

# The Natural Medicine Chest and First Aid Kit for DIY Preparedness

If you are making a transition from conventional medicine to an all-natural, organic approach to wellness, it helps to know which items to stock up on so your medicine chest and first aid supplies are ready for action.

Many of the items you will need are likely to be found in your pantry or refrigerator. Try to keep extra on hand – especially the essentials.

## Items for a Well-Stocked, All Natural Medicine Cabinet

### Raw and Fresh

- Garlic
- Ginger root
- Aloe vera

### Dry Stuff

- Baking soda (non aluminum, organic)
- Sea salt
- Cayenne pepper
- Eyebright tea

### Bottles and Jars

- Raw, organic honey
- Organic coconut oil
- Apple cider vinegar

- Alcohol
- Hydrogen peroxide
- Argan Oil

## **Essential Oils**

- Eucalyptus
- Tee tree oil
- Neem oil
- Cinnamon oil

## **Vitamins**

- Vitamin C
- B-complex
- Vitamin E
- Vitamin A

## **Other**

- Epsom salts

## **Bandages**

- Rolls of gauze
- Squares
- Butterfly bandages
- Finger gauze
- Tape
- Band-Aids

## **Hardware**

- Eye cup
- Droppers and bottles
- Neti pot
- Hot water bottle
- Ice packs

- Tweezers
- Magnifying glass
- Scissors

## Tonics and Supplements to Buy

- Total Tonic
- Spanish black radish
- Echinacea

## First Aid

First aid doesn't have to be complicated. That said, there are many alternative treatments for the same problem. Don't hesitate to do the research to learn a variety of treatments.

**Burns**– Immediately cool the area by running it under cold water. Follow with ice. Cover with aloe vera, bandage if desired.

**Scrapes** – Wash the area with organic soap, rinse and pat dry. If you feel the need to further cleanse the area, pour on a little hydrogen peroxide. Pat dry. You can use raw honey for a dressing or 1 teaspoon coconut oil with 4-8 drops of essential oil (tee tree oil, cinnamon, etc.) or cover with argan oil.

**Eyes** – If you get something in your eye an eyewash can be very helpful. Make a saline solution with pure water (distilled is best) and salt. Boil the water, even if it is distilled. Add 1 teaspoon of salt to 1 cup of boiling water. Allow the water to cool to lukewarm before using. (Very important! Do not use hot or cold water in your eye!)

Use a sterilized eyecup or dropper. If you keep extra solution, sterilize the jar or bottle.

If you accidentally splash a chemical in your eye, don't wait; flush with tap water immediately – for 20 minutes.

**Bug bites** – Use apple cider vinegar, cinnamon oil, aloe vera, tea tree oil and others. Remember to use a carrier oil with essential oils. (Mix 4-8 drops of essential oil with one teaspoon of coconut or other oil.

## Infections

There are four types of infection: bacterial, viral, fungal, and parasitical. In order to be healthy, your body needs a strong immune system. Diet is the most important element to health. Your body requires a full array of nutrients for every system in the body. Minimizing exposure to toxins and helping the body eliminate waste and toxins is the next step. Good sleep, exercise, sunlight, and grounding are all important as well.

If you eat a truly healthy diet, you will rarely get sick. When you do, your immune system will respond quickly and efficiently. You still might want to help it along now and then.

**Viral Infection** – At the first sign of a viral infection, gargle with pure apple cider vinegar. The more you gargle, the better. This lessens the viral load, killing off those nasty bugs so your immune system doesn't have to battle so many. Gargle enough (every hour!) and you will definitely experience a milder illness or you may just nip it in the bud. Total Tonic can also be a great help. To learn how to make your own, check out *Natural Remedies for Colds, Flus, and Other Common Viruses* for the recipe.

**Fungus** (Athlete's Foot or other skin infections) – First try straight apple cider vinegar. Just pour it on or use a cotton ball to squeeze it on the effected area. Tea tree oil (4-8 drops with 1 teaspoon of coconut oil) can be applied to skin or fingernails and toenails.

When you have a fungal infection, you can bet you have an

overgrowth of fungus in your gut. Check out *How to Kill Candida and Balance Your Inner Ecosystem*.

**Parasites** – No parasites are not limited to third world countries. A truly healthy diet with plenty of raw food (80% at least!) helps the body rid itself of parasites. See *Common Parasites and How to Kill Them*. You definitely don't want uninvited critters feasting on your body.

**Bacterial Infection** – Gargle with apple cider vinegar for a sore throat, too. Yes, it burns like crazy, but afterwards, the pain is usually gone. Spanish black radish is remarkable for bacterial infections of all kinds – bronchitis, pneumonia, strep throat, tooth infection, etc. Garlic is also a time-honored cure. To strengthen the immune system for viruses and all other parasites, check out *Make Your Immune System Bullet Proof*.

## How to Use Other Items in Your Medicine Chest

**Ginger** – Use ginger to settle the stomach. It's great for nausea. Use it for migraines. Make fresh juice at the first sign of a migraine. Apple/carrot juice with ginger is awesome. It knocks migraines out before they can get going. More on Ginger.

**Garlic** – Garlic is one of nature's strongest antibiotic, anti-parasitic, anti-fungal, and antiviral substances. Eat it raw, but know that this practice, while great for killing viruses, bacteria, fungi, and parasites, might make you throw up. Try chasing it with a ginger shot to keep it down. You can also use garlic topically to kill warts and eliminate skin tags. More on garlic.

**Baking Soda and Salt** – Make a saline solution to wash the sinuses with a neti pot at the first sign of infection or when

pollen becomes a problem. For instructions, check out *How to Use a Neti Pot for Sinus Infections*.

**Eyebright Tea** – Eyebright tea knocks out pink eye and relieves eye inflammation. Be sure to thoroughly strain the tea so that no plant particles remain in the solution. Use an eye cup and rinse the eye with the solution. (Remember solutions for the eyes must be lukewarm, not hot or cold). Be sure to check out Shillington's Eyebright Formula.

**Epsom Salts** – Use Epsom salts for a variety of muscle or skin issues, including muscle cramps. To learn how to properly use Epsom salts, read *The Health Benefits Of Epsom Salt Baths*.

As you learn more about natural remedies, it might help to keep a notebook. There is much to learn and many homemade recipes you will want to remember. As you do, your natural medicine chest will grow.

### **Further Reading:**

- *How to Optimize Curcumin Absorption – With Golden Milk Tea Recipe*
- *Cayenne and Capsaicin, Natures Miracle Medicine*