

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Herbal First Aid Part III – Herbal First Aid Kit

How do you know what you need to have in a basic herbal first aid kit?

The following list is not a comprehensive list – just a few of the basics!

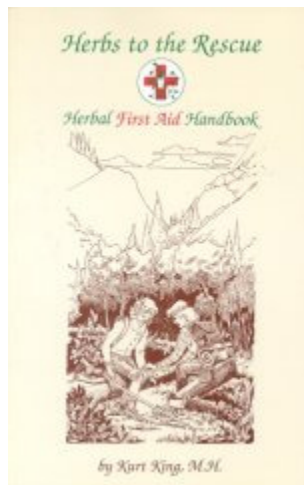
- X-Ceptic – Alcohol Extract
- Complete Tissue & Bone Ointment
- Valerian Nerve Formula
- Cramp bark
- Slippery Elm Bark
- Herbal Eyebright
- Eye Cup
- Distilled Water packets
- Red Raspberry leaves
- Echinacea
- Cayenne Pepper
- Tincture of cayenne
- Cayenne Deep Heating Balm
- Plantain Ointment (Stings & Bites)
- Black Ointment
- Sen-Sei Ointment
- Ginger Root
- Tweezers
- Band-aids
- Scissors
- Ace bandage
- Herbs to the Rescue – by Kurt King

Next week we will cover how to use some of these herbs in a few first aid situations.

WHERE YOU SHOULD HAVE FIRST AID KITS:

1. Keep a kit in the trunk of each of your vehicles
2. Take a smaller kit with you when you travel by plane or train (be aware of any safety restrictions on items in your kit while traveling)
3. In your home

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“Kurt and I [David Christopher] sat down together recently, swapping herb stories, discussing case histories, and exchanging remedies. In the course of our reunion, and after much discussion, we decided that a usable book on herbal first aid was greatly needed.

“Because of time restraints, I bowed out of the project and encouraged Kurt to write the book. After reviewing the book I can say that he’s put together a wonderful guide to not only first aid but health care in general.

“At the risk of sounding trite, let me say, study this book, use this book, and please ‘don’t leave home without it.’” (Herbs to the Rescue – Introduction by David Christopher).

Kurt King’s excellent book, “Herbs to the Rescue: Herbal First Aid Handbook” is a book that you need a copy of with every herbal first aid kit you have. While only 90 pages long, you would be hard-pressed to come across an emergency that this book doesn’t cover. And for only \$9.95, you can’t afford to be without a few copies!

To learn more or purchase a copy, please visit:

http://www.christopherpublications.com/King_Herbs_Rescue.html

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