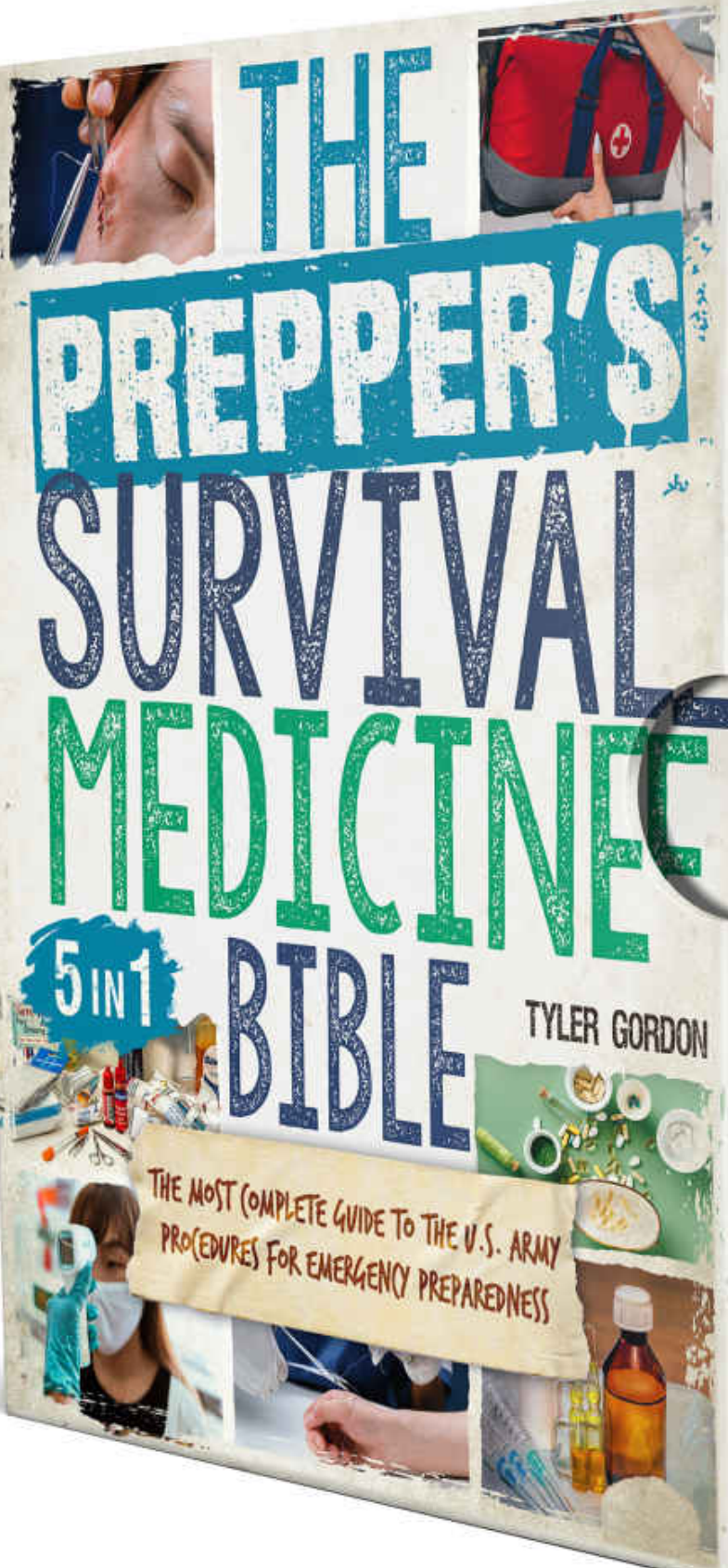


# THE PREPPER'S SURVIVAL MEDICINE BIBLE

5 IN 1

TYLER GORDON

THE MOST COMPLETE GUIDE TO THE U.S. ARMY PROCEDURES FOR EMERGENCY PREPAREDNESS



THE PREPPER'S HOME PHARMACY

MEDICINE TO STOCKPILE

NATURAL MEDICINE

HERBAL MEDICINE RECIPES

THE PREPPER'S SURVIVAL KIT

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*[5 in 1] The Most Complete Guide to the U.S. Army  
Procedures for Emergency Preparedness*

**Tyler Gordon**

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# Introduction

Preppers are people who plan for the worst-case scenario. Preparing for the worst allows you to deal with any problems more confidently. If you are prepared, you will know what you are putting into your body and can avoid things that may harm you. This can help protect your current health as well as your long-term health.

As a prepper, you know that growing and producing your own medicine is just as important as being able to source food. When leaving your home is dangerous, or western medicine is completely unavailable, you must have a backup plan or medicines on hand. Treating minor ailments such as a toothache may imply, at best, avoiding a painful period in which you are unable to eat, lose weight, or feel happy due to constant pain. In the worst-case scenario, you may become toxic or even die from a severe infection.

If you're a prepper, you understand the value of planning ahead of time and having backup systems for critical systems. You understand the importance of gardening, preserving food, and storing seeds for the following year.

On the other hand, the medical aspect of prepping is frequently overlooked. What if you become ill or injured and no expert medical help is available? Could you meet the healthcare needs of yourself and your loved ones if our health-care system became overburdened or cut off after resupply?

Preppers frequently begin with a well-stocked first-aid kit, then supplement with non-prescription drugs in bulk, such as pain relievers, antibiotic ointments, and cough syrups. Many people even go so far as to use fish antibiotics.

While I keep all these materials on hand, there are disadvantages to using only conventional biomedical supplies. Supplies will eventually run out or outlive their shelf life, and there will be no way to replenish them. There is no treatment strategy for chronic disease or severe pain; the only options are over-the-counter medications. Antibiotics, whether fish or otherwise, steadily decline in the fight against drug-resistant bacteria. As part of their well-planned survival strategy, preppers require a continuous supply of effective medications that they can make and duplicate.

Preppers also require a method to diagnose disease and injury without laboratories and diagnostics. One method is to incorporate natural remedies into an emergency preparedness strategy.

While there are numerous reasons to choose natural remedies, prepper concerns make natural medicine especially valuable.

Simply put, the main reason to use natural medicine is its work. It is used worldwide because it works and has done so for millennia. Thousands of studies demonstrating the utility of medications and alternative medicines are free to review at [www.PubMed.gov](http://www.PubMed.gov).

Understanding what herbs you already have in your kitchen and what they can do to optimize and assist your health and ailments. Understanding what herbs and spices are available to treat other more severe conditions, how to use them, and even grow them could be a future survival decision.

This book is aimed at the beginning or low-level preppers who want to learn the fundamentals and what is easily accessible because it can be overwhelming at first.

There is something for everyone, from discovering that a simple cup of tea can help your immune system to the more complicated system of companion planting herbs to maximize the life and health of the plants.

For example, to relieve irritable bowel syndrome cut an aloe vera leaf and rub it on sunburn. You can also flavor your coffee with spice powder. Even if the worst-case scenario does not occur, knowing how to treat simple health issues may allow you to save money. Begin your self-sustaining journey into natural herbalism with this gentle overview of a preppers herb and spice medicine cabinet.

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# **Book 1: The Prepper's Home Pharmacy**

Your list of home remedies is about to become a lot more interesting. Even though these natural herbs have been used for hundreds of years, doctors and scientists now recommend that they be used for healing. Traditional healing methods can easily replace these natural medical resources. To name a few, some plants can heal and reduce cholesterol, high blood pressure, and arthritis pain. Some of the best healing herbs can even treat cancer cells and help alcoholics quit drinking.

Herbs, other natural remedies, and natural medical resources are just as effective as conventional treatments. They can be even more effective and have no adverse side effects. Here are some of the most effective natural medical resources. These super healers and your favorite recipes can be added to your herbal medicine or natural medicine cabinet. Some of them can benefit your body if you include them in your daily routine.

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# Chapter 1: The Process of Making Herbal Medicines at Home



The best time to collect herbs is when they are at their height in terms of flavor and scent. The ideal time to collect a plant component depends on what you are harvesting and how you want to use it. A herb may be harvested as long as enough foliage is on the plant to sustain it. Annual herbs can be pruned to 60% to 70% of their original size without harming their growth. Trimming one-third of perennial herbs at a time is required. To make precise cuts, use a sharpened knife or pruners.

Harvesting is best done early in the morning when the crops have dried out but before it becomes too hot. Take your herbs before they begin to flower to get the most out of them. Remove the blossoms from the plant as soon as they appear to continue harvesting leaves.

Ensure the plants have not been sprayed with pesticides before collecting herb leaves. Certain pesticides and fungicides have been banned from being used on plants meant for human food, including herbs.

The world is taking chances on pharmaceutical medications and is ready to surrender completely to what chemical formulations offer. Indeed, conventional or pharmaceutical medications work well upon critical symptoms. Still, they should not be your immediate approach when the symptoms are mild or you intend to take preventative measures for specific conditions.

Herbal remedies or solutions should be used to strengthen your bodily functions and give them the ability to fight viruses and bacteria that infiltrate your body and weaken you. People who use chemically formulated medications for such preventative measures eventually develop a dependency. You might get the impression that your body's ability to fight diseases is directly proportional to the number of pills you take.

## Ingredients

Some other supplies are difficult to replicate at home. You must acquire the necessary supplies and not wait until the

last minute to create a stock of needed medicine. For example, if you want to make capsules at home, you'll need to buy them. When properly stored, they last a long time. Furthermore, they are inexpensive, allowing you to stock up on several years' worth of capsules. Even if manufacturing or distribution services are disrupted, you will have the necessary ingredients to make the required medicine.

## **Herbs**

If you have harvested fresh herbs, ensure you preserve them right away. There are two ways to preserve herbs: maceration and drying. To macerate herbs, you need to steep them in a solvent or a menstruum such as vinegar, alcohol, or honey. On the other hand, when it comes to drying, simply leave the herbs out in the sun and let them dry naturally. You can also dehydrate them using a dehydrator or an oven. Ideally, dried herbs are your best bet.

When drying herbs, make sure they are appropriately stored. Mold could form if this is not done. If you notice any mold, throw out the herbs and start over. Consider the health conditions or problems you want to treat before growing, purchasing, or storing herbs. The type of herbs you require will also vary depending on their occurrence.

## **Alcohol**

Alcohol has many applications, from dulling pain to disinfecting wounds and extracting therapeutic compounds from natural ingredients. Distilled grain alcohol is the best



choice for making tinctures. Alcohol aids in the rapid absorption of herbal remedies into the bloodstream, which is critical in an emergency. It aids in extracting alkaloids, balsams, resins, and other active compounds from non-water-soluble plant materials. It also extends the shelf life of herbal medications. There are various types of alcohol, and the strength of each varies. Grain alcohol, vodka, brandy, and wine are the most common types of alcohol to stock up on.

## **Vinegar**

Humans have used vinegar since the olden days. Leftover wine makes vinegar, typically made from apple cores and peels. Vinegar can be used as an alcohol substitute when making tinctures, and such tinctures are known as acetum. Herbal vinegar can be used to rinse laundry, wash hair, and even as medicine. Apple cider vinegar is the most common type used in natural medicine. Because it contains acetic acid, it can also be used to clean surfaces. To be effective as a disinfectant, the vinegar must contain at least 5% acetic acid. You can buy apple cider vinegar or make it yourself.

## **Bentonite Clay**

This beneficial ingredient aids in the removal of toxins from the skin and gut. It works through a process similar to absorption known as adsorption. The molecules, ions, and atoms in the body or face stick to the surface of the clay rather than being drawn out by it during adsorption. The adsorption level is proportional to the available surface

space. There are two types of bentonite clay, and they are calcium and sodium bentonite. Calcium bentonite is preferable for demineralization, whereas sodium bentonite aids in toxin leaching.

## **Kaolin Clay**

Kaolin clay is popularly known as China clay and is commonly used in facial masks. Kaolin clay is a critical ingredient in Quick bandages used to stop bleeding in case of emergencies. A simple DIY version of a quick clot bandage is to pour kaolin clay directly on the wound. Another wonderful thing about this product is it doesn't have any shelf-life expiry.

## **Activated Charcoal**

Activated charcoal, like bentonite and kaolin clays, leaches out toxins. The tiny pores on its surface enhance its ability to draw out more toxins. This is different from regular charcoal. The term activated charcoal refers to the fact that this charcoal was explicitly created to draw or pull toxins out. By sucking out toxins from stings and bites, activated charcoal can treat intestinal infections and ingested poisons. Activated charcoal is said to be capable of absorbing up to 4000 different types of poisons. Activated charcoal capsules should be in your first aid kit.

## **Salts**

Epsom salts are required whether you make salt scrubs or bath salts. Epsom salts have a high mineral concentration

and give your body its daily magnesium dose. Bath salts can be infused with herbs, oils, and even essential oils, which are released when the salts are mixed with warm water. Bath salts can be customized to reduce pain, soothe nerves, relieve flu symptoms, and promote general relaxation. Epsom salt and regular table salt are not the same things. So, if a recipe calls for Epsom salts, don't try to make it with table salt.

## **Basic Equipment**

You will need basic equipment to make natural medicine at home. Consider the items on this list to be a one-time investment. You may also already have some of the necessary equipment.

### **Containers**

You will need to store the medicine once you have learned how to make it. As a result, you will require various types of containers. The best option is to use glassware. Glassware is not only reusable but also the safest option because none of the ingredients listed above can interact with it. It does not leach into your herbal formulas and is not harmful. To store tinctures, use Mason jars or opaque and dark-colored bottles with a rubber bulb and flint jars to store salves, lotions, balms, and creams.

### **Capsules and Capsule Machine**

The most convenient way to consume dried herbs, powdered mushrooms, or even activated charcoal is in

medicine capsules. This makes natural remedies easier to take and effectively masks their unpleasant taste. Natural medicine capsules are an easy and affordable way to make and store natural medicine. Simply take the capsule apart, fill it with powder, and put it back together.

For example, bladderwrack is a nutritious seaweed with an unpleasant taste and odor. It contains a lot of iodine, but the odor and flavor make it challenging to consume. You can consume it without worrying about the taste by converting it into a capsule. Consider purchasing a small capsule machine in addition to the capsule shells. This straightforward device allows you to fill multiple capsules simultaneously and achieve more consistent results. Select a machine based on the size of the capsules you intend to produce. A capsule machine can be purchased for under \$20.

## **Pestle and Mortar**

A coffee grinder, mortar, and pestle can be used to grind the desired ingredients into powders. Powdering dried herbs or other ingredients will take longer if you use a mortar and pestle, but this is a simple and inexpensive instrument and a traditional herbal tool. You can also do this with a coffee grinder. It will only take a few seconds to powder the ingredient, but the results will not be as fine as with a mortar and pestle.

## **Scale**

It is best to measure the ingredients you use for the best results. Whether you're making a lotion or a salve, it's always a good idea to measure. A scale will come in handy here. A small scale helps measure specific amounts of fats, beeswax, or other similar substances. Choose a non-electronic scale that runs on batteries, if possible. Don't forget to keep a supply of batteries on hand as well.

## **Blender**

In addition to the mortar and pestle, a blender is required. Any liquid can be emulsified with the help of a blender. Combining a soluble liquid with a non-soluble liquid is known as emulsification. This is the method by which the lotion is created. The ingredients for a lotion can be whisked by hand, but it takes a lot of elbow grease. To make this process easier, invest in an inversion blender.

## **Funnel**

A wide-mouth funnel can be used to fill any bottles or containers, such as mason jars. This reduces the likelihood of spills and makes cleaning easier.

## **Strainer**

If you have any filters at home, you can use them to make natural remedies and medicine. A traditional tea ball mesh strainer or one that resembles a basket that sits on the cup's rim will also suffice. On the other hand, Muslin and cheesecloth can be used as natural strainers.

## **Labels**

Labeling everything is one of the most critical steps in making herbal remedies or medicine at home. Label the ingredients, the recipes that call for them, and the date they were prepared. As a result, always label your herbal concoctions.

## **Miscellaneous Items**

Apart from all the ingredients, items, and equipment mentioned until now, you will also need basic kitchen essentials such as mixing bowls, spoons, double boilers, measuring spoons and cups, and multiple rubber or silicone spatulas.

