



**2 BONUS
INSIDE**

PREPPER'S SURVIVAL. NATURAL MEDICINE

THE EMERGENCY PREPAREDNESS MANUAL

**YOU NEED FOR WHEN THERE IS NO DOCTOR,
WITH ESSENTIAL KNOWLEDGE IN CRITICAL FIRST AID,
LIFE-SAVING HERBS AND NATURAL REMEDIES**



RAYMOND L HILLMAN

PREPPER'S SURVIVAL NATURAL MEDICINE

*The Emergency Preparedness Manual You Need for When
There is No Doctor, With Essential Knowledge in Critical First
Aid, Life-Saving Herbs and Natural Remedies*

Raymond L. Hillmann

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INTRODUCTION

Have you ever wondered how you'd cope without E.R.?

What if you didn't have access to the health care system?

Or more simply, what if there were no pharmacies?

The good news is that in a crisis or emergency, prepper's natural survival medicine could be your lifeline.

Have a look around you. Natural medicine is everywhere. It grows around you, in the cracks of the sidewalks as well as in the garden of your home.

Some people believe that growing an herbal garden in your own home is a daunting task. Fortunately, that's not the case. Just pay attention, and **nature will do the rest**.

What's more, with a few simple everyday tools you can create a wide range of **effective remedies** to take care of your family's health or to trade in the event of the collapse of society.

If you are still new to the world of preppers, you are probably asking yourself "...but does natural medicine really work?" The answer to this question is simple: Mother Nature knows her children and has her secrets to take care of them. Otherwise, how would the human race have gotten this far?

Many fear being unable to survive without modern medicine in a scenario of deep crisis. Okay, maybe you couldn't save lives on a large scale like today, but in many cases, natural options **would still make the difference** between staying healthy or succumbing. Especially since, if you think about it, in the event of a crisis, pharmacies and hospitals would be the first to be looted.

And once out of meds, what can you do?

If you have understood the importance of **mastering natural medicine** and being **self-sufficient** in caring for your own and your loved ones' health in an emergency scenario.... or, if you think there is an **alternative** way of treating ailments other than with the commercial products of big pharmaceutical companies... then this book will teach you everything you need to know about life-saving herbs, essential oils, natural remedies, and basic first aid skills.

Here's what you'll find in this manual:

- A no-nonsense guide to **making natural remedies** and taking care of your health in emergency situations. (And no, you DON'T have to be an experienced chemist!)

The fastest way to **grow** medicinal herbs and turn them into **ready-to-use oils and blends** in the shortest time possible.

How the history of natural medicine shows us the importance of treating health problems **at the root**, rather than just keeping the symptoms at bay.

The **skills you need to master** the basics of survival medicine, and how to put them into practice on a daily basis.

How to set up the **basic equipment** to grow, manage, and process your life-saving herbs to create your natural remedies, simply and quickly.

Understanding Herbs: the most effective way to identify herbs and correctly use them to take care of your health –meaning not just defeating illness, but enjoying a state of overall psychophysical well-being.

The active ingredients of herbs and how to leverage them to **boost your energy** by increasing the density of your tissues and your muscle tone.

The best medicinal plants for the **most common diseases** and how they can cure you in a natural way.

Setting up your **first-aid kit**, and how life-saving herbs can replace modern medicine in a crisis situation where pharmacies and hospitals are no longer working.

Beyond medicine: the best recipes for quickly and effectively mixing dyes, ointments, conditioners, lotions, and elixirs with just a few ingredients that you can grow in your backyard.

And much, much more!

If you too want to be independent of conventional medicine and increase your chances of staying healthy in an emergency scenario, even without access to pharmacies and medical care... or if you simply want to boost your knowledge of complementary medicine and learn the healing properties of life-saving herbs... then put aside some time and read this manual carefully. Here you'll find so many interesting ideas to start your journey to mastering natural medicine and treasure its precious gifts for now and in your time of need.

Natural medicines originated around the fifth and fourth centuries BC. Hippocrates is considered the father of alternative medicine and championed the body's inherent ability to heal itself. He devised the theory of the four bodily fluids, arguing that if blood, phlegm, yellow bile and black bile were in balance, people would also be healthy. An imbalance of these elements produces consequences, which are diseases. Hippocrates believed that the main cause of the disease was diet or psycho-emotion, so treatment focused on food. However, he also devised treatments that are the pioneers of current medical therapy.

With Pasteur, in the 19th century, medicine took off by leaps and bounds when it was discovered that diseases were caused by microorganisms. Since then, medicine has moved from

studying individuals as a whole to focusing on “microscopic” disease-causing pathogens. At the same time, Claude Bernard introduced important terminology and determined that the disease depends not only on the pathogen but on the terrain or the person. For this reason, he valued the individualization of the treatment.

A separation occurred between the medical principles of Pasteur and the thought of Bernard, the latter evolving towards a more natural approach to medicine.

Principles of Natural Medicine

Natural medicine is based on the idea that humans possess a variety of physical and psychological mechanisms that help them stay healthy. The ancient Greeks called these mechanisms *medicatrix naturae*, meaning natural healing powers. Alternative medicine has three basic principles.

- Natural medicines do not treat diseases, but people. Therefore, the individual is seen as a whole.
- The purpose of this discipline is to enhance the natural healing power of the human body. Physicians must help patients through the recovery process and trust in the body’s ability to self-regulate its own organism.
- The therapies and techniques used to treat the patient must be natural and as non-aggressive as possible. The Hippocratic *maxim*, do not harm the patient, must always be followed.

Where Does the Success of Natural Medicine Come From?

The rise of natural medicine is due to several factors. On the one hand, the patient is approached from a holistic perspective and, in addition, the treatment usually has a lower psychological impact than conventional medical treatment. On

the other hand, it also has few side effects, so there is little chance of complications during treatment. Also, in certain illnesses or ailments, natural remedies may be more effective and resolve the problem faster, not to mention less expensively.

What Diseases Does Alternative Medicine Treat?

Natural medicines treat a wide range of diseases. Some of these are acute illnesses such as headaches, sore throats, ear infections, colds, and the flu. Chronic conditions such as migraines, gastrointestinal, gynecological, and fertility problems, arthritis and heart disease are also often treated. Physical injuries and trauma can also be treated with natural remedies, as long as the condition is not serious.

On the other hand, alternative medicine is also very useful for treating emotional problems, stress, anger, or anxiety. Medicinal plants, such as linden and valerian, are excellent options for stressful and restless times. In addition, they are also very useful in the treatment of insomnia.

Natural medicine treatment must be accompanied by good lifestyle habits and a healthy diet according to the needs of each individual.

Natural medicine includes a variety of techniques whose treatments are based on natural elements such as plants, air, water, and physical activity. Some of these disciplines are homeopathy, acupuncture, herbal medicine, hand massage, Reiki, hydrotherapy, and ozone therapy, to name a few.

Natural medicine and so-called traditional or Western medicine often come into conflict. For many, allopathic doctors, those who practice traditional medicine, focus on symptoms, “forgetting the cause of the disease through invasive treatments.” For the vast majority of people, alternative medicine is ineffective, unsafe, and scientifically

unproven.

It is so true that no drugs causes as many side effects as traditional drugs, but they are also the drugs that have more and better effects in numerous treatments.

Few professionals propose natural medicine over conventional medicine, but they understand that although there have been tremendous advances in clinical development, natural remedies can complement or help us break the cycle of medicine and illness.

Traditional Medicine and Naturopathy

Obviously, like almost everything, it is impossible to generalize. Over the centuries, many alternative treatments have been perfected and medical research has not yet caught up. Others, like longevity medicine or acupressure, are based on the medical knowledge of their time but risk becoming outdated. The best way is to use these practices together.

Within the realm of medical research, there is a strong emphasis on the scientific method. In principle, this seems appropriate because it is believed that if treatment cannot be scientifically validated, it should not be accepted. However, what may be one symptom of a disease to a doctor, may be two or more different symptoms to an alternative therapist, or none at all. This has led to current “ naturopathic medical treatments”, that have proven their effectiveness for thousands of years, being questioned by different sectors of the medical community.

Naturopathic or alternative remedies often do not focus on illness but seek health through balance in the body. The body reveals the relationship between symptoms and disease, which is measured and treated by Western medicine. On the other hand, the delicate relationship between the energies of the body, the origin of the disease, is more difficult to measure by

technical devices.

The technological advances of the last decades seem to be breaking with the Cartesian paradigm in which (Western) medicine should deal with the body and religion with the emotions and the soul. Recent techniques are consistent with many alternative medicine principles in that the individual should be understood as a whole, not as a collection of organs. Both alternative medicine and medical science should be approached in an atmosphere of mutual respect. Mistrust has led to the demonization and alienation of oneself to the detriment of the individual.

The biggest advantage of many natural and alternative remedies is their safety—they are relatively harmless. Looking for professional standards and integrating them into traditional medicine can help ensure this safety and identify situations in which these medicines are more effective.

Government regulation is also important. The lack of control over the content of supplements, complementary medicines, and homeopathic products, as well as the lack of consensus on dosages and sources, forces responsible therapists to compete in the same field with charlatans and swindlers, far below the protection standard of the pharmaceutical industry.

Traditional medicine is one of the most profitable businesses of humanity; therefore, it is not convenient for them to show that natural medicine is also good. Although to treat serious problems such as cancer or extremely strong diseases, traditional medicine is needed, with natural medicine, you can treat many problems and survive when traditional medicine is turned upside down thanks to a natural catastrophe.

Advantages of Natural Medicine

- They are less aggressive and they usually have very few or no side effects.

- They promote general well-being and do not just fight symptoms. Many natural remedies can also help lighten your mood.
- They do not have long-term effects unlike many drugs that leave substances in your body that can damage your organs.
- They are cheaper because you are not paying for the laboratory or the patent.
- They are holistic, not specific. They see the body as a whole and are interested in the good of the whole, not the parts.
- They are not physically aggressive. As they are natural, except for a few exceptions, they are easily absorbed and eliminated.
- They are preventive. You can receive treatment right before the symptoms of the disease appear.

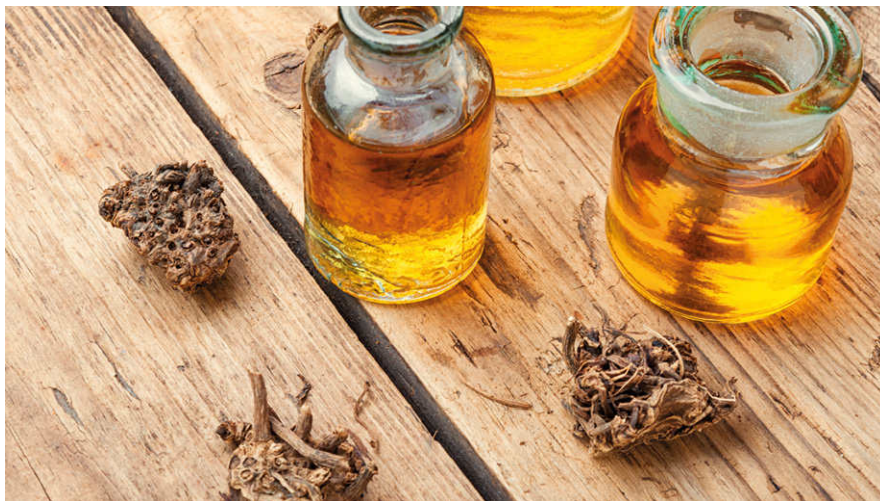
First aid (especially wilderness first aid) can help a person survive and function with injuries and illnesses that would otherwise kill or maim. Common and dangerous injuries include:

- Being bitten by snakes, spiders, and other wild animals.
- Fractures.
- Headaches.
- Burns.
- Myocardial infarctions.
- Hemorrhage.

- Hypothermia and hyperthermia.
- Infections from food, water, and contact with animals.
- Poisoning from consuming poisonous plants or inedible mushrooms.
- Sprains.
- Vomiting.
- Wounds that could become infected.

Survivors may need to use first aid kit items or, if knowledgeable, use natural herbal medicines, immobilize injured limbs, or even transport incapacitated companions.

ESSENTIAL SUPPLIES TO GET STARTED



It may be the case that you don't have access to the types of supplies found in pharmacies, so you have to rely on those found in nature. Fortunately, these can be recharged every time they run out.

These are the basic elements you should have to prepare the medicines:

- **Valerian tincture:** it has a lot of healthful properties. For example, it can relieve anxiety, sleeplessness, and tension. It can also relieve some pains.
- **Eucalyptus oil:** It is an antibiotic and antiviral which can help with colds and sinusitis by inhaling the steam diluted in boiling water. It also serves for chest massages.
- **Witch hazel extract:** It is an antiseptic and anti-

inflammatory which helps to relieve skin irritations and insect bites, among others.

- **Arnica cream:** relieves pain after blows, reduces inflammation, is useful in sprains, and bruises, and treats any type of blow to the skin.
- **Lemon essential oil:** It helps renew energy, reduces mental fatigue and is used for massages.
- **Tea tree essential oil:** Its benefits are many. It is used to treat athlete's foot, herpes, irritations, acne, and skin problems in general.
- **Aloe vera gel:** It helps in wounds and burns, either by sunstroke or fire.
- **Lavender essential oil:** helps to reduce headaches and migraines.
- **Chamomile flower:** treats irritated eyesight and stomach problems, relieves inflammation and reduces gas.
- **Calendula petals:** It is antiseptic and healing and helps with open wounds. This is a must in your bunker.
- **Sage leaves:** It has antiseptic power, helps with skin problems and soothes throat problems.
- **Thyme leaves:** This is an expectorant and can treat bronchitis and other flu-like problems.
- **Ginger:** It helps with motion sickness, aids digestion, and soothes throat problems.
- **Peppermint essential oil:** This helps with headaches and severe migraines. It can be applied to the scalp. It

relieves inflammation and helps with hemorrhoids. It also clears the respiratory system.

- **Geranium essential oil:** It works as an antibacterial, serves to heal wounds, care for the skin and to relax the nervous system.
- **Licorice:** This is really effective for sore throats and chest problems.
- **Propolis tincture:** It is antibacterial to free the airways.
- **Calendula ointment:** It serves for healing wounds.
- **Clove oil:** This treats toothache.
- **Willow bark infusion:** This is good for fever and pain.
- **Sea salt nasal spray:** treats nasal congestion.
- **Pine syrup:** a good treatment for coughs.
- **Therapeutic clay:** a remedy for diarrhea.
- **Psyllium:** treats constipation.
- **Cherry pit cushion:** a good remedy for strains, sprains, bruises, and menstrual pain.

Miscellaneous items

You also need these supplies:

- Band-aids of different sizes to treat abrasions and wounds.
- Sterile cloth for bleeding wounds and burns.
- Band-aids for fixing gauze.

- Thicker bandages for sprains and strains.
- Gallium thermometer.
- Tweezers to remove ticks or splinters.
- Scissors.
- Knife.
- Sterilized containers with a lid to place natural medicines.
- Bowl for crushing ingredients such as plants.
- Colander.
- A variety of essential oils.
- Small, straight pieces of wood to make tourniquets or to help put bones back in place.
- Natural insect repellent.

This is the elementary list of supplies and, combined with what you will learn in the other chapters on natural medicine, it will allow you to be safe and heal soon no matter what is happening in the outside world.

UNDERSTANDING HERBS: HOW TO RECOGNIZE AND USE THEM EFFECTIVELY FOR HEALTH



It is time for you to know the types of herbs and their composition so that they can be used as required.

It's no wonder that medicinal plants have been used to treat many ailments since ancient times, as some species have incredible anti-inflammatory, antibacterial, or calming properties - among other - making them ideal for treating a variety of health issues.

Also, a relevant fact is that these plants have clinically proven medicinal properties, which is why they are so easy to find in health food stores and drugstores. If you want to enjoy the benefits of nature and make way for the best and safest home

remedies for certain ailments, you need to learn about herbs, what they can bring you and why you should have them in your bunker.

For example, with lavender, you can:

- Treat stomach and digestion problems.
- Combat symptoms of stress and anxiety.
- Cure inflammations such as those caused by laryngitis or pharyngitis.

If you use ginger, you can treat conditions such as:

- stomach aches.
- inflammation like pharyngitis or laryngitis.
- colds and flu because of its expectorant effect.
- high stress levels.
- migraines.

You can treat sore throats and colds and also treat respiratory problems with oregano, thanks to its carminative, antioxidant, and digestive properties.

Active ingredients are substances present in different plant organs that alter the function of organs and body systems in humans and animals.

Scientific research has led to the discovery of several active ingredients. The most important, from a health point of view, are essential oils, alkaloids, glycosides or heteroglycosides, mucilages and gums, and tannins.

There are other related ones in plants, called essential nutrients, such as vitamins, minerals, amino acids,

carbohydrates and fiber, various sugars, organic acids, lipids, and antibiotics.

The Synergy of Positive Principles

The healing power of plants depends on a sum of factors, including the effectiveness of the active ingredients. It is believed that the beneficial effects of plants cannot be fully reproduced or replicated by the isolated or synthetic production of their active ingredients.

Many plants have more than one type of active ingredient, each in different proportions, complementing each other and naturally avoiding non-synergistic effects so, from a therapeutic point of view, each plant is irreplaceable by any drug patent.

Another quality of the wide range of active ingredients contained in many therapeutic plants is their versatility, that is the way in which we can use the same plant for various health applications. Sometimes they have very different properties which are not necessarily related to each other.

Herbs and Food

Most herbs are used as salads, oils, tonic wines, drinks, stews, condiments, dietary supplements, aromatic infusions, or infusions.

Their uses also include cosmetics. As food, in order to obtain the benefits that can be obtained from medicinal herbs, prolonged consumption of is necessary.

Essential Oil

Essential oils are composed of various aromatic or volatile organic substances that are produced and stored in the secretory ducts of plants. The therapeutic properties are varied and abundant. They often have sedative, antispasmodic, and antiseptic properties.

Being volatile compounds, they are excreted through the respiratory tract and act as an expectorant. Some plants have essential oils that increase diuresis (calendula), while others have antihistamine properties (chamomile). Plants containing essential oils are mainly distributed in the Lamiaceae and Umbelliferae.

Alkaloids

They constitute a heterogeneous group of nitrogenous organic matter. Most alkaloids exist as salts of organic acids; in other cases, there may be specific acids associated with the alkaloids; and others exist in the form of glycosides or esters of organic acids.

They are difficult to dilute in water but react with acids to form highly soluble salts. The therapeutic effects of alkaloids are based on the fact that they cause certain organic biochemical reactions in the body. Alkaloids have important stimulating effects on the central and autonomic nervous systems.

Some act as stimulants, and some act as depressants. They can also alter the contractility of the walls of the blood vessels.

Glycosides

Glycosides or heterosides are compounds that consist of two parts: one is a sugar (e.g., glucose) and the other is a non-sugar, aglycon, or Jena.

The link between the two is hydrolyzable and must be broken for the compound to be activated; this rupture is catalyzed by a fermenter that contains the same plant. Glycosides, as important sugars, are involved in maintaining normal heart function and normal blood circulation.

All the therapeutic properties of the glycosides are extracted and activated in the water by means of the cooking or

immersion procedure.

Types of glycosides refer to the structural characteristics of the non-sugar part: anthraquinone, cardiotonic, cyanide, coumarin, phenol, flavonoid, ranunculus, saponins, and thioglycosides.

- Anthraquinone heterosides. Traits: diarrhea. Example: aloe vera.
- Miscellaneous cardiac glycosides. Properties: diuretic, cardiotonic.
- Cyanoside. Properties: Anesthesia, antispasmodic, hypotensive.
- Coumarin Zaosid. Properties: Antibacterial, anticoagulant, sunscreen. Oatmeal.
- Phenolic glycosides. Pear, willow, meadowsweet.
- Flavonoids Properties: Reduces capillary fragility, therapeutic effects related to vitamin C. Sunflower, silver grass, watercress, rue.
- Saponins. Properties: Hemolysis (harmless), dermatitis, seborrhea, expectoration, emollient, medicine for wounds. Birch, linen, corn, wood, soapberry, violet.
- Thiaglucosides: Properties: Antibiotics. Heroic thorns, garlic, onions, radishes, turnips.

Active ingredients are substances present in different plant organs that alter the function of organs and body systems in humans and animals.

Medicinal plants are known throughout the world for their natural properties, as they help alleviate, prevent and treat certain health problems at home. In fact, the World Health

Organization, in its 2014–2023 Strategic Plan, pointed out the importance of promoting and including the use of natural medicines in the health systems of its Member States.

Phytotherapy is the name given to the use of plant-derived products to prevent, cure, or relieve symptoms and illnesses and is considered a science, not a pseudoscience. Phytotherapy, the use of medicinal plants with effects on health to treat and prevent diseases, is a treatment proven by countless scientific studies and the experience of millions of people over hundreds of years.

It is possible to grow medicinal plants at home, either on a small balcony or on a large patio, and it is also very easy to maintain. Its many benefits include stress reduction, relief from stomach problems and even insomnia.

For example, with yerba mate, you can find a caffeinated but milder option than coffee; a relative of holly. Uruguayans and Argentines know it very well because it is part of their culture.

It can be taken as an infusion and contains caffeine (matheine), theobromine, and theophylline, which have a potentiating effect on the central nervous system. This fills you with energy and can be used to be active when you have to go for supplies or work in the bunker.

In ginseng you have a well-known stimulating Chinese plant that also acts on the central nervous system, increases the body's resistance and its ability to adapt to change and stress. This Chinese medicine has roots. It can be taken as a decoction (one cup each morning), tincture, liquid extract or capsule. It is not recommended in the afternoon and in the presence of tachycardia, high blood pressure or insomnia.

Some of the Many Plants That Help Heal Wounds

Roman chamomile, Asiatic spark and aloe vera are three plants

that have been proven to relieve the pain of burns and regenerate damaged skin.

ROMAN CHAMOMILE

It can be used for external use on eczema, inflammation, and wounds. Chamomile infusion is also widely used to treat acne by applying it to the face with a cotton pad. This cold solution is used to relieve the pain of sunburn.

