

HEALTH WATCH 11

SUN & HEAT

Using ETS Plus for Overexposure to Sun and Heat (For Adults, Children, Animals and Plants)

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It's summertime, and that means sun, heat and lots of outdoor activity. ETS Plus may be used for maintaining balance during the hot times and when we have become overexposed to sun and heat. (Note: The day need not be sunny for overexposure to sun. A cloudy day can be just as damaging. And when you consider heat, let your good sense tell you it's a day for ETS Plus.)

Here are the suggested ETS Plus guidelines for the summer months.

1. On hot days if you are working and living in air conditioned environments and exposed to heat for short periods (15-25 minutes at a time):

Take ETS Plus for Humans one time daily, in the evening.

2. When spending more than 30 minutes (at one time) in the sun but not exerting yourself with a physical activity (i.e. sunbathing, walking, listening to an outdoor concert, etc.):

Take ETS Plus for Humans 3-4 times that day.

3. When working outside, exercising and playing sports any time between 10 a.m. and 6 p.m.:

Take ETS Plus for Humans 4-6 times that day.

(When doing these activities before 10 a.m. and after 6 p.m., take ETS Plus 3-4 times that day.)

4. If you become sunburned (no matter how long you have spent in the sun):

Take ETS Plus for Humans as soon as you notice or feel redness or burning. Then take ETS Plus 3 times daily for three days. (The first day of this dosage is the day you get the burn. On that day you will take one dosage right away and 3 additional dosages throughout the rest of the day. For the following 2 days, take ETS Plus 3 times each day.)

5. For heat exhaustion:

Take one dose of ETS Plus for Humans right away. Then take an additional dose every 5 minutes for the next 20 minutes. (I am assuming you have stopped whatever you were doing and have gotten out of the sun.) Then take ETS Plus 3 times throughout the remainder of the day and 3 times daily for the next 2 days.

6. If you have a medical condition, are taking medication or your age makes you vulnerable to sun and heat:

Take ETS Plus for Humans 4-6 times daily.

This would include those with cancer or who had cancer any time in the past. It is especially important for those who have had skin cancer to use ETS Plus when exposed to the sun.

This also includes those living in rooms, apartments or homes without air conditioning.

For children: Use the same guidelines as listed for adults.

For animals: If an animal becomes overexposed to heat and sun, give it ETS Plus for Animals 2 times daily for 2 days. If your animal is just not a hot-weather creature and generally suffers from the heat, give it ETS Plus for Animals one time daily (in the evening) throughout the entire summer.

For gardens and plants: If you are going through an especially difficult heat spell and your outdoor plants are suffering, you may water or foliar feed them (spray them) with an ETS Plus for Plants solution one time weekly throughout the hot period. Use the following solution guidelines.

3 drops per half pint of water

6 drops per pint of water

9 drops per quart of water

25 drops per gallon of water for regular root watering

25 drops per gallon water for foliar feeding

For fields and large crop areas, use the n.s. application as described in the ETS Plus for Plants brochure. Plan to do this process one time weekly for the entire hot spell.

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