## **Forms of Herbal Medicine**

Here are some of the forms of herbal medicines that you should count on making at home and prepare yourselves with good health for any upcoming emergencies:

### **Tinctures**

Tinctures are favorite among other forms of herbal preparations or consumptions. Tinctures are the concentrated form of herbs best used in teas and other medicines. They have a long shelf life, so that you can use them for your survival scenarios. Making tinctures is relatively simple, and they are prevalent among residents for use in their homes.

But remember that the tinctures are incredibly concentrated, so you must know the dosage you intend to administer. If you have any doubts, you can consult with

your herbalist and get a dosage schedule. Don't worry; they won't force you to buy their tinctures! Natural medicine experts are relatively open about growing herbs and creating medicinal solutions.

The tincture recipe requires you to make arrangements for alcohol. You can use 80-proof vodka instead! It is okay to purchase the cheapest available in the store. If you are not a drinker and are concerned about what to do with the leftover vodka, you can substitute high-quality apple cider vinegar or glycerin.

Get a pint jar with a tight-fitting lid and plan out the herbs you'll use to make a tincture. Fill the jar with herbs until it is about two-thirds or three-quarters full. If you're using the bark, berries, or roots, pour enough alcohol into the jar to cover the plant material completely. Allow it to sit for 6 to 8 weeks in a dry or cool place. After the period has passed, simply strain the herbs and transfer the filtered solution to amber glass bottles. Your tincture is now complete! You can do the same thing with any herb you grow in your garden or buy in the store.

## **Capsules**

People prefer to drink tea from a capsule rather than a tincture solution. As a result, the herbs can be blended and formed into capsules more effectively. The process is a little complicated, but you can easily prepare herbal capsules with the right equipment and technique.

To make the herbal capsules, you will need gelatin capsules of regular or desirable size. The capsule-making machine will then be required. For your convenience, some machines are sold in conjunction with gelatin capsules. Finally, gather your favorite herbs.

Fill the capsules to the maximum capacity permitted by the capsule machine. It is entirely up to you whether to fill it or leave some space. Make enough for a month to use the capsules as a preventative measure. Make them according to the dosage cycle if it is for a medical condition.

You can also make extra for a long-term plan or an emergency. Fill your mason jars to the brim with capsules. Seal the lids, then add some 100cc oxygen absorber to keep them fresh until you need them again.

The most popular herbal option is Valerian root capsules. You can get up to 1000mg of medicinal content per capsule by filling #00 size capsules with herbs.

## **Creams for the Skin**

There are numerous topical creams and medications available. Balms and salves are great examples of this kind of product. Typically, these herbal topical solutions treat scrapes, cuts, achy muscles, and abrasions. These solutions are made with herbs, oils, and beeswax. They are applied to the skin rather than taken orally.

Herbal salves treat scrapes, abrasions, rashes, cuts, and other skin problems/irritations. Lemon balm, calendula, tea



tree, plantain, and other wound-healing herbs may be preferred.

**Balms:** Balms are well-known for relieving achy muscles, strains, and sprains. Herbs like arnica, comfrey, and others are commonly used to make balm. Muscle pains can sometimes be unbearable at times. As a result, relying on over-the-counter pain relievers or balms should not be the only option. Herbal balms are now taking over as your go-to sprain and strain treatment.

You will need the following ingredients to make a herbal salve or balm:

- 1 to 12 cup herbal oil (infused). You can make your herbal-infused oil at home by combining your favorite herbs.
- 1 ounce of beeswax
- 12-24 drops essential oils to enhance the aroma and medicinal properties

The following is a recipe for a herbal salve:

You'll need the infused oil first. Heat the herbal oil in a double boiler. It is best to heat the oil in a metal bowl. You must melt the beeswax after adding it. Before adding it to your oil, you must first break it up. Stir in the beeswax until it is melted. Turn off the heat for 1 minute. To stir the mixture, add the essential oils to the pot. Pour your hot balm or salve into small tins or jars with care. Amber jars are preferred for protecting and extending the shelf life of the solution. Allow the solution to sit uncovered for a few

minutes until the medicine hardens. Put a lid on it and store it in a cool, dry place for a few months. Finally, the balm or salve is complete!

## **Teas**

Teas are one of the simplest and most convenient ways to medicate oneself with herbs. People are familiar with this type of herbal consumption because they have been using teas for a long time for various reasons. Herbal teas work and are simple to make!

The tea is also known as a herbal infusion. It is made through the steeping process of herbs in hot water. This method requires little time to extract the herbal goodness from the fresh or dried plant. You must enjoy it as soon as you begin the making process. The herbal preparation requires you only to use the plant's aerial parts, such as leaves or flowers.

1. Combine 4 to 6 tbsp. of a quart jar of dried herbs to make an infusion or herbal tea.
2. Fill the jar halfway with boiling water and add the dried herbs.
3. Allow the herb to steep for 30 to 45 minutes in the water. The herb used to make the tea determines the steeping time.
4. When the time for waiting or steeping is up, strain the herb and drink the infusion.

The herbal tea will be called a decoction if you use non-aerial parts of the plant, such as bark, roots, and twigs. The

herbal solution results from slowly simmering the herbal root on low heat.

1. You'll need 4 to 6 tbsp. 1 quart water and 1 cup of dried herbs in a saucepan.
2. You must bring the solution to a slow boil.
3. Cook for 25 to 45 minutes over medium heat. To reap the health benefits of the herbs, simply strain them and drink the herbal tea.

## **Infusions**

Infusions are made from the plant's delicate parts, such as the leaves and flowers. To make an infusion, the plant parts are steeped in water. To make an infusion, heat water just below boiling, then steep the herbs in it for up to 15 minutes. Put a lid on the container to keep the essential oils in the herbs from evaporating as steam. Infusions typically require a teaspoon of herb per cup of water. If you want it to be stronger, use one tablespoon of the desired herb per cup of water. You can steep it for as little as 15 minutes or overnight.

Alternatively, a French press can also be used for infusion. Place the plant material in the carafe and pour hot water. Place the lid with the plunger on top to prevent evaporation. Once the time is up, press down on the plunger, and the infusion is ready. For single servings, a mesh strainer can be used too.

Sometimes, cold infusions are preferable, especially if you want to extract mucilage from demulcent herbs such as

marshmallow root. Any herb that helps reduce inflammation is known as a demulcent herb. The sticky, gooey, and slimy texture of demulcent is due to the mucilage present in it. It lubricates the mucus membranes upon consumption and reduces inflammation.

## **Decoctions**

Decoctions are made from tough plant parts such as roots, seeds, bark, stems, and even dehydrated fruits. In contrast to an infusion, where evaporation is avoided, evaporation is required to make a decoction. A decoction requires two cups of water for every ounce of plant material. Bring the water and plant material mixture to a boil, then reduce to a gentle simmer for another 20 minutes. The decoction is ready when the liquid has been reduced by half. To make a thicker decoction, boil the liquid for a longer period. This produces a double decoction, which is commonly used to make syrup.

The herb ratio is critical when making tisanes, whether infusions or decoctions. You can use a single herb or a combination of herbs. The standard formula uses approximately 70% of the herb that treats the primary health problem, 25% of the herb that supports the primary herb, and the remaining 5-10% of the herbs used to strengthen the tonic or increase its anti-inflammatory properties.

## **Syrups**

You get herbal syrup when single or double decoctions are combined with honey, molasses, glycerin, or even simple

syrup. Simple syrup is a solution of sugar in water. Simple syrups are used as sweeteners, particularly in herbal remedies for children, but they have no nutritional or medicinal value. Syrup has a shorter shelf life than acetum, glycerite, or tincture, but honey may extend its shelf life. However, syrup usually spoils within a month. You can extend its shelf life even further by using a double decoction to reduce the total water content in the syrup. Cold infusions can also be used to make syrup. Elderberry syrup, for example, is an age-old remedy for colds, particularly during flu season.

## **Elixirs**

An elixir is created when herbs are macerated in brandy or honey. The combination of these ingredients has a long shelf life. Herbal remedies made with vodka or alcohol-extracted herbs taste much better than elixirs. Aside from that, they work faster than syrups. You can drink an elixir-like syrup, but it is not the same.

Instead of making a decoction, you will macerate herbs to make elixirs. Elixirs contain no water and take 2-6 weeks to complete. On the other hand, Syrups can be made in under an hour. When compared to an elixir, the syrup has less alcohol content. Elixirs can be used to treat a violent cough caused by a condition such as bronchitis. Its alcohol content temporarily relieves coughing while numbing a sore throat. However, you must be mindful of the total alcohol consumed, as excessive consumption can suppress the

immune response. If you don't want to drink alcohol, try an oxymel instead of an elixir.

## **Powders**

If you don't mind a little elbow grease and are patient, the traditional method of powdering herbs is to use a mortar and pestle. If this seems too much work, you can use a coffee grinder to powder the herbs. It is more convenient to grind the herbs into a fine powder. You will have a slightly coarse powder regardless of the tools or equipment. Pass this through a fine sieve to obtain a smooth and fine powder. Fine powders, such as baking flour, can only be produced by a flour mill.

When the herbs are powdered and stored, they begin to degrade. Powder the herbs just before using them. Capsules can be made from herb powders. On the other hand, certain powders, such as wound or dusting powder, can be stored and used topically later. Tinctures can also be made from powders, but straining the mixture is difficult. Encapsulation is also a more effective method of consuming powders, especially if the herbs are bitter or have an unpleasant taste. Keep the capsule casings in a cool, dry, and dark place away from direct sunlight after filling them with your preferred herb mixture.

## **Pastilles**

Pastilles are lozenges that are incredibly easy to make. Pastilles are created by combining powdered herbs and liquid. Allow the pastilles to dry for a few weeks after mixing

the two ingredients like an electuary. The powder-to-liquid ratio will vary depending on the recipe. When making pastilles, you must pay close attention to the texture. When combined, the ingredients should form a paste that can be shaped into pastilles.

The best way to accomplish this is to incorporate powdered mucilaginous herbs such as slippery elm or marshmallow root. Depending on the purpose of the pastilles, the herb combination will vary. Similarly, there are several options for the pastilles' liquid portion. You can make decoctions, cold infusions, tisanes, or even infused honey to combine with the dried herbs.

## **Poultice**

A poultice is a moistened herb applied topically to a specific area or injury to promote healing and pain relief. Warm the poultice slightly before applying it to the lower back or tight muscles. It can also treat inflammation or sprains when applied to cold. Making a poultice is simple. Begin by heating some water with the necessary herbal powders until a paste forms. The infused water will clump together. Depending on the application, you can use it immediately or let it cool.

## **Oils With Infusions**

The infused oil is any liquid fat infused with one or more herbs. This procedure is similar to the previous section's infusion. Allow the herb to macerate in the oil for a few minutes. Once macerated, the infusion is ready. You can

make cold or warm infusions at home. Let us examine both processes.

Fill a jar halfway with your chosen dried herbs, then top with oil. Simply leave the herbs in the oil until they have macerated completely. Allow fresh herbs to wilt slightly to ensure the water content has evaporated. Because water can quickly ruin an infusion, dried herbs are always preferable. Remove any air bubbles by running a knife or other flat utensil along the jar's side. You can always add more if the oil content falls below a certain level. Allow this to macerate in a cool, dark place away from direct sunlight for 2-6 weeks. Meanwhile, gently shake the jar daily to ensure the contents are in good condition. This is how cold infusions are made.

The infusion of herbs into oil can be sped up by heating it gently. One of the reasons why warm infusion is so effective is because of this. A warm infusion aims to gradually warm the oil without cooking it. Fill a slow cooker halfway with plant material, cover with oil, and set the temperature to warm. In a slow cooker, you can only use the warm setting. If you set it too high, the herbs will become fried in the oil, losing their medicinal properties. Instead of a slow cooker, a double boiler can be used to heat the oil infusion indirectly.

Making the infusion, once again, will take up to two weeks. Allow the herbs to soak in the warm oil for up to two hours before macerating for two weeks. Olive oil and coconut oil are ideal for infusion. You can also use grapeseed oil, mainly if the infused oil is applied topically.



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# Chapter 2: The Most Important Medical Herbs for Your Home Pharmacy



Find new ways to incorporate these unusual plants into your daily routine, and you'll be glad you did. The following are some of the essential, naturally occurring medicines that a prepper can use for a variety of injuries and illnesses:

**Blackberry**

Blackberries are popular not only for their undeniable sweetness but also for their nutritional and medicinal properties. These berries have been known to prevent and cure diarrhea, which can be a major inconvenience when trying to survive in harsh living conditions. When these berries are almost ripe, they are pink, but as soon as they are ripe enough to eat, they turn black.

Besides being useful in treating diarrhea, blackberry leaves can also be used to make homemade mouthwash due to their acidic nature. Because the procedures are the same, the process is simple if you know how to make tea. The fresh blackberry leaves must be immersed in boiling water and steeped for five to ten minutes to release their astringent properties.

Once your mouthwash is ready, you can confidently treat oral-related issues quickly and cheaply while you are still alive. The good news is that this homemade toothpaste lasts a long time and is highly effective at cleaning your teeth.

## Cinnamon

A recent study on type 2 diabetics found that taking cinnamon extract daily reduced blood sugar levels by 10%. It reduces cardiovascular risks and cholesterol by about 13%. 1 g cinnamon extract capsules help control blood sugar, while 1 to 6 g capsules lower cholesterol. However, consuming a large amount of the current spice harms your

health. As a result, it is preferable to use a water-soluble extract.

## Rosemary

HCAs, or heterocyclic amines, are known carcinogens in various cancers. When meat is grilled, fried, or roasted at high temperatures, amines are produced. HCA levels in the body are reduced by rosemary extract, a common powder mixed into cooked meat. Rosemary extract prevents carcinogens from binding to DNA and entering the body. It's the first stage of cancer development, and rosemary extracts can help prevent it. As a result, ingesting rosemary extract kills carcinogens before they can form tumors. Although this study was conducted on animals, the extract appears to have anti-cancer properties. To help reduce HCAs in the body, add rosemary extract to any spice blend. It will also enhance the dish's flavor, making it more flavorful. Combine the herb with oregano, parsley, thyme, and onions for a perfect blend.

## Ginger

Ginger can help with motion sickness, pregnancy, and chemotherapy, to name a few. Our mothers and grandmothers frequently mention this old home remedy. They are correct because it is effective! Ginger is a powerful antioxidant that inhibits the effects of serotonin in the body. When you feel sick, your stomach and body produce this

chemical, which inhibits the production of free radicals, another cause of stomach pain.

## **Garlic**

Garlic consumption has been shown to cure colorectal and ovarian cancer. There has also been a decrease in the number and size of precancerous growths. Garlic benefits include not only cancer prevention but also blood pressure reduction. Garlic has about 70 active phytochemicals, including allicin, which has been shown to lower blood pressure by 30 points. Garlic in your diet helps to prevent arterial blockages and strokes. The best cancer and cardiovascular benefits come from fresh, crushed garlic. To reap the full benefits, however, at least five cloves of crushed garlic should be consumed.

## **Holy Basil**

Several animal studies back up holy basil, a type used in pesto. Holy basil effectively reduces stress in the body by increasing norepinephrine and adrenaline while decreasing serotonin. The herb is also used to treat headaches and indigestion. Holy basil tea leaves are an excellent natural resource that outperforms traditional pain relief methods.

## **Aloe Vera**

Aloe vera has traditionally been used to treat skin conditions, constipation, infections, worm infestations, and colic. It's widely used in Chinese medicine to treat fungal

infections. Nowadays, various cosmetic products use this herb to soften the skin. Surprisingly, there are over 78 active ingredients in Aloe Vera. Furthermore, studies have shown that the herb has antiviral, anti-inflammatory, and antifungal properties. It boosts the immune system and contains no known allergens.

## **Feverfew**

This well-known herb has been used to treat headaches, toothaches, stomachaches, infertility, menstrual problems, and labor during childbirth. Parthenolide, a biochemical found in the herb, is responsible for the healing effect. It prevents blood vessel dilation during migraines. The herb also prevents blood clots and dizziness, alleviates allergies, and alleviates arthritis pain.

