

# NATURAL REMEDIES FIRST AID KIT

The information provided has been proven both effective and beneficial for many individuals. However, the information provided is not to diagnose, claim to prevent, or cure such conditions. Therefore, if you are ill, have any disease, or pregnant, please consult a medical doctor for medical advice, treatment and services.

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The Kit consists of:

**ESSENTIAL OILS:** Peppermint, Clove, Tea tree, Lavender, Eucalyptus, Oregano, Olive

**ESSENTIAL POWDERS:** Charcoal, Comfrey, Goldenseal, Cayenne, Turmeric, pink Himalayan Sea salt

**OTHER APPARATUS:** Band aid, Gauze roll and pads, Adhesive tape, Gloves, Emergency blanket, Antiseptic wipes, Thermometer, Safety pins, Triangular bandage, Scissors, Tweezers, Torch light, Emergency contact information, Emergency Services contact numbers

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**Acid Reflux** – Drink 2 tablespoons of Olive oil or 1 - 2 tablespoons of Charcoal mixed with 1 cup of water.

**Alert** - Place two drops of Peppermint oil on tissue or cloth and inhale or apply topically to temples or neck to increase alertness

**Ant Bite** - Apply Charcoal poultice mixed with tea tree oil. Also drink Charcoal mixed in water.

**Ants/Beetles** - Spray Peppermint oil mixed with water to prevent ants and beetles.

**Anxiety** - Apply Lavender oil to your temples and inhale oil.

**Asthma** - Place two drops each of Eucalyptus and Peppermint Oil and a few drops of water into Hand-Held Nebulizer. Do deep breathing exercises in the open air. Rub Eucalyptus and Peppermint oil mixed with Olive Oil over chest and back.

**Athlete's foot** - Applying tea tree or Oregano oil directly to fungus on feet. Repeat daily as needed.

**Bee Sting** - Remove stinger. Apply Charcoal poultice mixed with tea tree oil. Also drink 3 tablespoons Charcoal mixed in water.

**Boils** - Apply Charcoal poultice.

**Bruises** - Rub Eucalyptus or Peppermint oil on minor bruise

**Bruises that become inflamed** - Apply Charcoal and Comfrey poultice.

**Burns** - Run area under cold water. Then Put two drops of Lavender directly onto fresh burns. If aloe vera or honey is available please apply either. Or apply a Charcoal and Comfrey poultice.

**Cayenne** – Mix with Olive oil and apply to painful joints or muscles. Can also be used for frostbite. Sprinkle powder directly to stop bleeding. Cayenne stimulates blood flow to the affected area, thus reducing inflammation and discomfort. Sprinkle a little powder into gloves or shoes to help stimulate circulation and keep the hands and feet warm.

**Charcoal** - Activated Charcoal taken orally or applied externally as a poultice will often bring relief for the pain associated with gout, sore throat, earache, toothache, irritated eyes, sprains, inflammations, heartburn, bruises, and injury. To make poultice, slowly add water to Charcoal and gently mix to make paste. If grounded flaxseed is available may mix with Charcoal to form a gel that is easier to spread. Then apply to area using bandage or paper towel or cloth followed by plastic wrap. To drink place 1 - 2 tablespoons of Charcoal in 1 cup of water. Stir and drink. Then refill cup with water only and drink. Children: 1/2 - 1 Tablespoon of Charcoal. **DO NOT USE METAL WHEN HANDLING CHARCOAL. NO METAL SPOON or BOWL.**

**Cold feet** - Sprinkle cayenne pepper in shoes to warm the feet.

**Cold sores** - Apply Tea tree oil/Lavender to affected area. Apply Goldenseal mixed in a little water to sores.

**Comfrey** - Comfrey applied as a wash or poultice can be used for bruising, cuts, sciatica, boils, rheumatism, neuralgia, varicose veins, bed sores, broken bones, sprains, ulcers, insect bites, tumors, muscular pain, gangrene, shingles and dermatological conditions. To make a poultice slowly add water to Comfrey powder and ground Flaxseed and mix. Apply thick to affected area, cover with plastic wrap then band in place.

For weeping eczema, make a tea of Comfrey and apply the liquid as a compress. To make the tea for a wash or compress do a ratio of 1/2 tsp powder to 1 cup. Add Comfrey to boiling water let boil slowly for 15 minutes. Turn stove off and steep for 40 minutes. Strain and use liquid.

**Concentration** - Inhale Peppermint or Rosemary oil

**Congestion** - Add a few drops of Peppermint and Eucalyptus oil to a bowl of steaming water. Place a towel over head, lean over, and breathe deeply. Mix Peppermint and/or Eucalyptus with Olive oil and rub it onto chest and back.

**Constipation** - Take 2 tablespoon of Olive oil. Best on an empty stomach. May combine with 1 tablespoon of lemon juice.

