

Storing Remedies and Tools

For Illness Prevention, Infectious Diseases and Other Maladies (Class Handout)

By Claudia Orgill

Visit my blog to view the recorded class that correlates with these notes: www.HealthyPreparedness.blogspot.com

"Face the future with optimism. I believe we are standing on the threshold of a new era of growth, prosperity, and abundance. Barring a calamity or unexpected international crisis, I think the next few years will be a resurgence in the world economy as new discoveries are made in communication, medicine, energy, transportation, physics, computer technology, and other fields of endeavor.

Many of these discoveries, as in the past, will be the result of the Spirit whispering insights into and enlightening the minds of truth-seeking individuals." -M. Russell Ballard (2012)

5 Reasons to Store Alternative Remedies

1. Gives us an alternate option to storing antibiotics. (We can't store life-saving prescription antibiotics –I've asked.)
2. Medical help and prescription medicines may not be available – we need other options!
3. Supports and heals the body in times of illness.
4. Increases our chance for survival and optimal health through preventative measures and treatment options.
5. Diarrheal illnesses, small wounds, respiratory diseases, and constipation are the main killers during a disaster – all of these can be addressed using alternative remedies and a few specific tools.

Just Store Remedies and Have the Book: Beyond Wheat and Weeds and you're set.

Remedies

Types of Remedies:

- **Alternative:**
(Alternative remedies within book include: Activated Charcoal, ASAP Silver Solution, Asea, Baking Soda, Bentonite Clay, Castor Oil, Hydrogen Peroxide, Nascent Iodine, Lypospheric Glutathione, Lypospheric Vitamin C, Zeolite)
- **Essential Oils:**
(Essential oils within book include: Cloves, Digestive Blend, Lemon, Lavender, Melissa, Oregano, Tea Tree, Thieves)
Essential oil brands I recommend are: DoTERRA, Natures Fusions, Young Living
- **Herbal:**
(Herbal remedies within book include: Cayenne, Elderberry, Goldenseal, Oregon Grape Root, Senna Leaf, Slippery Elm, Yarrow)
- **Homeopathic:**
(add)
- **Nutritional Medicines:**
(Nutritional supplements recommended within book are: Vitamin A, Vitamin C, Vitamin D3, Multi Vitamin, Liquid Minerals)

Complete List of Remedies

Note: HealthyPreparedness.blogspot.com has a list of linked resources.

REMEDY	MEDICINAL PROPERTY / USES	RESOURCES & COST
Activated Charcoal	Antibacterial, Antiparasitic, Poisons: Topical / Internal	Health Food Store - \$10 Morethanalive.com - \$19
Aged Garlic Capsules	Antibacterial, Antiviral, Antiparasitic, Antifungal	Health Food Store \$
ASAP Silver Solution	Antibacterial, Antiparasitic, Immune System Strengthener	Absilver.com / health food Store - \$15 (10ppm)
Asea	Antibacterial, Antifungal, Antiviral, Immune System Strengthener	Cellconnection.teamasea.com - \$30/bottle
Baking Soda	Antibacterial, Antiviral, Antifungal, Alkalizes Body	Grocery Store - \$1
Bentonite Clay	(Draws out all pathogens, Topically/ Internally, Radiation Treatment, Diarrhea, Wounds, Insect Bites)	Health Food Store / morethanalive.com / Redmondclay.com
Breathe Essential Oil	(Respiratory Illness Symptom Reliever, Asthma – opens airway)	HealthyPreparedness.blogspot.com (\$18 - \$26)
Castor Oil	Antibacterial, Antiviral, Antifungal	Health Food Store - \$6
Cayenne	Antibacterial, Antiviral, Antifungal, Stimulant, Heart Attacks	Health Food Store / Online / Mountainroseherbs.com (\$2, bulk or \$9, extract)
Cloves Essential Oil	Antibacterial, Antiviral, Antiparasitic, Antifungal, Cavities	HealthyPreparedness.blogspot.com (\$10 - \$15)
Dandelion Tincture	Cleanses Blood	
Diatomaceous Earth	Antiparasitic (draws out other toxins such as radiation as well)	Health Food Store / Online / Morethanalive.com (\$2 - \$6)
Digestive Essential Oil	(Soothes upset digestive system; vomiting or diarrhea, heartburn)	HealthyPreparedness.blogspot.com (\$15 - \$34)
Dr. Christopher's Anti Plague Formula	Antibacterial, Antiviral, Antiparasitic	Health Food Store / Online (\$39)
Elderberry	Antiviral (one of the best immune boosters, can be taken on continual basis)	Health Food Store / MountainRoseHerbs.com (\$2 – bulk, \$14 – syrup)
Glutathione (Lypo & Capsule)	One of best antioxidants for overall immune system function	Lypo – livonlabs.com - \$60 Capsule – TheraNaturals.com - \$35 ("Reduced L-Glut. Plus")
Goldenseal Tincture	Antibacterial, Antiviral, Antiparasitic, Antiviral	Health Food Store / Online (\$ 11)
GSE (Grapefruit Seed Extract)	Antibacterial, Antiviral, Antiparasitic, Antiviral	Health Food Store / Online (\$9)

