

Nature's Healing Cabinet

Condition	Natural Remedy and System Support
Increase Immune System	Probiotic, Thieves Essential Oil and Rosemary Essential Oil (Support the immune system), Juicing, Elderberry Syrup, Echinacea Goldenseal
Cold/Flu	Apple Cider Vinegar Tea (hot water, tablespoon of honey and tablespoon of apple cider vinegar), ginger tea, raw honey, ginger capsules, Nature's Way Umcka Cold + Flu, Echinacea Goldenseal tincture or capsules
Fever	Mix coconut oil and Eucalyptus Essential Oil (supports Respiratory and Immune System) and rub on entire body especially the feet. Cover the feet with socks (this works well at nighttime)
Cough/Congestion	Diffuse Eucalyptus Essential Oil (supports Respiratory System) in Diffuser esp. with a night cough, Buckwheat Honey
Sore Throat	Gargle warm water and salt mixture, slippery elm lozenges, warm tea with honey, gargle with hydrogen peroxide (don't swallow)
Stomach Virus	Blueberries, Ginger, Raw Honey, Probiotic
Earache	Rub Lavender essential oil (Supports Immune System) behind and around ear then add Lavender EO to cotton ball and place gently in the outer ear, put a cap full of Hydrogen Peroxide in the ear and let it bubble up and sit for a little bit then drain with cotton ball
Diarrhea	Probiotic, Cinnamon, Raw Honey, Newton's Diarrhea tincture, red raspberry leaf tea, Bentonite Clay
Muscle Pain and Soreness	Arnica, Epsom Salt Soak, Magnesium Oil
Inflammation	Flaxseed Oil Capsules, Ginger (esp. add to fresh juices)
Detox	Epsom Salt Soak, Parsley, Citrus Fruit, Juicing, Chai Seeds
Urinary Tract Infection	Hydrangea Root Capsules*, Echinacea Goldenseal, Blueberries, Pineapple
Broken Bones	Rosemary Essential Oil (Supports Skeletal System), Comfrey
Eczema	Shea Butter Mixture (Shea Butter, Coconut Oil, Olive Oil, Vitamin E, & Lavender (Soothes Skin), comfrey
Seasonal Allergies	Nettle, Super Quercetin

Basic Essential Oils: Lavender, Tea Tree, Eucalyptus, Rosemary, and Frankincense **Other Items:** Essential Oil Diffuser

Winter Prep List: Lavender EO, Tea Tree EO, Eucalyptus EO, Rosemary EO, Coconut Oil, Ginger Capsules, Probiotics, Raw Honey, Favorite Tea, Echinacea Goldenseal tincture and Frozen Blueberries – Support Immune System

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