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5 Must-Have Elements in a Natural Health Toolkit

Combat Minor Illnesses and Injuries

Even though we do our best to protect ourselves from dangers and accidents, life happens to everyone. Anything from a hot stove to a sharp edge can cause unexpected scrapes and bruises. While medical professionals should immediately address life-threatening emergencies, you can support your family's wellness with simple natural health practices.

Natural tinctures and remedies have many benefits, and they'll help you prepare for minor illnesses and injuries that might come your way. As you build a holistic toolkit for your family, consider the following items.

Herbs

One of the greatest advantages of herbs is their versatility. When you keep them in your toolkit, you have easy access to ingredients for teas, elements for a bath infusion, or supplements for a smoothie, depending on the item. Here are a few common herbs you'll want to keep in stock:

- **Chamomile:** If someone is dealing with an upset stomach or nervousness, chamomile is excellent for promoting relaxation and sleep. To make chamomile tea, add one teaspoon of dried chamomile to one cup of boiling water and let it steep for 10-15 minutes. If you want to make a bath infusion, add two teaspoons of chamomile, so the aroma is stronger, to one cup of boiling water and steep for 10-15 minutes before adding to the bath.
- **Plantain Weed:** Many people pull this weed without realizing its benefits.¹ For small cuts or irritation, you can use dried plantain to make a poultice that has a cooling effect on pain and itching. It is traditionally used on poison ivy, bug bites, stings, and small cuts.
- **Aloe Vera:** Similar to plantain weed, aloe vera also provides cooling relief. It is most often used on minor scalds and burns. The best part about keeping aloe vera on hand is that it's an easy plant to grow, as long as you've got a window with plenty of sunlight. By growing your own aloe, you can also be confident that you aren't putting any preservatives or potential toxins on your injuries.

- **Ginger:** Ginger is found in many forms, including capsules and tea. Its gas-relieving properties make it a popular choice for soothing upset stomachs and motion sickness.

All-Natural Salve

Rather than buying a salve with mysterious, manufactured ingredients, you can create an all-natural version. Especially if you have kids, a topical cream that will fight infection and promote restoration is a crucial element of a natural health toolkit. As a chemical-free alternative to antibiotic ointments, an all-natural salve can support healing for minor injuries like paper cuts or other shallow scrapes. If you're not sure where to start, reliable online resources can help you find all-natural recipes, or you can [complete an educational program](#) to expand your knowledge of safe, natural health practices.

Activated Charcoal

Charcoal is used to bind toxins and keep the body from absorbing them. Intestinal illnesses such as food poisoning, vomiting, diarrhea, or excess gas can be relieved with activated charcoal. Because charcoal has no taste, it is very mild. If you're having trouble keeping food or liquid down, empty a charcoal capsule into a glass of water and sip it slowly. Remember, activated charcoal is great for upset stomachs and indigestion; however, it is not intended for extensive use because it can begin to absorb your body's nutrients as well. When you're no longer feeling ill, be sure to replenish your system with plenty of healthy foods. Additionally, charcoal does not reduce the effects of severe toxins. If you believe poison was ingested, you should call your local poison help hotline or emergency services (911 in the U.S.), depending on the severity of the situation, as soon as possible.

Essential Oils

Diluted oils can come in handy both as mists and topical creams, which is why it's useful to keep some staples in your natural toolkit. Nausea, stress, and general aches and pains can be relieved through different combinations of oils; however, it is important to remember that essential oils are highly concentrated and can be irritating if they aren't sufficiently diluted. Before applying diluted essential oils to the skin, always conduct a skin patch test on a small area to determine if an adverse reaction will present. Here are a few of the most frequently used essential oils:

- **Lavender:** If you have itchy skin, lavender can help alleviate it. Try putting a couple of drops of lavender in olive oil or coconut oil and apply the mixture to your skin. Lavender can also help your body relax. Diffuse it for the sweet aroma before bed, or add a few drops to your bathwater to wind down in the evening.
- **Eucalyptus:** Diffusing eucalyptus can relieve congestion and help clear your sinuses. You can also dilute it in coconut oil or olive oil and rub it on your feet or chest to support your airways.
- **Peppermint:** Many people use peppermint to relieve upset stomachs or motion-sickness, so this oil is one you'll want to remember before a trip. It is also valuable for skin irritations, as long as you dilute it with a carrier oil and always avoid the eye area.

Homemade Ice Pack

An ice pack is a staple in many homes. Instead of spending money on one that could be full of toxins, consider making your own. One of the best options for creating a safe, natural ice pack is corn syrup. Because of its consistency, corn syrup makes an excellent gel-like ice pack that stays flexible even when frozen. As a result, it can be molded around injuries to ankles and wrists for maximum relief. If a corn-syrup ice pack accidentally leaks in your freezer, the only inconvenience is a little stickiness, a welcome alternative to potentially harmful chemicals contaminating your frozen goods.

Conclusion: Prioritize Natural Health Practices

With the proper support, your body has natural restorative abilities. When you build a natural health kit, include the holistic elements that will help your body thrive. Implementing supplements, tinctures, and homeopathic remedies that aid in the process of recovery will help you feel better physically, mentally, and spiritually.

If supporting your family's well-being with natural health practices fascinates you, take your interest to the next level by becoming a Certified Natural Health Professional or a Certified Aromatherapy Specialist. You can enroll in online educational programs like these to inspire others on their journeys toward whole-person wellness. To find out more about a program that will work for you, call 800-428-0408, option 2 to speak with an enrollment specialist.

REFERENCES

1. <https://en.wikipedia.org/wiki/Plantago>



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