Hydrogen Peroxide 3%	Antibacterial, Antiviral, Antiviral, ear infections	Grocery Store - \$1
Food Grade Hydrogen Peroxide	Antibacterial, Antiviral, Antiviral	Health Food Store / Online- (\$17)
Nascent Iodine	Anti-bacterial, Anti-fungal, Radiation Protector	NaturalHealthyConcepts.com (\$39)
Lavender Essential Oil	Anti-inflammatory, bites/stings/burns	HealthyPreparedness.blog Spot.com (\$15 - \$25)
Laxative / Senna Leaf	For Constipation	Health Food Store / Grocery Store – (\$5 - \$8)
Lemon Essential Oil	(Cleanses organs, boosts mood, helps eliminate stress)	HealthyPreparedness.blog spot.com (\$7 - \$11)
Lavender Essential Oil	Anti-inflammatory; use topically for insect bites and burns;	HealthyPreparedness.blog spot.com (\$15 - \$25)
Lomatium Root Tincture	Antibacterial, Antiviral, Antifungal, Anti-inflammatory, Antimicrobial, Respiratory Infections	PureFormulas.com / lherb.com – (\$10)
Lypospheric Vitamin C	(Boosts immune system, promotes healing indirectly killing of all types of pathogens in high doses)	Livonlabs.com – (\$30)
Magnesium Chloride (Oil, Gel, Flakes)	Cell Function, Detoxing, Insect Repellant	Health Food Store - \$10 NaturalHealthyConcepts.com (\$25-\$30)
Melissa Essential Oil	Antiviral	HealthyPreparedness.com – (\$24 - \$150)
Liquid Minerals (Sun Warrior brand/ other)	“Spark plugs” of life	Sunwarrior.com / Health Food Store – (\$30)
Oregon Grape Root Tincture	Antibacterial, Antiviral, Antiparasitic, Antifungal	Health Food Store / Online – (\$10)
Oregano Essential Oil	Antibacterial, Antiviral, Antiparasitic, Antifungal	HealthyPreparedness.blog spot.com – (\$15 - \$30)
Probiotics (Shelf-Stable Type, 5+ Strain)	Restores good bacteria population in digestive tract – crowds out bad bacteria, boosts immune system	Health Food Store - \$10 - \$20
Slippery Elm	(Heals large, deep wounds as a poultice)	Health Food Store / MountainRoseHerbs.com -
Tea Tree Essential Oil	Antibacterial, Antiviral, Antifungal	HealthyPreparedness.blog spot.com – (\$13 - \$25)
Thieves Essential Oil	Antibacterial, Antiviral, Antiparasitic, Antifungal	HealthyPreparedness.blog spot.com – (\$16 - \$42)
Vitamin A	Antiviral (boosts immune system and promotes healing)	Health Food Store / Online – (\$10)
Vitamin C Supplement (Powder, Now Brand)	(Boosts immune system, promotes healing indirectly killing of all types of pathogens in high doses)	Health Food Store / Online – (\$12)
Vitamin D3	(Boosts immune system)	Health Food Store – (\$12)
(Multi) Vitamin	(Boosts Immune System)	Health Food Store – (\$12)