## **St. John's Wort**

St. John's wort treats physical symptoms and mild to moderate anxiety and depression. Best of all, it works just as well as any other medication and has no side effects.

## **Saw Palmetto**

Saw palmetto is a supplement used to treat prostate cancer in men. It also contributes to several men's health issues, such as hair loss, low libido, and prostate enlargement. It is also said to help with relaxation, respiratory conditions, and immune system strength.

# Burdock

Numerous cases leave your blood infected while fighting or living in poor conditions. When exposed to tetanus, venom, or infected food, survivors must find a way to cleanse their blood regularly. If not treated promptly, blood poisoning can result in long-term complications or, in the worst-case scenario, death.

The burdock plant has proven to be invaluable in terms of blood purification, as well as an excellent liver tonic. Its leaves and roots can be processed for blood purification, and it can also be used to clean the body in general. You are exposed to various agents that will contaminate your body in the wild. Therefore, eliminating these toxins is advisable if you want to perform optimally.

Aside from purification, the burdock root-alcohol tincture can be used to effectively eliminate eczema and other skin-related disorders without causing any side effects. If you don't like bitter herbs, you can eat the fresh leaves immediately or boil them to remove the bitterness. Just remember to drain the water after you've finished boiling it.

# Willow

Willow trees thrive in moist areas, so survivors should watch them because they have some powerful medicinal properties they may want to use while out in the wild. For centuries, the bark and branches of the willow tree have been used to treat various ailments.

If you take the boiled willow with the remedy and the symptoms do not go away immediately, try sipping it once every two hours until you are cured.

Boil its green leaves for about ten minutes or until an astringent is formed. After that, soak a cloth or a ball of cotton in it and gently press it against ulcers, boils, carbuncles, or abscesses. You can also boil the willow tree bark and drink it. For centuries, this has been used to treat inflammation and as a pain reliever.

A sip of the acidic willow solution can also serve as an effective anti-diarrhea drink, allowing you to stay healthy while surviving in the wilderness or during a difficult period. If possible, plant a willow tree in your garden for its nutritional and medicinal value; you will not be disappointed.

If you have a stomach for bitterness, you can chew these herbs, which will relieve your fever if you have one. Make it a habit to keep some willow bark in your medicine cabinet because it will give you a fighting chance when you think you aren't fighting an infection.

## **Plantain**

As small and insignificant as it may appear, plantain can save your life in the wild due to its medicinal properties. Small, green weeds that grow in lawns can be identified with their plausible, parallel veins. As a well-trained survivalist, you will never be without these useful herbs. If you ever



have the opportunity for easy access, you should make a point of planting plantain in your garden.

A plantain tincture should be taken three times daily to achieve the desired results. A plantain tincture can help deal with venomous bites and stings, but it should only be used as a supplement, not as a replacement for a snakebite kit (since snake venom is too potent). However, this simple tincture can be used to combat bee, scorpion, and wasp venom. It can also treat other insects that bite or sting, causing pain and discomfort.

Plantain paste is simple to make because all you need to do is crush it, and the dough will form gradually. Always keep the dough over the stung or bit area until you feel immediate relief. If not, apply more plantain paste to the sensitive area, which should alleviate the discomfort.

## **Dandelion**

To survive in the wild, you may not have the luxury of choosing what you eat. As a result, you may experience indigestion, but you can alleviate this by making a tincture of dandelion and consuming it three times per day for the best results. Because dandelion is highly soluble in alcohol, many experts recommend an alcohol-based tincture. This increases the overall effectiveness of the tincture.

Numerous reports have been of people losing their appetite while out in the wilderness due to infection or other factors. Because of its mild diuretic properties, dandelion can be used to treat this condition and boost your appetite.

You must prepare dandelion tincture before using it as an appetite stimulant. This will require 1-2 tablespoons of dandelion leaves added to a cup of boiling water, then allowed to settle for a few minutes before drinking as a decoction. To achieve the desired results, drink it three times per day.

## **Echinacea**

For a long time, Echinacea has been used effectively to treat fungi and yeast infections, which are known to thrive greatly in the wilderness. It is, therefore, critical for a survivalist to understand how to identify, prepare, and use Echinacea because it will significantly improve their overall survival chances. At the same time, out in the wilderness, where conditions are moist. Apart from assisting in the fight against fungi and yeast infections, you should also ensure that your overall immunity has been boosted.

As a serious prepper, you must have Echinacea on hand because it helps prevent recurring ailments like the common cold, which can be inconvenient.

You can make tea from the dried leaf or use it to ensure that you can easily survive whatever harsh realities you face.

You should also consume Echinacea roots and leaves to strengthen your immune system and live healthier lives. According to studies, Echinacea is highly effective in treating vaginal yeast and reducing adults' common cold.

It has yet to exhibit any side effects, as with conventional, artificial medications, which is always a good sign. When combined with creams, echinacea products have also improved skin conditions, which is always a good sign.

## **Yarrow**

Yarrow is known for several medicinal qualities that a true survivalist should always pay attention to, in addition to its undeniable aesthetic appeal. Yarrow has been shown to sterilize cuts, wounds, and bruises and speed up the healing process, especially when applied early.

Aside from its medicinal properties, Yarrow can also be used as a poultice, particularly when the bleeding does not appear to stop. When applied to the wound, it absorbs all the blood and forms a thick barrier, preventing blood from spitting out and infectious microorganisms from entering the bloodstream.

Aside from the leaves, the Yarrow flowers have pretty impressive healing properties. Yarrow can also be dried and mixed with comfrey water or plantain (or both) and applied to wounds to speed up healing and eliminate mild poisons and venom. Yarrow can be grown in a home garden and used for the abovementioned purposes.

## **Comfrey**

Comfrey is another naturally occurring medication every survivalist should watch for while in the wilderness. It has long been a topical treatment for arthritis, sprains, burns,

and bruises, especially when young, tender leaves and roots are used.

Comfrey roots are considered unsafe for internal use due to an alkaloid element called Pyrrolizidine, which can cause extensive liver damage. Preparing the comfrey leaves and roots is a relatively simple process that should not take a survivalist long to master.

However, you can use it solely for the external applications mentioned above and benefit from its rapid healing properties. If you can successfully remove the alkaloid element, you can drink comfrey tea without worrying about liver damage. However, taking chances in the wild or under duress is not good.

## **Birch**

In the face of danger, many things can end up causing you much pain. These causes are stings, bites, fists, kicks, bullet wounds, concoctions, fever, or fractures. In short, there are numerous causes of pain, and to think clearly, you must find a way to alleviate the pain. There are multiple pain relievers available over the counter that you can keep in your medical bag.

However, birch bark should be considered if you are looking for an effective, natural analgesic (pain reliever) that you will enjoy taking because of its sweetness. You may also be interested in learning more about birch leaves if you are in a situation where you do not have access to over-the-counter medications and require pain relievers.

Apart from being simple to prepare, it is also simple to obtain in the wild; however, you must ensure that you have it on hand. When consuming birch, exercise caution because too much of it can cause nausea, tinnitus (also known as ringing ears), and stomach upsets. Once you start experiencing the above-mentioned symptoms, you must discontinue its use.

## **Jewelweed**

*Impatiens Capensis*, also known as jewelweed, is well-known for its ability to eliminate plant toxins as quickly as possible. Plant toxins in the context include, among others, oak, sumac, and ivy poison. This means that if you come into contact with these toxins, your first response should be to gather some jewelweed and make a mush of it before applying it to the affected area of your body.

This must be done as soon as possible if you are to be successful in combating the poison's effects. A survivalist may be unaware that they have come into contact with poisonous plants and only realize this when they develop an itch or blisters. Nonetheless, the jewelweed will take excellent care of them and relieve any itch or discomfort within minutes of application.

The preparation and application of jewelweed are both simple. A wise survivalist will always watch jewelweed while in the wilderness, as it may save their life.

## **Elderberry**

People are prone to injuring themselves during times of upheaval, so it would be a brilliant idea for them to stock up on medical supplies. If not, they should know that elderberry works wonders when applied to the skin.

In addition to promoting faster healing, elderberry can be used to manage ailments such as flu, colds, and other common respiratory complications. Elderberry can also be beneficial, especially if you have asthma. It is known to be effective as an anti-inflammatory, treating swelling and mucous membranes.

Elderberry is also known for its anti-cancer properties, implying that everyone, survivalist or not, should consume it regularly. Consuming these useful berries should be done cautiously because they are mildly toxic if not fully ripe. Eating raw while taking laxatives, diuretics, water pills, or diabetic medications may harm your health.

## Lavender

Aside from being used as a fragrance today, lavender is still popular among survivalists due to its unique medicinal properties. Lavender, like jewelweed, has been known to provide quick relief from the itches and discomfort that rushes are known to cause. Rushes can grow in difficult areas for various reasons, implying that you should make the necessary efforts to have lavender with you.

Fortunately, you can grow it in your garden to ensure you are on the right track to accessing lavender. If not, you can

always watch those growing in the wild and pick them up for yourself.

Lavender, aside from being pleasant to the senses, is also an excellent insect repellent. You'll need the latter, especially if you're out in nature and come into contact with mosquitoes and other disease-carrying insects and bugs. Lavender can also be used to treat minor burns sustained while on your survival quest.

Lavender should be consumed with caution, and pregnant women and small children should avoid it. To be safe, lavender should only be used outside the body.

## **Lemon Balm**

You can drink lemonade while effectively combating the inconvenient side effects of cold sores. Sleep is also essential to a survivalist's life because it allows them to recover and have a better chance of survival the next day. As a result, insomnia can be a terrible disadvantage that lemon tea can alleviate in minutes.

It also aids in relaxation, which is necessary for a survivalist to make life-saving decisions. Lemon balm is also known to treat cold sores and their depressing effects effectively. Researchers discovered that lemon balm is far more effective than the strongest cold medication available over the counter, which also has several side effects.

Lemon balm preparations are relaxing. It would be very convenient for any survivor to have some lemon balm

grown in their gardens so they could access it more easily for medicinal purposes. Drink lemon tea as often as possible to avoid cold sores and insomnia-related complications.

## **Black Walnut**

Because of its numerous medicinal uses, the black walnut is another survivalist favorite. First and foremost, its highly medicinal green husks can be used to treat minor bruises, cuts, and wounds. The latter is because these green shells have a clean property that will effectively give you an advantage when clearing infectious microorganisms from your wound, thereby hastening the healing process.

You can also make horrible-tasting tea from the husks in an easy-to-follow process, but you can bet it will be much nastier when the parasites try it, albeit involuntarily. As a result, drinking black walnut extract tea regularly is an excellent idea to protect your body from harmful parasites that can cause malnutrition and further weaken your body.

You can endure drinking at least one cup of tea per day for seven days to increase your chances of successfully expelling these harmful parasites that can easily enter your body while surviving in a difficult environment. A survivalist must also know how to identify black walnut in the wild if they do not have them growing in their home.



# Chapter 3: How to Create a Medicine Cabinet at Home Using Natural Remedies



Whether you have irritated eyes or a blocked chest, there are some spices in your nursery that people have relied on for a long time. When attempting to use every common fix, these should be the first things you keep in your comprehensive medication cabinet.

# Home Remedies for Body Aches and Pain

- **Natural Pain-Relief Balm**

This salve soothes sore muscles with the help of turmeric and cayenne pepper. When you apply it to your skin, it feels warm. Turmeric promotes irritation in your body, while cayenne pepper warms the tissues and combats the irritation. I use it when I get a sore back from gardening.

- **Tub Tea**

An Epsom salt bath is an excellent way to relieve the stresses of the day. Adding spices and different botanicals can also be skin soothing; however, cleaning up after the bath is not too much tomfoolery. Make tub teas for a mending shower splash that won't require any cleanup later.

- **Herbal Foot Soak**

You get sick now and then. When this happens, adding a couple of scoops of this to a bowl of warm water and dousing your feet with it helps you feel significantly better. The steam from these recuperating foot baths also aids in clog removal. Treat yourself to this homemade foot soak made with spices from your nursery.

- **Pampering Peppermint for Feet**

Peppermint is excellent for sore feet. Sugar and dried spices will scour away rough skin, coconut oil will relax breaks, and soothing peppermint medicinal balm will relieve pain.

- **Roll-On Headache Relief**

When I first notice cerebral pain, I use a roller bottle filled with natural oils to relieve it before it becomes energetic. This is usually all I need to get rid of the cerebral pain. Roller bottle remedies are excellent to keep on hand in the medication cabinet.

## **Home Remedies for Topical Skin Relief**

- **Topical Antifungal Treatment**

This homemade tea tree oil antifungal treatment stick assists with calming red spots and rashes in a delicate yet direct manner. It's bundled in a helpful cylinder so you can rapidly treat sore, difficult spots.

- **Drawing Salve Recipe for Bug Bites, Blisters, Splinters**

A drawing salve combines oils and herbal fixings that work to remove poisons from your skin. It can be utilized on mosquito chomps, wasp or honey bee stings, rankles, bubbles, bites, and minor contaminations.

- **Dandelion Salve**

Try not to kill the dandelions in your yard - it could be utilized to make an aggravation-easing salve. These yellow weeds have torment-reducing and mitigating properties. Utilize this salve on throbbing muscles and different afflictions you have.

- **Cold Sores and Little Red Spots**

Lemon balm's antiviral properties make it a well-known spice for treating cold sores, chicken pox, bug nibbles, and other minimal red spots. This recipe for lemon balm lip balm not just has a brilliant and happy lemon scent; however, it likewise is an extraordinary method for forestalling and treating cold sores.

- **Protecting Cuticles**

This alleviating fingernail skin balm is loaded with a natural mix that will patch those breaks and make hands delicate in the future. Treating dry hands while doing a ton of hand washing is vital.

- **Hand & Body Lotion**

Salve might be a wonder item decision instead of a homegrown cure. Yet, this one is produced using skin-calming botanical water and supporting oils that assist in fixing and safeguarding dry skin. Keeping skin delicate assists with keeping it sound, as I'm never without this recipe.

- **Natural Skin Soother**

Use quieting witch hazel to alleviate razor consumption and rashes and cool down aggravation. It's produced using the parts of the witch hazel tree and can likewise be utilized as a face toner.

# Home Remedies for the Respiratory System

- **Elderberry Syrup**

This helps with respiratory issues and boosts your immune system all year. Although Lexie's Homemade kit has recently gained popularity, this is still the brand preference among Amazon customers. Children prefer Yum V's Immunity Shield candies. You will appreciate that they are sweetened with glucose rather than sugar, but be cautious if you have a dog, as glucose is highly toxic to dogs.

- **Eucalyptus Essential Oil**

It must be diluted with canola oil and applied to the chest or pajamas so people can smell it all night. When combined with bath salts, you can use them in your volatile oils vaporizer or baths. Remember that children should not be exposed to eucalyptus oil.

- **Humidifier with a Cool Spray**

People use them in their beds to facilitate clean breathing even though they are not strictly medicines.

- **Lymph Rub from Trilight Health**

If you would not want to blend your lavender oil and plants, this is a fantastic massage for inflamed lymph nodes.

- **Diffuser for Essential Oils**

This isn't the same as a humidifier. Diffusing respiratory-supportive oils in the air is beneficial. There is a vast range

of diffusers accessible on numerous platforms; however, we have many of this kind that we use in various areas of our house.

- **Respiratory Mixes with Plant Therapy**

These volatile oil mixes are efficient and reasonably priced.

## Home Remedies for the Ear

- **Garlic oil drops:** Garlic and liquid silver would be rotated.
- **Colloidal silver:** It will assist if you put a few drops of it in your lobes. It resembles a natural antimicrobial alternative virtually!
- **Trilight Healthy Person's Kit for Ear infection Relief:** This is a great kit to keep on hand.

## Home Remedies for the Stomach

- **Peppermint essential oil:** applied to the stomach after being diluted with canola oil
- **Activated charcoal**
- **Probiotics:** These are fantastic for everyday health as well!
- **Ginger tea:** Ginger is great for calming nausea.

