the child drink the mixture through a straw to avoid the taste buds at the front of the tongue if you wish. If the child is falling asleep, don't have anything in its mouth that it could choke on.

Every hour give another dose of 1 tablespoon in water for four hours, then another dose every 4 hours. If the child vomits up the charcoal drink, give another dose anyhow.

Take the time to child proof your home. Leave no toxins in the home (aspirin, Tylenol, drugs, toxic cleaning agents, pesticides or herbicides, mouth fresheners, regular toothpaste). Yes, even regular toothpaste carries a warning on its label - switch to a healthy 'no fluoride' toothpaste you can get from a health food store. Our cleansers are all safe enough that they can be swallowed without harm. We don't use herbicides or pesticides and certainly wouldn't have them in the house where a child could reach them.

Also, go through your garden and home and make sure no toxic plants are present. Children put everything in their mouth when they are young and you can't expect them to understand until they are older.

Here's a quick list of toxic plants:

Amaryllis - a favourite house plant with tall lovely lily spike.

Angel's Trumpet

Apricot Pit - not dangerous to adults but perhaps to a small child.

Apple Seeds - not dangerous to adults, but perhaps to a baby.

Avocado - we like to grow them in the house from the pits.

Azalea - lovely small colourful bushes, often sold by nurseries as gift house plants, or as garden plants.

Beans: castor, fava, broad, glory, scarlet runners, rosary peas, navy beans. The beans are o.k., not the plant.

Bird of paradise: Tropical import often found in people's homes.

Bleeding heart - one of the first garden plants to grow in the springtime.

Bloodroot – this is used only in healing salves

Buttercup weeds

English Holly - the berries are the problem.

English Ivy - we see this everyone in gardens.

Eucalyptus - usually we have this dried in flower arrangements in the home.

Euonymus - common bush in the garden.

European burning bush - common bush in the garden, turns bright red in the fall.

European Pennyroyal - used as an herb very carefully, but not to be around children and animals.

Flax - the seeds are ok. but don't eat the plant.

Four o'clock - great colourful garden flowers.

Foxglove - used as medicine, not to be eaten by anyone.

German Ivy - garden plant

Grass, sorghum - in the garden and used in flower arrangements.

Ground ivy - common garden plant.

Heaths - not too many in this area.

Heliotrope - found in our gardens.

Jerusalem cherry - sold as house plants.

Laburnum tree (lovely yellow cascading flowers), no antidote

Mother in Law Tongue – Defeinbachia

Mushrooms - if you don't know how to identify, don't have them in the garden with young children.

Oak - common tree

Rhubarb leaves

Tulip bulbs

Poison Ivy, Poison Oak - the oil of the leaves are the problem. Use full strength dish washing soap on the area, leave for 30 seconds, then wash off. Apply warmth to the area to bring in fresh cleansing blood. Take chlorella and spirulina internally to cleanse and build the blood.