Yarrow (bulk)	Antibacterial (Relieves fevers, shortens duration of colds and	Health Food Store / MountainRoseHerbs.com – (\$4)
Zeolite (Liquid / Powder)	(Pulls toxins out of body including heavy metals and radiation)	Powder: GoneGreenStore.com - \$44 ACZ Nano (liquid): NaturalHealthyConcepts.com – (\$36)

Top 10 Remedies

- | | |
|--------------------------|-----------------------------|
| 1. ASAP Silver | 9. Oregano |
| 2. Asea | 10. Slippery Elm |
| 3. Nascent Iodine | 11. Activated Charcoal |
| 4. Thieves Essential Oil | 12. Zeolite |
| 5. Breathe Essential Oil | 13. Baking Soda |
| 6. Lypo C | 14. Grapefruit Seed Extract |
| 7. Yarrow | 15. Digestive Blend Oil |
| 8. Anti-Plague | |

+Supplements: Good multi-vitamin and liquid minerals (Sunwarrior brand or other high quality brand)

+Tools: Nebulizer, Rectal syringe, Enema and Saniderm

Alternatives to Antibiotics

- ASAP Silver
- Asea
- Cloves Essential Oil
- Anti-Plague Formula
- Grapefruit Seed Extract (GSE)
- Lypo C (indirectly)
- Nascent Iodine
- Oregon Grape Root Tincture
- Oregano Essential Oil
- Thieves Essential Oil
- Yarrow (mild)

Anti-Bacterial Remedies

Aged Garlic
 ASAP Silver Solution
 (Asea)
 Baking Soda (indirectly)
 Castor Oil Pack
 (indirectly)
 Cayenne Pepper
 (indirectly – helps aid
 other remedies used
 with it)
 Chaparral
 Elderberry
 Goldenseal (&
 Echinacea Tincture)
 Cloves Essential Oil
 Dr. Christopher’s Anti-
 Plague
 GSE (Grape Seed
 Extract)
 Hydrogen Peroxide
 Iodine
 Lomatium Root
 Lypo-C (indirectly)
 Oregon Grape Root
 Extract
 Oregano Essential Oil
 Tea Tree Oil
 Thieves/Onguard/Drago
 n’s Breath Essential Oil
 Yarrow

Anti-Viral Remedies

Aged Garlic Capsules
 ASAP Silver
 (Asea)
 Baking Soda (indirectly)
 Echinacea & Goldenseal
 Extract
 Castor Oil Pack
 (indirectly)
 Cayenne Pepper
 (indirectly – helps aid
 other remedies used
 with it)
 Cloves Essential Oil
 Dr. Christopher’s Anti-
 Plague Formula
 Elderberry
 Glutathione (indirectly)
 Goldenseal
 GSE (Grapefruit Seed
 Extract)
 Hydrogen Peroxide
 Iodine
 Lomatium Root
 Lypo-C (indirectly)
 Lugol’s Iodine
 Melissa Essential Oil
 Oregon Grape Root
 Tincture
 Oregano Essential Oil
 Thieves/Onguard/Drago
 n’s Breath Essential Oil
 Tea Tree Oil
 Vitamin A

**Anti-Parasitic
Remedies**

Activated Charcoal
 Aged Garlic
 ASAP Silver Solution
 Bentonite Clay
 Diatomaceous Earth
 Chaparral
 Cloves Essential Oil
 Dr. Christopher’s Anti-
 Plague Formula
 Goldenseal Extract
 GSE (Grapefruit Seed
 Extract)
 Hydrogen Peroxide
 Oregano Essential Oil
 Oregon Grape Root
 Zeolite

