

Natural Medicine Cabinet

What are some natural medicinal products that are essential to have in your medicine cabinet??

Nausea: ginger, peppermint or fennel are nature's anti-nausea and indigestion herbs. Ginger or peppermint tea, or for babies, can mix a small bit of **cooled tea** into their water bottle.

Natural sleep aids: Natural sleep hormone, Melatonin, as a supplement for adults as a safer alternative to prescription sleep meds. Other options include 5-HTP or ZenBev....natural ways to support serotonin production which turns to the sleep hormone melatonin, when it is dark.

Tea tree oil: Nature's antibacterial, antifungal, antiviral topical formula. Use for minor scrapes, cuts, insect bites to prevent infections from occurring. Apply after cleaning area with soap & water.

Sun protection...Natural sunscreen (uses physical barriers, ie. zinc/titanium oxides, instead of chemical barriers), but for kids under 2...safest to keep them shaded! After sun exposure use thick hydrating fragrance-free moisturizers. In case of sunburns or sun rash, use all natural aloe vera gel liberally to assist with soothing and healing.

Bumps and bruises: Homeopathic arnica, or Traumeel cream.

Muscle aches/pains: Magnesium, Epsom salts, natural topical anti-inflammatory containing menthol or camphor

Food poisoning: Probiotics and L-glutamine help with acute food poisoning or gastroenteritis infection

Makoto's tip: Go through your medicine cabinet (whether natural products or not) every 6 months to ensure that everything has a valid expiry date!! This is so easily overlooked and can cause problems, particularly because we only use these products once in a while.

**** Imperative to talk to your doctor before making any changes to your health program ****