

Treating Illness - Class 2

Common Illness Support, Injury Support, and Pediatric Toolkit (Ages 14-18yo)

1. Which item was shown as helpful for common cold or UPPER respiratory issues?
A. Steam inhaler
B. Cervical collar
C. Magnesium oxide
D. Tweezers
2. Which tool was discussed for a sprained ankle?
A. Eye wash cup
B. Lace-up brace & pneumatic compression brace
C. Neti-pot
D. Senna tea
3. Immediately after poison ivy exposure, what did the slide suggest doing?
A. Apply a cervical collar
B. Use a steam inhaler
C. Wash with poison ivy soap/lotion
D. Take electrolyte tablets
4. Which item was discussed as useful for diarrhea?
A. Baking soda paste wraps
B. D-mannose
C. Magnesium glycinate
D. Saccharomyces boulardii
5. Recurrent canker sores were associated with mouth trauma, stress, and deficiencies in iron, folate, and which vitamin?
A. Vitamin B12
B. Vitamin K
C. Vitamin D
D. Vitamin E
6. Cold sores are usually caused by which virus?
A. Influenza virus
B. Herpes simplex virus type 1
C. Epstein-Barr virus
D. Rhinovirus
7. BLIS K12 lozenges were described as helping support which area?
A. Kidney stone breakdown
B. Blood glucose regulation
C. Throat, mouth, and ear health
D. Toenail fungus treatment

8. Which of the following was listed for fungal skin infections?

A. Ozonated coconut/olive oil

B. Aloe vera juice

C. Apple cider vinegar

D. Butterbur

9. Which option was listed for muscle cramps?

A. Senna tea

B. Electrolyte tablets

C. Eye wash adapter

D. Garlic-mullein oil

10. What item was shown for splinter removal?

A. Nebulizer

B. Compression ice brace

C. Headlamp

D. Baking soda

Home Activity Key

Answer Key – Activity 1

Situation	Best tool / support	Why this fits
Dry scratchy sore throat	Herbal throat spray, gargling with salt and xylitol water, or sucking on BLIS K12 lozenges	These help soothe irritated throat tissues, and some probiotic throat lozenges help support healthier throat/oral microbial balance.
Deep mucus-filled chest cough	Nebulizer with saline or other appropriate medicine	A nebulizer delivers mist deeper into the lungs and lower airways, where thick mucus and chest congestion are located.
Recurrent loose stool after travel	<i>Saccharomyces boulardii</i>	This beneficial yeast can help support gut balance and is often used for traveler’s diarrhea or loose stool.
Repeated UTIs	D-mannose	D-mannose may help make it harder for certain bacteria, especially <i>E. coli</i> , to stick to the urinary tract lining.
Muscle cramps after sweating a lot	Electrolyte tablets, topical magnesium, or Epsom salt bath	Sweating can contribute to fluid and mineral losses, so electrolyte and magnesium support may help.
Yellow, thick, degrading toenails	Antifungal support (ozonated oils)	This pattern suggests a fungal toenail infection rather than a simple injury.
Tick attached to skin	Tick-removal tool or careful removal with tweezers	A tick should be removed carefully without squeezing it, to reduce irritation and incomplete removal.
Mild constipation	Magnesium oxide (or supplementation)	Magnesium oxide acts as an osmotic laxative, helping pull water into the bowel to soften stool.
Painful lip sore that may be contagious	Cold sore support (lysine lip balm)	A sore near the lip edge that may be contagious is more suggestive of a cold sore than a canker sore.
Kidney stone support	Chanca piedra (“stone breaker”); tea or supplements	This herb has been studied for kidney stones and may help interfere with crystal formation or stone burden in some people.

A few of these have more than one acceptable answer, but these are the **best-match answers**

Activity 2 – Match the support to the mechanism

Instructions: Match each support item to the main way it works.