Anti-Fungal

Aged Garlic Capsules
 ASAP Silver
 (Asea)
 Baking Soda (indirectly)
 Castor Oil (can be taken
 internally)
 Cayenne Pepper
 Chaparral
 Cloves Essential Oil
 Dr. Christopher’s Anti-
 Plague Formula
 GSE (Grapefruit Seed
 Extract)
 Hydrogen Peroxide
 Iodine
 Lomatium Root
 Lypo-C (indirectly)
 Oregano Essential Oil
 Oregon Grape Root
 Tea Tree Essential Oil
 Thieves/Onguard/Drago
 n’s Breath Oil Blend
 Oregon Grape Root
 Goldenseal

(1 oz bottle)	\$11	\$11								
GSE (2 oz bottle)	\$9	\$9								
Food Grade Hydrogen Per. (16 oz bottle)	\$17									
Hydrogen Peroxide 3%	\$1	\$1	\$1	\$1						
Nascent Iodine	\$39	\$39								
Laxative/Senna Dulcolax box Senna bottle	\$8 \$5	\$8 \$5								
Lemon E.O. Natures Fus.>> DoTERRA>>>>	\$7 \$11									
Lavender E.O. Natures Fus.>> DoTERRA>>>>	\$15 \$25									
Lomatium Tinc. (1 oz bottle)	\$11	\$11	\$11							
Lypo. C (30 pkt box)	\$30	\$30								
Magnesium Chloride (Oil, Gel, Flakes)	\$10+									
Melissa E.O. Natures Fus. 3ml>>>>>>>>>> DoTERRA 5ml >>>>>>>>>>	\$24 \$150									
Oregon Grape Root Tincture (1 oz. bottle)	\$10									
Oregano E.O. Natures Fus.>> DoTERRA>>>>	\$15 \$30									
Probiotics	\$12									
Slippery Elm (4 oz bark powder)	\$6	\$6	\$6	\$6						

Tea Tree E.O. Natures Fus.>> DoTERRA>>>>>	\$13 \$25									
Thieves E.O. Natures Fus.>> DoTERRA>>>>	\$16 \$42	\$16 \$42								
Vitamin A (bottle 250 ct)	\$10									
Vitamin C Supp (bottle powder)	\$12									
Vitamin D3 (bottle)	\$12									
Yarrow (4 oz powder)	\$4	\$4	\$4							
Zeolite Powder 2 lbs>>>>>>>>>> Liquid>>>>>>>>>>	\$44 \$36	\$44 \$36	\$44 \$36							

TOOLS

- **(#1 recommended) Nebulizer:** For the administering of medicines into the body on a systemic level by inhaling its vapor through a mouthpiece. It's a substitute to medicines administered via IV or through injections. Endeavor brand – find on E-bay / Amazon. Make sure it's battery operated.
- **(#2 recommended) Rectal Syringe:** A substitute to IV's for rehydrating a dehydrated patient and for the administering of nutrients and certain remedies through colon absorption. Purchase from health food store or other health food store or online.
- **(Also #2 recommended) Enema Bag:** Same as rectal syringe but allows delivery of larger amounts of fluid. Ideal for adults who are in need of rehydration, in shock or severely ill. Also good for relieving constipation. Purchase from health food store or other health food store or online.
- **DMSO:** Rapidly pulls other nutrients / medicines into the body systemically (throughout body) and / or especially directly to tissue under skin where DMSO has been applied. Also a strong topical anti-inflammatory medicine. Purchase from Good Earth or other health food store.
- **Sinus Rinse Bottle:** Rinses pathogens out from sinuses keeping sinus infections from becoming severe.
- **Stethoscope:** Instrument that allows a person to listen to sounds produced by the heart, lungs, heart and intestines.
- **Blood Pressure Pump:** An instrument that allows a person to know whether high or low blood pressure is present.