## Herbal Remedies for Allergic Reactions

Some of the common herbal remedies for all types of allergies or allergic reactions include:

- **Stinging Nettle:** This plant contains healing compounds that might act with effects such as an antihistamine. Concerning some of the studies, stinging nettle has evidence upon its extracts being safe for use by humans. But even more, ongoing research is being executed to validate its efficacy in curing other health ailments.
- **Garlic:** Both onions, as well as garlic, consist of quercetin. It is a specific antioxidant that inhibits histamine production for treating specific types of allergies. When you consume it with an adequate dosage routine, you will eventually help heal the symptoms of allergic reactions.
- **Curcumin:** This is the active compound of turmeric! As far as practical surveys and tests are concerned, oral curcumin supplements ease nasal congestion and all other allergic symptoms. It also reduces the immune response of people suffering from allergic rhinitis problems.
- **Butterbur:** A systematic and purposeful review has proven that butterbur is considered similarly effective to modern antihistamines, especially for treating allergies. The high-quality research is still pending to confirm these properties of the herb. The scientists need to confirm the facts on the safety of this herb for treating allergies without any side effects.

People who are allergic to plants or pollens may also be present. In such cases, they may be allergic to certain herbs, such as butterbur. These herbs have already been discussed in this book in a separate chapter. But the point of repeating them is to focus your attention on the specific health condition that it can cure or treat. So, read it with a fresh perspective to connect these herbs to allergic reaction issues.

## Herbal Remedies for Migraine Problems

Migraine is a neurological condition that causes numerous painful headaches. There are a few other migraine symptoms, such as nausea, light sensitivity, and others. Again, some herbal remedies that have the potential to treat or alleviate migraine symptoms are:

- **Feverfew:** It consists of compounds that have the potential to reduce the frequent triggers of migraine symptoms. The experts are carrying out more research into how effective feverfew is for preventing migraine problems.
- **Ginger:** There have been helpful reviews and surveys where people consuming ginger and its remedies have reported reducing their migraine symptoms. They have reported having experienced lowering effects for pain, vomiting, and nausea without any possible side effects.



- **Butterbur:** The extracts of this herb can be used to prepare the necessary remedies to reduce migraine frequency in both adults and children. Butterbur consists of Pyrrolizidine Alkaloids or PAs, which were reported to cause liver damage. Therefore, the use of this herb was restricted to the use of only some specific plant parts. You can consult your herbalist for more details on safely using butterbur.
- **Peppermint Oil:** If you have a different form of headache, apart from migraine problems, then peppermint oil can help, as it consists of menthol and has a cooling effect on the skin. People can use it to apply directly onto the skin and experience relief within a short span. Menthol is not considered safe for kids! Therefore, do not use peppermint oil on them!

## Herbal Remedies for Anxiety and Stress

Stress and anxiety have taken control of today's generations' minds. Everything that the average person does not understand is turned into a stress factor. And this can lead to serious health problems! As a result, here are some herbal remedies that can help you deal with stress and anxiety:

- **German Chamomile:** It takes around 1500mg/day of German Chamomile extract for a time span of 8 weeks to reduce the stress & anxiety symptoms. The healing

rate for anxiety disorder problems with this herb is the same as that of conventional anti-anxiety drugs.

- **Essential Oils:** Various types of essential oils might reduce stress symptoms. Some of the specific choices include peppermint and lavender oil. People need to make use of diffusers for people to inhale the scent of essential oils. Some essential oils are also ideal for being applied over the skin by diluting with a carrier oil.
- **Lemon Balm:** It is prescribed that consuming around 3 grams of lemon balm every day for around eight weeks might reduce anxiety, stress, and depression.

You can always meditate to calm your mind if you do not want to use herbs or other medications to treat stress, depression, or anxiety. You can always make an effort to avoid depression and anxiety! However, you can always rely on these herbs if it becomes uncontrollable and unpredictable.

## Herbal Remedies for Sore Throats and Coughs

Many over-the-counter (OTC) products are available at pharmacies to treat your cough and sore throat. On the other hand, natural herbs can be helpful if you prefer to use natural medications or plants to treat coughs or sore throats. Many medications sold in stores eventually contain plant compounds. These herbal remedies are to blame for this ailment:

- **Eucalyptus Oil:** Around 12 drops of eucalyptus oil with boiling water should be consumed at least three times daily to reduce cough problems. Continue with the dosage until you feel at ease in your symptoms.
- **Licorice Root:** Licorice root has been used since the Native Americans' era to treat sore throats. The remedies are used as lozenges or gargles for ideal treatment outcomes. The licorice root also attends the post-surgery soreness in the throat. But remember not to consume this herb excessively, as it might trigger high blood pressure.
- **Sage:** Sage is accountable for reducing bronchospasm problems, also known as the contraction of airways. Sage has historical evidence of treating asthma and cough symptoms. There is a need for more research on humans to prove its determined effectiveness in healing the condition.

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# Chapter 4: How to Store Herbs



Herbal remedies should be kept away from children unless directed by a doctor. This is because most herbs have not yet been thoroughly tested on children.

Remember that switching to herbal is more than just a decision; it requires planning! Whether it is a natural disaster that is about to cause health and food problems or a health problem that requires a long-term and permanent cure, you have herbs as a backup. They are not only

medicines but also edible in most cases. Most households around the world use them as spices and side dishes.

So, for your initial prepping practices, refer to these ailments and the herbs used to prepare their remedies. However, over time, you will need to broaden your knowledge and investigate other serious ailments that require infusion-based herbal remedies for treatment. A prepper must be aware of the extent of their preparations! As a result, if you decide to enter the world of herbs, ensure you learn everything you can about it over time. You only need to remember that people from all over the world are assisting one another.

You can get better help by discussing your concerns and considerations with a doctor or herbalist! They will be able to provide evidence on which herbs to trust and which to avoid.

## **How to Keep Herbs Fresh in the Refrigerator**

If you need to store herbs for a few days, you can do a few things to help them last longer.

Tougher herbs, such as rosemary, thyme, and sage, with woody stalks, thicker leaves, and short sprigs, can be stored in a plastic bag or wrapped in plastic wrap for up to a week before using. Any moisture trapped inside could cause mold to grow on the herbs you don't want! Real Simple

recommends storing them in the coldest part of your refrigerator.

Other, more delicate herbs, like parsley, cilantro, and basil, should not be treated the same way. The volatile oils mentioned earlier will evaporate, leaving you with a handful of flavorless leaves. Instead, treat them as flowers by clipping the ends and placing them upright in an inch of water in a sturdy container to allow them to bloom.

Then, leave them out on the counter instead of storing them in the refrigerator.

Alternatively, wrap fragile herbs in a moist paper towel before storing them to extend their life. Cooking Light recommends storing the ingredients in an airtight plastic bag to extend their shelf life.

## **How to Keep Fresh Herbs Fresh for Later Use**

If you have more herbs than your kitchen can handle, place them in freezer bags and store them in the freezer. Then, to preserve the herbs, place them in an ice cube tray and cover them with water or oil. (If you want to cram even more spices into the compartments, chop the herbs ahead of time.) After freezing, you can use the herbs in various recipes or thaw them before using them in the kitchen.

Another option is to make your herbs into a sauce and freeze it to develop a more robust flavor over time. Then, simply follow the directions for your favorite pesto recipe,

substituting your preferred herb for the basil (handy tip: any dark, leafy green with tender leaves works as "pesto," including spinach and arugula).

As before, scoop a spoonful of pesto onto an ice tray and freeze. When ready to use the pesto, simply microwave the cubes or toss them into a skillet or saucepan with the rest of the ingredients.

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# **Book 2: Medicine to Stockpile**

Emergencies may occur without warning. You can be without phone service, electricity, refrigeration, or clean water for days or weeks. You might be advised to stay home in specific circumstances, like during a disease outbreak, for your safety. So, maintaining a supply of medicines is crucial. Here, you will discover what kind of medications you should always keep on hand and how to store them properly.

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# Chapter 1: Medicine You Should Have On Hand



## Medication Every Medicine Cabinet Should Have

### Allergy Medication

Supplied medicine cabinets should include eye drops and allergy medications depending on the season and where you live. Holder also suggests carrying both a "sleepy" allergy medicine (for use before bed) and a non-tired allergy medicine (for use during the day).

### Antibacterial Ointment or Cream

Antibacterial creams and salves treat or prevent minor skin infections caused by small pieces, scraped spots, or bug nibbles. "There is a difference between a cream and a

salve," Holder explained. "Because creams are water soluble, clients should apply them after washing the injury with a cleaning agent and water." Holder recommends using antibacterial cream when staying indoors, where sweat is more unpredictable. Balms are oil-based and can be applied when the person is in contact with water."

## **Decongestant**

Pseudoephedrine used to make methamphetamine, is commonly found in decongestant drugs behind the drug store counter. As a result, Holder frequently suggests decongestants found on standard drug store shelves; however, decongestants found behind the counter work admirably.

## **Pain Reliever**

When choosing a pain reliever for your medicine cabinet, keep your family's needs in mind. "However," Holder added, "some pain medication should be required regularly." Consider which pain relievers are most effective for your needs and keep at least one on hand; if you have children, keep pain relievers for children on hand as well.

## **Anti-Diarrheal**

"Medicine cabinets, especially for families with small children or even older people, should have an enemy of diarrhea," Holder said. This medication slows the development of the stomach, reducing the number of side effects and making the stool less watery.

## **Calamine Lotion**

Calamine salve is a highly effective treatment for minor skin irritations such as bug bites or minor consumption. The salve can relieve irritation, and if you have a bug bite, Holder says pairing the calamine moisturizer with an allergy medication is also good.

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# Chapter 2: How to Know the Medicine You Bring will Solve Any Health Problem



Medication is important in managing an illness but can be harmful if misused. It's enough not to notice that you take a blue case and a yellow tablet twice daily. You must be familiar with the names of your medications and the critical insights into how they work. For example, some medications may interact negatively with certain foods, medications, or even food supplements, making you extremely ill.

Find a way to learn more about the treatment that has been recommended for you. Feel free to contact your doctor or a drug specialist for assistance in answering these questions.

1. What is the name of the medicine?
2. For what reason do I have to take it?
3. When and how might I take it? With water? With food? While starving?
4. They are sum would it be wise for me to take? How would it be a good idea for me to respond if I missed a portion?
5. What could medication bring about secondary effects? Which ones would it be fitting for me to call the specialist about?
6. Are there any food varieties or medicines I should avoid while taking this medicine?
7. Will this medication change how my different medicines work?

Find these ways to ensure your safety in addition to asking your doctor or a drug specialist for help understanding your medications.

- Fill your prescriptions at the same pharmacy regularly. Your medical history is now on a single document.
- Request a medication reality sheet from your drug specialist.
- Keep a list of the various solutions and over-the-counter medications you use in your wallet or handbag. Make sure to include nutrients, health supplements, and homegrown remedies. When there are changes in your

daily schedule, update the rundown. Take down the name of everything, the measurement, why you need it, and when you need to take it.

- Inform your doctor and drug specialist if you have any ailments or allergies to medications or foods or if you are pregnant or breastfeeding.

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# **Book 3: Prepper's Natural Medicine**

Everyone has access to natural medicine. There is no licensing board, and certification courses are entirely optional. You can learn herbalism on your own or by enrolling in a course.

Natural medicine requires no permission to practice or study.

Natural medicine manufacturing procedures appear deceptively simple compared to pharmaceutical manufacturing standards. I don't know many homesteaders who can make Tamiflu, but I know a few who can make flu-fighting berry nectar. To be honest, there is much to learn about natural medicine before practicing it safely and effectively. There are no quick fixes, and learning is an ongoing process. Students study for many years and devote countless hours to their studies. On the other hand, mastering the fundamental procedures is a simple and enjoyable process that promises long-term benefits for the beginning herbalist.

The ability to reproduce or wildcraft herbs, edibles, lipids, mushrooms, lichens, and waxes year after year is the most apparent advantage of natural medicine for preppers. Having natural remedies on hand to address health issues

after the pharmacy's shelves have run dry is a prudent survival strategy.

People will eventually form a social structure and a support network. They will rebuild to increase the worth of their lives.

We can only speculate on what a new currency, whether silver or gold, might look like. Medications and the ability to use them will always be valuable.

Knowledge of which plants can treat bronchitis, how to make a prenatal vitamin supplement from common plants, how to perform lymph drainage on a swollen, injured ankle, and experience with emergency or "ditch" medicine will be in high demand. People will eventually form a social hierarchy and a network of support. They will rebuild to improve people's lives. We can only speculate on the nature of a new currency.

Many plants are medicinal. From the roots to the treetops, every part of a plant can be used to treat a variety of ailments. Plants contain chemicals that can be either beneficial or harmful to the body. For example, most parts of the deadly nightshade (belladonna) are highly toxic and were traditionally used as a poison, as the name implies. On the other hand, the plant's leaves and roots can be used as muscle relaxants to treat peptic ulcers. As a result, this plant possesses both positive and negative traits. Regardless of how appealing it may sound, only take deadly nightshade if it has been prescribed to you. An overdose has the potential to be fatal. Herbal medicine uses plants with



positive effects when taken in the proper dosage, serving as the foundation for modern medicine.

Many plants we eat are also effective for herbal medicine and are grown for herbal use. Living outside Western countries, you've probably heard of fruits and vegetables eaten to treat specific illnesses. For example, papaya is beneficial for snacking, deworming digestive issues, and wound healing. Foods that double as medicine in the United States include oats, lemons, onions, and garlic. These are widely available and reasonably priced foods in grocery stores across the United States. They are all useful and convenient to have on hand. Herbal medicine can therefore include both edible and medicinal plants.

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# Chapter 1: Benefits of Natural Medicine



Learning about natural medicine is essential for becoming a prepper. There is a lot you can do once you know about the medicinal properties of plants and herbs, whether you are looking for common cold and flu remedies or treating allergies; whenever you are learning something new, the motivation to continue learning increases when you become aware of its benefits.

It's not just about learning about the various herbs and medicinal plants used in survival medicine. You should also educate yourself on multiple preparations. In this book, we've compiled the information you'll need for various

preparations in the form of recipes. Before you begin, consider the following advantages of natural medicine and remedies:

Natural medicine has numerous advantages, which explains why it has been practiced for thousands of years. As you read the following benefits, you will understand why you should learn more about natural medicine and start stocking up on a home apothecary.

- Natural medicine is far less expensive than modern medicine. Prescription medications are well-known for their high cost. On the other hand, herbal medicines are much cheaper to produce because they are made from readily available natural resources. Because the production cost is low, the retail cost is also common. It will help you save money on upfront costs and by preventing illnesses in the first place. Natural medicine will help you learn more about healing and managing your conditions.
- It will improve your immune system. Natural medicine is vital for improving overall health and assisting you in consuming the right foods and ingredients daily. This helps ensure that your body receives all the necessary nutrients to function correctly. Your immune system is boosted, keeping you healthy.
- It will help your body overcome nutritional deficiencies while supporting healing. Prescription medications function in such a way that they mask your symptoms while not necessarily curing the ailment. You feel

better, but your internal condition remains unchanged. Natural medicine teaches you to listen to your body and identify the source of your pain.

- When compared to modern medicine, natural medicine generally has fewer side effects. Because the ingredients are natural, the body responds favorably to natural medicine. You can gradually reduce or eliminate the former's side effects when you replace a prescription drug with a natural remedy.
- Nature provides all the raw materials required to heal your body using natural medicine. You don't have to rely on pharmacies or stores, and you can grow most of the ingredients yourself. It gives you the power to take charge of your health.
- Another advantage of natural medicine is that compared to pharmaceuticals, making medicine at home is less expensive. They are simple to make and use readily available natural ingredients. You can further reduce costs by growing some medicinal plants and herbs at home.
- Herbal remedies encourage self-healing rather than simply treating symptoms. The majority of prescription drugs and pharmaceuticals are designed to treat symptoms first. For example, taking an aspirin relieves the pain when you get a headache. It does not address the source of the pain. When you begin to use natural medicine, you are not only treating the pain or discomfort but also the source.

