

# Herbal First Aid

## All Natural Healing

### Activated charcoal

- Intestinal illnesses that result in vomiting, gas, diarrhea, or other digestive problems

### Aloe Vera

- Minor burns
- Skin irritations, cuts or minor injuries
- Bug bites
- Sunburn

### Arnica gel or cream

- Bruises
- Sore muscles and sprains
- Anti-inflammatory properties to significantly reduce healing time

### Calendula

- Treat minor wounds
- Astringent
- Antifungal
- Antibacterial

### Chamomile tea

- Insomnia
- Minor muscle spasms
- Inflammation
- For relaxation
- Digestive Aid

### Citronella-based insect repellents

- Prevent bug bites

### Echinacea

- Boost immunity
- Treat various minor types of infections

### Witch hazel

- Astringent and antiseptic treats skin irritations, minor wounds, and insect bites

### Eucalyptus essential oil

- Colds
- Flu
- Sinus infections
- Antibiotic
- Antiviral

### Ginger capsules or tea

- Digestive problems: nausea, reflux, stomach trouble, and motion sickness

### Lavender essential oil

- Anxiety
- Restlessness
- Insomnia
- Headaches
- Relieve pain from a burn or wound

### Peppermint essential oil and tea

- Upset stomach
- Clear sinuses
- Insect bites
- Digestive problems