- **Spray bottle:** For mixing pure water with medicines such as essential oils, iodine or tinctures for treatment of burns, scrapes or deep wounds. Also can be used to help purify air in room during times of illness when mixed with iodine or thieves / clove essential oil. Mix 20 drops of iodine with 1 cup of water or 6-8 drops of essential oil with 1 cup of water.
- **Saniderm:** Alternate option to stitches. Saniderm.com.
- **Vegetable Capsules:** Empty vegetable capsule for swallowing remedies such as essential oils, cayenne, and other herbs, orally.

See my book, *Beyond Wheat and Weeds*, for information regarding how to use these tools and which remedies can be used in conjunction with them.

3 Main Protocols (out of my 23 protocols)

DEHYDRATION PROTOCOL:

Dehydration can lead to a host of problems especially if the dehydration is severe enough: heat injury (cramps / heatstroke), swelling of the brain, seizures, low blood volume shock, kidney failure, coma and death are a list of complications that can occur due to severe and prolonged dehydration.

Dehydration occurs because there is too much water lost, not enough water taken in, or most commonly, a combination of the two.

- Diarrhea: Diarrhea is the most common reason for a person to lose excess amounts of water.
- Vomiting: Vomiting can also be a cause of fluid loss.

Whether a person is ill or simply hasn't been drinking enough – dehydration can be treated fairly easily. In cases where a person is severely ill and unable to drink or keep fluids down, where normally an IV would be necessary, a potentially lifesaving enema can be given to replace an IV if an IV isn't available.

Here are the remedies and tools mentioned in this book that can be used to treat dehydration:

- Enema Bag
- Gatorade / Homemade Electrolyte Drink
- Slippery Elm

When severe dehydration occurs and generous oral intakes of electrolyte drinks aren't an option or aren't being taken enough of, orally, and there is no other professional help available – **enemas are a must**. Enemas are a substitute to life-saving IV's. Enemas can be filled with one of the following solutions:

1. Electrolyte drink (Gatorade / homemade Electrolyte drink)
2. Slippery Elm mixture
3. Water Solution

ELECTROLYTE DRINK:

Lukewarm Gatorade or another electrolyte drink can be used as the fluid being inserted into the rectum. If Gatorade isn't available you can easily make your own electrolyte drink by mixing the following ingredients:

- 2 cups water
- 1 tsp dextrose/sugar/honey
- ¼ tsp salt (Real salt / sea salt would be best)
- Small sprinkle of baking soda
- ¼ tsp liquid magnesium chloride (If you have some)

SLIPPERY ELM SOLUTION:

- 2 Tbsp Slippery Elm powder
- 2 cups filtered water
- 1.5 litres warm filtered water

Boil 2 cups of water, remove from heat, add slippery elm powder and let steep for 5 minutes. Blend the mixture and add it to the remaining 1.5 litres of water. Make sure the mixture is an appropriate temperature, administer and retain for 15-45 minutes.

Do not be tempted to use more of the slippery elm powder in your mixture, slippery elm absorbs a lot of water, and using too much will cause the enema solution to be too thick.

WATER SOLUTION:

When using water for an enema – the body accepts, uses and retains the water better when it's at the right PH level and contains some electrolytes. This can be achieved by adding ½ tsp baking soda and ½-1 tsp sea salt to 1 quart of lukewarm water.

Note: *If the person is ill consider adding some remedies in with the fluid being used to hydrate the person. Remedies such as: Lypo C, ASAP Silver, Asea, Oregon Grape Root, Goldenseal, Dr. Christopher's Anti-Plague, or Elderberry concentrate would be good options.*

ENEMA DIRECTIONS

You will need:

