

## Emergency & Travel Healing Tips

Any or all of the suggested ingredients can be applied to any given incident as needed.

Remember that liquids must be packed with “check-on” luggage, not “carry-on”.

Essential oil in less than 1 oz. bottle is permissible for carry-on.

Jet Travel & Lag – use Ginger, Sarsaparilla, and Echinacea

Start Ginger 3 days before travel 30 drops twice daily and end 2 days after arrival

Start Sarsaparilla and Echinacea 1 day before travel 20 drops twice daily each, and end two days after arrival

Diarrhea – Thyme, ABF, Red Potato (raw or potato water)

Thyme – 30 drops every 30 minutes for 3 hours

ABF – 30 drops every 30 minutes for 3 hours

Red potatoes, eat raw or make potato water

Rash – Chamomile, Olive oil, Tea Tree Oil, aloe vera

Chamomile 30 drops every hour for 6 hours or tea applied topically

Chamomile essential oil and olive oil (equal parts), topically as needed

Aloe vera gel, topically to soothe and dry

Burn – Raw Honey, aloe vera (with noni), St. John’s Wort

Apply directly on skin for chemical, fire, or water burn (best if a clean natural cloth is placed over burn and honey is repeatedly applied to burn and then covered with another clean cloth or wrapping. Original cloth is not removed until burn is healed)

Aloe vera gel directly on skin for sun or carpet/rope burn

St. John’s Wort or Noni can be added to aloe vera and/or raw honey for more serious burns

Food Poisoning – TNF, Goat Milk, Sarsaparilla

TNF 30 drops every ¼ to ½ hour for 4-6 hours, then 30 drops hourly 6-8 hours

Sarsaparilla 30 drops every ½ hour for 4-6 hours, then 30 drops hourly 6-8 hours

Goat milk ½ cup sipped slowly, repeated as needed

Headache – Real Salt, Red wine vinegar, lemon juice, white willow bark

Real Salt, ¼ teaspoon, in ½ cup water

Red wine vinegar or lemon juice, 1 tablespoon, chased by ½ cup water (repeat in 15 minutes if not dissipated)

White willow bark 60-80 drops every ½ hour as needed

Acid Indigestion – Chamomile, goat milk, Colloidal Silver, Food Grade hydrogen peroxide, Baking soda

Chamomile, 50-60 drops, repeated as necessary

Goat milk, ½ cup repeat if necessary

Colloidal silver, 2-4 tablespoons, repeat if necessary

Food Grade Hydrogen Peroxide, 1 drop in ½ cup water

Baking soda, ½ - 1 teaspoon in ½ cup water, repeat if necessary

Insect Bite – Tea Tree oil, Raw honey, TNF

Tea tree oil, topically on insect bite, repeat as necessary

Raw honey, topically on bee sting (will withdraw stinger if left on)

TNF, 30 drops hourly, for 2-4 hours, or 60 drops every 15 minutes if allergic reaction occurs, repeated as necessary

3-5 drops topically to local area

Snake bite (if poisonous) – Sarsaparilla

80-120 drops internally, repeated every 15-30 minutes for 2-4 hours, depending on amount of venom injected

Sprain/Bruise – Lavender essential oil, Ice, Arnica gel

Lavender oil topically on and around sprain to reduce trauma and calm area (repeated as necessary)

Ice to reduce swelling and reduce heat in area

Arnica gel applied topically on area of impact to break up blood and reduce bruising.

If skin is not broken open, mix witch hazel astringent (liquid) with powdered Alum to make a paste and apply to swollen area to withdraw fluids in tissues.

Motion sickness – Rosemary essential oil, one drop under tongue, once or repeatedly to reduce sickness, or applied to back of neck and on temples to increase alertness.

Jet Lag – Ginger essential oil, one drop on tongue applied hourly for every hour of flight.

Cramping or Swelling – Chamomile essential oil applied directly on skin over affected area, repeated as needed.

Do not take herbal drops or excess essential oils into carry-on section. Make sure to check them with luggage or you may be stopped and they may be confiscated.