**Cough** - In a glass container pour 1 cup of honey. Add 8 drops of Eucalyptus oil and mix well. When needed, take 1 Tablespoon. One teaspoon for children. To make smaller quantity use 2 tablespoon of honey and one drop of eucalyptus. **DO NOT USE HONEY IF YOU ARE DIABETIC AND DO NOT GIVE HONEY TO CHILDREN UNDER 1 YEAR OLD.**

**Cuts** - Place a drop of tea tree oil, Lavender or Eucalyptus on cut to promote healing and reduce the risk of infection. If bleeding apply cayenne pepper.

**Diarrhea** – 1 - 2 tablespoons of Charcoal in 1/2 - 1 cup of water. Stir and drink. Children: 1 tablespoon.

**Drug Poisoning** - Give 3 heaping tablespoons of activated Charcoal mixed with 1 cup of water. Then 1 tablespoon every hour as needed. Seek medical attention.

**Ear infection** - Mix 1 -2 drops Oregano oil in 1 teaspoon of Olive oil and rub mixture around the outside of the ear. May need to be diluted more for younger children. Or use a mixture of tea tree, Peppermint, and Lavender mixed with Olive oil to rub outside of the ear. Never put essential oils directly into the ear canal. Make Charcoal poultice and apply around external ear, cover with plastic wrap then gauze and wrap in place, keep on overnight or long hours.

**Eucalyptus** - Eucalyptus can be used to treat burns, sores, ulcers, scrapes, boils, and wounds. Applied topically as an oil or ointment, it also helps relieve the pain of rheumatism, aching, pains, stiffness, and neuralgia. Rubbed into the skin it works well as an insect repellent, especially for mosquitoes and fleas. Rubbed into the chest, it relieves congestion and cough.

**External bleeding** - Cover area with cayenne pepper.

**Flu** - Drink Goldenseal tea or place about 1/4 tsp Goldenseal in liquid and drink. Or take 3 drops of Oregano oil in a glass of water and swallow. Drink more water afterwards.

**Food Poisoning** - 2 tablespoons of Charcoal in 1 cup of water. Stir and drink. Children: 1 Tablespoon of Charcoal.

**Goldenseal** - Drink tea for the common cold and other upper respiratory tract infections. Tea is also helpful for urinary tract infections and menstrual problems. Apply to the skin for rashes, ulcers, wound infections, itching, eczema, acne, dandruff, ringworm, herpes blisters, and cold sores. It is used as a mouthwash for sore gums and gingivitis. Make Goldenseal tea by adding 1/2 teaspoon Goldenseal powder to 1 cup of boiling water. Let simmer for 15 minutes. Then cover and steep for 40 minutes.

If not able to make tea, may just mix with liquid and drink. Do not use continuously for over 2 weeks. Do not use if pregnant or breastfeeding.

**Hay fever** - To help with sneezing mix a pinch of cayenne pepper in a cup of water and drink. To strengthen immune system, take 3 drops of Oregano oil in a tablespoon of water and swallow. Drink more water afterwards. Goldenseal tea is excellent or place about 1/4 tsp Goldenseal in liquid and drink.

**Headache, Migraine, Sinus pain** - Rub Peppermint oil into the area between the eyebrows, on either side of the nose (be careful not to get it into the eyes), and into the forehead and temples. It can also be sniffed to get the fumes into the sinuses and head; Increase water intake. Sniffing Eucalyptus is helpful also. Drink 1/2 - 1 teaspoon Charcoal in a 1/2 glass of water.

**Heart Attack** - Place one pinch of Cayenne Pepper under the person's tongue and if possible, mix 1 teaspoon in one cup of water and have person drink. Seek medical attention.

**Heartburn / Indigestion** - Drink 2 tablespoons of Olive oil or 2 tablespoons of Charcoal mixed with 1/2 - 1 cup of water.

**Insect Bites** - Add two drops Lavender and two drops Peppermint to a bandage and place over bug bite.

**Insect repellent** - Spray diluted Peppermint on your clothing to deter Mosquitoes. Or rub Tea Tree or Citronella oil on the skin.

**Insomnia** - Apply a few drops of Lavender on cloth or tissue and place under bed sheets or in pillowcases to induce sleep.

**Itching** - Use Peppermint diluted on the skin to reduce itching.

**Lavender** - Lavender oil and can be applied directly for cuts, scrapes, wounds, burns, bee, wasp, and insect stings, rashes, muscle aches, rheumatism, arthritis, cold sores, canker sores, blisters, bruises, athlete's foot, and rubbed directly into the temples in case of headache or migraine.