ASIATIC SPARK

This medicine helps you in wound healing and supports people with chronic venous insufficiency and varicose veins, depending on the therapeutic dose. However, it is recommended that its use is avoided during pregnancy.

This is just the start. In the next chapters, you will be shown more plants and what you can do with them, as well as the way that you can use herbs, medicinal plants and essential oils.

INGREDIENTS THAT EVERY SURVIVALIST SHOULD KNOW



There are some plants that should form an essential part of your preparations and are a must to have on hand so that you can prepare and use when faced with an emergency. Right now, you have the time to prepare so it is important to take notes and learn how to use them.

Medicinal plants are those that have components in their active ingredients that help cure any condition.

Here you are about to discover many of the plants that you will need and what they are able to do for you:

Another well-known medicinal plant is Aloe Vera. It is a plant with anti-inflammatory properties and is used in various personal hygiene products due to its beneficial effects on skin regeneration.

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 the seeds. With these, it is possible to prevent cardiovascular diseases, anemia, or skin diseases.

Eucalyptus

One of its most famous properties of eucalyptus is the relief of cold symptoms, especially respiratory diseases (cough, bronchitis, pneumonia, asthma...). It is an all-round 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 at this stage to control hot flashes, excessive sweating, and hormones.

Dandelion

For centuries, dandelion has been extensively used as a natural remedy to prevent digestive disorders. In addition to this, the

plant contains a good amount of B vitamins, which help rebuild the intestinal flora and reduces 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 also regenerates cells, fights inflammation, and heals. It is used to treat burns, wounds, allergies, and also to treat 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.

Chamomile

Chamomile is one of the medicinal plants known for its floral properties. Its role is particularly important in the treatment of gastrointestinal complaints.

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 to be excellent in the treatment of eczema, dermatitis, ulcers, burns, wounds, pimples, acne, delicate skin, and itching.

Dandelion

Dandelion is a medicinal plant whose leaves and roots are 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, antiscorvy, and antiallergic effects.

Garlic

Garlic (*Allium sativum*) is a powerful immunostimulant antiviral that protects against infections. It works as an antibiotic and it used 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.

Essential oils are pure extracts of plant origin that have been used for thousands of years for their properties. They are extracted directly from the flowers, fruits, roots, leaves or resins of plants and trees. That is why they are so concentrated that they do their magic with just a few drops.

They can be applied directly to the skin or ingested, although some are not recommended for ingestion. You must be careful to make sure that you are not allergic to any of them. There are thousands of essential oils. There are almost a hundred for some letters of the alphabet, so listing them is impossible, but here you can see some of the most beneficial ones and their properties.

Tea Tree Oil

This is such 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 you will have a perfect mask. Be careful—after applying it, avoid exposing yourself to the sun or you will get spots!

Lavender Essential Oil

It has relaxing and analgesic properties, which is why it is widely used in aromatherapy to relieve stress and insomnia.

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. At home it can be commonly utilized as an air freshener 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. With its strong aroma, it is 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 asthma sufferers due to its decongestant capabilities. It is also useful for coughs, flu, throat infections and muscle pain.

Cinnamon Essential Oil

It has strong antiseptic properties, making it ideal for the skin. It is a good idea to prepare a rejuvenating scrub 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 the memory and stimulates the mind and body.

Now that you know a little about these plants and oils, let's look at how to make a first aid kit from these herbs.

HERBAL FIRST AID KIT



These are the essentials that you should have on hand so that you have a medicine kit assembled ready for when an incident occurs.

Remember that the storage of these natural products in a first aid kit should be done in glass jars, preferably wrapped in thick flannel to prevent them from mixing. Other products such as aloe vera gel, elderberry capsules, lavender oil, and tea bags can be stored in the compartment of a first aid kit.

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

Green fennel has the effect of strengthening the stomach, promoting digestion, and calming or eliminating gastrointestinal spasms. It is a plant known for its ability to combat gas, bloating, flatulence, and bad breath.

Calendula is probably one of the best herbs to treat various 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, although it is also a good digestive resource and intravenous supplement. It is a great 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 the prevention of gallstone formation and the promotion of 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 most famous herbal remedies for pain. 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 in the long run, can damage the gastric mucosa.

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, respiratory allergies with rhinitis or sinusitis. 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 a restful sleep, although it does not affect everyone equally. It is also designed to combat neurological arrhythmias and palpitations, mild anxiety, hyperactivity and migraine.

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 has the ability to 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 a great resource for natural stress control and is also used to treat insomnia.

Thyme is a Mediterranean plant that has been used to treat 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 a great 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.

TINCTURE RECIPES



Among the most traditional methods to take advantage of the properties of herbs is mother tinctures. Preparing them on your own does not require much. When you go out to collect the plants, do it with respect, being careful not to mistreat the environment, and take a modest amount to prepare tincture and have the medicine there for several years.

You can also make it from the plants you grow in the garden or pots. Tinctures are made with alcohol, which extracts the active ingredients and preserves them. Compared to other preparations, such as tablets or capsules, tinctures retain essential oils and provide the characteristic aroma and flavor of the plant.

The recipe that follows is a basic method that can be applied to

many different plants.

Ingredients:

- Sage leaves
- 86 proof ethyl alcohol.
- Coffee filter or muslin

About the preparation:

Alcohol for internal use is available in pharmacies and can be ordered in the appropriate concentration. Please note that it is not denatured alcohol that is used as a disinfectant as non-recommended additives have been added, so it cannot be used as a drink.

For making tinctures from resinous plants such as myrrh, eucalyptus, or cinnamon, a scale of 70 to 80 is adequate. On the other hand, less resinous tinctures such as basil and oregano are made with 60 to 70% alcohol. If you have 96-proof alcohol, you can mix it with distilled water to obtain the final scale that interests you, according to the following proportion:

- 60 degrees: you use 620 cc of alcohol for every 450 cc of water.
- 70 degrees: you use 680 cc of alcohol for every 325 cc of water.
- 80 degrees: you use 780 cc of alcohol for every 200 cc of water.

The ratio of alcohol to plant is usually 1 liter per 100 grams of dried leaves or 250 grams of fresh leaves. Please note that if you use fresh leaves, the tint scale will be reduced by 15–20 degrees.

Pressing can be done with a small wine press, but if you don't have one, press by hand or in a blender if you want fresh plant juices to mix with alcohol.

First of all, it is necessary to collect the sage leaves, about 250 grams. If you do it in the field, see that the plants have not been affected by road traffic smoke or field pesticides. It lives on rocky slopes and dry, sunny terrain. The harvest occurs in spring and early summer. According to tradition, the best time is the day before the new moon or the summer solstice. Young leaves should be collected before the plant flowers.

You are going to cut the leaves on a wooden surface, preferably with a ceramic knife, and locate them in a glass vase with a screw top and a wide mouth, covering them loosely with 70-degree alcohol (about a liter). Lip the container and store it in a cool, dark place for two weeks. You should shake it every day.

Once the period is over, pass it through a coffee filter made from muslin or linen. The remaining residue can be squeezed out by hand. As the final container, use a brown glass bottle (or several bottles with dropper caps, like the ones found in drug stores).

The bottle must be labeled with the name of what you prepared and the date of manufacture. Although alcohol is an excellent antiseptic, it is not advisable to take this tincture after 3 years.

To take a sage tincture, you are going to dissolve 5–10 drops in 2 fingers of water and take it 3 times a day. With this solution, you can rinse your mouth to treat hoarseness. Other ailments are oral inflammation, hot flashes, night sweats, and digestive discomfort. It is not recommended for pregnant and lactating mothers.

Although the tincture is powerful medicine, you should check

the possible side effects of the product you take. Always take the proper dose and do not continue treatment if you see other reactions.

As for the dosage, it is generally 3–25 drops 3 times a day, a small amount of water, ½ hour before or 1 hour after a meal. As for the duration, when the tincture is used for chronic diseases, the duration of treatment should not exceed 3 months. Then it's best to rest for at least 3 weeks and see how your body responds. In acute illnesses, such as a cough caused by cold, corrective measures should be taken until the symptoms subside.

Consider these common favourites:

- For kidney or bladder problems: use birch leaves, ash leaf, nettle, horsetail, or goldenrod.
- If you have sleep and nerve problems, take valerian, oatmeal, passionflower, lavender, and lemon balm.
- For stomach problems: lavender, lemon balm, artichoke, or sage.
- Cardiovascular disorders: Rosemary and passionflower.
- Liver and gallbladder diseases: milk thistle, dandelion, and artichoke leaves.
- Menstrual discomfort: peppermint, chamomile, black currant leaf, and yarrow.

In the following chapters you will discover other important recipes that you might benefit from.

SALVE RECIPES



These are some recipes that will come in handy in order to take care of your skin and heal any conditions that you may have. They are all made from herbs that you can find in nature and also with implements that you should have in your bunker.

Arnica is a mountain plant composed of nutrients such as bitter, flavonoids, tannins, and various acids. It has the following medicinal values:

- It deflates.
- It is antibacterial.
- As a rubefacients.

The production of arnica cream involves these steps:

Ingredients:

- 2 cups of coconut oil that will provide moisturizing and disinfectant properties, for the different treatments
- ½ cup of dried arnica
- ½ cup of beeswax, as it is greasy and will give consistency to the remedy in addition to having anti-inflammatory, healing, and emollient properties
- 3 drops of essential oil of peppermint or lavender

Preparation:

1. In a pot or container, place 2 cups of coconut oil and ½ cup of dried arnica and mix lightly with a spoon. Then heat the mixture in a water bath for half an hour.
2. When you finish heating the mixture, filter the residue through filter paper.
3. Pour the mixture (to remove residue) back into the pot, then add ½ cup of beeswax. Heat the mixture at low temperature until melted.
4. When the ingredients in the pot are completely melted, stir everything with a spoon to combine well. Now let it sit for a few minutes.
5. Next blend everything again with the blender until the home remedy has a creamy texture.
6. Add 3 drops of lavender or peppermint essential oil to the container to give the cream a pleasant aroma.
7. Finally, pour the mixture into an airtight jar and store it in a dark place until it sets. You will now have your natural arnica ointment ready.

This natural ointment is made up of ingredients with antibacterial and antifungal properties. In this case, we use

coconut oil, calendula, and beeswax.

These, combined with the repairing powers of grape and lavender oils, give us the ideal product to treat small wounds.

It is rich in essential fatty acids, vitamins and antioxidants. Thus, its action on the dermis reduces weakness and premature aging.

It is also anti-inflammatory and soothing, reducing irritation and pain from injuries.

Of course, it has to be made with 100% organic ingredients. Exquisite presentations do not provide the same nutritional quality.

Ingredients:

- $\frac{3}{4}$ cup of grapeseed oil
- $\frac{3}{4}$ cup of coconut oil
- 4 tablespoons of beeswax
- $\frac{1}{2}$ cup of dried calendula
- 2 tablespoons of Scotch elm
- 15 drops of lavender essential oil
- A glass jar

Preparation:

1. Heat the coconut oil in a container to melt and mix with the grapeseed oil.
2. Put the dried marigolds in a glass jar and add warm oil.
3. Make sure to completely submerge the herbs.
4. Add the slippery elm and finish with a few drops of

lavender essential oil. Cover the container.

