

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Herbal First Aid Part III

Herbal First Aid Kit

May 7, 2008

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 Eye Bright

Eye Cup

Distilled Water packet

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.