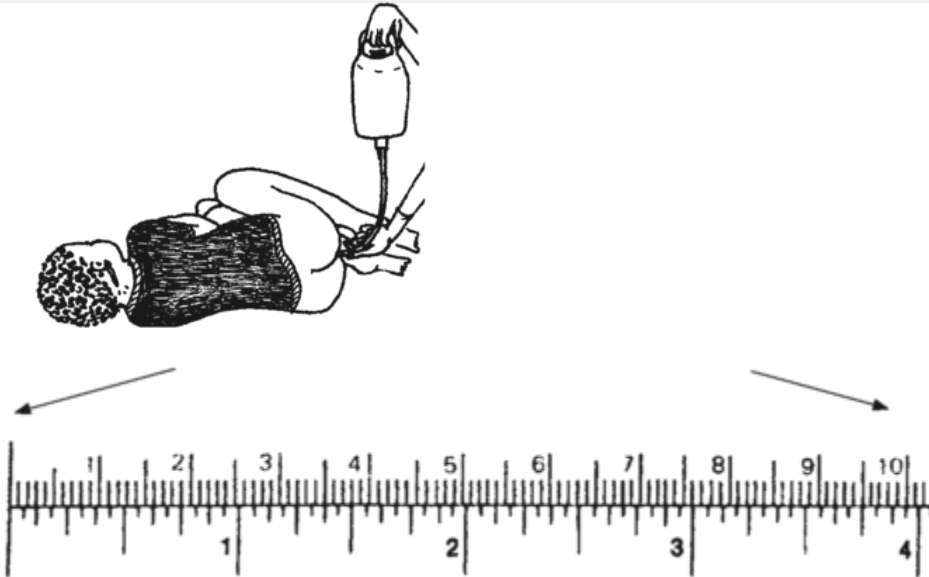
- a clean enema bag, or a can or tin with tubing.
- a cloth to place under the person.
- 600 ml (a little more than ½ a liter bottle / 2 cups) of warm (not hot) drinking water. If you have them, an electrolyte drink/mixture or a bag of IV solution can be used instead.

What to do:

Make sure the person's body is higher than their head.

1. Tell the person what you are doing and why.

2. Wash your hands.
3. Ask him/her to lie on her left side if she can. If possible, her body should be a little higher than her head.
4. If you have them, put on clean gloves.
5. Let the water come down to the end of the tube to get the air out. Then pinch the tubing to stop the flow.
6. Wet the end of the tube with water or an oil, and slide it into the anus. If coherent, ask the person to take slow, deep breaths to help them relax.



Do not put the tube in more than this much.

7. Hold the bag or can just high enough for the water to run in very slowly (about the level of the person's hips). It should take about 20 minutes. If the water runs out of their body, the bag may be too high. Lower the bag so the water runs in more slowly.
8. Gently remove the tube. Tell the person to try and keep the water inside, and that the urge to pass stool will go away soon. If the person is unconscious, you can hold their buttocks together.
9. Clean and dry the person. Then remove your gloves and wash your hands.
10. If needed, transport the person for medical help right away. For enemas for those who are in shock - If the person is still in shock, you can give another enema one hour later. If he/she is not in shock, try to give sips of rehydration drink as you transport him/her. (4)

Other options to add to an enema treatment for severely ill persons:

1. **Asea:** Do what you can to get Asea into the person's body. Either through an enema / rectal syringe (use straight Asea, nothing else) and/or through a nebulizer and/or orally (if the person is coherent).
2. Mix vitamin supplement into DMSO and apply to skin on the leg or arm.

DIARRHEA PROTOCOL:

Diarrheal diseases is one of the main causes of death during a disaster. Diarrhea can be caused by a variety of pathogens: bacteria, viruses or parasites. Whether it's from food poisoning, a viral illness, or a parasite – knowing which pathogen is the cause of the diarrhea can be tricky. Fortunately, no matter which pathogen or what illness is the culprit, the treatments for diarrheal diseases are the same.

Note: *Care should be taken that the person with the diarrheal disease is washing their hands carefully, toilet area and all of the sick person's surroundings should be kept sanitary (consider using GSE or ASAP Silver to decontaminate those areas) to keep the illness from spreading to others.*

Staying dehydrated is especially important. Not only should the ill person be taking in liquids – they should be taking in adequate amounts of electrolytes via electrolyte drinks and/or vegetable juices/stocks.

