

# NATURAL FIRST AID KIT

Ever wonder what natural items to keep on hand for minor illnesses and injuries? Here is a list of eight must have items that are powerful yet simple items to keep on hand. Put them in a little kit to keep at home, carry in a car when traveling, or in a backpack on the go!

1

## LAVENDER OIL

Lavender has been used for centuries because of how versatile it is. Feeling anxious? Inhale the oil for instantaneous relaxation. Cuts, scraps and bruises? Apply directly for healing effects. Mix it with Vitamin E to shorten the length of healing time! Not sure what to use? When in doubt, use lavender.

2

## COLLOIDAL SILVER

This traditional remedy is my FAVORITE for burns. I keep this in my kitchen in a spray and dropper bottle. The quicker you apply this to the burn, the more amazing it is! Generally only one application is needed. apply directly and let it soak in. Try it! You'll be amazed too!

3

## ACTIVATED CHARCOAL

Keep this on hand in capsule form. It can be taken to resolve gas, diarrhea, when you overeat or eat poor quality food. If you have an allergy, sensitivity, or intolerance and eat something that bothers you, take activated charcoal right away. It binds with the toxins in your body and removes them!

4

## GRAPEFRUIT SEED EXTRACT

GSE is anti-fungal, antiviral and antibacterial. It comes in liquid and tablet forms. It is excellent for allergies and to dry up congestion. Use the liquid mixed with water in a spray bottle for a natural antibacterial spray.

5

## TEA TREE OIL

Also known as melaleuca, this oil is antiviral, anti-fungal and a disinfectant. Use it on cold sores, ant bites, stings, athletes foot, ringworm, lice, gum infections, thrush and so much more! Mix it with water and vinegar to use as a household cleaner.



6

## ECHINACEA

Feel a cold coming on? Sinuses bothering you? Start taking this immediately! Boost your immune system with this powerful herb. Echinacea comes in liquid, which tends to be more potent, capsules and tablets. If you are using the liquid for a child, make sure it's alcohol free.

7

## DANDELION TEA

This tea is good to drink anytime. Use it especially for UTI's, battling gas, constipation, and water weight gain. This tea is also good for joint pain or skin conditions. Like Coffee? Try Roasted Dandelion Tea.

8

## HONEY STICKS

Honey Sticks are basically honey in a straw. The sticks can be used for sore or dry throats, coughs, and can even be put on cuts and scraps. Feeling like your blood sugar is low? These are awesome for a natural immediate bump in blood sugar.