

Stocking Your Herbal First Aid Kit

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Suggestions below are for a home first aid kit. They are additions to the regular band-aids, large sterile bandages, gauge, antiseptic wet wipes, scissors, tweezers and hydrogen peroxide. These items address a broad range of issues. Start with a few kit items and add more as needed. Remember, it's best to address an issue before you are really sick. Always seek medical advice when needed; and use common sense!

- 1.) **Echinacea** – This is often best in tincture form. Use it at the *very first* sign of colds, flu, virus and infections. 1-2 droppers full in a glass of water can stop early symptoms in 5-10 minutes. If you wait until you are really sick, you may need 2-3 droppers, 4 or *more* times a day until you feel better. Echinacea boosts the immune system.
- 2.) **Elder – Berries:** often best in tincture of alcohol; vinegar OK if needed. Use it every 2-3 hours for flu or other viral infection, including Staph infection. Recent research has found it quite effect against H1N1 virus and MRSA. Use for every 2-3 hours for several days until all symptoms are completely gone. A tea or tincture of the flowers are a diaphoretic to induce sweating and cleansing of toxins.
- 3.) **Oregano Essential Oil** – Oregano has terrific *antibiotic, anti-viral and antiseptic effects in addition to anti-fungal and anti-parasite properties*. Use oregano oil at the *first sign of food poisoning or for diarrhea; also gas and bloating*. It is also effective for *sinus infections, flu, virus, Candida fungus and parasites*. I use it in tablet form (ADP) by Biotics Research Company or use the oil diluted in a carrier oil. It is too strong to apply directly to the skin.
- 4.) **Thieves Essential Oil or Throat Spray** – Is a Young Living product excellent for protection against catching a contagious dis-ease. *It also has strong antibiotic, anti-viral and antiseptic effects*. Use as directed. Can dilute it in carrier oil. NOTE: *Avoid for children under 12 years, especially young children*.
- 5.) **Healing Salve** – Usually in a comfrey base, a good salve (or ointment) can be used to help heal *cuts, wounds, bruises, stings and various skin irritations*. Often yarrow or other astringent herb is added; along with comfrey, plantain and calendula or other vulnerary herbs. *Refrigerate for long term use*.
- 4.) **Tiger Balm** – (Red) This commercial ointment contains eucalyptus and peppermint essential oils which make it an excellent external treatment for either *sore muscles or strained nerves*. Rubbed on the *chest during a cold*, the balm has an opening and clearing effect.

- 5.) **Aloe Vera** – Use the whole leaf of a plant (or buy gel or ointment). Simply slice the leaf and apply directly. Aloe is fairly effective *for minor burns, sunburn and wounds.*
- 6.) **Lavender Essential Oil** - Buy therapeutic or high-grade quality. Lavender essential oil has over 40 major uses including: *burns, sunburns, insect bites, headaches, stress, rashes and general skin problems. It is remarkable for burns, apply immediately.*
- 7.) **Tea Tree Essential Oil** – From the Melaleuca tree. Like lavender, tea tree oil has dozens of important uses including *externally for: wounds, ringworm, poison ivy, rashes, mosquito and other insect bites, lice, et cetera. Internally, add a few drops to ¼ cup water and gargle for sore throat or mouth wash.*
- 8.) **Peppermint Essential oil**– Helps with *migraine headaches* (rub 1-2 drops around the temples-may need to dilute this in a carrier oil first); use the oil (or the herb in tea) for *vertigo, motion sickness, indigestion, stomach ache, energy uplift.*
- 9.) **Chamomile** – flowers (*fresh, dried, tincture or essential oil*); *antispasmodic, antiseptic, nervine, sedative, wound cleanser and healing agent, tummy aid (for ulcers and to generally calm and prevent flatulence)*
- 10.) **Garlic** – *Garlic helps kill about any systemic nuisance.* Take the raw clove internally. It has: anti-fungal, anti-biotic, anti-microbial, anti-viral, parasiticide and numerous other actions. If you eat it raw, do so with a little food. Using a few drops of *garlic oil in the ear is recommended for ear infections.*
- 11.) **Black Willow** – Inner cambium layer of the bark. Use either in tea, tincture or tablets for *headache & muscle ache. White willow* will also be effective. *Natural aspirin.*
- 12.) **Ginger root** – Dried (or **best fresh**). Grated and infuse into tea for *colds, sore throat, flu, sinus, respiratory and other infections. Also good to calm nausea.*
- 13.) **Valerian Root** – In either tincture or tablets. This herb is an excellent *sedative, nervine, analgesic or sleep aid.*
- 14.) **Umeboshi Concentrate** – Found at health food stores, this plum concentrate has been used in Japanese for centuries. It *rapidly alkalizes the pH of the body.* Useful for: gout, tummy aches, a hand-over, colds, flu and sore throat. Add ¼ t. to hot water.
- 12.) **Green Clay Powder (or other clay)** – Use as a *poultice for: a rash, insect bites, poison ivy or splinters.* It makes a great as a cosmetic facial mask, too!
- 16.) **Digestive Bitters Formula** – to *aid digestion after a meal.* Or, papaya-based digestive enzymes; or a few drops peppermint Grade A essential oil. *Dandelion tincture is also an effective* digestive bitter (plus a strong diuretic, and general tonic for the liver and heart. It is rich in vitamin A and potassium).

- 17.) **Rhus tox** – This common homeopathic formula is used for *poison ivy and many other ailments*. Ask for it at a health food store. (Use a potency of 30x or stronger.)
- 18.) **Herbal Insect Repellent**. Purchase, or make your oil with 1 oz. of peanut oil and 10 to 20 each of several high-grade essential oils such as: pennyroyal, cedar wood, eucalyptus, tea tree or citronella.
- 19.) **Herbal Lip Balm**. There are several good brands. Or, make your own.
- 20.) **Rescue Remedy** – This flower essence formula is found at health food stores. Helpful *for shock, trauma or situations when you feel upset*; great for kids & pets.
- 21.) **Herbal Cough Drops** – Many health food areas have a good herbal throat lozenge for a *cough or sore throat*. I suggest *Ricola's original, natural herb cough drops*.
- 22.) **Arnica homeopathic** for *colds and flu*. **Arnica flower** essence for *pain*. **Arnica ointment** for *wounds, bruises and broken bones*.
- 23.) **Zinc lozenges** – *at the first sign of strep or sore throat*. **NOTE: take for 3 days maximum**.
- 24.) **Sea Salt** – *for gargles; dental health; foot soaks for splinters, wounds, infection and ingrown toe nails; whole body bath for poison ivy, kidney stagnation, colds and flu, relaxation and de-tox (with essential oils added)*.
- 25.) **Yarrow** – use as tea or tincture, **internally and externally to stop bleeding and as a styptic**. There are many astringent herbs. *Others include Witch Hazel and Yellow Dock*.

This list offers a few suggestions for first aid. Select the ones that meet your needs. You can slowly add a few items, as the need occurs. **Note: Use common sense; and consult your doctor if symptoms persist.**

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