- Natural medicine education is hugely empowering. When you know you can take care of your medical needs and those around you, you will feel more in control. You have the skills and resources to solve any problem, even in dire situations and emergencies.
- Another advantage of learning about natural medicine is gaining a new skill. Learning how to make lotions and balms, as well as tinctures, are all ways to improve your overall health. This book's list of herbs and medicinal plants will improve your understanding of natural medicine. Knowledge is priceless, and information is powerful. Always keep this in mind. It's never a bad idea to learn something new.

After reading about these advantages, you may want to start incorporating natural medicine and remedies into your daily life rather than just in emergencies. Choosing natural medicine provides a holistic approach to improving your overall health and well-being.

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# Chapter 2: Growing Medical Herbs



Many plants have healing and regenerative properties. You probably already have some on your spice rack. However, if something unexpected occurs, such as a natural disaster, you may be unable to buy them in a store. Growing them is a great way to ensure access whenever you need them. The recent coronavirus pandemic has highlighted the importance of strong immunity. Many herbs, among others, can help you with this. Spices like pepper, cinnamon, cayenne, cloves, and herbs like oregano, garlic, basil, fennel, and sage should be consumed daily. These herbs can be grown in pots and gardens. Dried onions can be stored if you live in an apartment and don't have enough space to grow your herbs. They can be kept for up to a year if

desired. They will keep their healing properties in unopened containers for 12-18 months.

The following are some essential spices with healing properties:

- **Black pepper:** It has a high energy level, which warms the body and improves circulation, but it can also be used to stop blood flow from wounds.
- **Cayenne pepper:** It stimulates the cardiovascular system, increasing blood flow, accelerating digestion, and even stopping minor bleeding. Cayenne may keep the body warm throughout winter and boost immunity to colds and viruses.
- **Cloves:** Because of their analgesic and antibacterial properties, clove oil may be useful in treating tooth and gum infections. Cloves' antibacterial properties make them ideal for including in a topical ointment to treat burns and skin irritations. Cloves may be reduced more efficiently in teas.
- **Cinnamon:** In small daily doses, cinnamon improves digestion, relieves stomach cramps, and stimulates circulation throughout the body.

Here are a few medicinal herbs that you can grow:

- **Bay Leaves:** excellent digestive aid, especially when made into tea. Bay leaves will have a less potent effect when added to your meals. They keep stomach acids at bay when consumed regularly.
- **Basil:** Basil is another well-known sleep aid that reduces anxiety and tension. Its calming perfume can

elevate one's spirits and alleviate mental problems.

- **Garlic:** Garlic is a strong antibiotic that can help you fight colds and flu by boosting your immunity and preventing infection.
- **Oregano:** A rich source of antioxidants, which are potent immune boosters that may help you fight infections. Oregano may also help to relieve coughs, settle the stomach, relax the mind, and promote restful sleep when used in tea.
- **Sage:** Sage is recommended for improving digestion and calming coughs, particularly in the winter. It may also be used as a natural antibiotic source and can be taken orally or made into an ointment.

Your garden may also include other medicinal herbs with powerful healing properties. Many medicinal herbs, such as peppermint, thyme, rosemary, and fennel, have potent regenerative properties that should not be overlooked.

Growing and stockpiling medicinal herbs could come in handy in an emergency. Not to mention the money you could save by using natural medicines instead of expensive supplements.

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# Chapter 3: Essential Oils



## What are Essential Oils?

Essential oil is the essence of a herb, flower, or fruit rind. It is the most effective way to use herbals and other plant materials. They are created by distilling or pressing plant matter. Essential oils are heavily used in aromatherapy blends and preparations.

High-quality essential oils are essential because they contain the components needed to heal your body. The purer it is, the better the effects. A small amount of oil is usually enough; a drop is frequently enough. While they are more expensive than the average essential oil, the benefits outweigh the cost, especially when used correctly.

They are extremely useful pure, highly concentrated compounds. A couple of drops of these oils will suffice for

whatever purpose you have in mind. It is far superior to slathering on a thick layer of cream or lotion on your skin. Because they are concentrated, you must dilute them with something before applying them topically. If a strong essential oil is applied directly to the skin, it can cause severe reactions.

You've probably heard of aromatherapy, but it's a good idea to learn more about it before using it. If you are not cautious, you may cause more harm than good. This is why professional aromatherapy practitioners devote so much time and effort to learning how to use essential oils correctly. However, you can learn the fundamentals independently if you proceed with caution. Instead of buying essential oils in stores, we'll show you how to make your own. The most effective and beneficial form is always the purest form. The concentrated oils are the extracted form of each plant's inner essence. These oil concentrations provide plants with hundreds of useful properties. However, most of them must be diluted with carrier oils before use. To save money, you can also try essential oil extraction at home. This will save you money and ensure you get the purest product possible. The oils should then be stored and used as needed.

Essential oils are pure plant extracts used for thousands of years for their medicinal properties. They are extracted directly from plant and tree flowers, fruits, roots, leaves, or resins. They are so concentrated that only a few drops are required to work their magic. They can be applied directly to

the skin or ingested, though some should not be consumed. You must exercise caution to ensure that you are not allergic to them. There are thousands of essential oils. There are nearly a hundred letters in the alphabet, so it is impossible to list them all, but here are some of the most beneficial ones and their properties.

## List of Essential Oils

### Pure Essential Oils

If you haven't already realized it, essential oils are incredibly potent. Not only can certain smells elicit specific emotions and sensations, such as serenity or attentiveness, but many of them are also therapeutic. The following essential oils should be kept in your first-aid kit:

### Tea Tree Oil

This is a well-known oil, and tea tree oil is one of the most effective natural remedies for skin rashes. You can dilute a few drops in aloe vera gel or honey and have a perfect mask. Be careful—avoid exposing yourself to the sun after applying it, or you will get spots! It has antifungal, antimicrobial, antiviral, and antibacterial properties, making it a must-have in the battle against all baddies. Additionally, it aids in the relief of pain. Many medicinal uses, ranging from fungal diseases to warts, benefit from this supplement.

### Lavender Essential Oil

It has relaxing and analgesic properties, which is why it is widely used in aromatherapy to relieve stress and insomnia. Wonderfully soothing. It may help you fall asleep or relax when you're feeling unwell. It has antibacterial properties as well as is a pain reducer. Skin ailments such as burns or cuts benefit greatly from this therapy. A good tip for a better rest is to put a few drops on your pillow.

## **Lemon Essential Oil**

This is widely used due to its astringent properties. It is also a powerful disinfectant and healer. It can commonly be used as an air freshener at home due to its refreshing aroma.

## **Rosemary Essential Oil**

You can use it in combination with olive oil to relieve discomfort and back pain and also use it for circulation problems. Use it while massaging your legs upwards. Doctors and naturalists use it for scalp problems and to achieve more beautiful hair.

## **Sandalwood Oil**

This oil strengthens hair and smoothes skin. Its strong aroma makes it one of the favorites of yoga lovers. It is also used in cosmetics to moisturize dry skin.

## **Eucalyptus Essential Oil**

This is the base oil for aromatherapy. It is recommended for many people with asthma due to its decongestant capabilities. It is also helpful for coughs, flu, throat

infections, and muscle pain. Congestion-clearing properties are excellent. It has antiseptic and antiviral properties. It is exceptionally beneficial for all respiratory problems as well as specific allergies. It is only advised for external usage.

## **Cinnamon Essential Oil**

It has strong antiseptic properties, making it ideal for the skin. Preparing a rejuvenating scrub is a good idea by mixing this oil with sugar, orange juice, and olive oil. Your skin will be perfect!

## **Thyme Essential Oil**

In addition to relieving respiratory problems, it improves memory and stimulates the mind and body.

## **Clove Oil**

This oil is not only effective in combating tooth discomfort but is also remarkably flexible. It is effective against fungi, bacteria, microorganisms, and viruses. Additionally, it has a somewhat sedating effect. Apart from relieving dental discomfort, cloves may be used to heal small wounds and cuts.

## **Chamomile Oil**

However, pure chamomile is ideal for use in a first-aid kit in addition to tea. The oil has a soothing impact on the body and helps to decrease inflammation and discomfort. Exceptional for treating skin problems like eczema and

rashes, but also works wonders on other aches and pains, such as cramps and migraines.

## **Peppermint Oil**

Peppermint oil has a jolting effect on the senses with just a sniff. This oil is antibacterial and antiseptic, making it an excellent choice for wound care. During a spell of nausea and vomiting, it is ideal for clearing nasal congestion and soothing the stomach, among other things. Being able to be consumed or applied externally makes it very adaptable.

Now that you are aware of these plants and oils, the following chapters of this book will teach you how to make herbal medicine recipes and a first aid kit.

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# **Book 4: Herbal Medicine Recipes**

Rather than relying solely on pharmaceuticals and other manufactured prescription drugs, it is preferable to use natural medicine and remedies. Natural remedies are not only more beneficial, but they are also more readily available in the event of a medicine shortage. It is, as previously stated, empowering. You never know when such abilities will be helpful. After all, the only way to mitigate the effects of adversity is to be prepared.

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# Chapter 1: Herbal Medicine Recipes You Can Easily Make Yourself



## 1. Colds/Immune Boost Diffuse

**Preparation Time:** 20 minutes

**Servings:** 2

**Ingredients:**

- 4 drops lemon essential oil
- 3 drops eucalyptus essential oil
- 1 drop thyme essential oil

**Directions:**



1. Add the directed number of drops into your diffuser.
2. If needed by your particular diffuser, add water.
3. Allow diffusing in the room for at least 25-30 minutes.

## 2. Lavender Marjoram Bath Salt

**Preparation Time:** 10 minutes

**Servings:** 1

**Ingredients:**

- 3 cups Epsom salt
- ½ cup baking soda
- 20 drops lavender essential oil
- 10 drops peppermint essential oil
- 10 drops marjoram essential oil
- 5 drops eucalyptus essential oil
- 5 drops rosemary essential oil
- 10 drops natural food coloring

**Directions:**

1. Add the specified Epsom salt and the baking soda to a glass bowl and gently mash them with a wooden spoon or spatula.
2. Stir with a wooden spatula to mix the salt and baking soda well, add food coloring and continue to stir to blend the mixture well.
3. Add the essential oils one at a time and stir after adding each one to let it blend well.

4. Use about 3–5 tbsp. of the bath salt in a bathtub filled with hot water.
5. Then step into the bathtub and soak for about 25–30 minutes. Rinse off the body with chilly water.
6. Store your creation in a dark glass bottle or jar and cover it tightly.

## 3. Goodnight Tincture

**Preparation Time:** 10 minutes

**Servings:** 2

**Ingredient:**

- 3 tbsp. Valerian Root tincture
- 3 tbsp. Chamomile Flowers tincture
- 3 tbsp. Linden Leaves tincture

**Directions:**

1. Put the tinctures in an amber glass bottle with a dropper lid in the indicated proportions.
2. Label it.

Take 3 drops one hour before bedtime. Then 2 more half an hour before bedtime. Finally, 2 drops before going to bed.

## 4. Rooibos Tea



**Preparation Time:** 20 minutes

**Servings:** 2

**Ingredients:**

- Rooibos tea
- cups water
- cubes Brown sugar
- lemon Juice
- Honey

**Directions:**

1. Heat the water to a medium-high temperature in a medium-sized pot. Once the water has reached a boil, turn off the heat.
2. Pour the rooibos tea into a teapot. Pour the boiling water over the tea. Allow 5 to 6 minutes for the rooibos tea flavor to integrate completely with the boiling water.
3. Half-fill teacups with the prepared tea. To make it sweeter, you can add sugar cubes.

4. Add a few drops of lemon juice and honey to taste.
5. Relax by sipping a cup of hot tea.

## 5. Calming Vanilla and Eucalyptus Bath Salts

Warm vanilla and invigorating eucalypti are anti-inflammatory and moisturizers in addition to stimulating your sense of smell.

Eucalyptus oil, a natural germicide, has been used to cure wounds for years. In contrast, the aroma of vanilla has been shown to boost the synthesis of serotonin and endorphins, the chemicals responsible for emotions of contentment and fulfillment.

**Preparation Time:** 20 minutes

**Servings:** 1

**Ingredients:**

- 1 cup Epsom salt
- 1/2 cup baking soda
- 3 drops eucalyptus essential oil
- 8 drops vanilla in jojoba oil

**Directions:**

1. In a big sealable plastic bag, combine the Epsom salt, baking soda, and essential oils.
2. Close the bag and rub the contents with your hands to combine them thoroughly.

3. Transfer the contents of the plastic bag to a lidded glass container.

One tablespoon each bath is recommended.

## 6. Blistery Rash Poultice

In case of blisters due to contact with an irritating substance, use this astringent poultice to remove the liquid and reduce the itching.

**Preparation Time:** 20 minutes

**Servings:** 1

### **Ingredients:**

- 1 cup St. John's Wort flowers and leaves
- 1 cup rose petals
- 1 cup Yarrow leaves
- 1 cup Calendula flowers
- 1 cup Heal -all flowers

### **Directions:**

1. Mix the herbs in a mason jar for easy storage.
2. Create the poultice with some tbsp. of the mixture and a little bit of distilled boiling water.
3. Apply it to the rash.

## 7. Blistery Rash Quick Fix Poultice



**Preparation Time:** 15 minutes

**Servings:** 2

**Ingredients:**

- 1 Black or Green Tea Bag

**Directions:**

1. If you are in a hurry or do not have herbs at home, you can prepare a tea and apply the wet, warm tea bag to the rash.

## 8. Hibiscus Ginger Tea

**Preparation Time:** 10 minutes

**Servings:** 2

**Ingredients:**

- 1 liter of water
- 3 teaspoons of sugar
- 2 heaping tablespoons of dried hibiscus flowers
- 3 thinly sliced ginger slices.

- 1 cinnamon stick

**Directions:**

1. Bring the water and sugar to a gentle boil in a saucepan.
2. Turn off the heat after stirring until the sugar is dissolved.
3. Combine the hibiscus flowers, ginger, and cinnamon stick in a mixing bowl. Steep for 10 minutes, covered.
4. Pour into the jar.
5. Allow cooling before serving.
6. Serve with ice and a piece of orange or lime.

## 9. Basil Tea

**Preparation Time:** 20 minutes

**Servings:** 2

**Ingredients:**

- 2 tablespoons of fresh basil finely chopped.
- 1 cup of hot water
- 4 teaspoons lemon juice
- 1 teaspoon grated fresh ginger
- Honey, to taste

**Directions:**

1. In a small saucepan, heat the basil and ginger until fragrant.
2. Pour boiling water over the top of some ice cubes.
3. Allow for a steeping time of about 5 minutes
4. Sieve the mixture to remove any lumps.

5. Combine with lemon juice and honey.

## 10. Aloe Vera (Aloe Vera) for Burns



This is probably the most straightforward solution you'll come across. Now is the time to try aloe if you haven't already. To ensure you aren't allergic, test it on a small skin patch first.

**Preparation Time:** 20 minutes

**Servings:** 2

**Ingredients:**

- An aloe Vera plant leaf

**Directions::**

1. Simply cut the leaf tips off at an angle (but not too steeply straight), leaving at least some leaves.
2. Using a knife, thinly slice the leaf. The gel can be seen by slicing the leaf in half.



3. Directly apply the gel to the burn.

## 11. Tongue Wash

**Preparation time:** 5 minutes

**Serving:** 4 cups

**Ingredients:**

- 1 tablespoon chamomile
- 1 teaspoon mint
- 1 teaspoon sage
- 4 cups hot water
- a small amount of oak bark

**Directions:**

1. Hot water should be added to the herbs.
2. Wait for the water to cool down before straining it.
3. A spoonful of salt may be added after that.
4. All that's left for you to do is swirl this water around in your mouth after brushing your teeth twice daily for the rest of the day.

## 12. Motherwort Tea

**Preparation Time:** 10 minutes

**Servings:** 2

**Ingredients:**

- 1 to 2 tsp. motherwort leaves, dried
- 2 cups hot water
- 1 tsp. honey or other sweetness

**Directions:**

1. Fill the teapot with 2 cups of boiling water.
2. Allow 5-10 minutes for the combination to steep; the longer it steeps, the stronger the tea will be.
3. Remove the tea leaves with a strainer.
4. Stir in 1 tsp. of honey or another sweetener to taste.