5. Then, heat it in a pot of water (again in a container) for 30 minutes.
6. After this time, wait for it to rest at a tolerable temperature.
7. Then filter through a coffee filter.
8. Then, using the same procedure, return the oil to the pan with the water and add the beeswax.
9. Reduce heat to low and wait until completely melted.
10. When it's ready, put it in a covered container and store it in a cool, dark place.

Essential oils have become part of everyday life for many people for the simple fact that, with just a few drops, they can reduce discomforts. For example, the most common oils for headache relief are usually lavender and peppermint. To make a headache salve, you'll need simple ingredients that are readily available, inexpensive, and highly useful.

Ingredients:

- Lavender oil
- Coconut oil
- Peppermint oil
- Frankincense oil

Preparation:

1. Firstly, melt the coconut oil. Use the amount you think is appropriate for the container that will contain the mixture.
2. When the oil is completely liquid and hot, add a few drops of oil or the essence of peppermint, lavender, and frankincense.

3. Then mix and put the oil in a small airtight container that you can take with you. Let it sit until it hardens again like coconut oil in a bowl.
4. When it is firm again, you can use it on the forehead area, behind the ears, and on the temples. This way, you can fight any headache.

An interesting fact is that frankincense oil comes from the *Boswellia thurifera* or *Boswellia sacra* trees which are found in Africa, India, and southern China. It is considered the “sweat of the gods,” a panacea for everything. It is also used as incense and as “chewing gum” by Somalis after dinner.

BALM RECIPES



Balms are easy to make with natural ingredients. Try these recipes for some really beneficial products designed to sooth and nourish the body.

This is a moisturizing balm that really takes care of your skin.

Ingredients:

- A handful of rose petals
- ¼ teaspoon of honey
- 2 drops of vitamin E oil
- 20 drops of aromatic essence of coconut
- 1 teaspoon of jojoba oil
- 2 tablespoons of coconut oil
- ¼ cup of beeswax

- A container that resists heat
- A wooden spoon
- A glass jar with a lid

Preparation:

1. Place beeswax in a heat-resistant container and melt in a water bath.
2. Once melted, add the coconut and jojoba oils and stir with a wooden spoon to fully incorporate.
3. Remove the product from the heat and add coconut extract, vitamin E and honey.
4. Keep beating until everything is well combined and add the rose petals last.
5. Transfer the mixture to a covered glass jar and store it in a cool, dark place.

Orange Geranium Body Butter

This is a rich and intensely nourishing body butter ideal for dry skin. The combination of essential acids from grape seed oil and almond oil enriches and nourishes the skin, improving and enhancing its flexibility. Geranium and orange essential oils condition skin for a bright, fruity fragrance.

Ingredients:

- 20 drops of orange essential oil
- 4 teaspoons of almond oil
- 4 teaspoons of grapeseed oil
- 3 tablespoons of macerated calendula oil
- 1 tablespoon of beeswax

Rose Body Balm

This body butter is delicious and fragrant. The aromatic balm contains triple doses of rose (Petal Infusion Oil, Rose Absolute, and Wild Rose Seed Oil) for a blend that softens, conditions, and perfumes the skin. Geranium and patchouli give this fragrance its intensity and special touch.

Ingredients:

- 5 drops of patchouli essential oil
- 10 drops of geranium essential oil
- 10 drops of absolute essential oil of roses
- 2 teaspoons of wild rose oil
- 2 tablespoons of almond oil
- 3 tablespoons of rose oil
- 1 tablespoon of beeswax

Lavender Body Balm

In this rich creamy moisturizer, coconut oil has a very soothing scent, combined with soothing almond oil to care for and nourish the skin. Lavender adds healing and soothing properties as well as a gentle aroma.

Ingredients:

- 10 drops of essential oil or bleach
- 30 drops of lavender essential oil
- 2 tablespoons of almond oil
- 55 grams of coconut oil

- 1 tablespoon of bee oil

Herbal Body Balm

This therapeutic blend of herbal extracts includes St John's wort, calendula, and gotu kola, plus the antiseptic powers of myrrh and olive oil to soothe all types of skin irritations and abrasions.

Ingredients:

- 4 drops of Asiatic spack tincture
- 4 drops of echinacea tincture
- 4 drops of niaouli essential oil
- 12 drops of lavender essential oil
- 12 drops of essential oil of myrrh
- 2 teaspoons of macerated hypericum oil
- 4 teaspoons of macerated calendula oil
- A teaspoon of beeswax

Method of preparation for these recipes:

1. Heat the beeswax and oil in a bowl and put it in a bain-marie. When the mixture cools down, add the essential oils and stir gently.
2. Store in an airtight sterile glass jar and set aside. Use it within 3 months of preparation.

I strongly suggest starting with a small amount if you are not used to making your own remedy. So, start with a small bottle. This balm helps reduce inflammation, heal bruises, activate microcirculation, and relieve sprain pain, among other benefits.

Ingredients:

- 50 milliliters of olive oil
- 2 handfuls of fresh daisies (you will use only the flower, not the stem)

Preparation:

1. Pick the flowers on a dry sunny day so that they dry well from dew.
2. Put them in a clean glass container that you already have (one for jam, maybe).
3. Cover them completely with olive oil.
4. Cover the surface with a cloth and a rubber band; do not put the lid, so the water in the flower will evaporate.
5. Put in the container on a window sill covered with a paper bag so that the light does not damage the oil.
6. Allow it to marinate for 3 weeks.
7. Stir with a wooden spoon at least once a week.
8. Strain through cheesecloth, squeezing the flowers well.
9. Filtered oil can be used, but can be made into a lip balm by adding beeswax.
10. Finally, remove and let it cool.

Medicinal plants can also be used topically to soothe irritated skin anywhere on the body. You are now going to find out how to make a super-easy herbal balm that can be used in so many different ways: soothing rashes, inflamed or sunburned skin, fast healing for minor cuts or scrapes, muscle fatigue, and more.

Ingredients:

- 6 tablespoons of cocoa butter
- 1 ½ cup of virgin olive oil
- ¼ cup of lavender
- ¼ cup of calendula
- ¼ cup of chamomile

Preparation:

1. In an opaque glass jar, place all the herbs that are indicated and cover them with olive oil.
2. Put the jar in a pantry or dark place for 20 days.
3. Shake the jar a little every day to make sure the herbs are completely covered in oil.
4. Once that time has passed, filter the resulting oil.
5. Melt the cocoa butter in a bain-marie and add the oil.
6. After mixing everything well, place it in a clean and sterilized container.

Let it cool down and it's ready to use!

LOTION RECIPES



The recipes that follow serve to heal many conditions. Each one has unique properties designed to bring you comfort and make you feel better. You can have them ready and waiting in your bunker.

Calamine lotion has long been a favorite choice for those suffering from mosquito bites, poison ivy, chickenpox rashes, and eczema, and it's actually very quick and easy to make a zero-waste homemade version with simple, natural ingredients.

Ingredients:

- 1 tablespoon of glycerin without palm oil
- 12 drops of lavender essential oil
- 1 tablespoon of Tasmanian sea salt
- 3 tablespoons of pure natural baking soda

- 3 tablespoons of bentonite clay or green clay
- ¼ cup of filtered water

Preparation:

1. In a glass bowl with a wooden spoon, combine the baking soda, Tasmanian sea salt, and bentonite clay. We recommend avoiding the use of metal utensils or bowls when working with clay.
2. Slowly add the filtered water, stirring constantly until a paste forms. Keep adding water until it reaches a thick but smooth consistency.
3. Add lavender essential oil and glycerin (if used) and stir until combined.
4. Transfer to a 120-milliliter glass jar and store away from sunlight.

This recipe is enough to fill approximately 1 glass jar of 120 milliliters.

You can use this homemade calamine lotion to soothe bug bites, rashes, chickenpox, diaper rash, and itching caused by plants like poison ivy.

Using a facial toner is an important step in your daily facial skincare routine as it is an ideal product to refresh your skin, help shrink pores, and ultimately maintain your skin's natural vibrancy for longer. If you want to take advantage of some of the best natural ingredients for your skin, you can use them to make a homemade facial toner. This is a very effective and inexpensive solution that will benefit the appearance of your skin in the long run.

Using Green Tea

Ingredients:

- Green tea
- Chamomile
- Drops of lemon juice

Preparation:

Green tea is a beneficial infusion for the body, as a powerful antioxidant, it also has excellent properties to keep facial skin healthy and young. For this reason, I bring you a very simple recipe to make a facial toner based on green tea, chamomile, and lemon.

1. To make it, first, prepare a cup of green tea and another cup of chamomile (half a cup is enough).
2. Let both cool, then place them in a container and add a few drops of lemon juice. As its astringent properties are excellent for oily skin, these drops help close pores and deeply purify the dermis.
3. Mix these three ingredients well and apply them to the skin of the face with the help of a cotton pad. Let it sit for 15 minutes, and then rinse with warm water.

Tonic With Cucumber

Ingredients:

- 1 cucumber
- ½ liters of water

Preparation:

A cucumber-based facial toner is ideal due to the high levels of vitamin E and natural oils in this natural product. It helps to repair, moisturize, and revitalize the skin and is also suitable for those with excess sebum and skin impurities.

1. To prepare this lotion, all you have to do is wash the cucumber and cut it into very small pieces.
2. Next, place the cucumber slices in a saucepan with ½ liter of water and boil for about 30 minutes.
3. Let the resulting liquid cool down and store in a glass jar with a lid so that it can be used for more days. Simply apply it to clean skin with a cotton pad.

Homemade Rose Water Facial Toner

The Rose Water Facial Toner is an excellent option for those who want to keep their face fresh, free of impurities, nourished, and hydrated. If you love commercial rose toners but want to try this more viable formula, all you need is ½ liter of mineral water and 2 cups of rose petals.

Ingredients:

- Rose petals
- Water to boil

Preparation:

1. Bring the water to a boil and add the rose petals when the water is completely boiling.
2. Next, cover the pot, turn off the heat and let the petals soak for 30 minutes.
3. Finally, you just filter the liquid and apply it to your face with the help of a cotton pad.

Aloe Vera and Lemon Lotion

You already know the multiple benefits of aloe vera for the skin and its integrity, because, in addition to cleaning perfectly, it hydrates and regenerates from the deepest layers. This formula combines the moisturizing and soothing properties of

aloe vera with the cleansing and lightening properties of lemon, making it ideal for lightening the skin.

Ingredients:

- 2 tablespoons of aloe vera gel
- 1 teaspoon of lemon juice
- Cotton

Preparation:

1. To make this homemade facial toner, you just need to mix 2 tablespoons of aloe vera gel with 1 tablespoon of freshly squeezed lemon juice.
2. Moisten a cotton ball with the resulting liquid, then spread it gently all over the face and let it dry naturally without rinsing.
3. It is recommended to use this lotion at night before going to bed.

It is very important that, among the various recommended aromas, you choose the one that you find most pleasant and relaxing. Also, avoid mixing more than three or four scents in the first test to avoid creating a very strong mist that will eventually lead to a bad night's sleep.

