

USING THE HERBALISTS MEDICINE CHEST

The following are suggested as guidelines for the use of simple herbs, oils, minerals and supplements for the everyday day to day problems. These items work gently with the body unlike over-the-counter drugs that can create more problems while masking symptoms.

<u>SYMPTOM</u>	<u>OVER COUNTER DRUG</u>	<u>HERBAL ALTERNATIVE</u>
ACHES PAINS COLD OR FLU HEADACHE	aspirin/Tylenol	white willow bark tea, zinc lozenges, echinachea, vit C! Feverfew, St Johns Wort
HANGOVER	aspirin/Tylenol/ motrin	Milk Thistle, detox formula Rescue Remedy
INDIGESTION, NAUSEA STOMACH COMPLAINTS HEARTBURN	antacids, antidiarrheals, alka-seltzer	ginger tea! digestive enzymes, Rescue Remedy,
INSOMNIA	Tylenol pm, Snooze	Valeiran Root, liq magnesium, Passion flower
STRAIN, SPRAIN, BRUISING, INJURY	aspirin, motrin, Tylenol	ARNICA! digestive enzymes, ginger compresses or ginger baths, Rescue Remedy
SKIN RASHES, BITES	cortisone cream, benadryl, Caladryl lotion	Calendula ointment, Tea Tree Oil, Lavender
SKIN ITCHING OR SUNBURN	cortisone cream, body lotions	vinegar baths, aloe vera
VAGINAL INFECTIONS	antifungal creams	Tea Tree Oil in warm water douche, acidophilus tablets- inserted vaginally
ATHLETES FOOT	antifungal creams & sprays	Tea Tree Oil, Pau D' Arco applied directly
SORE THROAT	lozenges & cough drops	zinc lozenges, colloidal silver, echinachea, ginger tea, slippery elm lozenges
COUGH	lozenges & cough drops	slippery elm, goldensea fenugreek, zinc lozenges
PMS	motrin	primrose oil, liquid magnesium wild yam cream