**Uses:**

- Used to treat inflammatory diseases, but its interior effects are far more obvious.
- Reduces Anxiety.
- Menstruation Relief.
- Reproductive System That Is Healthy.

## 13. Bay Leaves Tea

**Preparation Time:** 20 minutes

**Servings:** 2

**Ingredients:**

- 3 big bay leaves from the West Indies
- 3 quarts water
- 1.5 to 2 cups of milk
- 1-2 tsp. honey/sugar

**Directions:**

1. Add three large West Indian Bay leaves to a pot of water to make bay leaf tea (fresh leaves).
2. Bring a pot of water to a boil. Allow the tea to boil for 5 minutes before turning off the heat.
3. Allow the bay leaves to steep for another 3 minutes.

4. Remove the bay leaves from the tea and serve it hot.
5. If you're using a natural sweetener or milk, use it sparingly because the flavor is subtle.

**Uses:**

- Enhances digestion
- Ideal for sleeplessness
- Promotes heart health
- Stress is reduced.
- Aids in the treatment of diabetes

## 14. Aloe Vera (Aloe Vera) for Burns

**Preparation Time:** 10 minutes

**Servings:** 2

**Ingredients:**

- The aloe vera plant's leaf

**Directions:**

1. This is probably the most straightforward solution you'll come across. Now is the time to try aloe if you haven't already.
2. To ensure you aren't allergic, test it on a small skin patch first.
3. Take one of the leaves and cut the tip off at an angle (but not too steeply) straight across, with at least some leaves still on the tree. Using a knife, thinly slice the onion.

4. The gel can be seen by slicing the leaf in half. Directly apply the gel to the burn.

## 15. Elderberry Syrup



**Preparation Time:** 10 minutes

**Servings:** 2

**Ingredients:**

- 100 g dried elderberries
- 1-2 quarts of cold distilled water
- a half cup of honey (raw)

**Directions:**

1. Combine the water and berries in a large stockpot. Soak for 30-60 minutes.
2. Bring to a boil, occasionally stirring, over medium heat.
3. When you're dealing with a rolling boil, cook for 30-45 minutes, stirring occasionally and removing the pan from the stove. Toxins that could be harmful are removed during the cooking process.

4. Strain the mixture and measure it. For these purposes, it should be remarkably close to 2 cups.
5. In a mixing bowl, combine the honey and the lemon juice.
6. Place the pot back on the stove.
7. Refrigerate for up to 2 weeks before serving.

To get one dose, divide your total amount by one. If you're healthy, you can take 1 tablespoon every 3-4 hours (up to six times a day), and children over one should take one teaspoon per dose.

## 16. Honey with Sage Infusion

**Preparation Time:** 20 minutes

**Servings:** 2

**Ingredients:**

- A cup of honey (raw)
- 1 cup sage leaves, fresh

**Directions:**

1. Wash and dry the sage leaves.
2. Remove the leaves from the stems if you haven't already.
3. In your glass jar, place the sage and fill it up to 34% of the way with water.
4. Pour honey into the jar.
5. Heat destroys many of the medicinal properties of raw honey. Stir the honey in your jar once it has reached the

desired consistency. The jar must be labeled and sealed.

6. Store the container in a cool, dry, and dark location. It will be at its peak for a year. Always use a clean spoon to avoid contamination when taking honey out of the jar.

## 17.

## Elderberry

### Extract/Tincture

**Preparation Time:** 20 minutes

**Servings:** 2

**Ingredients:**

- Dried or fresh elderberries
- Cover with menstrual clots (vodka or liquor of choice).
- 1 oz. to 16 oz (470 ml)

**Directions:**

1. Fill a 1-16 ounce (470 ml) container with dried material to 33% capacity before adding fluid (menstruum is the specific term for the dissolvable or liquid).
2. Fill the jar with herbs to the top.

# **Book 5: The Prepper's Survival Kit**

First aid is the prompt care given to a person who has been injured or is sick until complete medical therapy is available. For minor injuries, first aid treatment may suffice. First aid should be used for serious issues until more advanced care is available.

Many situations may necessitate first aid, and many countries have regulations, guidelines, or instructions determining a basic level of first aid arrangement in specific situations. This can include explicit training or hardware available in the workplace (such as a mechanized external defibrillator), expert first aid cover collection at public social events, or mandatory first aid training inside schools. In any case, first aid requires no specific hardware or prior knowledge and can include the act of spontaneity with materials available at the time, frequently by undeveloped individuals.

Suturing an injury is a thrilling aspect of the prepper lifestyle. In a primitive environment, however, this would be futile because it would increase the risk of infection. Bandaging the wound will keep it clean in this situation. Herbal poultices are another great way to reduce inflammation and stimulate tissue regeneration. The Basics of First Aid and Medical Herbs for Survival Prepping will be a useful addition to your bug-out bag if you're camping.

Reading the directions on the packaging is one way to ensure that you have the right medical supplies for any situation. Even if you believe you do not require a specific item, it is still a good idea to have detailed instructions on hand. This will boost your confidence and give you peace of mind in an emergency. You can save money on shipping by purchasing first aid supplies in bulk, and you'll be ready for any unforeseen event.

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# Chapter 1: First Aid Kit



First aid is the first and most immediate assistance given to anyone suffering from a minor or major illness or injury to save a life, prevent the condition from worsening or promote recovery.

When putting together your first aid kit, list the items you're most likely to use. Next, rate each item on a scale of one to five, with one being the least likely to occur and five being the most common. Depending on the risk, you can make your first aid kit or buy one ready-made. This way, you'll always know what you'll need.

## Storage of First Aid Kit

When preparing for a disaster, it is critical to have a basic first aid kit on hand. You don't want to be caught without this vital medical equipment. Planning ahead of time will

save you time in an emergency. If a disaster strikes, you will not have time to go through all medical supplies. Instead, you will be given a time limit to obtain a specific medication. Everything you need should be easily accessible.

There are numerous types of first aid kits. Pillboxes, for example, are compact and practical. These are available online as well as in retail stores. They can be reused or recycled and are designed to store medical supplies. Others are more expensive, so go with the least costly option. Whether you buy a plastic or metal container, you should buy a zippered bag. Zipper bags are available in various sizes, shapes, colors, and designs.

Remember that the contents can be replaced when storing a survival first aid kit. Keep first aid supplies in a waterproof container to keep moisture at bay. You can even bring your baseball equipment if you go camping. If you have enough room, a first-aid kit can be useful. It will, however, be invaluable in a survival situation.

A great first aid kit can be customized to meet your specific requirements. You can customize the kit for a specific purpose by purchasing the necessary items. Whether you need a bandage or not, a first aid kit can be useful. A survival medical kit can save hundreds of dollars, but an EDC model will set you back less than \$100. You will, fortunately, have enough money to upgrade your supplies if necessary.

The primary goal of first aid is to prevent death or severe injury. The abbreviation 'the three Ps' sums up the critical

points of first aid:

- Preserve life
- Prevent deterioration
- Promote recovery

## Instruments for First Aid

Starting your survival first aid kit with the things you already have at home is a smart idea. These things are suggested for treating small cuts and scrapes that are common in everyday life.

This harm includes:

- Abrasions
- Burns
- Cuts
- Splinters
- Sprains
- Stings

These injuries can occur even after a disaster, so having items to treat them in your survival kit is a good idea. You must supplement it with a few additional injury-specific items and personal medications.

In your supply, don't forget to include some medication to relieve the symptoms of respiratory and gastrointestinal infections, such as coughing, fever, stomach pains, and diarrhea. If you have children, keep medications in dosages appropriate for their age and current prescriptions on hand.

The following are the items and utensils that should be included in your first-aid kit:

- Bandages and self-adhesive tape
- Anti-diarrhea and antacid medications
- An antiseptic used to clean wounds and hands
- Oral and topical antihistamines
- Antibacterial cream or spray for minor cuts and scrapes
- Antiseptic lotion or spray for insect bites and rashes
- Aspirin or any pain reliever that can also be used to prevent heart attacks
- Bandages for sprains and splints, as well as securing gauze to wounds
- Relief gel or relief cream
- Cough suppressant drugs
- First-aid guidelines
- Ibuprofen or a pain reliever, fever reducer, and antibiotic
- Knife
- A mask for CPR
- Moleskin is applied to minor burns and blisters
- Instrument sterilization
- Asthma and cold nasal decongestant
- Non-adhesive sterile gauze pads for cleaning and covering wounds and burns
- Medications on prescription
- A phone card with at least 60 minutes of talk time, spare change for pay phones, and an emergency

contact list

- Other significant phone numbers, such as 911 and poison control.
- plastic resealable bags
- Safety pins for splint removal and bandaging
- single-use gloves and ice packs for infection treatment
- Solar screen
- Scissors (optional)
- A small flashlight
- Topically applied corticosteroids to treat rashes
- Tourniquet bandages and triangular slings
- Tweezers for extracting stingers, splinters, or ticks

All these items are readily available at any well-stocked drugstore, but it is up to you to put them together in an orderly manner. Remember to place the items in a resealable nylon bag with good visibility. You don't need to buy a special case; a nice water-resistant makeup bag will suffice. Drying adhesives and sterilized items are critical. Because this collection is much larger than a standard first-aid kit, labeling and categorizing everything is a good idea. Each category of items can be divided into smaller bags and stuffed into a large backpack. This allows you to keep everything in one place and check to see if anything needs to be restocked regularly.

Make sure you understand how to use all the items in your kit and teach your loved ones how to do the same in case you need first aid. Keep the first-aid kit handy for anyone who is staying with you.

# First Aid Herbal Kit



This list is a great place to start if you want to make a natural first-aid kit. It should be noted that these items should only be used to treat minor injuries and should not be used in place of medical treatment provided by a licensed physician or other qualified health care provider. Natural treatments may be less dangerous than conventional medications, but this should not be used as an excuse to avoid rigorous research in pursuing holistic health care. Essential oils can cause severe reactions in some people, particularly children, and pregnant women. As a result, extreme caution is required.

You should keep these items on hand to have a medicine kit ready in an emergency.

These natural products should be stored in glass jars, preferably wrapped in thick flannel, to prevent them from mixing. Other items stored in a first aid kit compartment

include aloe vera gel, elderberry capsules, lavender oil, and tea bags.

These are the herbs that cannot be missing from your home kit:

- **Green Fennel** strengthens the stomach, promotes digestion, and calms or eliminates gastrointestinal spasms. It is a plant for combating gas, bloating, flatulence, and bad breath.
- **Calendula** is probably one of the best herbs to treat skin conditions such as insect bites, dermatitis, minor sunburns, scalds, abrasions, or scratches. In addition, it helps relieve ear infections and, as an eye drop, can be used on the eyes and a sty.
- The main use of **Milk Thistle** is liver protection, an excellent digestive resource, and an intravenous supplement. It is an excellent digestive resource that helps stimulate the appetite and fights heavy digestion, indigestion, and the feeling of an upset stomach. It is an intravenous tonic for varicose veins and hemorrhoids.
- **Dandelion** is used for hepatobiliary diseases, indigestion, and food poisoning, such as preventing gallstone formation and promoting urination.
- **Echinacea** is one of the well-known plants for strengthening the body's defenses and preventing respiratory and other diseases. It activates the formation of white blood cells, blocks the action of

bacteria and viruses, and prevents infections from spreading.

- ***Eucalyptus*** has hypoglycemic properties and can be used to support conventional or natural remedies for mild diabetes or in its early stages. Vaporizing with its leaves is the best solution to combat congestion caused by mucus in bronchitis and other respiratory diseases.
- ***Bearberry*** is the best herbal remedy for urinary tract infections. Therefore, it is suitable for problems such as cystitis or prostatitis. As an astringent, it is used to stop diarrhea.
- With ***Ginkgo***, the leaves of this legendary tree are the main herbal resource to treat the effects of aging at the vascular level. Herbalists recommend it to stop dementia, increase brain irrigation, and help stop memory loss and concentration.
- ***Devil's Claw*** has become one of the pain's most famous herbal remedies. It is mainly used to combat rheumatic pain and inflammation, arthritis, knee, and hip osteoarthritis, low back pain, and neuralgia. Its use can reduce or replace the consumption of cortisone and NSAIDs, which can damage the gastric mucosa in the long run.
- ***Hypericum*** has antidepressant properties that rival chemical antidepressants that contain MAOIs. It is widely used to treat mild to moderate depression, early depression, non-acute anxiety disorders, night terrors,



states of sadness, nervous palpitations, insomnia, and autonomic disorders related to menopause.

- **Malva** relieves inflammation of the mucous membranes, calms irritating cough, and eliminates mucus. It is suitable for common colds, flu, rhinitis, or sinusitis respiratory allergies. It is also used for stomach irritation, stomach ulcers, diarrhea, and mild constipation.
- **Chamomile** is one of the most consumed plants and one of the most used in the pantry. It is effective in promoting digestion after a heavy meal. It is also helpful in calming menstrual cramps or PMS.
- **Passiflora** combats insomnia and is a great muscle relaxant. It provides restful sleep, although it does not affect everyone equally. It is also designed to combat neurological arrhythmias, palpitations, mild anxiety, hyperactivity, and migraines.
- **Licorice** is an excellent resource for treating digestive disorders. It has a strong sweetening power and can be used to remove the bitterness of many herbs. It can make bronchial secretions more fluid and helps reduce inflammation of the mucous membranes of the respiratory system. It is also used to treat inflammation of the mouth to reduce swelling of the eyelids and around the eyes.
- **Rosemary** has a great stimulating effect on the central nervous system. It helps fight weakness and fatigue

and provides post-rehabilitation support. It is thought to protect liver function.

- The ***Butcher's Broom*** tones the veins and promotes blood flow. It treats poor peripheral circulation problems caused by poor circulation, such as varicose veins, phlebitis, hemorrhoids, and numbness in the hands, feet, or legs.
- ***Sage*** helps relieve symptoms of premenstrual syndrome, the crampy pain that accompanies menstruation, and fights weakness. The external parts are used as a mouthwash or as a gargle for mouth ulcers and wounds, gingivitis, stomatitis, and pharyngitis.
- ***Linden*** calms nervous palpitations and arrhythmias and is suitable for the whole family. It is an excellent resource for natural stress control and is also used to treat insomnia.
- ***Thyme*** is a Mediterranean plant that treats colds, sore throats, and other respiratory problems. Its use is also aimed at eliminating intestinal parasites.
- ***Valerian*** is the best herbal remedy for the treatment of insomnia. It is an excellent ally for young people, children, and athletes who maintain a high level of physical activity because it helps to relax muscles and combat discomfort caused by overwork.

# Chapter 2: Important First Aid Procedures



In catastrophic scenarios, injuries are virtually unavoidable. Depending on the nature of the disaster, you may be injured in various ways. If you are not injured by falling debris, fire, or water, you may be injured due to panic in an emergency. Learning basic first aid techniques can help you prepare for these scenarios, whether they affect you or someone close to you.

While these goals may appear straightforward, worry may cause you to lose sight of what you need to do to help someone you care about. The "Three P's" are the primary goals of first aid. Here's how to implement them.

- **Preserve Life:** The overarching goal of all medical care, including first aid, is to save lives and reduce the risk of death. First aid performed correctly should help reduce the patient's pain level and calm them down during the assessment and treatment process.
- **Prevent Deterioration:** Preventing deterioration includes tending to external factors such as creating some distance from any source of harm and using first aid methods to prevent deteriorating conditions, such as using strain to keep a drain from becoming dangerous.
- **Promote Recovery:** First aid also includes attempting to start the recovery cycle from the disease or injury and, at times, may have finished treatment, for example, by applying a mortar to a bit of hurt.

## Fractures and Sprains

Sprains can occur if you spend a lot of time outside. This danger primarily affects hikers and rock climbers, but it could affect anyone.

Ankles, knees, and elbows are the most sprained joints. The RICE method is the most effective for treating minor sprains. This stands for rest, ice, compression, and elevation. Apply cold packs to the injured area for the first 24 hours after the incident. After that, heat packs may be helpful for pain relief.