If citrus and summer flowers are your favorite aromas, the following recipe is one of many options for your first mist.

Ingredients:

- A diffuser bottle
- 5 drops of orange blossom or vanilla oil
- The skin of half an orange

- ½ liters of distilled water
- Medium vanilla stick

Preparation:

1. The first thing we do is boil half a liter of water, the herbs, and the orange zest.
2. When the water boils, leave it like that for 2 minutes. It is about achieving an infusion that highlights the essence of these two natural products.
3. Once this time has passed, lower the heat and begin to stir slowly with the help of a spoon.
4. After 5 minutes, turn off the stove and let the liquid in the pot (without the lid) cool.
5. Once it is completely cold, strain it.
6. Then, it's time to add the essential oils (5 drops of each, whichever you choose).
7. Both vanilla and orange blossom are excellent options to achieve a delicate blend of citrus and floral notes that greatly relaxes the senses and is very pleasant.
8. Avoid mixing two or more oils the first few times you're ready to spray, so you can taste the scent and smooth out the mix.
9. Stir everything that was in the pot with the help of a spoon, and then put the contents in a spray bottle of your choice.

I do not recommend that you use other types of containers (for example, with an eyedropper) as they will not produce the desired “haze” effect. A spray or aerosol container is key.

POWDER AND SPRAY RECIPES



These recipes will serve to heal some diseases and even hemorrhages with natural ingredients.

This next recipe is such an essential tool for keeping germs at bay.

Ingredients:

- 15 drops of rosemary essential oil
- 10 drops of lavender essential oil
- 6 milliliters of aloe vera gel
- 20 milliliters of 96° ethyl alcohol

Preparation:

1. First of all, sterilize all instruments.

2. Add the rubbing alcohol, hydrogen peroxide, and aloe vera gel to a vase.
3. Shake the mixture well to combine its elements.
4. Add the essential oils and mix again.
5. Place the mixture in one or more containers and close tightly.
6. Finally, let the mixture rest for 72 hours to eliminate any bacteria that may be in the container.

Sore throat sprays are another useful tool during the inevitable cold and flu season. Homemade throat sprays are safe for children and adults. The spray is easy to use and people can keep a few bottles at work to relieve sore throat symptoms after giving a presentation or talking a lot in a meeting.

This spray not only relieves the discomfort of a sore throat but also helps fight the bacteria that live in the warm, moist environment of the throat and cause inflammation. This recipe brings your body several essential oils, including lemon. This antioxidant oil has antibacterial properties and vitamin C. Peppermint essential oil reduces inflammation and has antibacterial properties. Eucalyptus essential oil is energizing and helps eliminate bacteria from the throat. Clove essential oil helps reduce mucus and provides a pleasant flavor to the spray.

Raw honey is applied to the throat to reduce pain when eating. Apple cider vinegar has antibacterial and antifungal properties that help prevent throat infections. Sea salt contains important trace elements that help prevent dehydration and restore proper electrolyte balance. The cayenne peppers provide natural heat and help the body fight bacteria, while the tea contains important antioxidants that help fight infection.

Ingredients:

- Dark spray bottles
- 2 drops of clove essential oil
- 2 drops of eucalyptus essential oil
- 2 drops of lemon essential oil
- 2 tablespoons of apple cider vinegar
- A pinch of cayenne pepper
- 1 tablespoon of sea salt
- 1 tablespoon of raw buckwheat honey or your own favorite honey.
- 2 bags of traditional medicinal tea or the tea of your choice
- $\frac{3}{4}$ cup of boiled water

Preparation:

1. Place the tea bags in the water and leave for 4 minutes. Remove the tea bags and add honey, sea salt, and chili. Stir and check all the ingredients are completely dissolved. Thick unrefined honey may require you to use a hand blender.
2. Add apple cider vinegar and essential oils. Use a funnel to pour the mixture into a dark spray bottle. This recipe makes about 100 throat sprays.

A dark spray bottle is necessary so that the essential oil does not lose its activity in light, which can reduce the antioxidant properties of the essential oil. This recipe makes about 6 ounces of spray (about 17 cl). Then, place it in the fridge for up to 3 months or in a cool cupboard for up to a month and a

half.

Shake the bottle before each use. This throat spray can be used daily as a preventative measure during cold and flu season. It can also be used when the first symptoms of a sore throat appear. Each spray equals one serving.

Small hemorrhages can be alleviated with this recipe.

Ingredients:

- Yarrow leaves
- A sealed glass jar

Preparation:

1. Harvest yarrow leaves or buy some.
2. Dry them in a dehydrator or hang them to dry for about a week.
3. Proceed to grind the leaves until they end up in a fine powder.
4. Store in an airtight glass jar and label it.
5. Using a damp cotton ball, apply Yarrow hemostatic powder to the wound for at least 10 seconds.
6. Repeat as needed. If the bleeding does not stop in about 20 minutes, you will need to give yourself first aid.

ELIXIR RECIPES



These elixir recipes will help you heal a series of health problems when you are locked up or without doctors nearby.

Science has confirmed the properties of the elderberry. A study of 60 flu patients showed that taking 15 milliliters of elderberry syrup four times a day improved symptoms and shortened the duration of the illness by 3–4 days.

Ingredients:

- 1 cinnamon stick, a vanilla pod, or some cardamom seeds
- 2 tablespoons of ginger root
- 1 cup of honey
- 4 cups of mineral or filtered water, which is drinkable

- 2 cups of dried elderberries

Preparation:

1. Heat the berries, ginger, and cinnamon (or vanilla or cardamom) with water in a glass or ceramic saucepan.
2. When reaching a boiling point, lower the heat and continue cooking for 40 minutes.
3. Remove from the heat and let it stand for 1 hour.
4. Strain the mixture using a funnel lined with folded cotton gauze or undyed organic cotton muslin.
5. The liquid obtained is mixed with honey and stirred.
6. With the double amount of honey and a shot of vodka you can extend the life of the product, but it is not suitable for children.
7. Store the syrup in a previously sterilized glass bottle.
8. You can take a teaspoon or two of this syrup daily during the fall and winter. Keep in mind that children less than 1 year of age should not take products made with honey.

Golden milk is a drink originally from India, an Ayurvedic medicine used hundreds of years ago for its multiple health benefits—body and mind.

One of its most important benefits is that of boosting the immune system and allowing restful sleep. Its main ingredient is turmeric, a medicinal plant that, when turned into powder, acquires an intense yellow color. This is where the name Golden Milk comes from.

Turmeric has anti-inflammatory, antioxidant, antibacterial, and digestive properties, thus aiding in digestion, liver detoxification, cancer, and Alzheimer's prevention, heart disease, respiratory disease, and joint pain.

Additionally, turmeric has been shown to benefit mood, reduce levels of depression, and improve sleep and memory.

On their own, other ingredients like cinnamon, ginger, and pepper can inhibit the growth of some bacteria that cause respiratory infections, lower blood sugar levels, and improve digestion.

By combining all the ingredients with milk (hopefully plant-based sources like coconut, almonds, oats, etc.), this concoction becomes a powerful immune-boosting drink.

Ingredients:

- Powdered ginger
- Black pepper powder
- Cinnamon powder
- 200 milliliters of milk
- 1 teaspoon of honey
- 10 milliliters of water
- 1 teaspoon of turmeric

Preparation:

1. Put the turmeric, spices, and water in a cup (preferably very little water).
2. Stir with a teaspoon until smooth. You only need a few seconds.
3. Add the milk. You can use hot or cold (if you use cold, you will need to stir for longer when you add the honey so that it dissolves).
4. Season with honey (of your favorite choice) and sugar.

5. Alternative: You can use a hand mixer or a slotted spoon to mix all the ingredients; it's faster and you'll get a foam that many people find very nice.

This vinegar helps you to relieve stomach problems such as diarrhea or abdominal pain. It also fights some intestinal bacteria and improves insulin sensitivity. It is well-worth learning how to make this at home.

Ingredients:

- 1 liter of drinking water
- 4 tablespoons of sugar or sweetener
- 3 kilograms of chopped apples, enough to fill $\frac{3}{4}$ of each jar
- 3 or 4 large jars

Preparation:

1. Begin by sterilizing the glass jars, lids, and funnels. Any leftover disinfectant will ruin the flavor of the vinegar, so be sure to rinse the jar thoroughly.
2. You can use whole apples or apple slices (skin and core). Ensure that all apples used are fresh and free of damage, mold, or fungus.
3. Rinse apples or apple chips in cold water before using. If you use whole apples, cut them into small pieces and remove the stems.
4. Place apples in clean jars until about $\frac{3}{4}$ full.
5. Mix sugar with 1 cup of filtered water until dissolved. Then, pour it into the pitcher.
6. Add remaining water to each jar until apples are covered with about 2 inches of space left at the top. If apples float,

sink them with sterilized fermentation weights (similar to paperweights), small bowls, or anything that will fit in a jar and is easy to remove. Note: Uncovered apples are prone to mold, so make sure to cover them!

7. Cover the jars with cotton strainers and secure them with the rim of the lid or a rubber band.
8. Locate and store the jars in a dark place, at room temperature for 2–3 weeks, checking regularly, to make sure the apples are still covered in water and no mold has formed. The contents will begin to thicken, foam, and bubble. There will be white foam at the top of the fermentation—this is known as the “mother” and is a good sign. The progressively thicker shells are made of cellulose, the same material found in plant cells (unpleasant but completely harmless). Once the mother has formed, the vinegar will be ready in a month or two. This stem can be saved and reused to start your next batch! If you notice any foam of another color, your mixture is most likely infected and it is recommended that you discard this batch and try again.
9. By the end of the third week, the liquid should smell good. Strain the apple pieces from the liquid and pour them through a sterilized strainer (or additional cheesecloth) into a large sterilized container. Discard used apple slices.
10. Return the liquid to the jar and replace the cheesecloth and lid or rubber band. Now proceed to place them at room temperature in a dark place for another 3–4 weeks, shaking or stirring every few days.
11. Test the vinegar through a straw to avoid damaging the “mother,” and once the liquid has reached its satisfactory acidity, use a sterilized funnel to transfer it to a screw-top bottle or container. Note: If your vinegar gets too pungent,

don't be afraid to use filtered water to dilute the mixture to your desired acidity.

12. Bask in the glory of home fermentation!

MISCELLANEOUS NATURAL CURE RECIPES



This is a series of recipes that will surely help you to feel well and quickly get back to good health when you experience an illness.

Hypericum is also known as St. John's wort, little heart, or military herb because it was used to heal wounds in the past. Its botanical name is *Hypericum perforatum*. It is a very common plant in Europe and has been used for its properties since ancient times. In fact, in ancient Greece, the doctor Hippocrates recommended it as an anti-inflammatory.

How Is Hypericum Oil Made?

Homemade Hypericum Oil is obtained by marinating this plant with vegetable oil in a glass jar. In our preparation, we finish it with almond oil, but you can choose the one you have on hand or the one you prefer. It needs to rest for 40–50 days. After this time, it is filtered and stored in a dark bottle to better

preserve its properties.

