

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Natural Remedies

Every Home Needs



IMMUNE SUPPORT

Oregano Oil - A powerhouse for immune support

Oregano oil capsules are a go-to in our home when we feel something coming on. Just a drop or two of Young Living oregano oil in a capsule, topped with olive oil taken a couple times a day is a game changer!

Elderberry Syrup

Trusted for generations, elderberries are packed with antioxidants and Vitamin C to help support immunity, calm inflammation, and soothe digestion. And it's yummy!

Fire Cider

Fire cider is a staple in our home. It packs a punch, is loaded with immune-boosting herbs, roots, and spices to strengthen your resilience and kick a cold to the curb quickly.



ALLERGY RELIEF

Lavender, Lemon & Peppermint Essential Oils

This trio is fabulous for supporting your body to reduce seasonal allergy symptoms. Rub equal drops of each on the back of your neck, inhale.. diffuse. Tried, trusted and true! (Peppermint is hot - keep away from eyes and wash your hands!)

Nettle (Tea & Tincture)

Great for seasonal sniffles. Sip the tea or take a few drops of tincture to calm histamine reactions naturally. Create an infusion - steep the leaves several hours for an extra boost!



EAR INFECTION FIGHTER

Garlic Infused Olive Oil

Gently warm 2 tbsp olive oil, add 1 clove freshly crushed garlic. Let sit for 30 minutes, remove garlic. Warm slightly and drop in ear (only if eardrum is not ruptured!) Lay on your side for 10-15 minutes while it works wonders!



BRUISES, BUMPS & CONCUSSIONS

Cypress Essential Oil - Nosebleed stopper

Apply to bridge of nose (Not in it) It helps tighten blood vessels and stop bleeding. I have been told this works when applied to the forearm also - don't ask me how!

Arnica - homeopathic and gel

Arnica is great to have on hand for bumps, bruises, even concussions.

Known and trusted for its ability to reduce swelling, bruising, and inflammation, it promotes circulation to the affected area, speeding up healing and providing relief.



HEADACHES & TENSION

Lavender and Peppermint Essential Oils

This combo applied in a "halo" all around your hairline works wonders on a headache without the negative effects of OTC meds. Just keep away from your eyes!

Magnesium L-Threonate or Bisglycinate

Magnesium helps relax blood vessels and regulate neurotransmitters, which can significantly reduce the frequency and intensity of headaches. Both forms are easily absorbed and utilized (stay away from Magnesium oxide)



RESPIRATORY SUPPORT

Mullein Tea / Raw honey

Mullein tea soothes irritated airways, helps loosen mucus, and supports breathing, Raw honey coats the throat and naturally calms a cough.

Eucalyptus Essential Oil (Raven or RC)

Inhaled or applied to the chest and feet, tiny molecules quickly enter the respiratory tract and bloodstream, to open airways, break up congestion and calm inflammation

This is not medical advice.

These are time-tested remedies we've used successfully in our own home to support the body's natural processes. Always consult your trusted healthcare provider, especially with young children, pregnancy, or chronic conditions.