



seasonal **FIRST-AID KIT**

NATURAL REMEDY	WHAT IT TREATS	HOW IT WORKS	USEFUL INFO
Aloe vera gel	Sunburn and other minor burns	Cools and soothes inflammation	Snap an aloe leaf in half and apply the liquid inside directly to a burn
Arnica gel, cream, or homeopathic pills	Bruises, sprains, sore muscles	Minimizes bruising, treats stiffness and soreness	Don't apply to broken skin
Calendula-comfrey salve	Wounds, heat rash, poison ivy, sunburn	Astringent, antibacterial, antifungal, and anti-inflammatory properties	The allantoin in comfrey stimulates new tissue growth
Chamomile tea	Indigestion, anxiety, sleeplessness	Has mild sedative, anti-inflammatory, and antibacterial properties	Soothes skin irritations when applied topically
Citronella essential oil	Wards off biting insects	Scent repels mosquitoes, ticks, and houseflies	Dilute in oil before applying to skin
Echinacea	Infections	Stimulates the immune system	Liquid extract can be used internally or externally
Elderberry capsules or extract	Wards off colds	Helps prevent cold viruses from infecting cells	May also hasten recovery time
Eucalyptus essential oil	Colds, sinus infections	Has antibiotic and antiviral qualities	Prepare steam inhalation or dilute with oil and apply to skin; do not take internally
Ginger capsules or tea	Motion sickness, digestive upset	Has antispasmodic and gas-relieving properties	Shown to work better than Dramamine for motion sickness
Lavender essential oil	Anxiety, insomnia, headaches, wounds, burns	Has anti-inflammatory, sedative, and antiseptic properties	Apply to skin
Laxative herbal tea	Constipation	Stimulates intestinal activity	Typically a combo of senna and other herbs
Peppermint tea	Upset stomach, diarrhea, blocked sinuses, insect bites	Aids digestion	Dilute before applying to sensitive skin