It is recommended that you place the homemade hypericum oil in small opaque jars because once opened, it loses its properties. Homemade hypericum oil can be kept for two years without any problem.

Ingredients:

- Almond oil
- Dry Hypericum
- A glass jar

Preparation:

1. Choose a clean glass jar that can be sealed.
2. Pour the dried hypericum into the container until halfway. It is best if you decide how much to use.
3. Fill the jar with vegetable oil. We prefer almond oil, but you can also use olive oil, sunflower oil and soybean oil. It's a matter of taste.
4. Cover the jar and leave the mixture to soak for about 40–50 days in a dry place without direct light.
5. Strain the homemade hypericum oil and store it in an opaque container.

The daily consumption of a tablespoon of this medicine has been shown to eliminate many diseases.

It is essential to buy completely organic ingredients to ensure that you make the most of their medicinal properties. In addition to garlic and vinegar, it is advised that you use a little honey to make it easier to consume and in order to enhance its bactericidal and antiviral properties.

Ingredients:

- A glass jar
- 1 cup of honey
- 1 cup of apple cider vinegar
- 10 garlic cloves

Preparation:

1. Peel the garlic cloves and cut them into small pieces, or crush them with a mortar.
2. Put them in a glass jar and add the apple cider vinegar and honey.
3. Stir all ingredients together, cover the jar and shake for 90 seconds to fully incorporate.
4. Keep it in the fridge or at room temperature.
5. As a precaution, you can take 1 tablespoon a day, preferably on an empty stomach.
6. In case of viral or bacterial illness, take for 5 days, starting with 2 tablespoons upon awakening.
7. Repeat the same dose 3 times a day, just before each main meal.
8. If you find it difficult to swallow, you can dissolve it in a glass of warm water or orange juice.
9. Choose this traditional remedy and discover that you can improve your health without the use of synthetic drugs.

The main contribution of star anise to health is that it promotes digestion, since it stimulates digestive enzymes and reduces bloating or pain caused by the accumulation of gases. It is high in protein, fiber, carbohydrates, and healthy fats. It contains vitamin C, magnesium, calcium, iron, and more.

In addition, due to its antibacterial and antifungal properties, some consider it a great natural remedy for its anti-flu, anticongestant, and anti-catarrhal properties.

To make the most of its benefits, there is no better option than preparing a tea or an infusion. This is the recipe:

Ingredients:

- 2 tablespoons of star anise
- 1 cup of drinking water

Preparation:

1. Heat a pot or saucepan, add the water, and when it starts to boil, add the star anise.
2. Let it stand over low heat for 3–5 minutes.
3. Remove the pot, cover, and let sit for 2 minutes.
4. Filter the liquid and you can now enjoy your infusion.
5. It is recommended that you take it twice a day, after lunch or dinner, for no more than a week.

TEA FOR HEALTH



The series of teas in this chapter will help you relieve a series of discomforts and, best of all, you can prepare them with what you now have at home.

Throat discomfort is difficult to cope with and even more so if you do not have any traditional medicine. Here is a series of home remedies.

Sage Tea with Salt for the Throat

A great home remedy for a sore throat is to gargle with warm sage tea with sea salt.

Sore throats go away quickly as sage is astringent for temporary pain relief and sea salt is antiseptic and helps restore inflamed tissue.

Ingredients:

- 250 milliliters of drinking water

- ½ teaspoon of sea salt
- 2 teaspoons of dried sage

Preparation:

1. Simply pour boiling water over the sage and cover the container and let the mixture soak for 10 minutes.
2. After the set time, strain the tea and add sea salt.
3. People with a sore throat should gargle with the warm solution at least 2 times a day.

Greater Plantain Tea with Propolis

Plantain has antibiotic and anti-inflammatory properties that help fight the signs and symptoms of a sore throat and it works even better when drunk warm as it soothes a sore throat.

Ingredients:

- 10 drops of propolis
- 1 liter of water
- 30 grams of plantain leaves

Preparation:

1. To prepare the tea, boil the water and add the largest plantain leaves. Then, let it steep for 10 minutes.
2. When it's warm, strain and add 10 drops of propolis and gargle 3–5 times a day. Learn about other benefits of greater plantain tea.

Eucalyptus Tea

It is a natural antiseptic that helps you fight microorganisms that can cause sore throats.

Ingredients:

- 1 liter of drinking water
- 10 eucalyptus leaves

Preparation:

1. Proceed to boil and add the eucalyptus leaves.
2. Let the mixture cool slightly and inhale the steam that comes out of the tea at least twice a day for ¼ hour.

Turmeric is a widely used spice in the kitchen, known for its striking color between red and yellow, slightly lighter than paprika. While many people are aware of the culinary properties of this root, less is known about the health benefits of turmeric and why consuming this spice primarily helps relieve joint pain.

How does turmeric help arthritis? Among its main benefits, its anti-inflammatory properties stand out, helping to dissipate joint inflammation caused by conditions such as arthritis. This anti-inflammatory effect has been studied in Italy and has demonstrated a 58% reduction in pain and stiffness in people with osteoarthritis. In addition, turmeric has analgesic properties that reduce arthritis pain and allow a person to regain mobility in the joints without discomfort.

Here is a turmeric drink that helps to relieve the problems of arthritis.

Ingredients:

- Lemon or ginger
- 1 teaspoon of honey
- 4 cups of drinking water
- 1 teaspoon of turmeric

Preparation:

1. Put the water in a pot. When it starts to boil, add the turmeric and lower the heat.
2. Continue cooking for 15 minutes. Then, you will have to strain the liquid to retain only the water and remove the spices.
3. Next, add honey and juice and you are ready to enjoy a delicious and healthy drink.

The next series of drinks help to strengthen the immune system:

Lemon, Ginger, and Mint

This classic pairing is perfect for your body! Known for its high content of vitamin C, lemon is a natural antibiotic that stimulates the immune system. It strengthens the body's defenses and has a high content of antioxidants that reduce oxidative stress in cells and prevent the onset of diseases.

In turn, ginger, besides aiding in digestion, is also excellent for reducing levels of inflammation in the body and fighting infections caused by fungi, bacteria, and viruses.

On the other hand, mint is rich in vitamins, calcium, and iron. It stimulates the digestive system and also fights colds and flu, abdominal pains, and headaches.

Ingredients:

- 1 liter of drinking water
- 3 slices of ginger
- About 3 or 4 sprigs of mint
- 3 slices of lemon

Preparation:

1. In a kettle, place the ginger and mint and add 1 liter of boiling water.
2. Let it stand for 5–15 minutes; then add the lemon.
3. Allow it to stand for another 5 minutes before drinking.

Green Tea and Lemon Verbena

Green tea will help speed up your metabolism and relieve the symptoms of allergic rhinitis. It also helps the body because it is an ally against viral or bacterial infections.

In turn, lemon verbena has a relaxing effect on the nervous system. This is a powerful combination to stimulate the immune system.

Ingredients:

- 1 liter of drinking water
- 10 grams of lemon verbena
- 20 grams of green tea

Preparation:

1. Place the green tea and lemon verbena in a pot and add a liter of freshly boiled water.
2. Let it stand for 5–10 minutes then sieve.
3. If you choose to use tea bags, simply remove them from the brew and serve.

Turmeric and Black Pepper

Turmeric and black pepper are ancient spices and their combination is very effective in stimulating the immune system. In addition to being recommended for inflammation, skin, and digestive disorders, especially to boost the immune

system, turmeric is also a natural antidepressant.

Black pepper is rich in piperine, which multiplies the properties of turmeric by 20. It helps reduce headaches and nausea and also aids in digestion.

Ingredients:

- 1 ½ liter drinking water
- Honey
- 3 black peppercorns
- 1 tablespoon of grated turmeric root

Preparation:

1. In a saucepan, put 1 ½ liter of water on the fire.
2. When it reaches the boiling point, turn off and add the turmeric and black pepper.
3. Allow it to stand for 5–15 minutes, sift the preparation, add honey to taste and drink throughout the day.

NATURAL REMEDIES FOR DIGESTIVE SYSTEM DISORDERS



Stomach problems happen for many reasons, but when a catastrophe happens your diet changes a bit because you have to eat what you have in the bunker. As a result, you could have a stomach upset.

These are some remedies that will work for you:

Taking ginger in infusion or fresh is an excellent natural remedy to eliminate gas and improve digestive health. Excess gas is a really annoying and uncomfortable problem with several causes, including eating too fast, swallowing air while eating, eating indigestible food, food intolerance, or suffering from indigestion, constipation, gastritis, and other diseases like irritable colon and celiac disease. In addition to changing your

eating habits, you can use natural ingredients such as ginger, which has many beneficial properties for our gastrointestinal health.

The best way to get rid of excess gas and ease an upset stomach is to drink 1 cup of ginger tea after meals, in small sips.. Drink only 2 or 3 glasses of this infusion per day.

However, before taking it, it is important to remember that ginger is prohibited in the following situations:

- People who have gastritis, irritable colon, ulcers, Crohn's disease, or colitis.
- People with high blood pressure.
- People with gallstones.
- Diabetics who take medication for the disease.
- Whoever is on medication for high blood pressure or blood circulation.

Ways to Take Ginger

Not only can you take ginger through tea or infusion, but there are other forms of consumption or use that can give you good results and greatly improve your digestive health. These are the following:

GINGER AND LEMON JUICE

This is how you prepare it:

Ingredients:

- 2 cups of water
- 3 tablespoons of grated ginger

Preparation:

1. In a saucepan, bring the equivalent of 2 cups of water to a boil, and when it reaches the boiling point, add 3 teaspoons of grated ginger root.
2. Let it cook for about 3 minutes, turn off the heat and wait for it to rest for about 10 minutes.
3. Then, squeeze half a lemon and add about 3 tablespoons to the previous preparation. Drink it when it's cold.

Another way to consume it is to directly chew some fresh ginger after you eat.

If you or someone else has problems with swelling, you can give them one of these remedies.

Peppermint Tea

Peppermint tea contains flavonoids that appear to inhibit the action of mast cells, cells of the immune system that are abundant in the intestine and appear to contribute to gas formation.

This plant is also antispasmodic, reducing cramps and abdominal discomfort.

Ingredients:

- 1 cup of boiling water
- 1 tablespoon of dried or fresh peppermint leaves

Preparation:

1. Add mint leaves to a glass of boiling water, cover, and let them steep for 10 minutes.
2. Strain 3–4 times a day with warm water.

Lemon Balm Tea

Lemon balm is another plant widely used in traditional medicine and is especially useful in treating problems related

to the gastrointestinal system. In fact, it seems to relieve various stomach and intestinal discomforts, including excess gas.

Additionally, lemon balm is part of the mint family, so it may have similar benefits for fighting intestinal gas.

Ingredients:

- 1 cup of drinking water, boiling
- 1 tablespoon of dried lemon balm leaves

Preparation:

1. Put the lemon balm in boiling water and let it sit for 10 minutes.
2. Drink 3–4 times a day; then filter with warm water.

Chamomile Tea

Chamomile is a plant traditionally used to treat stomach problems and relieve discomfort throughout the gastrointestinal system. According to one study, the plant appears to prevent ulcers and inflammation in the gastrointestinal system, which can also prevent gas.

