

Herbal First Aid Kit

with Krista Dawn Poulton

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For more information on Herbal First Aid, please visit www.kristadawnpoulton.com/blog

The Essentials:

- Healing Salves and Simple Salves: Infection, Bruises, Skin Healing
- Tinctures: Digestive (Indigestion, Diarrhea, Constipation), Immunity, Circulation, Antiseptic, Nervine, Pain Relief, Antispasmodic
- Tincture Simples: Immune, Asthma Attacks, Allergies, Toxic Exposure
- Capsules (Internal/External applications): Digestion, Circulatory,
- Powders: Styptic Powder for bleeding
- Essential Oils: Antimicrobial, Burns, Respiratory
- Tea Bags: Digestive, Sleep, Infection

OTHER:

- Candied Ginger – great for nausea, indigestion, circulation, dizziness, etc.
- Bach Rescue Remedy
- Arnica Homeopathic for Trauma
- Any relevant Homeopathics
- Electrolytes/ Coconut Water
- Activated Charcoal
- Raw Honey
- Powdered Clay
- Grapefruit Seed Extract



Salves Simple:

- *Comfrey (*Symphytum officinale*) –good for bruises, sprains, ulcers (topical), breaks, fractures, wounds
- *Arnica (*Arnica montana*) –great for bruising, tissue damage, fractures, sprains (NOT on open wounds)
- *Marigold (*Calendula officinalis*) – good for wounds, dry/irritated skin
- *CottonWood Salve (*Populus balsamifera*) – great broad spectrum anti-microbial

Oils and Salves Combinations

- Skin Healing Salve – Calendula, St. Johnswort, Chickweed, Comfrey, Vitamin E
- Bruise Salve – Arnica, St. Johnswort, Calendula, Vitamin E
- Antiseptic Salve – Goldenseal, Myrrh or Cottonwood, Calendula, Tea tree essential oil
- Trauma Oil – St. Johnswort, Arnica, Valerian, Extra virgin olive oil, essential oils of Tea tree and Wintergreen, Vitamin E

Infused Oils:

- St John's Wort (*Hypericum perforatum*) – for sunburns, nerve pain
- Marigold (*Calendula officinalis*) – wound healing



Emergency Tinctures Simple:

- *Immune: Echinacea (*Echinacea angustifolia*) – perfect for immune boosting, sepsis, infection, after burns
- *Asthma Attack/ Bronchial Constriction: Ephedra *Restricted herb, maximum 50ml per week
- *Allergies – Chinese Skullcap simple, Astragalus and Reishi combination, Ambrosia simple
- *Toxic Exposure: Dandelion Root or Milk Thistle

Tincture Combinations (can also use for liniments):

- *Antiseptic Tincture – Propolis, Myrrh, Goldenseal, Witch hazel
- Arnica Liniment-Arnica
- *De-Stress Tincture – Damiana, Oatstraw, St. Johnswort, Vervain, Rosemary, Lavender, Valerian
- *Pain Relief Tincture – Passionflower, Meadowsweet, Valerian, Motherwort, St. Johnswort
- *Peppermint Spirits – Peppermint essential oil, Ethanol or Peppermint tincture
- Staph Dismissed Tincture – Chaparral, Licorice, Propolis, Witch hazel
- Mouth Tonic Tincture –Echinacea, Goldenseal, Myrrh, Selfheal, Vegetable glycerine
- Un-Headache Tincture – Feverfew, Skullcap, Blue vervain, Chamomile, Valerian
- Wound Liniment- Myrrh, Goldenseal, Cayenne
- *Digestive Aid–Fennelseed, Marshmallow, Chamomile, Meadowsweet, Catnip
- *Antispasmodic Compound–Blackhaw, Crampbark, Wild yam, Skullcap, Cinnamon,
- Bitter Tonic–Wormwood, Goldenseal, Calamus, Dandelion
- Neutralizing Cordial - Turkey rhubarb, Cinnamon tincture, Goldenseal tincture, Peppermint spirits, Potassium bicarbonate (Potash), Simple syrup (for nausea, gas pains, dyspepsia, tenesmus, diarrhea AND constipation)
- Life Drops: 70% Cayenne, 15% Peppermint Spirits, 5% Cola (stimulating), 5% Hawthorn berry, 5% Elderflower



Capsules:

- *Slippery Elm (*Ulmus fulva*) – can be opened to use as a drawing agent and poultice, also good for digestive problems
- Marigold (*Calendula officinalis*) – can be opened to use as a tea, footbath or poultice for various conditions
- Turmeric (*Curcuma longa*) – excellent for inflammation and infections. Can be opened and used topically.
- Hawthorn (*Crataegus laevigata*) / Bilberry (*Vaccinium myrtillus*) combo – great for any circulatory problems including bruising, blood pressure management, etc.
- *Cayenne (*Capsicum annuum*) – can be opened to put on wounds/cuts or can be taken internally for warmth and circulatory stimulation

Powders:

- *Wound Styptic Powder: Usnea, Plantain, Yarrow





Essential Oils:

- *Tea Tree (*Melaleuca alternifolia*) – good for Fungal Infections, wound antiseptics
- *Lavender (*Lavandula officinalis*) – good for insect bites, stings, relaxation, headaches, burns as a compress
- Peppermint (*Mentha piperita*) – good for indigestion, cooling to the skin
- Thyme (*Thymus vulgaris*) – great for lung infections, expectorant
- *Eucalyptus (*Eucalyptus terminalis*) – good for steam inhalations for lung problems,
- Rosemary (*Rosmarinus officinalis*) – good as an inhalation for shock or trauma
- Clove (*Eugenia caryophyllus*) – great for tooth aches and mouth infections

Supplemental Tea Bags:

- Fennel (*Foeniculum vulgare*) – great for indigestion and griping pains
- *Chamomile (*Matricaria recutita*) – for insomnia and the stress of jet lag, and to be used as a eye compress to soothe irritated and tired eyes
- *Peppermint (*Mentha piperita*) – for indigestion
- Elderflower (*Sambucus nigra*) – used for catarrh and allergies
- Raspberry Leaf (*Rubus idaeus*) – astringent for excessive bleeding or diarrhea