Keep an elastic bandage and over-the-counter pain relievers in your first aid kit to relieve the discomfort. Knowing how to

treat sprains before they occur is critical to controlling the pain as soon as possible.

Sprains and fractures can be difficult to distinguish. If a body part looks strange, cannot be moved, or screams for several hours, it is most likely a broken bone rather than a sprain. Sprains usually heal independently, but there are ways to accelerate the healing process. This is accomplished by applying ice to the skin, constricting blood vessels, and reducing blood flow. To avoid contact with sensitive skin, wrap the icing bag in a towel. After icing the injury for a few minutes, rest for a few minutes before repeating the icing. Keep the area elevated and avoid putting any weight on it. If you suspect someone has broken bones, a splint may be used to stabilize and prevent the bones from moving. Straightening the bones should be avoided because it may cause more harm than good. To reduce swelling, apply an ice pack to the injured area and give the person pain relievers.

## **Hypothermia**

Hypothermia, the second leading cause of death, can cause death in the outdoors. Hypothermia can occur when the body's temperature falls below 90 degrees Fahrenheit, resulting in death. It is a medical condition caused by prolonged cold exposure. Symptoms include shivering, a weak pulse and coordination, confusion and slurred speech, and loss of consciousness.

Hypothermia is a condition that requires immediate treatment as soon as it is discovered. Before venturing outdoors for the first time, it is critical to understand hypothermia and how to avoid it. When exposed to cold temperatures or damp conditions, it is possible to become hypothermic.

Being submerged in cold water may intensify this disease. Experts believe that if you fall into cold water and cannot get out within 10 to 15 minutes, you may be unable to get out without assistance. Depending on the temperature of the water, hypothermia can cause cardiac arrest within 90 to 180 minutes. If a person is submerged in cold water, remove them from the cold and wrap them in blankets and heat packs until it is safe to move. Be gentle with them, as any sudden movement in their body could cause cardiac arrest. To avoid scorching, do not apply heat directly to their skin. If they are aware, offer them warm drinks. If the person's clothes are wet, remove them from the cold ground.

You are also susceptible to hypothermia when you are outdoors. You must drink no alcoholic beverages. Alcohol dilates blood vessels, which is hazardous and impairs judgment. Because your blood isn't getting to the rest of your body as quickly as it should, you're losing valuable body heat faster.

Hypothermia has some obvious symptoms. Here are some examples: For most people, shivering is the first sign that their body is becoming too cold. That is the way the body

attempts to warm itself. If you are having difficulty speaking or walking, seek immediate assistance. The Wilderness Skills Institute can teach you more about hypothermia and how to avoid becoming ill from it.

## Allergic Reactions

Allergic reactions happen when the immune system's response to a foreign substance is exaggerated. Anaphylaxis, a potentially fatal condition, may occur if the reaction is severe enough. If you see someone having an allergic reaction, inquire about their allergies. If they do, they might have a pi-pen, which you could use to help them feel better. Allow the individual to lie on their back with their feet elevated. They should remove their clothing to allow them to breathe more freely. No water, food, or medication should be given to them orally. Check to see if the person's clothing is loose and if they can breathe. If you used the pi-Pen, wait about 15 minutes. If the reaction persists, you should administer a second dose.

## Infection Control

Before touching any wounds, use antibacterial hand wipes to disinfect your hands. Avoid using public restrooms to avoid spreading bacteria and causing an infection. You can also use hand sanitizer gel or spray before touching anything.

For assisting with wound care, a total body cleansing station stocked with lancets, alcohol swabs, alcohol wipes, a

thermometer for checking body temperature, and a thermometer tape measure would be ideal.

A portable foot bath can disinfect and clean foot wounds. It is suitable for cleaning but lacks antibacterial properties, resulting in infectious damage.

Any FDA-approved medical tape or bandage may be used. Please ensure they are free of latex and safe to use on human skin or wounds. You should also choose a specific brand of medical tape because some contain silicone. This substance can cause skin irritation or burning if you don't notice it immediately.

## **Heart Attack**

If someone has a heart attack, it is essential to call emergency services immediately. When emergency personnel arrives, they will give the person oxygen and CPR if necessary. They may also give medications to dissolve blood clots or unclog blocked arteries.

## **Burns**

One of the most dreadful accidents that can happen to anyone is burns. Burns are, unfortunately, a common occurrence when camping outside. If this happens to you, you must know how to treat burns effectively and safely.

You should understand the distinction between healing chemical burns and treating burns caused by heat sources like a fire. To avoid spreading fire, ensure everyone in your group understands how to stop, drop, and roll. The brief



motion reduces the increased body surface area caused by the exercise. Moderate burns are easier to deal with in the woods than severe burns, which can be fatal. On the other hand, anyone who suffers a severe and painful burn should seek medical attention immediately.

Treatment of burns can be complex depending on the nature of the injury and what caused it. The first thing you should do if you come across someone with a burn of any kind is to remove the source of the burn. Next, assess the extent of the burn. A first-degree burn affects only the skin's surface layer. A second-degree burn damages the skin's deeper structures and causes visible damage. Third-degree burns are the most serious and can have long-term consequences. They require immediate medical assistance.

For first-degree burns, apply a cold compress to the burn and secure it in place. To treat the burn, you can use a variety of substances, such as burn cream. Soak the wound in warm water and, if necessary, take a pain reliever.

Second-degree burns necessitate more immediate action. The skin's surface will blister and become damaged. The area must be kept clean. Applying a light dressing is an option. The longer it takes to treat a burn, the more severe it becomes.

The most serious of burns, the third-degree burn, may necessitate intensive medical treatment due to the extent of the burn and its location on the body. These burns are thought to be the most painful due to their severity. However, this is not guaranteed because many nerve

endings in and beneath the skin will have been severely damaged. As a result, the affected area may have no sensation. If you have such a burn, seek expert medical attention, make sure your clothing does not stick to the burn and do not attempt self-care. Elevate the injured area above the heart if possible. There is no timetable for recovering from a third-degree burn, but severe scarring can occur if the burn is not treated.

Minor burns can be treated by applying cold (but not ice) water to the affected area, followed by a moisturizing ointment. Keep the blisters and the injury away from the sun. Medical attention should be sought as soon as possible if a person has suffered a severe burn. Avoid applying anything to the wound to prevent infection; instead, cover it with a loose cloth. Give the injured person pain relievers if they are in a lot of pain.

If a person is burned, call 911 immediately and try to stop the burning process. Remove all contaminated clothing and gently flush the burn with running water until it stops steaming if the person cannot stop the burning or chemical exposure. Then, cover it with a clean bandage and follow all other emergency responders' instructions.

## Seizures

If someone has an epileptic seizure, ensure they are safe and wait for them to stop shaking or convulsing. Then, after the seizure has passed, check their breathing and pulse rate, which should be normal. If they are injured or are still

having difficulty breathing, dial 911, and an emergency medical technician will provide first aid until a doctor arrives.

## **Fall**

Remove any clothing that could restrict a person's movement if they have fallen and may have broken bones or other injuries. Then, as gently as possible, transfer them to a flat surface while applying pressure to any open wounds. Inquire about any neck or back pain if the person is awake and responsive. If this is the case, gently press both sides of these areas and have them wiggle their toes to check for numbness. Finally, gently move the joint to check for swelling or discoloration around the joints.

## **Treating Shock**

Shock is a condition that occurs when blood pressure drops due to severe blood loss. If you cannot stop the bleeding from a severe injury, you may need to administer shock treatment. Place the victim on a comfortable but flat surface and gently raise the affected or injured limb above the heart, allowing blood to flow back towards the heart and relieve pressure on it. Ascertain that the victim is breathing. If not, start CPR right away. Adjust any tight belts or clothing. Ascertain that the victim is warm. If the victim is choking, try to clear the airway by removing the obstruction. If the victim's airway is not clear, turn them on their side.

It can cause serious complications, so it must be treated right away. Take a blood pressure reading if someone is in shock. If their blood pressure is low, start giving them warm liquids intravenously. Then, try to keep the patient as calm as possible to avoid a seizure or cardiac arrest.

If someone has diabetic shock, go to the hospital immediately. Then, examine their airway, breathing patterns, and mental state. Check their blood sugar levels every few minutes to see if they improve, and to keep them hydrated as much as possible when you arrive at the hospital, dial 911. Once there, emergency personnel will administer oxygen to the individual to increase their oxygen intake. They may also administer medications such as insulin and intravenous fluids until they stabilize.

## **Broken Bones**

In survival situations, broken bones are common. They can occur due to trips, falls, and other accidents. The main concern with a broken bone is that it may shift into a dangerous position. As a result, the critical issue must be securing the bone in place. If a fractured bone shifts by accident, it may press against a blood vessel or nerve, causing damage. This could obstruct blood flow and potentially damage a limb in the long run. If the fracture is open, it may become infected. The first step is thus to address this open wound. The bone must be secured after the wound has been closed.

# Stopping Bleeding

If someone is bleeding, you should first keep them from losing too much blood. Locate a bandage or clean cloth immediately and apply it liberally to the wound. Apply the bandage to the wound and check if the bleeding has stopped after 20 to 30 minutes. If this occurs, clean the wound with a damp towel and an antiseptic. Do not apply soap to open wounds. Apply an antibiotic spray to the wound and cover it with a bandage. Never use a spray or ointment to a cut that appears to be too deep or isn't stopping the bleeding. Cover it loosely with a towel to prevent infection. Maintain pressure and seek medical attention. For a simple nosebleed, lean slightly forward and press a tissue or cloth against the person's nostrils until the bleeding stops.

To stop the bleeding, elevate the affected area above the heart. You must stop the bleeding and excessive blood loss from that wound. Applying pressure to the affected area is another way to avoid or stop blood loss. Another option is to use a tourniquet on the affected limb. By doing so, you are limiting blood flow and allowing the wound to clot.

# Concussion

A concussion occurs when the head or skull is traumatized, resulting in brain injury. A concussion is a serious condition in which everything appears normal to the onlooker, but severe bleeding or damage has occurred inside the brain.

Despite popular belief, rest is one of the most effective treatments for concussion. Confusion, dizziness, or a lack of ability to complete simple tasks should be looked for. If there are signs of more severe brain damage, expert medical attention may be required. The patient must be kept calm and well-rested for the most part. If there are external head injuries, treat them as best you can in the given situation.

## **Making a Splint**

Making a splint allows broken bones to rest and heal without being jolted out of place. It also strengthens the affected limb and keeps it straight, preventing bones from healing in a crooked position. Splints can also be used to support sprained or dislocated limbs. A splint is a piece of wood, metal, plastic, or another stiff material tied to the affected limb to prevent further damage. You can make your splint using whatever materials you have on hand.

First, if any bleeding occurs, it must be stopped. Next, wrap some padding around the wound and secure it. Finally, secure the splint beneath the injured area. Make sure not to put too much pressure or press on the injured area.

## **Dehydration**

Dizziness, lack of concentration, and profuse sweating are the first signs of dehydration. When you notice these symptoms, you must immediately determine whether you drank enough water during the day. You will lose more water

if you engage in physical activity, so drink more. Dehydration is not always evident at first. But this is the risk of dehydration. You are not always aware of when you are approaching this stage. As a result, you must take the necessary precautions to avoid becoming involved in a dangerous situation. If you're far from home and find yourself in a desert or a precarious situation, you'll have to devise a method of obtaining water when more obvious solutions aren't available. One of the options available to you is a hydration bladder. This plastic bag has an inner sleeve that allows you to store water and place it in the victim's mouth if they cannot swallow. The fluid is accessed through a hose connected to the bag. Drinking is the only way to treat all types of dehydration, but if you can't find any, have passed out, or are unconscious, you may require more immediate medical attention.

You can easily get dehydrated when you're out in the sun and heat, especially moving around. This illness is deceptive, with symptoms appearing at any time. Dehydration occurs when you lose more body fluids than you take in. It's easy to forget to drink enough water or sports drinks when you're busy outside, which can lead to dehydration. This means your body is dehydrated, especially after peeing and sweating. Dehydration can affect anyone, but children and the elderly are especially vulnerable. There are several early warning signs and indications that someone is dehydrated.

These symptoms include an inability to produce tears, a dry mouth, skin that sags when squeezed, and dried eyes. It is critical to keep newborns and small children hydrated even when you are outside. The most effective way to treat dehydration is to avoid it in the first place.

Dehydration is a potentially fatal condition. If you notice any early warning symptoms or signs of dehydration, seek medical attention as soon as possible to avoid serious consequences.

## Wounds

Cleaning and dressing wounds is a situational task because it depends on the situation and the wound. If the wound is superficial and not bleeding heavily, you do not need to treat it as quickly. If, on the other hand, a wound is excessively bleeding, it may indicate a severed underlying artery or vein, and immediate assistance is required. If the wound is superficial, treat it as follows:

1. To begin, put on gloves to reduce the risk of infection.
2. Next, ensure that the wound is clean. Gently scrub it with a gauze or cotton pad, soap, and water. If something is stuck in the wound, use tweezers to remove it without causing pain to the victim. You can also use a syringe to clean a wound without touching it.
3. Next, make sure that the water you use has been disinfected. Iodine tablets can be used for this.
4. Finally, use a clean cotton or gauze pad to pressure the injured area and stop bleeding. If the injury turns out to



be more serious than you first thought, more drastic measures may be required.

After cleaning the larger wound, you must bandage it. Minor wounds may also require this, but they usually only need a lighter dressing. Apply antiseptic ointment to the wound. After that, wrap the wound gently but firmly. If the bandage is not adhesive, you may need to secure it with duct tape or a safety pin. If the dressing becomes wet or dirty, it must be replaced. Make it a habit to check it every day. Splinting may be required if a joint is injured. After bandaging the wound, assess the patient's ability to move the injured part without pain. If they can move, blood flows to the area. If the bandages are numb, they may be too tight. They can be slightly loosened or removed and reset.

If you find yourself on a disaster scene, there are numerous things you can do to help. One method is to provide victims with immediate medical attention. Natural disasters can result in widespread and severe injuries. If you know what to look for and how to respond, you can make a difference in the lives of others. It should be noted that treatment facilities will quickly become overcrowded with injured people who do not have access to medical care. You may have to act as a doctor until additional medical personnel arrives.

## **Snake Bites and Insect Stings**

The days are getting longer, the weather is warming up, and we can finally enjoy being outside. However, as we all know, increased outdoor activity increases the risk of injury. And it's not just accidents with sharp objects or treacherous terrain that pose a threat these days; plenty of poisonous creatures lurking nearby can inflict serious harm if they decide to strike.

A snake bite usually results in a puncture wound through which venom is injected into the skin and surrounding tissue. Here's what you should do in case you or someone you know gets bitten by a snake:

- **Do not pull:** You should not attempt to pull and shake off the snake clutching your body. Instead, remain motionless and seek medical attention. That is correct, and you should maintain as much stillness as possible until you can see a doctor.
- **Calm the bite area:** Maintain as much stillness and calm as possible in the affected area of your body. Going somewhere you can rest and relax for a few hours is best to allow the venom to work out of your body.
- **Do not rush to breathe:** One common fear of snake bites is that the airway will become blocked (due to the swollen bite area), and the victim will die from a lack of oxygen. But don't worry; your body will react naturally to this situation. To aid in healing, the body will send more blood to the area and produce more mucus. So, if

your airway feels swollen, it could be (though you should still see a doctor).

- **Stay calm:** You might be surprised to learn that panicking or freaking out can worsen your symptoms.
- **Do not rush to an emergency room:** Some people are afraid of hospitals and doctors (or any medical care, for that matter), but for snake bites and other minor wounds, this is unnecessary.
- **Leave the area immediately:** It is best not to stay in the vicinity of the snake or the incident. For example, if you are bitten, and there is a sign warning people not to touch poisonous snakes, you should leave the area immediately.

Assume you were bitten by a snake or something else that could be venomous and pose a threat to your health (such as bees, wasps, bull ants). This reduces the possibility of death from the injury or other medical conditions later on.

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# Chapter 3: Survival Equipment



It makes sense to be ready for an emergency. Having essential survival gear on hand can help you survive, if not thrive, in any situation.