In addition, chamomile tea has a sedative effect and can help reduce discomfort caused by a swollen abdomen.

Ingredients:

- 1 cup of boiling water
- 1 tablespoon of dried chamomile

Preparation:

1. Add the chamomile flowers to a glass of boiling water and let it stand for 5–10 minutes.

2. Drink 3-4 times a day; then filter with warm water.

Angelica Root Tea

Angelica, also known as Herb of the Holy Spirit, is a medicinal plant with strong digestive properties, since it stimulates the production of gastric juices, thus improving digestion. Additionally, it can help treat constipation by regulating bowel movements, which reduces gas buildup. Its scientific name is *Angelica archangelica*.

Ingredients:

- 1 cup of boiling water
- 1 tablespoon of dried angelica root

Preparation:

1. Put the angelica root in a cup of boiling water and let it soak for 5 minutes.
2. Drink hot after meals.

Constipation, a common health problem, can be highly annoying and painful if it persists for many days. This type of bowel disease can be caused by an unhealthy diet, intense stress, or some significant lifestyle changes. When these cases occur, it is best to have home remedies at hand and go to the bathroom immediately to relieve discomfort.

Here are some recommended remedies:

Fennel Juice

Fennel is actually effective in combating severe constipation crises as it helps reduce gas and makes food digest better. A nice way to take fennel is in juice.

Ingredients:

- A glass of water

- 2 apples
- Some mint leaves
- A sprig of fennel

Preparation:

1. Beat all ingredients until well blended. You can add more water if it is too thick.
2. Take this several times a week, because it is a totally natural preparation.

Flax Seeds

The special thing about flax seeds is that when they are soaked, they release a gel that favors intestinal transit. If you suffer from constipation, adding flaxseed gel to your diet can help.

If you're wondering how to make flaxseed gel, soak the seeds the night before. For an even more appetizing result, sprinkle the seeds over food and let it sit in the refrigerator overnight. The next day, have breakfast and you will see immediate results.

Pennyroyal Mint Infusion

When you have a hard time going to the bathroom, this classic mint infusion is great because it reduces inflammation, improves digestion, and eliminates gas. With the help of this tea, you will experience rapid relief from discomfort.

Ingredients:

- Hot water
- 2 tablespoons of pennyroyal mint

Preparation:

1. Bring the water to a boil.
2. When it boils, add a few tablespoons of mint or a few mint teabags.
3. Remove from heat and rest.
4. To enhance its effect, try sweetening it with honey. Pennyroyal is also a great home remedy for heartburn, so if you have frequent stomach problems, you can grow your own pennyroyal at home.

Chamomile

Chamomile is a very useful home remedy to boost the digestive process, eliminate gas and abdominal pain, and reduce bloating. It is a laxative that will help you a lot because you can easily find it anywhere and you can have it stored. Follow these steps to prepare it.

Ingredients:

- Boiling water
- A few tablespoons of chamomile

Preparation:

1. Bring the water to a boil.
2. When it boils, add a few tablespoons of natural chamomile.
3. Remove from heat and rest.
4. If you are not a big fan of the flavor, you can enhance it by mixing it with a pennyroyal mint sachet.

Kiwi, Orange, and Flaxseed Juice

Kiwifruit is well known for its laxative properties. In fact, due to its high fiber content, it is one of the most consumed foods when you cannot go to the bathroom. Its enzyme actinidine improves intestinal function and facilitates the digestive

process.

By itself, orange is another essential fruit to relieve constipation due to its content of citric acid and fiber. So, if you want something effective for constipation, just consult this recipe and prepare this quick and easy fruit smoothie.

Ingredients:

- A handful of flax seeds
- 1 orange
- 1 kiwi

Preparation:

1. Place the kiwis and oranges in a blender or blender jar and blend until smooth.
2. Add a handful of flax seeds and let it stand until it acquires a gelatinous texture.
3. Stir and get ready to enjoy your constipation-busting juice.

Tomato Juice

Another food known for its high fiber content is tomato, a versatile fruit that can be consumed in a variety of ways.

To prepare this tomato juice and use it as a homemade laxative, you will need the following.

Ingredients:

- 1 liter of water
- 20 grams of sugar
- 4 ripe tomatoes

Preparation:

1. Peel the tomatoes and cut them into small pieces.
2. Place the tomatoes in a pot and add sugar.
3. Add water and cook for about 45 minutes. Stir frequently.
4. After that time, remove from the heat and let it rest.
5. Pour the juice into a glass jar or bottle.
6. Drink one cup on an empty stomach for at least 3 days.

MEDICAL HERBS FOR COMMON AILMENTS AND WHAT THEY CAN CURE



As I have shown you throughout the book, there are various medicinal plants with interesting properties that can help you alleviate or prevent different problems. Below, as an example, I show you a series of the best known.

Aloe Vera

Aloe Vera helps to remove stains and heal burns and wounds (although it is important to do so on medical advice). In addition, the liquid consistency within its leaves is similar to that of a gel, which facilitates its gradual absorption when applied to the skin.

It can also be used to prepare some foods: when eaten, it improves intestinal function and stimulates the immune system.

Chamomile has anti-inflammatory, antibacterial, and relaxing properties. It is used for gastrointestinal and muscular pain, cramps and headaches, eczema, inflammation of the gums, wounds, and sinusitis. It is actually proven to lower cholesterol and appears to have anti-cancer properties.

Chamomile is excellent for ending heartburn. However, it should be consumed with caution by pregnant women.

One of the most used plants in our kitchen is also one of the most famous medicinal plants. Garlic, a powerful immune system booster, has the effect of promoting efficient blood circulation (it is an anticoagulant), as well as having antibacterial, antibiotic, and antioxidant properties.

Common problems such as high blood pressure or infection are some of the conditions for which garlic can be taken. As an antioxidant, it also reduces the rate of cellular aging.

Eucalyptus is another well-known medicinal plant, especially for its effects on respiratory ailments. Asthma, bronchitis, or flu are some of the typical problems that it can treat. It also has antibacterial properties and favors the secretion of liquids such as mucus (it is a powerful expectorant).

Finally, it also has the effect of lowering blood sugar levels, which is helpful for people with diabetes. It is used in food, pharmaceuticals, and even body hygiene products.

This plant, especially its stem, is particularly well-known to those who suffer from cystitis or other urinary tract infections. It also has a positive effect on the skin and nails, it is a great cell regenerator and it strengthens the bones. Rich in silicon, it is highly diuretic and purifying, helping to eliminate toxins. It

is astringent and helps control bleeding.

Also known as St. John's wort. This medicinal plant has different properties, but the fact that it has antidepressant properties stands out (use with extreme caution if it is combined with antidepressants, and it is recommended that it is consumed for more than 6 months), preventing the reuptake of Amine in monotherapy.

It is also used to treat anxiety and insomnia problems, as well as to improve menstrual disorders. Furthermore, it has analgesic and stomach acid regulating abilities, as well as its ability to help treat diarrhea and vomiting. Also, hypericum extract has been found to help improve insulin resistance.

This spice is very useful and has a variety of properties that make it an excellent home remedy. In addition to antibacterial, antiviral, and antiparasitic properties, it has also been noted as having anti-inflammatory and antiemetic properties (reduces nausea and vomiting).

Digestive problems, tiredness, headaches, and menstrual cramps are some of the problems for which it works.

Thyme actually has antioxidant and antiseptic qualities. Rich in flavonoids, vitamin C, iron, and magnesium, it stimulates the appetite and is also used as an expectorant. Its antiseptic properties made it good for treating wounds in ancient times. It is also good for conditioning skin and hair.

Furthermore, thyme is one of the best medicinal and aromatic plants for the Mediterranean climate, so if you live in Spain, you can grow it relatively easily.

Lavender has relaxing properties and is useful in situations of stress and also insomnia. Additionally, it has healing, analgesic, and circulatory properties, and it regulates the functioning of the respiratory system.

It also has properties that improve digestion and gastric secretion. By the way, it can be used as an insect repellent, so you can keep a pot of this plant in your bedroom (for mosquitoes) or in your kitchen (for fruit flies).

A proven medicinal plant with relaxing properties is the linden. Both as flowers or infusions, it is widely used to reduce stress and anxiety and relax the body. It is good to drink an infusion from time to time when you experience feeling overwhelmed at work.

In addition to its antispasmodic properties, it also helps sleep and is a diuretic. It also increases the excretion of toxins through sweat (which is also enhanced).

Dandelion is a very nutritious plant (it has been suggested that it may even contain more iron than products such as spinach) and has various medicinal properties. Particularly useful for liver and kidney problems (such as stones or grit), in addition to its stimulating properties, it improves the body's diuretic and detoxifying properties.

However, it must not be used by pregnant women and people with bipolar disorder who are taking lithium, and it can also interact with other medications.

The leaves of the plant hold great properties to stimulate cognitive abilities. Research has proven that this root improves memory and concentration. It is also an antioxidant that helps in the regulation of blood circulation.

Interestingly, the Ginkgo has existed since the age of the dinosaurs, and its appearance is almost identical now to how it was then (as can be seen in the basic structure of its leaves).

The plants that make the famous Argentine drink are also very good for your health. This is a powerful antioxidant that also boosts the immune system. It also has stimulating properties

like tea or coffee, helps to reduce cholesterol, promotes physical and mental activity and is also a diuretic.

Oregano is an old friend in our kitchen and also has great medicinal properties. Particularly known for its antioxidant effects, it also has antifungal, antibacterial, anti-inflammatory, and antihistamine properties.

Cramps, headaches, stomach and gnawing pains, and respiratory problems can all benefit from consumption, either by mouth or as a tea.

It is a plant with sedative properties that also lowers blood pressure and slows the heart rate. In addition to cardiovascular problems, it can also be used to treat sleep problems. It has mild bronchodilator and antispasmodic properties.

Among other uses, it can treat burns, inflammation and gastrointestinal problems.

Extracts of this bark are used as anti-inflammatories. Also, the plant is used to treat obesity, headaches (in fact, its active ingredient is salicylic acid, like aspirin), arthritis, and bone pain. Additionally, skin problems, calluses, and warts are treated with this plant.

However, like aspirin, this plant is not recommended for children, adolescents, nursing mothers, or people taking anticoagulants.

Agave also has medicinal properties. Specifically, it excels at healing wounds and sores and can be used as a disinfectant (although it can become toxic if used incorrectly). In addition to being a possible preservative, its juice is used to stimulate intestinal flora and lower cholesterol and triglycerides.

Some studies suggest that it is beneficial for bone calcification and the regulation of insulin production (so diabetics and people with bone problems can benefit from this plant).

Blueberries also have medicinal properties. These fruits are not only edible, but are also a powerful antioxidant, with a diuretic effect that helps prevent urinary and kidney problems. Their antibacterial properties help treat infections and it is also astringent.

Blueberries have a positive effect on vision and promote the repair of retinal cells. They are also good for circulation and treat ulcers and eczema. Not only can the fruit be used, but also its leaves—it has been observed that they have a hypoglycemic effect, lowering blood sugar (something useful for diabetics).

