

What's In Your Medicine Cabinet?



Basics Suggestions

1. Body Soap – Coconut oil and olive oil are great core choices
2. CereVe Hydrating facial cleanser & CereVe hand lotion
3. Oil of Olay facial moisturizer
4. Q Tips brand ear cleaners
5. Tooth brush – Sonicare
6. Toothpaste (Non fluoride) Silver Sol Toothpaste is an excellent choice or Toms of Maine
7. Floss (waxed only)
8. Antiperspirant (non-aluminum)
9. Toiletry wipes (non-alcohol, non-fragrance)
10. Disposable hand towels in general use bathrooms instead of traditional cloth towels
11. GSE (Grapefruit Seed Extract) – get a small bottle →→→→
12. Sambucol or Sambucus (Black Elderberry Extract) →→→→
13. Colloidal silver gel – topical antibacterial gel, replaces Neosporin →→→→
14. Mobility RX – anti-inflammatory, pain reliever (sore muscles joints injured areas)
15. Arnica (Topricin, Traumeel) bruising
16. Formula 303 or Traumeel tablets– chronic, recurring pain, muscle relaxer/pain reliever replaces prescription medications like Flexeril
17. Advil/Motrin – Injury Trauma Interrupt Protocol (3 gel caps 3x's per day for 5-7 days only)
18. KT Tape – get the precut strips →→→→
19. Bath Therapy or Epson Salt →→→→
20. Braggs Apple Cider vinegar or Baking Soda to replace antacids (Tums, Rolaids)

➡ What it's for and How to use it ‹

➡➡➡ GSE (Grapefruit Seed Extract)

What it's for –

GSE is an all-natural antibacterial, antiviral, anti-fungal compound and kills intestinal parasites, worms and flukes. It can be used topically on cuts and nail fungus and internally when you start feeling ill. Take it when you feel you ate or drank something questionable (I take it at bed time when I've eaten sushi). I take it every night before bed when I travel to make sure I don't get sick. It kills pathogens while sparing good gut bacteria. There are no known side effects when taken as directed. It's very bitter.

How to use it –

Mix 3-4 drops (small bottle) in 2-4 oz water and stir well. It's a bit thick and comes out like honey so squeeze the bottle gently and slowly then stir with a spoon.

When you START feeling ill take 3-4 drops in 2-3 oz water, 3x's a day for 2-3 days or until you start feeling better.

➡➡➡ Sambucol or Sambucus (Black Elderberry Extract)

What it's for –

Black Elderberry Extract is generally taken by mouth for the common cold or flu to boost the immune system. It's also taken by mouth for sinus pain, back and leg pain (sciatica), nerve pain (neuralgia), and chronic fatigue syndrome.

How to use it –

General use is 1 tablespoon 3 – 4 times per day until symptoms subside.

➡➡➡ Colloidal Silver

What it's for –

Colloidal Silver is used whenever an antibiotic would be used or you're feeling sick. It's used to treat bacterial, viral and fungal infections.

How to use it –

Dosage of colloidal silver depends on several factors that differ for each individual including body weight, general health, and antioxidant levels.

According to manufacturers of colloidal silver, the standard dosage of the supplement is 1 tablespoon of 50 ppm colloidal silver every 24 hours.

● **I recommend the brand Meso Silver or Sovereign Silver ●**

➡➡➡ KT Tape (Kinesiology Therapeutic Tape)

What it's for –

Kinesiology Therapeutic (KT) tape is used to support and relieve pain in muscles, joints, and/or ligaments. It reduces swelling, increases mobility and enhances recovery. Use this whenever you have injured yourself or have sore muscles.

● **I recommend the Pro series (most expensive) because it stays on longer ●**

How to use it –

Go to YouTube and search for KT Tape and put in the area that's injured. Example; Put in the Search bar KT tape, elbow, and then follow the directions. The manufacturer has very good directions on how to apply it.

➡➡➡ Bath Therapy Epsom Salt Baths

What it's for –

Bath Therapy Epsom Salt is designed to improve the body's natural detoxification process and promote healing.

How to use it –

Fill the tub with hot water (as hot as possible). Place 1 heaping cup of the Epsom Salts and soak for 20 minutes then add more hot water and 1 more cup of salts and remain in the tub for another 20 minutes. The 1st 20 minutes pulls toxins out through the skin the last 20 minutes the body absorbs the minerals especially magnesium which relaxes the muscles and aids in healing.