There are a hand full of remedies listed in this book that can be used to eradicate diarrheal diseases. These are:

- Activated Charcoal
- Aged Garlic
- ASAP Silver
- Bentonite Clay
- Dandelion Root
- Digestive Essential Oil
- Goldenseal
- Lypo C
- Oregon Grape Root
- Oregano Essential Oil
- Probiotics
- Thieves
- Yarrow

ACTIVATED CHARCOAL:

Adults take 520-975 mg at a time and up to 5 grams per day (2-3 capsules at a time and up to 17 capsules per day). Many recommend when actively sick to take two capsules every hour or so, until you've gotten to the max for the day. (For comparison, in poisoning cases, doctors will use up to 50-100 grams of charcoal for adults, and 10-25 grams for children. At these higher amounts, very rarely there will be issues with GI blockages – mixing the charcoal with water before ingesting is recommended to help avoid this problem).

Consider following up with taking a vitamin / mineral supplement and taking probiotics for a couple weeks after aggressive treatment with activated charcoal.

AGED GARLIC:

Take according to directions on bottle – up this recommendation by twice or three times the amount if needed. Consider alternating between taking Garlic one hour and taking probiotics and a pathogen-killing remedy such as Oregon Grape Root, Goldenseal, GSE or Oregano Essential Oil (internally, 2-3 drops per capsule) the next hour and continue hitting the digestive system again and again until the diarrhea is gone.

ASAP SILVER:

Take 1-3 teaspoons every hour until diarrhea subsides. Consider taking the Silver along with other remedies such as: Garlic, Oregano (internally, 2-3 drops per capsule), Oregon Grape Root, Goldenseal or GSE.

BENTONITE CLAY:

In cases of diarrhea, clay should be taken frequently: Three ounces of the liquid clay, three times a day, at a minimum. Liquid clay can be created by mixing 1 part powdered bentonite clay with 9 parts water.

This condition responds better to quick, continued treatment, so repeat the first dose often (every two to four hours). When the symptoms disappear, stay on a maintenance dose of one T. a day.

For infants who suffer from diarrhea, add one-fourth to one-half teaspoon of clay to their bottle and shake vigorously. It will mix with the solution and the infant won't even know it's there.

Note: *Make sure to drink plenty of water with your liquid bentonite clay.*

Consider using ASAP silver along with the clay.

DANDELION ROOT:

Take dandelion root tincture according to directions. Consider alternating between taking dandelion root one hour and taking generous amounts of probiotics and a pathogen-killing remedy such as Oregon Grape Root, Goldenseal, GSE or Oregano Essential Oil (internally, 2-3 drops per capsule) the next hour and continue hitting the digestive system again and again until the diarrhea is gone.

DIGESTIVE ESSENTIAL OIL:

For adults, take 3 drops of the digestive essential oil in a capsule, every 1-2 hours or until diarrhea is gone. For children, apply the oil to the bottom of their feet and dilute and place over their tummy. Dilute the oil by mixing 1-2 drops of essential oil with 1 tsp of carrier oil (olive oil, coconut oil, canola oil, etc).

Consider alternating between taking digestive oil one hour and taking generous amounts of probiotics and a pathogen-killing remedy such as Oregon Grape Root, Goldenseal, GSE or Oregano Essential Oil (internally, 2-3 drops per capsule) the next hour and continue hitting the digestive system again and again until the diarrhea is gone.

GOLDENSEAL:

Take according to tincture directions. Consider using the dosage more frequently than what's recommended. Consider alternating between taking Goldenseal one hour and taking generous amounts of probiotics and a pathogen-killing remedy such as Oregon Grape Root, GSE or Oregano Essential Oil (internally, 2-3 drops per capsule) the next hour and continue hitting the digestive system again and again until the diarrhea is gone.

Note: *One of the more commonly known side effects of goldenseal is that it stimulates the uterus. Consequently, it ought not to be used by women that are pregnant.*

LYPO C:

For severe diarrheal cases using Lypo C could help knock out whatever violent pathogen is causing the diarrhea. As a preventative measure (without too many health threats around) take one packet per day. Triple that if there are threats.

For severe sickness – one packet every hour can be taken or 5+ packets every 2-3 hours.