Some varieties of the holly plant are used to treat a wide range of problems, from lowering fever to laxatives and elements that help fight jaundice. Besides lowering blood pressure and helping to treat digestive problems, it also has diuretic and relaxing properties.

This has been widely used as a remedy for different problems. It has antiseptic and anti-inflammatory properties, as well as being used as a diuretic and laxative. Elderflower can also treat flu attacks and reduce cough and mucosal problems. It also appears to lower cholesterol and blood sugar levels.

This evergreen shrub is native to the tropics in some central regions of South America. Most importantly, its roots are rich in starches, which help speed up metabolism and weight loss, although it is important to combine it with foods rich in macronutrients since this ingredient does not provide them.

Keep in mind that long-term consumption of large amounts of cassava deficient in vitamins and minerals can cause illness, so it is better to distribute it properly.

Ginseng

This plant is used as an ingredient in infusions, which can be

used to provide energy and keep people active. In addition, it reduces blood pressure and strengthens the immune system by enhancing the production of lymphocytes.

Pennyroyal promotes appetite and improves the body's absorption of nutrients, thereby improving the digestive process.

Nettle is a plant with a bad reputation because its leaves can cause hives, but in addition to this annoying property, we can also find medicinal properties. Specifically, the nettle acts as a vasoconstrictor, which is useful in situations where hemostasis is required.

On the other hand, it is usually employed to combat anemia.

This plant is rich in digoxin and digoxigenin, which have diuretic properties and promote blood circulation.

The antiseptic properties of sandalwood make the essential oil of this plant highly beneficial in disinfecting wounds. In addition, it is an effective diuretic.

Poppy, an herb that grows naturally in a variety of environments, has been used as an ingredient for thousands of years for its narcotic and pain-relieving properties. For example, these substances have been the basis for the development of psychoactive agents for codeine and morphine.

Dill seeds have been used medicinally since ancient times, especially to combat pain associated with menstruation (dysmenorrhea) and cramps.

It is usually used in an infusion, although it is sometimes used to make mixtures for wounds and burns and to promote skin regeneration and clean exposed areas.

Celery is a common ingredient in the kitchen, but it can also be considered a member of the group of medicinal plants. Due

to its high fiber content, this vegetable is used as a digestive and laxative. The diuretic effect of this thick-stemmed vegetable is also well known.

Wormwood, also known as the holy herb or absinthe, is a well-known medicinal plant on all continents with a history that spans thousands of years.

Specifically, it is used to stimulate the appetite (as an appetizer) and, in some cases, to eliminate parasitic infections. In addition, it is an ingredient used in alcoholic drinks such as absinthe.

Native to Polynesia, Kava's root is used in particular for the manufacture of mixtures with anesthetic and sedative properties, as well as for oral administration.

Of course, how this plant affects you depends on the type of plant strain used, as a wide variety of populations are grown in very different environments, and artificial selection has given way to genetically different variants.

Rue is a shrub-like plant with leaves that are traditionally made into essential oils. Specifically, this substance is used as an antispasmodic and sedative.

Calendula is another medicinal plant that is used as an ingredient in the kitchen in addition to home remedies. Its flowers are popular for their anti-inflammatory and healing properties, so they can be used on wounds.

These are some of the plants that are recommended in order to be prepared for any medical situation. Why not delve deeper and prepare all of the different infusions that it is possible to make? In this way, you will be prepared with an entire natural pharmacy in your bunker, along with food, water, and security. If you have these, without doubt, you will be a first-class prepper.

CONCLUSION

By this point, we have come a long way. In the first book, we explored food, how to prepare it, and how to have it ready in different ways.

The second book was dedicated to water, the vital liquid that you must have in your bunker space.

The focus of this book has been medicine, specifically natural medicine, which is what will help you in times of crisis when you cannot access a pharmacy.

As a good prepper, you have to be ready for the end. Prepare yourself for the extinction that will come at some point, also for natural disasters, diseases, and everything that can come with this chaotic world that looks worse every day.

As a prepper, my advice is to prepare yourself because the sixth extinction is coming at any moment and you have to be prepared to face it.

You have to prepare your shelters, and isolate yourself wherever you are. However, your goal is not just to hide but to have the supplies to feed yourself, nourish yourself, and take care of your health. The best way to deal with this is to prepare yourself and to continue to follow the advice that has been shared in this collection.

A real prepper is someone who is proactive, critical, and builds plans for everything that may come; they are in good physical shape and practice whatever is necessary to be able to face that day zero with the best possible outlook.

With this book, you can now build a good first-aid kit so that you stay healthy in your shelter while the last pieces of the world come crashing down.

As the benefits of these plants are so numerous, this book has barely scratched the surface of each one. You are now left with the enjoyable task of investigating more about essential oils and different herbs and what each one can do. First of all, though, you can put together an effective first aid kit, as outlined here in this book.

We have to be prepared. The end of the world is just around the corner and only those of us who have what it takes will survive. Do not wait until a catastrophe comes to start thinking about gathering what is necessary; start now and protect yourself and the people you love.

APPENDIX

When it comes to the time when you have to survive at any cost, many medical items will not be by your hand and you should have them stocked up in order to survive. This means that you should start storing over-the-counter medications. The following section outlines what you should collect.

This list begins with conventional medicines and then moves on to natural ones:

Activated Carbon Tablets

They are used for many situations, from intestinal gas absorption to reducing cholesterol. It is important that you have them in your poisoning survival kit; they can trap toxins and stop their absorption into the body.

Analgesics

These are like aspirin, and can be used to relieve pain and reduce your chances of having a heart attack or stroke. They can be used with other treatments to increase the effectiveness of other medications. You can make homemade aspirin, too.

Acetaminophen

This helps you calm headaches and lower a fever. You can also have other decongestant medications.

Ibuprofen

This is a non-steroidal medicine that helps reduce inflammation, ailments, high fever, arthritis, and joint pain; pregnant women should not take it.

Benzocaine

A topical pain reliever used for toothaches and sore throats,

this medicine is worth its weight in gold. Be sure to have it ready for a catastrophe.

Naproxen

Naproxen is a medicine that reduces inflammation. It is similar to ibuprofen. It treats headaches, fever, and joints. The effects last longer than paracetamol; however, naproxen may not be as effective in some people.

Magnesium Sulfate or Epsom Salt

You can use these as a laxative and also to clean wounds.

Effervescent Salts

They are an antacid and help to reduce pain. You can also have baking soda that has the same effects.

Loperamide

It is important because it calms diarrhea, which is serious in a survival situation and can dehydrate you.

Bismuth Cream

It is an excellent medicine to treat intestinal ailments.

Calcium Carbonate

Calcium carbonate serves as an antacid and is used for heartburn, reflux, and indigestion. You can also use it as calcium.

Ranitidine

This medicine is prescribed to those who suffer from chronic heartburn, ulcers, or related diseases.

Hydrocortisone Cream

This is used to relieve itching, swelling, and skin rashes. You can use the cream for insect bites.

Benadryl

An important antihistamine, Benadryl helps calm allergies, dizziness or sleep problems.

Pseudoephedrine

This is an active ingredient that helps to decongest. It is used to calm colds.

Clotting Sponges or Bandages

These stop bleeding in a short time, apply coagulation to the wound, and cannot be missing from your survival kit.

Neosporine

Neosporine is an antibiotic cream that has three antibiotics. It will help you prevent skin infections.

Multivitamins

In an extreme survival case, you may not have adequate nutrients in your diet, so you can supplement your diet with multivitamins so that you do not suffer from malnutrition.

The medicines named below cannot be missing because they will serve in the most extreme survival situations.

Amoxicillin

Infections such as tonsillitis, bronchitis, gonorrhea, and others are treated by amoxicillin. You can also use it with other antibiotics to better attack a disease.

Clarithromycin

This is an antibiotic that is used to combat bacteria in the body. It is one of those that you can use if, for example, you become infected with contaminated water.

Ciprofloxacin

Ciprofloxacin is useful for carbuncles, prostate issues, urinary tract problems, diverticulitis, and many other conditions.

Metronidazole

This is used for parasitic and bacterial infections including giardia, colon infections, liver abscess, vaginal infections, fungi, and intra-abdominal infections, among others.

Each antibiotic has its particular breakdown rate since the proteins in these have their own oxidation cycle. The enemies of these are heat and humidity. If you plan to store them, you have to wrap them in aluminum foil and pack them in sealed envelopes with desiccants to be extra safe.

The truth is that, over time, antibiotics become less effective. So how long are they expected to take effect for? The actual shelf life is longer than the date it says on the jar. Many put dates before a product's real expiration because it is not profitable to have products on a shelf for ten years and they want to sell.

For example, Metronidazole tablets can last three years after their expiration date; amoxicillin can last up to five more years after expiration; ciprofloxacin, in tablets, up to ten years after expiration.

You must have these elements among your elementary supplies. Many can be found in pharmacies or even in the supermarket. Have it on hand. It is recommended that you have a larger first aid box at home and one that you can transport when you have to move away from home.

Bandages and Compresses

- You must have adhesive bandages that are classified by size.
- Aluminum finger splints.
- Elastic bandages used for wrist, ankle, knee, or elbow injuries.

- Eye pads, shields, and bandages.
- Latex gloves to reduce the risk of infection.
- Sterile, non-adhesive gauze pads, and adhesive tape.
- Triangular bandages to cover injuries and make a sling for the arm.

Home Health Kit

- Pear or syringe and droppers.
- Disposable instant ice packs.
- Face masks to reduce the risk of contamination.
- First aid manual. Although first you should know how to act in emergencies.
- Hand sanitizer.
- Latex gloves to avoid contamination.
- Sterile cotton balls.
- Sterile cotton swabs or applicators.
- Syringe, spoon, and a container for you to place pre-prepared doses of medicines.
- Thermometer.
- Tweezers to remove ticks and splinters.

Medicines for Injuries and Cuts

- Antiseptic wipes such as hydrogen peroxide, povidone-iodine, or chlorhexidine.

- Antibiotic creams such as polyspotin, bacitracin, and the like.
- Calamine lotion for bites or exposure to poison ivy.
- Hydrocortisone cream.

Various Supplies

You cannot omit these elements either:

- A small, waterproof flashlight or headlamp as well as extra batteries.
- Water-resistant matches.
- One gallon of water per person.
- Non-perishable food. To learn more, read book one of the collection.
- A manual can opener.
- Pet food and supplies such as a leash.
- A notepad or something you can write on and that is waterproof.
- If conditions allow it, have a mobile phone with a solar charger.
- Different types of radios: A battery-powered or hand-crank radio and a weather radio with tone alert and spare batteries for both.
- Insect repellent.
- A whistle.
- The first aid kit.

- A dust mask.
- Plastic sheeting and adhesive tape for makeshift shelters.
- A wrench or pliers
- Medicines for one week.
- Additional medicine or medical equipment, as needed.
- Toothbrush, soap, feminine items, and other hygiene items.
- Wet wipes and garbage bags with a tie.
- Contact numbers.
- Identity documents.
- Maps of the area.
- Keys.

Remember that as a good prepper, you must have medicines that will serve you for a long time.