

# Herbal First Aid

## HERBAL FIRST-AID KIT



A peek inside my herbal first aid kit. Salves for boo boos. I typically carry two different salves for minor scrapes and bruises. ZZZZZZZZZZZZZZZZZ. Having trouble sleeping is a common problem when traveling. Tummy troubles. Immune Support. Pain. Ginger drops. Lavender Essential Oil. Chamomile Tea. You can drink the tea to help relieve headaches, soothe a sore throat, calm your nerves, boost your immune system, treat a cough, or even help soothe sore muscles! Externally, lavender can help cleanse wounds and can be used to clean your face, body, and hands. It can also soothe and heal wounds and ease muscle pains. Soothe that sprain, heal that scrape, settle that queasy tummy: herbal salves, creams, oils and medicines can easily be added to your first aid kit. Dr. Terry. Now's the perfect time to put together an herbal first aid kit wouldn't you say!?! During this month of May through our series Creating a Herbal First Aid. Many natural products can help you soothe minor cuts, scrapes, burns and bruises safely and naturally. The Natural First Aid Handbook (Storey, ) by Brigitte Mars walks readers through treating their common injuries with common but effective herbal remedies. A DIY herbal first aid kit doesn't have to be complicated or expensive. Using these 4 herbs we can easily stop bleeding, prevent infection, heal. Making your own herbal first aid kit for simple remedies. Includes homegrown herbs such as comfrey, aloe vera, yarrow, and plantain. 10 Jan - 14 min - Uploaded by michael cottingham HERBAL FIRST AID KIT - Introduction By Herbalist Michael Cottingham. michael cottingham. Herbalist Sandra Lory offers a thorough discussion of herbal first aid and emergency relief with natural remedies. Includes herbal first aid kit. Herbal first aid is a great skill to have in your preparedness tool kit, and although I'm going to go over some of the contents of 3 types of herbal. Having too many things in a first aid kit makes for too many decisions and slows things down when time is of the essence. It can also be harder. Download your Herbal First Aid Kit Packing List and Use Instructions. (PDF). You'll find the recipes in the emails you received from Joybilee Farm on May 17 to. That was the last trip we ever made without my herbal travel first aid kit. Today I carry this small herbal travel kit that includes ginger candy, Emergen-C, bandaids. Herbal First Aid Greta de la Montagne Herbal Medicine Traditional Oct 27 - Oct 28 Herbal First Aid Intensive Oct 27 - Oct 28 Herbal First Aid Intensive.

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