Extra Information

If you are making a transition from conventional medicine to an all-natural, organic approach to wellness, it helps to know which items to stock up on so your medicine cabinet supplies are ready for action. Try to keep extra on hand - especially the essentials.

Suggested Items for a Well-Stocked, All Natural Pantry:

Raw and Fresh

- Garlic
- Ginger root
- Aloe Vera

Dry Goods

- Baking soda (non-aluminum, organic)
- Sea salt
- Cayenne pepper
- Eyebright tea

Bottles and Jars

- Raw, organic honey
- Organic coconut oil
- Apple cider vinegar
- Alcohol
- Hydrogen peroxide
- Argan Oil

Essential Oils

- Eucalyptus
- Tee tree oil
- Neem oil
- Cinnamon oil

Vitamins

- Vitamin C
- B-complex

- Vitamin E
- Vitamin A

Bandages

- Rolls of gauze
- Squares
- Butterfly bandages
- Finger gauze
- Tape
- Band-Aids

Hardware

- Eye cup
- Droppers and bottles
- Neti pot
- Hot water bottle
- Ice packs
- Tweezers
- Magnifying glass
- Scissors

Tonics and Supplements

- Total Tonic
- Spanish black radish
- Echinacea

First Aid

First aid doesn't have to be complicated. That said, there are many alternative treatments for the same problem. Don't hesitate to do the research to learn a variety of treatments.

Burns- Immediately cool the area by running it under cold water. Follow with ice. Cover with aloe Vera and bandage if desired.

Scrapes - Wash the area with organic soap, rinse and pat dry. If you feel the need to further cleanse the area, pour on a little hydrogen peroxide and pat dry. You can use raw honey for a dressing or 1 teaspoon coconut oil with 4-8 drops of essential oil (tee tree oil, cinnamon, etc.) or cover with argan oil.

Eyes - If you get something in your eye an eye wash can be very helpful. Make a saline solution with pure water (distilled is best) and salt. Boil the water, even if it is distilled. Add 1 teaspoon of salt to 1 cup of boiling water. Allow the water to cool to lukewarm before using. **(Very important! Do not use hot or cold water in your eye!)**

Use a sterilized eyecup or dropper. If you keep extra solution, sterilize the jar or bottle.

If you accidentally splash a chemical in your eye, don't wait; flush with tap water immediately - for 20 minutes.

Bug bites - Use apple cider vinegar, cinnamon oil, Aloe Vera, tea tree oil and others. Remember to use a carrier oil with essential oils. (Mix 4-8 drops of essential oil with one teaspoon of coconut or other oil.

Infections

There are four types of infection: bacterial, viral, fungal, and parasitical.

Viral Infection - At the first sign of a viral infection, gargle with pure apple cider vinegar. The more you gargle, the better. This lessens the viral load, killing off those nasty bugs so your immune system doesn't have to battle so many. Gargle enough (every hour!) and you will definitely experience a milder illness or you may just nip it in the bud.

Bacterial Infection - Gargle with apple cider vinegar for a sore throat, too. Yes, it burns like crazy, but afterwards, the pain is usually gone. Spanish black radish is remarkable for bacterial infections of all kinds - bronchitis, pneumonia, strep throat, tooth infection, etc. Garlic is also a time-honored cure.

Fungus (Athlete's Foot or other skin infections) - First try straight apple cider vinegar. Just pour it on or use a cotton ball to squeeze it on the affected area. Tea tree oil (4-8 drops with 1 teaspoon of coconut oil) can be applied to skin or fingernails and toenails.

When you have a fungal infection, you can bet you have an overgrowth of fungus in your gut. Check out this great article – [How to Kill Candida and Balance Your Inner Ecosystem](#).

Parasites – No! Parasites are not limited to third world countries. A truly healthy diet with plenty of raw food (80% at least!) helps the body rid itself of parasites.

As you learn more about natural remedies, it might help to keep a notebook. There is much to learn and many homemade recipes you will want to remember. As you do, your natural medicine chest will grow.

Sources:

This information here has been compiled from highly researched, scholarly documents and publications and it is meant for information purposes only.

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