



Herbal Medicine Chest & First Aid Kit

Type of Medication	Drugs & