Storing Remedies and Tools

for the Infectious Diseases that Occur During a Disaster

By Claudia Orgill

**www.HealthyPrepardeness.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.

**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:** “like cures like”, minute compounds that kick out same set of symptoms they would normally create when exposed to larger particles of the substance.
* **Nutritional Medicines:**

(Nutritional supplements recommended within book are: Vitamin A, Vitamin C, Vitamin D3, Multi Vitamin, Liquid Minerals)

**Complete List of Remedies**

*See* ***HealthyPreparedness.blogspot.com*** *for full list of* ***linked*** *resources.*

|  |  |  |
| --- | --- | --- |
| REMEDY | MEDICINAL PROPERTY / USES | RESOURCES & COST |
| Activated Charcoal  (bulk) | Antibacterial, Antiparasitic, Poisons: Topical / Internal | Health Food Store - $10 Morethanalive.com - $19 |
| Aged Garlic Capsules/  Garlic Cloves | Antibacterial, Antiviral, Antiparasitic, Antifungal | Health Food Store $ |
| ASAP Silver Solution | Antibacterial, Antiparasitic, Immune System Strengthener | Ablsilver.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.blog  spot.com.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.blog  Spot.com  ($10 - $15) |
| Colostrum / Astragalus | Boosts Immune System | Health Food Store / Blog ($10 - $15) |
| Dandelion Tincture | Cleanses Blood and Liver | Health Food Store / Online  ($10) |
| 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.blog  Spot.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 or  Oregon Grape Root | Antibacterial, Antiviral, Antiparasitic, Antifungal | Health Food Store / Online –  $10 |
| GSE (Grapefruit Seed  Extract) | Antibacterial, Antiviral, Antiparasitic, Antiviral | Health Food Store / Online  ($9) |
| Hydrogen Peroxide 3% | Antibacterial, Antiviral, Antiviral,  ear infections | Grocery Store - $1 |
| Nascent Iodine | Anti-bacterial, Anti-fungal, Radiation Protector | NaturalHealthyConcepts.com  ($39) |
| Laxative / Senna Leaf | For Constipation | Health Food Store / Grocery  Store – ($5 - $8) |
| Lavender Essential Oil | Anti-inflammatory; use topically for insect bites and burns; calming | HealthyPreparedness.blog  spot.com  ($15 - $25) |
| Lomatium Root  Tincture | Antibacterial, Antiviral, Antifungal, Anti-inflammatory, Antimicrobial, Respiratory Infections | PureFormulas.com /  Iherb.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) |
| Olive Leaf Extract | 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 sytem | 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.blo  spot.com – ($13 - $25) |
| Thieves Essential Oil | Antibacterial, Antiviral, Antiparasitic, Antifungal | HealthyPreparedness.blog  spot.com – ($16 - $42) |
| Turmeric | MRSA, Radiation Exposure | MountainRoseHerbs.com / Health Food Store |
| 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 |  | Health Food Store – ($12) |
| Yarrow (bulk &  tincture) | Antibacterial (Relieves fevers, shortens duration of colds and | Health Food Store ($4) MountainRoseHerbs.com – |
| Zeolite | Pulls toxins / radiation out of body | Online $30+ |

Top 16 Remedies

1. Silver Solution
2. Asea
3. Nascent Iodine
4. Cayenne
5. Thieves Essential Oil
6. Breathe Essential Oil
7. Lypo C
8. Yarrow
9. Bentonite Clay
10. Oregano Essential Oil / Mix
11. Herbal Wound Mix
12. Activated Charcoal
13. Olive Leaf
14. Lomatium Root Tincture
15. Grapefruit Seed Extract
16. Digestive Blend Oil

Alternatives to Antibiotics

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

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 Ebay / 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.
* **Empty Capsules:** Empty vegetable/gelatin capsules for swallowing remedies such as essential oils, cayenne, and other herbs, orally.
* **Saran Wrap:** To wrap poultices and medicines on bottom of feet.
* 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.

**Thank you for attending my class. I hope you’ve learned information you consider valuable.**

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**

**Thank you!!**