



Holistic First Aid Starter Kit

✨ Natural Healing • Spirit • Mind • Body

Everyday Household Remedies

Remedy	Use
Raw Honey	Antibacterial for cuts, sore throat soother
Baking Soda (aluminum free)	Paste for insect bites, natural antacid for mild heartburn
Apple Cider Vinegar	Anti-itch for bug bites, balances pH for minor skin irritations (external use)
Epsom Salt	Soaks for sore muscles, sprains, detox baths
Activated Charcoal	Absorbs toxins from food poisoning, gas, bloating, mild exposures
 Core Herbal Remedies	
Remedy	Use
Aloe Vera	Burns, cuts, sunburn relief
Calendula	Wound healing, skin soothing
Elderberry Syrup	Immune booster during cold/flu season
Ginger Root	Nausea, indigestion, motion sickness
Chamomile	Calming tea for anxiety, colic, sleeplessness
Slippery Elm Bark	Soothes sore throat, reflux, gastritis

Peppermint

Headaches, digestion, congestion

Feverfew

Natural migraine prevention

Garlic

Antimicrobial, immune booster, earache remedy

Arnica

Bruises, sprains, sore muscles

Essential Oils

Remedy

Use

Lavender

Calming, sleep aid, burns, skin healer

Tea Tree

Antiseptic, acne, fungal infections

Eucalyptus

Clears sinus congestion, respiratory support

Peppermint

Headaches, nausea relief

Frankincense

Anti-inflammatory, grounding, wound support

Minerals & Supplements

Remedy

Use

Magnesium

Muscle cramps, stress relief

Zinc Lozenges

Immune support for colds

Vitamin C(non-ascorbic acid)fruit/herb

Antioxidant, wound healing, immune boost

Electrolyte Salts

Hydration after illness, diarrhea, sweating

Bonus Natural Add-Ons

Remedy

Cayenne Pepper

Turmeric

Plantain Leaf

Witch Hazel

Onion

Jewelweed Herb

Use

Stops minor bleeding, boosts circulation in shock

Anti-inflammatory, joint pain, wound poultice

Poultice for bee stings, insect bites, skin irritation

Astringent, swelling, hemorrhoid relief

Traditional remedy for ear infections, cough syrup

Soothes poison ivy, poison oak, and skin rashes



Protective Oil Blends

Remedy

Thieves Oil Blend

Use

Clove – 40 drops

Lemon Balm – 35 drops

Cinnamon Bark/Leaf – 20 drops

Eucalyptus – 15 drops

Rosemary – 10 drops

Directions: Combine oils in a dark glass bottle. Shake gently. Dilute with carrier oil for topical use (10–15 drops per 10ml). Use for diffusion, steam inhalation, surface cleaner, or diluted topical immune support.

Protective Oil Blends

Remedy

Thieves Oil (2oz Spring Water Base)

Use

Ingredients:

- Spring Water (bottled at source, not purified/RO/distilled) – 2 oz
- Clove – 40 drops
- Lemon Balm – 35 drops
- Cinnamon Bark/Leaf – 20 drops
- Eucalyptus – 15 drops
- Rosemary – 10 drops

Directions:

- Add spring water to amber or cobalt glass bottle.
- Add essential oils, shake gently.
- Dilute for topical use (10–15 drops per 10ml carrier oil).
- Uses: immune support, diffusion, steam inhalation, cleaning.

Why Amber & Cobalt Bottles:

- Amber protects against UV light.
- Cobalt blocks UV and visible light.
- Glass prevents oils breaking down plastic.

 **Caution:** This blend is potent. Always dilute before applying to skin — cinnamon and clove oils can irritate or burn if used undiluted. Avoid eyes and mucous membranes. Not recommended for infants or pregnant women unless under professional guidance.

Additional Holistic First Aid Essentials

Remedy

Golden Seal Root

Use

Natural antibiotic, fights infections, immune booster.

Dr. Paul's NGB Green Drink

Provides live nutrients and chlorophyll to support detox and energy.

Dr. Paul's Colon Cleanse

Supports elimination and digestion; foundational for detox protocols.

Dr. Paul's Eliminator (Parasite Formula)

Defense against parasites, especially for international travel.

Cayenne Pepper

Circulatory stimulant, blood pressure dilator, useful for shock/bleeding.

Epsom Salt

Soaks for sore muscles, sprains, detox baths; provides magnesium for relaxation.

Himalayan Salt

Mineral-rich; supports electrolyte balance, hydration, and can be used for salt baths.

⚠ Disclaimer: Always check with your doctor or healthcare provider, especially if you are pregnant, nursing, on medication, or have a chronic disease. Not intended to diagnose, treat, cure, or prevent any disease. Just Food for Your Soul. Dr. Paul's Holistic Health Network 2009-2025.

