

# A Zioneers Guide to Herbal First Aid and Health Care

(a list of herbs, products and other first aid supplies)  
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The purpose of this list is to assist you in supplementing your already existing First Aid Kit. Consider the items listed to add to what you already have. It is important to become familiar with and know how to use what you keep on hand, whether it be tools, natural remedies or stored food for that matter. Consider what tools, supplies and supports may be necessary in handling various emergencies and prepare accordingly.

**Healing Ointment** [a comfrey or plantain based ointment] – used to speed the healing of cuts, wounds, abrasions, bruises. Any type of wound healing. For external use. Apply the ointment to wounds, burns (amazing), injuries, ulcer, sores, rashes, cuts, bruises, etc. Apply generously externally over injuries or wounds. Do not remove excess ointment when re-applying, just keep adding the ointment to the injured area.

**Herbal Laxative** [Formulas with Cascara, Senna and or Aloe] – Use herbal laxative that assists with elimination while building tone and strengthening the colon. For internal use. This stimulating formula is cleansing, healing and strengthening to the entire gastrointestinal system. Stimulates healthy movement through the colon while disinfecting and soothing the colon to function better on its own. Use encapsulated herbal laxatives to insure a normal 2 - 3 bowel movements each day. This product can be safely used over extended periods of time.

**Diarrhea Control** – Bentonite Clay, Redmond Clay, Pectin, etc. Used to deeply cleanse the colon, to arrest diarrhea, and as a drawing poultice for stings and bites. Used internally, Natural Clays acts as a strong purifier and intestinal vacuum, helping to draw out old fecal matter from the walls of your colon and out of bowel pockets. Natural Clays aids in the removal of poisons, toxins, parasites, and heavy metals. Use internally for food poisoning and diarrhea. Use externally as a poultice. Suggested Guidelines: It is important to drink adequate amounts of liquids while taking any product that strongly detoxifies the body. Oral drugs or herbs taken at the same time as Clay Products may diminish absorption. Not recommended if bowel obstruction or intestinal narrowing is a concern.

**Digestion Formula** – The Good Lord in his wisdom made the herbs that are good for digestion also taste good. Herbs such as cinnamon, fennel, the mint family, and many more are considered bitter and carminative and will increase the digestive juices thereby reducing gas, bloating and intestinal cramping. May be used before or after meals. For internal use.

**Muscle Linament, Oil or Ointment**– Typically made with cayenne pepper and aromatic herbs such as wintergreen, peppermint or camphor. These can ease muscle soreness, soothe sprains, strains, and muscle pain. Reduces inflammation of bursitis and tendonitis and relieves arthritis pain. Massage directly into the body for warming & cooling relief for sprains, strains and muscular pain. Also relieves earache (only use if eardrum is NOT ruptured). For external use. Avoid contact with eyes. Apply generously as a topical oil onto the skin. Massage on and immediately around the area of soreness and aching muscles.

**Echinacea based Immune Formula** – works by boosting the number of immune cells and natural chemicals to help fight illness. A very powerful and potent herbal combination to be used at the first signs of any illness. For internal use. Very stimulating and is typically used for acute infectious illnesses rather than chronic degenerative or wasting illnesses such as autoimmune diseases.

**Kidney-Bladder Formula** – Herbs such as juniper berry, parsley are used for urinary tract infections, incontinence, general edema (swelling) or kidney and bladder concerns. For internal use.

**Herbal Anti-Septic Formula** – herbs such as goldenseal are used to cleanse and disinfect wounds. Apply enough Herbal Anti-Septic on wound to completely coat injury and surrounding area. For external use. Sugar and honey can also be used directly on a wound to draw out and eliminate infection.

**Herbal Tooth Powder** – Herbs such as white oak bark, clay and charcoal (not from briquettes) Use for inflammation of the gums or any other tooth and gum disorder or simply for normal tooth brushing. Can also assist in tightening loose teeth. Used to scrub teeth and gum with a toothbrush, cloth or finger. You can also make your own tooth powder by combining baking soda, sea salt and coconut oil perhaps with some essential oils.

