

EMERGENCY First-Aid SUPPLIES

For aid in minor emergencies. *Disclaimer: REMEMBER—serious conditions may require the help of a professional, having these herb/natural products doesn't preclude you from taking a seriously injured or ill person to the hospital.*

Echinacea tincture in alcohol & glycerin—stimulates immune system, good for allergic reactions to insect stings, sudden onset of illness, take one dropperfull to one ounce every hour until symptoms are gone, do not take for more than 10 days without a break

Inner Defense—flu, colds, and other communicable illness, 1 capsule daily or 4-5 daily for severe health challenges, also good for warts, and parasites.

Cayenne Tincture in Alcohol—heart conditions, shock, hypothermia, heart attack, stroke, 5 or more drops under the tongue until the person is coherent.

Cayenne Powder or Tsuga oil—stops bleeding ASAP, apply liberally over the area and cover with gauze, apply slight pressure, they do not sting, but you do not need both.

Lavender oil between eyes for styes, **Thieves, Purification, Melrose** around eye for infections such as pink eye (dilute with V6 oil and do not get in the eye). Something in the eye – flush with cooled distilled water in a sterilized glass eyecup every hour until item is gone. Apply **Frankincense** and **Lavender** around eye to soothe and heal.

Eye Cup - glass so it can be sterilized

Melrose, Ledum, Purification—ear aches, for ears 1-4 drops outside of ear and on throat, serious cases dilute 50/50 the E/O with olive oil and put 2 drops in ear

Ortho Sport or Pan Away—sore muscles, injuries, gently massage over area

Peppermint oil to stop nausea or vomiting –on tongue, sip water, or **DiGize** oil over belly area, To stop dry heaves- one drop DiGize rubbed on inside of cheeks or on tongue.

RC - Asthma relief-rub on chest or 1-2 drops in water 3 times per day, coughs, bone spurs, an anti-spasmodic-rub on Charlie horse cramps, relief from dental induced numbness, cuts (staph)

Thieves—super drawing oil for imbedded glass or splinters, – apply a liberal amount over area, bandage lightly and change every 30 minutes to an hour until object is removed. Anti-viral/bacterial – one to two drops in a capsule or honey taken orally, diarrhea – rub on bottom of feet, tooth abscess –apply directly to tooth, contains clove and cinnamon which may be irritating to sensitive skin and tissue, can be diluted with olive oil

Purification—insect bites of all kinds – apply generous amount over area, under ears for lymph drainage.

SuperSalve—wounds and abrasions – apply to cuts, abrasions and watch them heal without infection, (staph)

Peppermint—fever- apply 3-4 drops in navel. Pain – apply one drop neat or diluted with one drop olive oil to painful area, stomach upset – take one drop in warm water orally

Herbal Tooth Powder—teeth and gum ailments, pyorrhea, abscess, wedge between tooth and gum for 14 days in the evening just prior to retiring, use **Dentarome Plus/Ultra Toothpaste**, add one drop of **Thieves** essential oil for an abscess condition

Comfortone—constipation – take one capsule with evening meal, increase daily until desired effect, then maintain as needed

DiGize —food poisoning, diarrhea, gas– take 2-4 drops orally every 30 minutes until relief, **Life 5** to balance and restore proper intestinal flora

Ledum—reduce gland swelling, for glands anywhere on the body, apply and gently massage in, repeat 3 times daily

K&B—Kidney & Urinary tract problems, take 1 dropper every 2 hours to stop infection, aid in edemas

50 empty veggie capsules – may be used for oral intake of essential oils

Lavender Oil & Lavaderm Spray for burns—apply liberally, repeatedly, until healed, Aloe Vera leaf fresh also helps with pain. Fro cramps- rub over cramping area, headaches – apply to temple and back of neck

Oregano—anti-viral – use with garlic oil and massage into bottoms of feet, sore throats – take in tomato juice 4-5 drops or directly under tongue, **Inner Defense** taken as directed

Stock your kit with a generous supply of bandages, gauze, adhesive tape, a thermometer, etc. If you will get a hard sided “cooler” to store your items, they will be ready to leave the house for a picnic or day at the beach in a moments notice. Be sure to take plenty of water and single serving NingXia Red packets to revive the body after a hard days play.

The essential oils and most products mentioned in this handout are from Young Living Essential Oils. No other brand will give you the same benefits. If you are not using the tremendous natural product line of therapeutic grade essential oils and health and home care products from Young Living, I invite you to start now! Sign up as a **Customer** and pay company retail prices, or **Distributor** - best buy, no recruiting, monthly auto-ship is optional. You just purchase one of the Start Living Kits ranging is price from \$ 40.00. Choose from five distinctive kits – The Basic Enrollment Kit, NingXia Red, Essential Oils Kits, Thieves, and Nutrition Pack. Continue shopping for other items you desire and then in a few short days, you'll be on your way to better health. Non Young Living items may be purchases from NutriTech.