**Essential Survival Gear You  
Should Always Have  
Prepared**

**Paracord**

Paracord is a lightweight cord that can bind objects together, make clothes, or rescue people from dangerous situations. To be adequately prepared to deal with any potential problem, you must have a paracord. You can also choose from a variety of colors and lengths of paracord!

## **Knife**

While it is not true that bad guys only appear at night, a knife can provide some protection during the day and when no bad guy is present. Having a Swiss Army knife (or other multi-tool) on hand would be useful while traveling and camping.

While an air horn isn't exactly survival equipment, it can still save your life.

## **Water Filter**

Water is essential for survival, and you must purify the water yourself if you cannot drink from natural sources. A water filter is one of the best ways to ensure your water source is safe to drink. It's helpful if you end up in an area with polluted water, and it's also great for purifying natural water sources.

## **Portable Cell Phone Charger**

Cell phones are great when they're charged but not so great when running out of power.

## **Seasonal Clothing**

This is especially important if you'll be outside during a season change. When the temperature drops, you must dress appropriately or risk freezing to death. If the temperature rises, you must remove your layers as you may risk overheating and suffering from heat stroke.

Two base layers are required for cold weather survival clothing. The first should cover the entire body, while the second should cover the lower half. The wrists and ankles should be covered, and the shirt should fit over the back and overlap at the waist. Merino wool, which wicks moisture away from the body and is odor resistant, should be used. It also has natural antibacterial properties. You can wear synthetic or cotton clothing if you don't want to spend much on winter clothing.

One of the first things you should consider when planning your cold-weather survival clothing is the temperature of the environment you will be in. It is critical to stay warm to avoid frostbite, hypothermia, and even death. Layering clothing aids in heat retention and the prevention of cold-related illnesses. Layers are the most fundamental approach to clothing: the base layer should wick away moisture, the insulating layer should keep you warm, and the outer layer should protect you from the elements.

## **Hatchet**

While not quite as versatile as a knife, the hatchet is still a great survival tool for chopping wood, making shelter, and

starting fires. If you don't have a hatchet, then the next best thing is a good multi-tool.

## **Paracord Bracelets**

Paracord bracelets are great for holding things together that are prone to coming loose or getting caught on other objects. Because it is lightweight and versatile, paracord is ideal for these applications.

## **Folding Shovel**

While not precisely survival gear, this is another handy tool you should consider for redirecting water, digging holes, etc. You may also not carry a standard shovel, but if you can, go for it.

## **A Good Map and Compass**

Knowing where you are is critical, especially if help is on the way or if you are attempting to find your way back home. If you're hiking, ensure you have a good map and compass because one without the other can significantly slow you down.

A map is one of the most essential pieces of survival equipment. It is also beneficial to big game hunters. If you're in the middle of nowhere, you need to know where the nearest road is. A map is also helpful for determining alternative routes if you are in an area with no roads. A good topographic map is worth its weight in gold. Check with local authorities to find the best map for your situation.

A printed map is the least expensive option, but it will eventually wear out after repeated use. Using a waterproof zip-top bag can help keep your maps dry. A plastic Ziploc bag is another less expensive option. It is not waterproof, but it will keep your survival gear safe. Many of these bags are available online. You can even buy them from local hiking/mountaineering clubs. You can prepare your survival gear once you've found the right map.

Compasses are essential survival equipment, but they have limitations. For example, the military compass lacks a declination adjustment. The compass also lacks a thumb loop, making it difficult to adjust the needle properly. The compass is intended to be accurate and reliable, but some users have complained that it is not accurate enough for outdoor activities.

While GPS is simple to use, it may not be the best option in an emergency. If there is no electricity and the signal is weak or absent, it will fail to provide you with accurate directions. A compass can save your life in such a situation. Having a compass with you can also assist you in navigating the wilderness. However, never intentionally put yourself in a survival situation. Seek an expert to teach you how to use a compass for survival.

## **Energy Bars**

These are a great way to gain the energy needed to hike back home if you become lost. Not only that, but they're also pretty tasty to eat.



## **Flashlight and Extra Batteries**

If it gets dark, a flashlight can help illuminate dark areas.

Choosing a flashlight as survival equipment is critical. Regardless of the various types and features, finding one that provides enough light is vital. A tactical survival flashlight is an excellent choice for this purpose. A flashlight's beam can temporarily blind or scare an attacker into hiding. Furthermore, light deters would-be attackers. It isn't the only reason to carry a flashlight, but it is an excellent piece of equipment.

A flashlight is one of the most useful pieces of survival equipment. It can be used to communicate and provide comfort in difficult situations. Unsurprisingly, flashlights are an essential component of any survival kit. Until the invention of fire and incandescent bulbs, humans struggled with darkness. Fortunately, modern LED lighting has eliminated this risk. A flashlight can mean the difference between life and death in an emergency.

## **Pen and Paper**

Take down important details such as where a person is going or why they went somewhere. A pen and paper are also ideal for taking notes for yourself or a loved one.

## **Whistle**

This is a great way to get help if you're trying to call for assistance when lost. Ensure you pack a whistle with a solid sound to attract as many people as possible.

## **A Water Bottle**

It's easy to overlook items in your pack, but a water bottle is essential if you're stuck or lost. Staying hydrated is also particularly important; you'll want to stay as hydrated as possible to avoid dehydration. If you've forgotten your water bottle, make sure you have another way to stay hydrated without having to stop and drink too much.

## **Food and Snacks**

Food and snacks are critical, and if you are stranded, lost, injured, or otherwise in a bad situation, these will help you survive. Always bring enough food to last for the duration of your trip, plus some extra in case of an emergency, such as being caught in the rain. Keep in mind that your survival food must be light and easy to transport, so keep the amount of food to a minimum.

Even if you don't feel hungry or have a lot of energy, when you're lost, food will help. Pack enough food, so you don't have to go out looking for food or risk getting hurt if hunger strikes late at night.

## **Firestarter**

Many people are unaware of how inexpensive and simple it is to include a fire starter in their survival kit. Dip a cotton ball into petroleum jelly to make this simple survival tool. Although less effective, this item can be purchased at a pharmacy or made at home. Patience is essential for a successful fire starter. If the fuel does not ignite in a timely

manner, the product can be prepared ahead of time and bagged for protection.

A magnesium bar is another option for starting a fire. To start a fire, these tools combine combustion with tinder. They measure three inches long and half an inch thick, and one side has an embedded ferrocerium rod. The magnesium shavings are ignited by the rod. Because of their small size, they make an excellent backup fire starter. Firesteels are simple but not a good substitute for traditional tinder.

## **Sleeping bags**

Sleeping bags are now an essential piece of outdoor gear. They can be unzipped and unpacked to allow for cooling. Down insulation is made from the feathers closest to the dermal layer of ducks and geese. This material traps air, which aids in body temperature regulation. Female birds pluck these feathers from their bodies to use as nest lining. Down insulation is the most effective type of insulation; it keeps you warm in cold weather.

This may seem obvious, but when it comes to camping, you may forget about having a sleeping bag until the night arrives. A survival blanket is an excellent way to stay dry on a rainy night and can protect you from insects or animals if there is anything outside at all. You also don't have to pack a sleeping bag unless you get caught while traveling and are forced to do so.

Another useful piece of survival equipment is mylar emergency blankets. They are cheap and will keep you

warm even in the coldest weather. They can also assist you in quickly heating up if you get wet. These bags fit easily in the glove box and protect you from the elements. These blankets can be used for a variety of activities and scenarios. Sleeping bags are essential survival gear whether you're going camping or backpacking.

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# Herbal Glossary

- **Achillea:** It is a popular herb, which is also known as the yarrow plant. It is also preferable for the common cold, hay fever, menstruation problems, appetite loss, etc. Some people also prefer to chew the leaves of this plant to heal toothache problems. It has the properties to deal with gastrointestinal discomfort.
- **Agrimony (Agrimonia Eupatoria):** Agrimony is a powerful prepping herb that has the properties of alleviating menstrual discomfort, managing diabetes, improving bladder control, supporting body detoxification, and promoting skin health. When consumed in an ideal remedy form, this herb also helps revive respiratory health.
- **Alder (Alnus Rubra):** The leaves and bark of this herbal plant are used for medicines. People consume alder as remedies to prevent bleedings, heal a sore throat, swelling, arthritis, constipation, and even suppress cancer symptoms. People use it in gargles to ease sore throat conditions.
- **Aloe Vera:** Aloe Vera comprises special health compounds that accelerate wound healing, reduce dental plaque, lower blood sugar levels, prevent wrinkles, reduce constipation, and treat many other problems. The good news is that aloe vera is easily accessible around several spaces, and it is also convenient for you to grow this plant in your backyard.

- **Amaranth (*Amaranthus retroflexus*):** The nutrient contents in the Amaranth herb allows you to add it to a healthy diet. It is a rich source of Vitamin C, vital to your body's healing process. It is because that helps form the blood vessels, process iron, repair the muscle tissue, and help maintain collagen levels.
- **Chamomile:** It's a good idea to have a supply of high-quality dried chamomile on hand for brewing tea. Do your research on dried chamomile and get the finest you can afford. Dried chamomile flowers may also create soothing poultices for various wounds and ailments. Chamomile is one of the medicinal plants known for its floral properties. Its role is significant in the treatment of gastrointestinal complaints.
- **Cayenne:** A cayenne powder sachet is highly recommended since it has excellent wound-sealing properties when applied topically to exterior wounds. Make your cayenne capsules by filling up empty gel capsules with cayenne pepper. Due to its ability to increase blood flow, cayenne may assist in speeding the healing process following sickness.
- **Comfrey:** Comfrey is a beautiful plant that may be used as a poultice to relieve pain. This herb seems to aid in healing numerous ailments, but it is particularly beneficial for fracture repair.
- **Ginger:** Ginger is useful in the first-aid box and a tasty spice to use in cooking. Perhaps you've heard the suggestion to eat ginger snaps or drink ginger ale if you

have an upset stomach. Ginger has a calming effect on digestive disturbances of many kinds and is particularly useful for nausea.

- **Aromatic Clove:** The aromatic clove comes with antimicrobial properties for killing bacteria. It acts as a pain reliever for specific conditions like muscle pain and toothache. The aromatic clove properties are accountable for healing stomach aches and digestive problems. The essential oil derived from aromatic cloves is also used for relieving respiratory conditions such as asthma and cough.
- **Bach Flowers:** The Bach flowers are accountable as powerful remedies for dealing with depression, anxiety, emotional trauma, physical trauma, and stress. Not just that, but the ideal remedies made out of these flowers have also replicated the ideologies of healing HIV and Cancer. There might be fewer research pieces of evidence to prove these facts, but the practical reviews of consumers have stated positive results.
- **Beeswax:** Beeswax is more of a hair-healing herb! It moisturizes the hair and smoothens it out. It works upon sealing the strands and promotes the healthy growth of hairs. The scalp conditions are also improved to serve the overall healing purpose.
- **Beech (Fagus Grandilolia):** This herb's most crucial benefit is stimulating hair growth and protecting the immune system. Moreover, it also improves skin health and boosts the health of a newborn. If you or your

family members have any kind of respiratory distress, kidney toxicity, chronic disease, or pain symptoms, then beech can help ease its symptoms.

- **Black Cohosh (*Actaea Racemosa*):** This is commonly preferable for healing menopausal symptoms, night sweats, hot flashes, and other conditions. Women mainly use it for treating vaginal dryness symptoms and irritability around intimate areas. With proper blend and infusions, black cohosh reduces body pains and muscle aches associated with perimenopause, post-menopause, and menopause conditions.
- **Valerian:** This plant is widely used in phytotherapy. It has countless benefits, but perhaps the most famous is helping you to relax. This plant is proven to reduce anxiety and help you sleep. But it is also good for diarrhea, reduces mild tremors, and relieves headaches and menstrual tension.
- **Poppy:** It is a medicinal plant with therapeutic properties, mainly found in seeds. With these, it is possible to prevent cardiovascular diseases, anemia, or skin diseases.
- **Eucalyptus:** One of the most famous properties of eucalyptus is the relief of cold symptoms, especially respiratory diseases (cough, bronchitis, pneumonia, asthma, etc.) It is an all-around beneficial plant for health.
- **Ginkgo:** Research has established the Ginkgo tree to be the oldest surviving tree on Earth, and it is one of



the most important healing plants. Its fan-shaped leaves are characteristic, and as for its benefits, Ginkgo has antioxidant properties that improve concentration and memory.

- **Sage:** Clary sage or sage is one of the most famous plants in cosmetics, but it also has other functions. The main one is to relieve the symptoms of menopause. It has thermoregulatory properties that can help women control hot flashes, excessive sweating, and hormones at this stage.
- **Dandelion:** Dandelion has been extensively used as a natural remedy to prevent digestive disorders. In addition, the plant contains a good amount of B vitamins, which help rebuild the intestinal flora and reduce joint pain and gas.

Herbs are the same as medicinal plants. The only difference is that their stems are more tender. Amongst the most important ones are:

- **Lavender:** In addition to its calming properties, lavender regenerates cells, fights inflammation, and heals. It treats burns, wounds, allergies, and conditions such as rheumatism or arthritis.
- **Rosemary:** This is among the most widely used medicinal plants. For example, it has anti-inflammatory properties and can be used to fight dandruff and repel mosquitoes, among other things.
- **Mint:** Mint is a digestive, analgesic, and antiseptic medicinal plant. As well as being an excellent nasal

decongestant, it has antispasmodic, antiemetic, diaphoretic, and choleric properties.

- **Calendula:** Calendula is one of the most popular and versatile medicinal herbs. It is traditionally said that it lifts the spirits. It has proven excellent in treating eczema, dermatitis, ulcers, burns, wounds, pimples, acne, delicate skin, and itching.
- **Dandelion:** Dandelion is a medicinal plant with leaves and roots used in natural remedies as a diuretic, mild laxative, and liver detoxifier. It is a hepatic and digestive tonic that stimulates the pancreas and the bile ducts.
- **Nettle:** One of the most common and abundant plants, nettle is an herb rich in minerals and circulatory stimulants. Likewise, it has astringent, diuretic, tonic, nutritional, hemostatic, hypotensive, anti-scurvy, and antiallergic effects.
- **Garlic (Allium sativum):** This powerful immunostimulant antiviral protects against infections. It works as an antibiotic to treat colds, flu, and respiratory infections.
- **Arnica:** Arnica is the drug of choice for muscle or joint damage, bruises, strains, or sprains. It can be used in creams and dip oils or ointments.

# Conclusion

Thank you for taking the time to read this book. For thousands of years, people have used natural or herbal medicine. Pharmaceuticals have only recently entered the modern world. While allopathic medicine is critical, learning about natural medicine is also advantageous. It is a helpful skill that can help you in various situations and, in some cases, may be a better alternative to traditional drugs.

Nature's pharmacy contains thousands of herbs with powerful medicinal properties. Learning how to use these natural ingredients to promote healing and relieve discomfort is essential for someone who likes to be prepared. It will allow you to treat minor ailments and regain health control. While some conditions may necessitate medical intervention, natural medicine can assist you in treating them so that they do not worsen before you can get more help. Many medical professionals advocate for the use of both complementary and alternative medicine as well as conventional medicine.

Preppers should understand the significance of medication storage. Make a list of the medications that your family takes daily. Include some over-the-counter medications as well in your kit. Keep the kit in a cool, dry, and dark place. You should be familiar with medicinal plants and herbs and how to use them, and stock up on standard medications. If you become lost in the wilderness and lack medical supplies, you can always use plants and herbs as medicine.

Finally, assemble a basic disaster supplies kit. Everything you might need in the event of a disaster should be included. Keep multiple copies of the kit on hand. It should be kept at home, work, and even in your car.

Natural medicine is based on the knowledge of our forefathers. Our forefathers were aware of nature's healing properties. The dependability of traditional medicine's ingredients and methods is one of its advantages. This is backed up by centuries, if not millennia, of practical experience. For centuries, knowledge has been passed down from generation to generation, and it has been improved and expanded so that we can confidently apply it in the modern world.

It's important to remember that many cultures worldwide have long understood natural medicine. The same illness can be treated in several ways. As a result, learning as much as possible before putting what you've learned into practice is critical.

Good luck.

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