

Kitchen Medicine & other such things

Perhaps the handiest first aid kit is the one that is in a person's kitchen pantry. After all, many products found in the kitchen are natural and herbal and are some of the most available remedies for household emergencies.



Culinary Spices! - Most are carminatives for the GI tract and very antimicrobial, good for making wound washes; Use Oregano, Thyme, Rosemary, Sage, Garlic, Fennel, Turmeric, Ginger.

Activated Charcoal – Capsules can be taken to ease food poisoning, vomiting, diarrhoea, toxin ingestion and dysentery.

Aloe – Inner leaf gel can be placed on wounds, burns or splinters and in the eye for infection or hot pepper juice contamination.

Baking Soda – Eases Heartburn and urinary infections – dilute ¼ tsp in water, makes a handy deodorant (apply to dry skin) and can relieve wasp stings.

Black pepper – A stimulant, may increase absorption of other herbal remedies

Cardamom - Soothing for digestion

Cayenne - Stops bleeding, laxative, decongestant, and a great warming stimulant to chase bone chills. Not a Cayenne lover then Ginger root works just as well for all issue except bleeding. It will also warm cold feet, sprinkled inside your boots.

Cinnamon - Digestive remedy, reproductive tonic

Clay – Use in poultices for infections to draw out infection, draws and dries splinters, cuts and wounds. Take internally for stomach toxins and diarrhoea.

Mix 1 tsp with a glass of water and drink once or twice daily with lots of water. Take 2 hours before or after taking medications.

Coconut Oil – Use as a salve for dry chapped skin.

Epsom salts - Used for drawing and drying out infection externally as a wash. Also a laxative to be used for intense constipation.

Fennel Seed - For gas, colic, flatulence, bloated indigestion. Chewed or in a tea. Helps relieve morning sickness. Tea can be used as an eyewash.

Garlic - Mix with olive oil for the best ear oil. The poor man's penicillin, use garlic to ward off colds, infections, to discourage intestinal parasites, to generally protect you and your family. Can be rubbed on acne pustules / infected spots.

Ginger – Excellent mild stimulant. Good for nausea, sea sickness, motion sickness, flu, stomach flu, congestion, poultices (for chest with onion work well). Soothing for stomach after a digestive illness or poisoning. Use in capsules or in a tea. Anti-inflammatory internally and as a compress.



Grapeseed Extract – Powerful anti-microbial. Can be diluted ½ tsp to one cup of water and used as a wound wash for festering wounds and infection.

Honey - Vulnerary and for sore throats. Helpful carrier for other medicines, a good dressing for burns and wounds. Stings a tiny bit due to the peroxide contained in it. Dilute and use as eye wash for irritated, inflamed eyes. Use as a soothing antiseptic for bee stings and insect bites.

Onion – Place fresh slices on insect bites, nettle rashes and hives caused by allergies.

Sage - Sore throats and colds. Gargle with sage to ease throat pain.

Salt - Sore throat gargle.

One of the best things to use as a warm compress wrapped in a towel for ear infections.

- Warm the 2 cups of salt in a dry fry pan testing with my wrist until as hot as my skin can take.
- Line a bowl with a clean hand towel, pour the salt in and add 4-5 drops of Peppermint or Eucalyptus Essential Oil. Gather the corners and bind with string or a rubber band tight to keep the salt in.
- Place on the sore ear.
- You can re-warm as needed, do as often as is needed and replace the salt when it feels like it's time. You will know. This eases pain instantly and opens the Eustachian tubes and whole area for beautiful drainage.

Turmeric - Stimulating and anti-inflammatory

Urine – If nothing else is available you can pee on your wound to disinfect it.

Vinegar - (especially apple cider vinegar or herbal vinegar) as a gentle astringent. Effective for poison oak, insect bites, stings, varicose veins, for some types of rashes and for the relief of hives. Useful in most cases where a mild astringent or disinfectant is needed.

- Apple Cider Vinegar – Eases digestive problems, can shorten the duration of illnesses. 1 tsp per 8oz water hourly. Relieves Wasp stings.

Witch Hazel - External Use Only Its a powerful disinfectant which will sting on open wounds. Use as a linament on skin where there is bruising, swellings under the skin or in a compress. Place strips of cloth dipped in Witch Hazel on haemorrhoids for relief.

