

What to do if you've had an Automobile Accident

Chances are, even if you just had a fender bender, you are feeling stiff and sore. Perhaps you are feeling a little out of sorts and even confused about how to take care of yourself in the best way possible to minimize side effects.

I recently had a car accident and wished there was somewhere I could go to remind me about all the steps I should take, even though I thought I knew what to do inside and out.

Here is a list of steps that can help take the stress and guess work out of caring for yourself in the first 36 hours after an accident, even a fender bender.

- 1) I am assuming if you are reading this you have already called your insurance company and made a claim, perhaps even taken your car in for appraisal. And now you are home, safe and sound.
- 2) Begin taking **Arnica Homeopathic** which can be found at most health food stores and Super Supplements. I recommend taking 4 pellets under your tongue every hour for the first 36 hours at least (except while sleeping, of course.)
- 3) As soon as possible take a **HOT** bath. As hot as you can stand it. Use Epsom Salts, at least a half cup, and any other sea salts you may have. Also add a half cup of Apple Cider Vinegar. This will soothe your muscles, relax your nervous system, and begin reshaping your energy field. In the bath, try to deeply relax and feel the hot water on your skin. Focus on breathing in and out.
- 4) Make Ginger Tea: Using fresh ginger, cut about 4-6 chunks and boil in 4-8 cups of water for 30-45 minutes. When it's ready, add a little brown sugar to taste. Ginger is great if you are having any nausea from the trauma, and it's excellent for clearing excess energy from your field.
- 5) Try to eat something that is high in protein. Your body needs energy to rest and recover and you may not think about eating, but it's important and a little goes a long way. Foods high in protein will be far more beneficial for your healing than foods high in carbs or sugar.
- 6) Call and make an appointment for acupuncture and get in within 24 hours! An acute condition is much easier to treat than a chronic one. Getting the energy moving in your channels with significantly reduce your pain, and the lasting effects of the trauma.
- 7) Depending of the severity of your trauma, I recommend light stretching and even taking a slow walk. Moving the energy is almost always a great idea.
- 8) *Optional. Take some ibuprofen to reduce inflammation before bed. If you can safely take ibuprofen, this can be very effective at helping the body to relax and release the muscle tension from the trauma.

I hope these steps help get you started towards a quick recovery while best taking care of your needs!

Wishing you a safe and speedy recovery! If you would like to schedule an acupuncture appointment and it's within the first 24 hours of your accident, please mention that in your message and I will do my best to get you in, or find you someone close to you who can see you!

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