**Herbal Ear Drops** – Made from infusing garlic and mullein in olive oil. Used for earaches inside the ears as well as around the ears. Used also for external glandular swelling or cysts. To soothes and reduce the painful effects of otitis media (earaches). Also used to decrease lymphatic swelling associated with congestion and infection. This product is used externally. Suggested Use: If earache continues for more than two days or becomes severe consultation with a qualified healthcare professional is strongly recommended. 4 drops in ear 3 times daily or as needed for symptomatic relief of earache pain. May be massaged behind the ear and down the neck to encourage fluid drainage.

**Herbal Snuff** – Strong but very power medicine. Combined powdered herbs of goldenseal, horseradish, cayenne and garlic. Snuff a pinch through each nostril for cleansing, clearing and disinfecting sinuses. For sinus congestion or any chronic sinus problem. Saved many from sinus surgery. Snuff a small pinch of herbal snuff into each nostril, pinching shut opposite nostril. Inhale very deeply when taking in snuff. Hold snuff for 5 to 10 minutes before blowing to clear your nose.

**Herbal Eyewash** – Combine the herbs eyebright and red raspberry leaf made into a tea and an eye rinse. for pink eye, dry eyes and to clear and disinfect your eyes. Dilute solution or tea in an eyecup of pure water. Rinse eyes 3 to 4 times daily or as needed. For Chemical spill or splash into eyes copiously flush and wash eyes as instructed per label on chemical bottle. You can add some goldenseal as a disinfectant.

**Cayenne tincture** – Used internally for the cold stage of fevers, debility in convalescence or old age, varicose veins, asthma, and digestive problems. Used to stop bleeding, for shock and to increase circulation. Externally for sprains, unbroken chilblains, neuralgia, lumbago, and pleurisy. Use with care and caution. Very hot.

**Cayenne powder** – Used internally for the cold stage of fevers, debility in convalescence or old age, varicose veins, asthma, and digestive problems. Used to stop bleeding, for shock and to increase circulation. Externally for sprains, unbroken chilblains, neuralgia, lumbago, and pleurisy. Use with care and caution. Very hot.

**Lobelia tincture** – Used internally for asthma, bronchitis, whooping cough, pleurisy as a general nerve and muscle relaxant or to induce vomiting. Externally for pleurisy, rheumatism, tennis elbow, whiplash injuries, boils, and ulcers. This herb and its alkaloids are subject to legal restrictions in some countries. Excess causes nausea, vomiting, drowsiness. Not recommended if pregnant or for those patients with heart dysfunction.

**Clove essential oil** – topical pain reliever for teeth or mouth sores. Anti-infectious, anti-bacterial, antiviral, antifungal, antiparasitic, and antiseptic. Clove oil is used historically for dental infections, viral hepatitis, bacterial colitis, cholera, amoebic dysentery, infectious acne, neuritis, cystitis, sinusitis, bronchitis, tuberculosis, hypertension, thyroid dysfunction, and fatigue.

**Lavender essential oil** – topical anti-bacterial, for insect bites. For indigestion, depression, anxiety, exhaustion, irritability, tension headaches, migraine, and bronchial complaints

**Yarrow tincture** – Used internally for feverish illnesses (especially colds, and measles), mucus, diarrhea, dyspepsia, rheumatism, arthritis, menstrual and menopausal complaints, hypertension, and to protect against thrombosis after stroke or heart attack. Externally for wounds, nosebleeds, ulcers, inflamed eyes, and hemorrhoids. (Prolonged use of yarrow may cause allergic rashes and make the skin more sensitive to sunlight.)

**Lungs and Cough Formulas**— Look for or make something that contains herbs that will assist to expel and eliminate phlegm rather than a cough suppressant that will drive the gunk or infection deeper into the body. Herbs such as the mints, lobelia, wild cherry bark, elder flower and elecampane are good to use. Relieves Lung congestion, soothes coughs and eases breathing. These type of formulas can dilate the bronchial passages and loosen mucus and phlegm so it can be expelled from the lungs. Used for asthma, pneumonia, bronchitis, any respiratory problem. For internal use. Suggested Guidelines: Not recommended if pregnant, nursing or if high blood pressure is a concern. Not intended for long term, sustained use.

