

What to do for poison oak, poison ivy, and poison sumac.

Topical things that help:

- First wash and remove oil. Purchase **Tecnu** from your local pharmacy. Tecnu is an over-the-counter skin cleanser intended for use by humans and furry pets after topical exposure to urushiol, the active ingredient in poison oak, poison ivy, and poison sumac. Tecnu removes poison oak and ivy oil (urushiol) that causes rash and itching. Tecnu is most effective when used within the first two hours after exposure or as soon as rash appears. Follow manufacturer directions. Here is a link on tips how to use it: <https://www.teclabsinc.com/tips-info/product-labels/tecnu-original-label>
- Next, I recommend using **Alka Thyme** daily to the effected areas. This is available in my office – see link below. This is soothing and an anti-inflammatory and helps reduce itching. It can be used as necessary throughout the day. Alka-Thyme contains Glyco-Thymoline and may be used for allergies, poison ivy, hives, insect bites among other things. By proactively reapplying it throughout the day with the Aura Glow you can help keep the itch from returning.
- Follow up with **Aura Glow** available in my office. Aura Glow helps to keep the skin from drying out thereby reducing itch.
- Use of **Thai Stone** available in my office helps with healing. This stone contains crystallized mineral salts (Potassium Silicate). Wet the stone and apply to your poison areas in morning and before bedtime. Cover the entire area generously. The stone works by eliminating bacteria growth. After cleansing the skin with the Thai Stone you can apply the Alka Thyme followed by the Aura Glow.

Oral things that help:

- **Aller C** by Vital Nutrients available in my office is used for allergies and helps heal and reduces itching. You can take 2 capsules 2 – 3 times a day.

Here are links to these products should you wish to purchase them on our website.

- <https://www.dradianmd.com/store/pc/alkalizing-mouthwash-gargle-alka-thyme-16-oz?cid=1217>
- <https://www.dradianmd.com/store/pc/aura-glow-oil-16oz-moisturizer-bath-oil-hair-treatment-baby-oil-after-shave-massage?cid=1217>
- <https://www.dradianmd.com/store/pc/thai-stone-crystal-deodorant-mineral-deodorant-great-for-foot-odor-problems?cid=1217>
- <https://www.dradianmd.com/store/pc/sinus-respiratory-support-supplement-aller-c-200-caps?cid=1217>

See my article:

JUST SAY NO TO PREDNISONE AND OTHER CORTICOSTEROIDS whether it be topical, spray, oral or IV!
<https://www.dradianmd.com/blog>