Consider alternating between taking Lypo C one hour and taking generous amounts of probiotics and a pathogen-killing remedy such as Oregon Grape Root, Goldenseal, GSE or Oregano Essential Oil (internally, 2-3 drops per capsule) the next hour and continue hitting the digestive system again and again until the diarrhea is gone.

OREGON GRAPE ROOT:

Take according to tincture directions. Consider using the dosage more frequently than what's recommended. Consider alternating between taking Oregon Grape Root one hour and taking generous amounts of probiotics and a pathogen-killing remedy such as Goldenseal, GSE or Oregon Essential Oil (internally, 2-3 drops per capsule) the next hour and continue hitting the digestive system again and again until the diarrhea is gone.

Follow up by taking probiotics once done taking the Oregon Grape Root to re-populate the gut with good bacteria that may have been wiped out while using Oregon Grape root.

OREGANO ESSENTIAL OIL:

Take 1-3 drops, 3 times a day, in capsule, with food – if possible. Consider alternating between taking Oregon Grape Root one hour and taking generous amounts of probiotics and a pathogen-killing remedy such as Goldenseal, GSE, or garlic the next hour and continue hitting the digestive system again and again until the diarrhea is gone.

Follow up by taking probiotics once done taking the Oregon Oil to re-populate the gut with good bacteria that may have been wiped out while using the oil.

PROBIOTICS:

According to Dr. Mercola – when facing diarrheal diseases like the stomach flu or possibly even food poisoning flooding the digestive system with probiotics is one effective way to attack back and regain balance in the gut. Dr. Mercola suggests using even up to one bottle per day to get things back in order.

When storing probiotics make sure to store the “shelf stable” type so the probiotics will stay active while being stored at room temperature.

Consider taking other remedies along with the generous amounts of probiotics such as: ASAP Silver, or Asea. Other remedies such as Oregon Essential Oil, Oregon Grape Root, GSE or garlic can also be used but please be aware that they may decrease the effectiveness of the probiotics while using them. Separating them by every 2-3 hours would be wise.

THIEVES:

For adults: Use 3-4 drops in a vegetable capsule 1-3 times a day. For children: apply Thieves oil to bottom of feet – only. This can be applied every 2-3 hours.

Consider alternating between taking Thieves one hour and taking generous amounts of probiotics and a pathogen-killing remedy such as Goldenseal, GSE, or garlic a couple hours later and continue hitting the digestive system again and again with this routine until the diarrhea is gone.

Caution should be used when using Thieves – it is extremely potent and can burn sensitive skin.

YARROW:

Yarrow can be taken in tea or tincture form.

- **Tea:** To make the tea simply add 1 teaspoon dried herb or 3 teaspoons fresh herb per 1 cup of boiling water. Cover, and allow the mixture to steep for at least 10 minutes. It is recommended that the tea be taken in small amounts throughout the day. Be sure to store the tea in the refrigerator when you are not sipping.
- For tinctures: take according to bottle instructions (As a dietary supplement take 1-2 mL (approx. 28-56 drops) 3 times a day in a small amount of water.)

Thank you for attending my class. I hope you've learned a lot of valuable information.

A list of resources, prices, and extra info for the remedies mentioned in this class are posted on my blog.
www.healthypreparedness.blogspot.com

My remedy guidebook, *Beyond Wheat and Weeds*, can be purchased from my site:
www.BeyondWheatandWeeds.com or from a link on my blog **HealthyPreparedness.blogspot.com**

Cost for book is \$35.

Beyond Wheat and Weeds will be available August 30th. All pre-orders before that time will also get "Turn Your Food Storage into a Nutritional Powerhouse" eBook for FREE!

(Offer ends August 30th)

If you'd like me to teach a class to your group or ward please send me a personal email at: ClaudiaOrgill@hotmail.com – I'd love to come and teach a class to your group. More and more I feel that this information is more important than we realize. The Lord truly has inspired me to put this information together at this time for very specific reasons.

Thank you!!