

# Storing Remedies and Tools

## For Illness Prevention, Infectious Diseases, and Other Maladies

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Visit my blog to view the recorded class that correlates with these notes: [www.HealthyPreparedness.blogspot.com](http://www.HealthyPreparedness.blogspot.com)

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### 5 Reasons to Store Alternative Remedies

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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.

Addressing most common health issues during a disaster:

- Fever
- Coughs
- Wounds
- Vomiting
- Eye Infections
- Ear Infections
- Diarrhea / Constipation
- Sore Throat / Strep

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### Remedies

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

| Health Issues                                | Solutions   |
|--|---|
| Fevers<br><small>miss for upaid 2001</small> | Yarrow Tea<br>Mix of peppermint, yarrow and elder flowers tea   |
| Coughs                                       | Nebulizer w/ Lugol's<br>Red Plague Remedy<br>Onions w/ Honey<br>Lomatium Root Tincture<br>Breathe Essential Oil Blend   |
| Wounds                                       | <b>Saniderm.com</b><br><br><b>Foundation:</b><br>Comfrey Root Powder<br>Plantain Root Powder<br>Calendula Leaves Powder<br><br><b>Add Anti-Microbials:</b><br>Goldenseal Root Powder<br>Or Oregon grape root powder<br>Or thyme leaf powder<br>Or other anti-bacterial herb<br>Or olive leaf powder<br><br><b>Can also add thickener:</b><br>Ground flax seeds<br>Marshmallow root powder |
| Vomiting                                     | <ul style="list-style-type: none"> <li>• Arsenicum Album</li> <li>• GSE</li> <li>• Silver</li> <li>• (HR)</li> <li>• Garlic on Feet</li> <li>• Homeopathic under Tongue</li> <li>• Digestive Essential Oil</li> </ul>   |
| Eye Infections                               | <ul style="list-style-type: none"> <li>• Nano silver solution</li> <li>• HR</li> </ul>  |
| Ear Infections                               | Nano Silver<br>HypoRedox<br>Garlic Infused Olive Oil  |

|                     |  |
|---------------------|--|
| Diarrhea / Vomiting | <p><b>Constipation:</b></p> <ul style="list-style-type: none"> <li>• Digestive blend essential oil</li> <li>• Enema flush</li> </ul> <p><b>Diarrhea Remedies:</b></p> <ul style="list-style-type: none"> <li>• Nano Silver Solution</li> <li>• (HR)</li> <li>• Digestive blend essential oil</li> <li>• GSE</li> <li>• Olive leaf / Oregon Grape root</li> </ul> |
| Sore Throat / Strep | <p><b>Remedies:</b></p> <ul style="list-style-type: none"> <li>• Nano Silver Solution</li> <li>• (HR)</li> <li>• Cayenne</li> <li>• GSE</li> </ul>   |
| Dehydration         | <p><b>Remedies:</b></p> <ul style="list-style-type: none"> <li>• <b>Enema RETENTION!</b> <ul style="list-style-type: none"> <li>• <b>Electrolyte recipe:</b> <ul style="list-style-type: none"> <li>• 2 cups water</li> <li>• 1-2 tsps. sugar/dextrose</li> <li>• ¼ tsp salt</li> <li>• Pinch of baking soda</li> </ul> </li> </ul> </li> </ul>                  |

**Main Anti-Bacterial Remedies:**

HERBS

- Olive Leaf – internal infections, mixed into herbal wound mixture
- Oregano Leaf – internal infections, strep
- Echinacea – systemic infection, helps kick out any infection
- Oregon grape root – food poisoning, mixed into herbal wound mixture
- Goldenseal – topical wound infections, internal infections
- Thyme – sore throat, respiratory infections, other possible infections
- Usnea tincture – strep throat, internal infections
- Wormwood – internal infections

OTHER:

- Garlic – sore throat, internal infections, ear infections
- Nano Silver
- Grapefruit Seed Extract
- HypoRedox

**Main Anti-Viral Infections:**

- Isatis Root tincture
- Lomatium Root Tincture
- Elderberries
- Skullcap Root tincture
- Garlic
- (Homeopathy) – teach class about that