

Medicine Cabinet Basics

Be stocked up BEFORE someone gets sick or hurt!

FIRST AIDE

- Band-aids
- Antibiotic cream
- Gauze
- Tape
- Tweezers
- Rubbing alcohol
- Hydrogen Peroxide
- Ice packs
- Ace Bandage

PAIN RELIEF

- Ibuprofen
- Acetometophine- I keep the liquid form
- Naproxen Sodium aka Aleve
- Topical Pain Cream- such as Icy Hot or natural ones like Arnica or CBD cream
- Headache medicine if prone to migraines
- Pain relief patches

ALLERGY RELIEF

- Benadryl- I keep liquid form for fast, emergency relief
- If prone to seasonal allergies or hayfever, have two types of allergy pills
- Cortisone cream
- If you have severe allergies, keep an extra Epi-pen in your cabinet
- Local, Raw Honey- daily BEFORE allergy season

COLD & FLU

- Vicks Vapo-rub
- Day/NightQuil- I keep liquid or "drink" form. Pills take much longer for relief
- Throat/cough drops
- Cough syrup
- Local Elderberry Syrup- every 3 hours when sick
- Vitamin C, Zinc and Quercetin in higher dose when sick or traveling

STAYING HEALTHY

- Hand soap- only use hand sanitizer IF you do not have access to soap & H2O
- Sunblock & Aloe Vera
- Plenty of water!!!
- Healthy drinks- Kombucha, Probiotic drinks, Ginger Beer, Medicinal teas
- Yogurt and Fermented Foods
- Listerine- use for overall health, not just bad breath!

SUPPLEMENTS- THE BASICS

Always talk to your healthcare provider

- Vitamin D- most people are deficient
- Probiotics
- Vitamin B
- Vitamin C- Especially when sick
- Fish Oil
- CBD supplement
- Zinc
- Iron
- Various others depending on health