

The kitchen staples and a [very] basic assortment of herbal remedies can deal with the vast majority of minor, self-limiting household ills just as effectively as- and far more economically than- pharmaceuticals from the drugstore.

Your herbal first-aid kit can include:

-Ordinary **Indian tea** as a remedy for diarrhea.

-**Honey** to put on suppurating wounds in order to clear the pus

-A piece of **fresh ginger root** to use for nausea and chills.

-An **Aloe vera** plant on the kitchen windowsill for treating minor burn, scalds, and grazes-simple break off a leaf, split it open, and apply the thick gel that oozes out to the affected area.

-As well as the usual stock of bandages, cotton-wool swabs, and sticking plasters.

Some herbal and food products to add to your staples should include those listed below:

-**Activated Charcoal:**

for acute use in food poisoning, intestinal illness, vomiting, diarrhea, ingestion of toxins, etc.

-**Apple Cider Vinegar (by Bragg's):**

vinegar was literally the world's first antibiotic treatment. The Babylonians first recorded the use of vinegar around 5,000 BC, and reportedly discovered it by fermenting the fruit of date palms. Keep vinegar on hand for quick first aid treatments.

Taken in a dose of 1 teaspoon per 8 ounces of water every hour, it helps shorten the duration of any type of illness, though it is tough to get kids to take it willingly.

**-Arnica:**

cream or ointment to use on bruises and sprains (but not on broken skin!)

**-Arnica Homeopathic:**

30c or 6x tablets to take after any shocks or accidents- let the tablet dissolve on the tongue at 30-minute intervals until you feel more settled.

**-Baking Soda:**

for severe heartburn or urinary track infections, 1/4 tsp can be taken internally to help alleviate quickly. It can also be made into a poultice and used on spider bites.

For kidney pain/kidney stone pain: 1/4 tsp mixed into 4oz of organic concord grape juice.

**-Cayenne:**

topically, cayenne powder helps stop bleeding rapidly. Cayenne can be taken internally during heart attacks to increase blood flow and help clear blockage.

It is also a useful remedy to take internally during illness as it increases blood flow and speeds recovery.

**-Chamomile Flowers:**

teabags for making quick cups of tea or treat shock, nervous upsets, insomnia, and indigestion.

**-Coconut Oil:**

from skin salve, to diaper creme, to makeup remover, to antifungal treatment, coconut oil can be used for everything. I keep some in the first aid kit to add remedies to to take internally, to use to apply tinctures and help absorption externally and for dry skin and chapped lips. There is also growing evidence that daily consumption of 1/4 cup or more of coconut oil can help protect against Alzheimer's and nourish the thyroid.

**-Comfrey:**

ointment or infused oil to encourage the healing of wounds and bruises and as a massage for sprains and strains.

**-Echinacea:**

tablets or capsules as a herbal antibiotic for colds, influenza, and other infections; tablets and capsules generally contain around 200mg's of dried herb, and you can take up to 600mg's per dose, three times a day.

**-Elderflower:**

teabags for colds and catarrh; alternatively keep a bottle of concentrated elderflower cordial in the house, dilute with hot water, and use in the same way.

**-Epsom Salt:**

Good as a bath soak for sore muscles. Dissolved in water, it can also be a good soak to help remove splinters.

**-Fennel:**

teabags for indigestion and digestive upsets; or use the soaked bags as pads for eyestrain and inflammation.

**-Garlic:**

cloves, or capsules containing garlic oil-rub the fresh cloves on acne and pimples or use them to draw corns; take the capsules for infections or use the oil that they contain for ear problems.

**-Lavender:**

oil ready diluted in almond oil-use 1tsp lavender oil to 4tsp almond oil and store in a small dark-glass bottle; use as a massage medium for headaches, for dabbing on cold sores and minor burns, or add it to the bathtub for a relaxing soak.

**-Lemon Balm:**

teabags or tincture for viral infection and curbing cold sores.

**-Marigold/Calendula:**

cream - an antiseptic and antifungal remedy for cuts, grazes, and fungal infections such as athlete's foot.

**-Marshmallow and Slippery Elm:**

ointment for drawing stubborn splinters, boils, and insect stings and soothing irritant skin rashes.

**-Myrrh:**

tincture to add to mouthwashes and gargles for sore throats, gum problems, and mouth sores.

**-Peppermint:**

teabags, or a small bottle of peppermint emulsion, for indigestion and nausea-either make a cup of infusion or add three to four drops of the emulsion to a cup of hot water.

**-Rose Water:**

for skin condition like eczema, psoriasis, etc. Traditionally said to be good for both "the skin and the soul".

**-Slippery Elm:**

tablets to line the stomach and reduce inflammation in gastritis, indigestion, or as a preservative for hangovers.

**-Tea Tree:**

oil as antiseptic and antifungal for use on cuts and grazes, warts, fungal infections, and cold sores.

**-Vervain:**

teabags for infusions for stress and digestive problems.

**-Witch Hazel (distilled):**

for use as a styptic on cuts and grazes and to soothe minor burns, sunburn, insect bites, varicose veins, and bruises.