**Lice** - Add a few drops of tea tree oil to a fine-tooth comb and comb through hair to catch lice eggs.

**Low Blood Pressure** - Put 1/2 teaspoon cayenne pepper in 1 cup of water and drink

**Menstrual cramps** - Rub Lavender and/or Peppermint oil on abdomen. If able apply a hot Compress or Hot water bottle/bag.

**Mice** - Use Peppermint on cotton balls to deter mice.

**Motion sickness** - Massage a few drops of Peppermint into the abdomen, and inhale Peppermint.

**Muscle Aches** - Mix a few drops of eucalyptus, Peppermint, Lavender, Clove or Oregano with Olive oil and massage affected area.

**Muscle spasms** - Massage area with Olive oil that contains a few drops of Eucalyptus, Lavender, Oregano and or Peppermint oil.

**Nail Fungus** - Use a Q-tip to massage two drops of Tea tree or Oregano oil in and under the nail bed several times per day.

**Nausea** - Add one drop of Peppermint Oil to a cup of boiling water. Let cool and drink. Inhaling Peppermint oil is also helpful.

**Pain** – address the underlying cause. White willow bark capsules. Olive oil with a few drops of Peppermint oil or Oregano oil apply to area. Ice packs, Hot water bottle.

**Pink eye** - Make Goldenseal tea and use as an eyewash for eye inflammation and eye infections. Drink Goldenseal tea also.

**Purge** - Senna – 3 tablespoons of leaves or pods or 2 teaspoons of Powder or 6 capsule or 3 tablespoons Castor oil with 1/4 cup lemon juice

**Severe Abdominal Cramping** - Make a Charcoal Poultice and apply over stomach region. Also drink 2 to 3 tablespoons of activated Charcoal mixed with water.

**Sinus** - Add a few drops of Eucalyptus or Peppermint to a hot compress and place over the sinuses. You can also inhale directly or diffuse throughout the room.

**Skin Infections** - Mix 1 - 3 drops of Oregano or tea tree oil into 1 teaspoon of Olive oil and apply to itches and skin infections or apply Charcoal paste.

**Skin irritations or inflammation** - Including eczema, rashes, sores, ulcers, and burns. Apply Comfrey or Charcoal poultice.

**Snake Bites** - Suction out area of bite. Apply liberally Charcoal poultice mixed with ground flaxseed and tea tree oil. Remove and repeat every 6 hours. Also drink 3 tablespoons Charcoal mixed with water and repeat every hour. Seek medical attention.

**Sore throat** - Gargle with tea tree oil or Goldenseal powder. Also take Goldenseal or Oregano oil.

**Spiders** - Diffuse Peppermint oil to keep the spiders away.

**Sprain** – Ice for first 24 – 48. Next, do hot and cold treatment. 3 minutes hot (if diabetic, use warm water) and 30 seconds cold. Repeat around 7 times. Make a poultice using equal parts Charcoal and Comfrey, adding Turmeric is also helpful.

**Stomachache** – Drink Charcoal mixture and rub 2-3 drops of Peppermint oil around navel. If able apply hot compress or hot water bag/bottle.

**Stress** - A drop or two of Peppermint oil on a cold wet cloth used over the forehead.

**Stress Relief** - Inhale Lavender oil.

**Tired Feet** - Add one cup Epsom Salt and 10 drops of Peppermint to a hot foot bath and soak.

**Toothache** - Apply to gauze, and place on infected tooth area any of the following: Goldenseal, Charcoal, sea salt, turmeric, Clove oil, garlic, cayenne.

**Under Eye Puffiness** - Add one drop of Clove oil to Olive oil and apply sparingly in the morning. Clove bud oil promotes blood circulation, helping to reduce the puffiness. Sleep early and in a dark room.

**Vomiting** - 2 tablespoons of Charcoal in 1/2 - 1 cup of water. Stir and drink. Children: 1 Tablespoon of Charcoal. Sip small quantities slowly.

**Warts** - Mix 1 to 2 drops of Oregano oil into 1 teaspoon of Olive oil and apply directly to the wart and cover with a bandage. Add more oil and replace the bandage every day for 1 to 2 weeks as needed. Also helpful is the inner white of ripe banana skins.

**Yeast infection** - 4 drops of tea tree oil in 2 cups of water can be used as a douche. Or douche with Goldenseal tea. Drink one drop of Oregano oil in a cup of water. Use Probiotics.

Note:

1 tablespoon is equivalent to 3 teaspoons.

## HEALING PROMISES

**Jeremiah 30:17** "For I will restore health unto you, and I will heal you of your wounds, saith the Lord."

**Jeremiah 17:14** "Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for thou art my praise."

**Exodus 15:26** And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.

**Isaiah 41:10** "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

**Psalms 103:2-3** "Bless the Lord, O my soul, and forget not all His benefits: Who forgiveth all thine iniquities; who heals all thy diseases"

**I John 5:14-15** "Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him."