HOME REMEDIES FIRST AID KIT

You can never be sure that you will be able to get the equipment and products you need right at the time you need them. Lots of products are disappearing from the market, so if you can have a little arsenal on hand, so much the better.

If possible, have a simple capping machine (costs about $20), and a bag of "00" gelatin capsules (about 1,000 caps). You can contact our clinic if you can't get these from your own sources but most health food stores carry these. These simple capping devices allow you to make 50 capsules at a time and are very simple to use. You will also need a blender or grinder of some sort so you can get the plant material reduced to a size that can fit into the capsules.

- **Aromatherapy also called Essential Oil Therapy. These can be great healers. Buying larger bottles is much cheaper than the little 5 ml bottles. These do not have a short shelf life - they can last thousands of years if stored in a cool, dry, dark place. Here is a list to keep on hand:**
  - **Lavender (#1 oil in the world) - good for everything, especially burns, regenerates skin.**
  - **Rosemary (#2 oil in the world) - especially good for muscles, respiratory**
  - **Eucalyptus - good for respiratory problems**
  - **Basil - good for muscle damage**
  - **Lemon Grass - sterilizes water if you need**
  - **Clove oil - good to kill pain of toothaches, parasite treatments**
  - **Oregano - good for viral/bacterial infections, gargles**
  - **Peppermint - good for muscle problems, gum treatments**
  - **Tea Tree Oil - good antifungal and for skin problems**
  - **Thyme Oil - strongest disinfectant there is (not to be used directly on skin, but good for disinfecting a room)**

  (see section on essential oil therapy)
  Note: you cannot store the fruit oils such as orange oil, lemon oil or grapefruit oil for a great length of time. They suggest 6 months because they are not steam distilled (they are expressed by puncturing the rinds and squeezing out the oils), but I find good fruit oils can last a couple of years or more.

- **Bandages, Wraps**

- **Ice Packs that are reusable.**

- **Thermometer**

- **Blood Oximeter - tells you how much oxygen is in your blood. Should be 95% or higher. Can buy these on line, or at Walmart, drug stores etc.**

- **Blood Pressure monitor. We like the kind that goes on the wrist instead of the arm, no pain. Get it on line or in a drug store like London Drugs, Walmart.**

- **Small 'earth' magnets (can get at Lee Valley in Calgary, very cheap)**

- **Home Distiller (if possible), you can get a small one for about $200**

- **Rife Machine. Now we are getting quite fancy. They are now called Frequency Generators. Will cost anywhere from $300 to $3000 but can be used by the whole family. Basically it is a frequency generator of hertz frequencies that aim at killing parasites, bacteria, fungi and viruses.**

- **Raw Herbs keep in jars or in freezer. Most of these are in our gardens waiting for attention:**
  - **burdock root, harvest fall or spring.**
  - **red clover blossom, harvest the flowers**
  - **stinging nettle (sometimes just called 'nettle'), good anytime**

- **marshmallow root - soothing, good for gangrene also**
- **yellow dock root - high in iron**
- **yarrow flowers - lots of uses, stimulates fever**
- **mullein leaves - great respiratory herb**
- **comfrey root/leaf - good bone healer, high in calcium**
- **chickweed - cooling for skin problems**
- **lambs quarters - extremely high in vit. A for eating**
- **calendula - flowers can be eaten, used in skin salves**
- **dandelion root/leaf - root for liver problems; leaf for blood problems.**
- **burdock root - grows wild everywhere, great liver herb. Use 2nd year root.**
- **plantain - used for digestive, poultices**
- **red raspberry leaf – a good tea for anyone, but especially for pregnant women.**

- **Tinctures see our herbology information to find out how to make them yourself. Tinctures can be stored for 10-20 years. You can make your own or buy them in large quantities. Here are some examples that are easy to obtain the raw ingredients:**
  Dandelion leaf (for blood cleansing)
  Dandelion root (for liver cleansing)
  Echinacea root (for immune, colds)
  Mullein leaves (for lungs)
  Nettle aka Stinging Nettle (for blood cleansing)
  Red Clover Blossom (for blood cleansing)
  Milk Thistle (for liver cleansing)
  Burdock Root (for blood and liver cleansing)
  Peppermint or Spearmint (catalyst and tastes nice)

- **Spices:**
  - **ground cloves (for parasites)**
  - **cinnamon (for blood sugar problems, parasites)**
  - **garlic (anti-fungal, heart helper)**
  - **turmeric (anti-inflammatory)**
  - **mustard (for poultices)**

- **Foods for healing:**
  - **Beets - liver damage**
  - **Cabbage - intestinal damage, ulcers. Make into teas, eat raw or cooked, poultices.**
  - **Berries: blueberry, raspberry, blackberries, cranberries (antioxidants)**
  - **cilantro (detoxes mercury)**
  - **parsley (as diuretic)**
  - **apples, apricots (seeds for B17/laetrile). Eating some apple will also help gastric reflux because of the malic acid in the apple.**
  - **potatoes - for poultices, also reduces stomach acid if inflamed**
  - **olive oil - for eating, lotions, salves - last long shelf life**
  - **onions - for poultices, good for treating colds**
  - **ginger root – can slice and make tea or gingerale, good for nausea also**
  - **onions – can make into a poultice, esp. good for lung congestion**

- **Homeopathy: These can last 10 years or more in their containers. You can also make your own (see "homeopathy"). These are very common homeopathic remedies to have on hand:**
  Cantharis - bladder infections
  Arnica - bruises
  Gelsemium – flus
  Ignatia - grief
  Apis – bites and stings
  Thuja – vaccine damage, warts

- **Clay, bentonite (indefinite shelf life) - good for digestive, poultices.**

- **Charcoal – activated type. Can get pills, caps, or powders.**
- **Bulk salt - for numerous uses (gargles, washes)**
- **Silver duct tape - bandaging, warts**
- **Magnets - earth magnets are strong and small. For pain. Can get at Lee Valley Tools in Vancouver or Calgary. They will probably mail out if needed.**
- **Rubbing alcohol - wound sterilizers, equipment sterilization.**
- **Hydrogen Peroxide - bug bites, skin sterilizers**
- **Bleach - for skin rashes**
- **Baking soda - in bath with salt for detoxing**
- **Infra Hot House - keep on hand for any type of injury. Especially good for bringing oxygen to tissue quickly.**
- **Sota Instruments – The Silver Pulser cleanses the blood by attaching an energy unit on the wrist for several hours. It also comes with probes that allow you to make your own colloidal silver. This comes from Burnaby, B.C. But is shipped from China because of some sort of distribution laws in Canada. Cost is about $300 U.S. And you can find them online: www.sota.com**
- **Magnet Pulser – also from Sota Instruments in British Columbia. $400 U.S. This you can apply on any problem in the body, holding it where needed.**
- **Water ozonator – also from Sota Instruments.**
- **Laser pen light – can use for inflammation, pain over an area, moving it clockwise. Cost is under $50. - can get an Amazon**
- **Small flashlight, to use for looking at eyes, sores etc.**
- **Magnifying glass, to use for looking at eyes, sores etc.**
- **Vibrator for sore muscles.**
- **SunPowerLED – can get online. 1-888-913-0012 website: SunPowerLED.com Great handheld device for healing tissues, muscles etc.**