**Internal Healing Syrups or teas** – used internally to speed the healing of any injury where tissue has been disrupted or damaged. This syrup helps to heal the body from the inside - out. We recommend syrup for any injury or degenerative bone, muscle or nerve conditions. Suggested Guidelines: If injury has occurred, consultation with a healthcare professional is advised. Comfrey is often used in these type of formulas.

**Liver-Gallbladder Formula** –Herbs such as milk thistle, dandelion root and leaf, burdock and many of the bitter herbs are best known for their ability to stimulate, cleanse and protect the liver and gallbladder as well as rid the body of parasites. Used for any liver condition (infectious or toxic), for digestive complaints. For internal use. Suggested Guidelines: Not recommended if pregnant or nursing or if chronic liver or kidney dysfunction is present. If poor liver or gallbladder is a concern, consultation with a healthcare professional is advised.

**Nerve Calming Formula** – Herbs such as skullcap, valerian, chamomile and hops are used for nervous tension, irritation, anxiety, insomnia or panic attacks. These formulas are both sedative and anti-spasmodic designed to relax, sedate and relieve tension and muscle spasm. For internal use. Suggested Guidelines: Not recommended if pregnant, nursing, or if currently taking prescription or over the counter medications. Consult with a qualified healthcare professional if condition persists or increases.

**Female Hormonal Formulas** – Black cohosh, angelica root, damiana, and chaste tree berry are used for hormone balancing in women, relieving P.M.S and menopausal symptoms such as hot flashes, bloating, anxiety, depression, vaginal dryness, abnormal or painful menses. For Internal use. Suggested Guidelines: Not recommended if pregnant or nursing. If menstrual or menopausal condition persists consult a healthcare professional. If female issue are an issue at all, get it handled and balanced – the sooner the best. Diet and getting enough of the healthy fats (coconut oil, olive oil, butter and animal fats are all good). A diet low in fat – particularly when combined with vegetable fats (canola, soy, corn, etc. oils are bad) is what has got you to this point of hormone imbalance.

**Anti-Plague Syrup** – This is a very specific recipe and formula that we recommend everyone to make and have plenty on hand. May assist with symptoms associated with colds, any infectious illness or "plague". Used to boost and stimulate the immune system. For Internal use. This is our version of the classic immune building formula. Not for the timid, only for those wanting "Strong Medicine". Safety Guidelines: Not intended if pregnant or nursing.

**Peppermint essential oil** – Reduces fevers, candida, nausea, vomiting and aids in respiratory function. It is used for flavoring, cools the body and is excellent for digestion. Rubbing into the temples can relieve headaches. Use for indigestion - one drop orally. Rub some under the nose to open and clear the lungs and sinuses.

**Tea Tree essential oil** – topical anti-fungal, anti-bacterial. For external use. An expectorant that also increases perspiration, and stimulates the immune system. It is effective against fungal and bacterial infections. Used for thrush, vaginal infections, acne, athlete's foot, warts, insect bites, cold sore, nits (eggs of head lice). Apply directly to warts and nits, but dilute in a carrier oil (jojoba or almond) for other uses. 1 part tea tree to 10 parts oil.

**Oregano infused oil** – sublingually used for anti-fungal, anti-bacterial, anti-viral, immune builder. For internal use. 2 to 3 drops under the tongue is the general recommendation. May also be used to rub on the soles of the feet. Oregano is also a powerful immune system builder.

**Slippery Elm bark powder** – A sweet, mucilaginous, laxative herb with a fenugreek-like odor. It soothes and lubricates tissues, and draws out toxins. Used internally for gastric and duodenal ulcers, gastritis, colitis, and

digestive problems especially in infants. Externally for sore throat, coughs, wounds, burns, boils and abscesses. Make into a gruel by adding warm water (may also add cinnamon and honey).

**Castor oil** – used topically as a fomentation to relieve and reduce pain, inflammation, growths and swellings. Saturate cloth with castor oil apply over area and keep warm with heat for 1 hour. Repeat 2 to 4 times daily. May reuse castor oil cloth. For external use only.

