



Handy & Natural Stuff to take on Vacation

Tips to Handle Emergencies while Traveling

By Morning: Spirit: Wolf-D.R.M.

Like the old saying, “When you are prepared for anything to happen – nothing happens” and when traveling, we all like nothing better than for nothing *BAD* to happen, so be prepared. The following symptoms and their natural antidote are time tested for efficacy, and are simple, inexpensive (especially compared to an emergency room hospital visit) and can all be performed on the spot for immediate relief. Take this handy list with you and go fearless into vacation. Any or all of the suggested ingredients can be applied to any given incident as needed:

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

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

Aloe Vera gel, topically applied to soothe and dry



Burn - Raw Honey, Aloe Vera (with Noni is best), 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)

Sun Burn - Aloe Vera 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

Fever - Thyme extract or tea, kills bacteria so the body doesn't need to create a fever to kill it.
Tea: 1 cup every 1-2 hours. Extract: 10 drops every 30 minutes to 1 hour.

Food Poisoning - TNF, Goat Milk, Sarsaparilla

TNF 30 drops every 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 drops every ½ hour as needed

(NOTE: Do not use White Willow if taking blood thinners)

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, apply 3-5 drops topically to the 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, or ginger extract - 1 drop for every hour of flight under the tongue.

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



You may take up to 2 oz size bottles onto carry-on section, and make sure to check others on with luggage or you may be stopped and they may be confiscated.