**Shepherd's Purse tincture** – Used internally and externally to stop bleeding, especially heavy menstruation, blood in urine, hemorrhoids, nosebleed, and wounds. Also internally for cystitis, and externally for varicose veins. Also used for hypertension and postpartum bleeding. Shepherd's purse stops excessive bleeding, especially menstrual or related to childbirth.

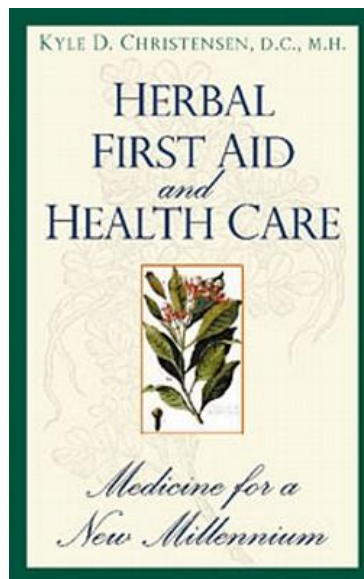
**Ginger capsules** – used for motion sickness, dizziness, nausea, or indigestion Ginger can be taken to increase the circulation warming cold hands and feet. Crystallized Ginger can also be used.

**Plantain tincture** – Externally for skin irritation, inflamed eyelids or for bites and stings. Used internally for constipation and diarrhea.

**Mullein tincture** – calms and soothes digestion. Used internally for coughs, whooping cough, bronchitis, laryngitis, tonsillitis, asthma, excess respiratory mucus, tuberculosis, urinary tract infections, nervous tension, and insomnia. Externally for earaches (flowers in olive oil), sores, wounds, boils, rheumatic pain, hemorrhoids, and chilblains.

**Fennel tincture** –Used internally for indigestion, gas, bloating, colic and insufficient lactation. Use as a mouthwash or gargle for gum disease or sore throat.

**Additional items to consider adding to your existing First Aid Kit, if they are not there already.**



**\*\*First-aid instruction manual - Herbal First Aid and Health Care, by Dr. Kyle Christensen**

**Miscellaneous**

- **Sea Salt** – for mineral replacement in dehydration (Celtic Sea Salt, Redmond Real Salt). Mineral Replacement Drink (1/2 tsp sea salt, 3 TBS honey or sugar to 1 quart water – you may also add lemon or orange juice for flavor). Mix with water for a gargle or to clear sinuses ( 1 tsp to 1 TBS per cup of warm water - there is no set recipe).
- **Diatomaceous Earth** – Sprinkle in sheets or sleeping bag for Bed Bugs, fleas or lice. 1 tps twice daily for intestinal parasites. Insect repellant in your garden. In socks for toenail fungus. In food storage.

- **Clay (Redmond or Bentonite)** – make a paste by adding water for bug bites as a drawing poultice.
- **Soap** – liquid anti-bacterial or castile soap – to clean wounds and skin.
- **Honey** – antiseptic to put on wounds, for insect bites, burns, sore throat (mix with cayenne), and fatigue.
- **Epsom Salt or Dead Sea Salt** – used to draw out toxins and radiation. Used 1 –2 cups per bath.
- **Apple Cider Vinegar** – for arthritis (internally – 1TBS mixed with 1 TBS raw honey in water twice daily) and to wash the skin. Use as a wash for vaginal yeast infections to relieve itching.
- **Baking Soda** – used to neutralize acids burns, for re-hydration, and insect bites.
- **Miso** – used nutritionally to ward off the effects of radiation. Made into a soup.
- **Rubbing Alcohol or alcohol preps** – used to clean around wounds.
- **Potassium Iodide – Potassium Iodate** - for thyroid protection against radiation. Also used to protect the thyroid from radiation is Black Walnut hull and seaweeds such as kelp, dulse and Irish moss.
- **Witch Hazel** – for hemorrhoids and as a cleansing wash and insect bites. A very good astringent solution.
- **Water** - Do not underestimate the value of good clean water. Much has been written about the curative powers of drinking plenty of water. For digestive complains, pain, inflammation, etc. You need not have gallons stored in your First Aid Kit, but know that water is an important tool.

## Tools

- **Tweezers** – for removal of splinters or debris from skin or tissues.
- **Hemostats** – for many uses where something needs to be pinched and held.
- **Scissors** – to cut bandages, cloth, etc.
- **Thermometer** – for taking temperatures.
- **Tongue Depressors** – for finger splints.
- **Tape** – to adhere bandages.
- **Snake Bite Kit** – in addition to snake bites, use for spider or insect bites. A portable suction devise is good to have on hand.
- **Cotton Applicator (Q-tips)** – to apply herbs in small areas or to scrub and clean tissue.
- **Splinter removers** – more customized than general tweezers.
- **Instant Ice Pack** – for sprains, strains, contusions when a freezer and ice is not available. The I. in R.I.C.E. (Rest, Ice, Compress, Elevate)
- **Epi-Pen** – epinephrine injection, if there is a history of severe allergic reactions.
- **Otoscope** – this tool can be purchased inexpensively to view the ear canal.
- **Stethoscope & Blood Pressure Cuff** – to monitor blood pressure and to listen to the heart and the lungs.
- **Nail Clippers** – specialized tool for nails (ingrown toenails)
- **Bulb Syringe** – to forcefully rinse wounds, for small enemas, to extract mucus. Sterilize after every use.
- **Hot Water Bottle/Enema/Douche.**
- **Dental Mirror** – to view mouth and teeth.

## Bandages

- **16-36 each Band-Aids** – 1/2” x 3”, 3/4” x 4”, knuckles
- **Ace Bandages** - 2”, 3” and 6”
- **Flannel** – 11” x 14” – an old nightgown or shirt
- **Gauze** – many sizes of both pads and rolls
- **Waterproof tape**
- **Vinyl examination gloves** – one box – multiple sizes if necessary for your family.
- **Feminine Napkins** – Maxi-pads– for heavy bleeding (not just female concerns)
- **Moleskin** – for blisters or to protect skin from wear.
- **SAM Splint** – use for arms, legs, ankle or neck immobilization.
- **Butterfly bandages** and **Super Glue** for wound closure.

- **Triangular bandages** to make a sling or wrap. Best: size 36”x36” Fabric: 100% cotton.
- **Bandaging strips** – cut or tear an old clean sheet into 4” strips that can be used for gauze, to wrap or bind injuries.

## **Emergency and Other Items to Consider**

- **Cell phone** and **re-charger** that utilizes the accessory plug in your car dash
- **Emergency Contact List.** phone numbers of all family, friends and contact information for your family doctor and pediatrician, local emergency services, emergency road service providers and the regional poison control center
- Small, waterproof **flashlight** and extra batteries
- **Candles** and **matches** for cold climates
- **Sunscreen** and **lotion**
- **Mylar emergency blanket**
- **Plastic bags** for the disposal of contaminated materials
- **Safety pins** in assorted sizes
- **Save-A-Tooth** storage device containing salt solution and a travel case &/or emergency dental kit
- **Aluminum finger splints**
- **Water purifying** - chlorine bleach and/or hand water filter
- Copies of important **family documents**
- Dust masks/mirco filter **masks (95N)**
- **Whistle**
- **Maps** of the area
- **Bug Out Bag** - 72 hour kit
- **Clear Plastic sheeting** to cover windows (if they break in an earthquake) and Duct tape
- **Flint & Steel firestarters**
- **Garbage bags**
- **Writing paper/pencils/pens**
- **Tarps/stakes/twine/nails/rope/spikes**
- Good multipurpose **knife** and **Scissors**
- **Siphon** & hand pumps
- **Boy Scout Handbook**
- **Work Gloves**
- **Glue**
- Extra Reading **Glasses**
- **Repair tools**
- **Wrenches/pliers** to turn of water and gas to home
- Etc.

There are many OTC (over-the-counter) medications that you may want to include in your kit. The purpose of this list was to emphasize herbs and herbal preparations that can be used in first aid applications. This information is not intended to diagnose, treat, cure or prevent any diseases, or replaces the services of a competent health care provider. This information has not been evaluate or approved by the FDA. By all means listen to your body and use common sense.

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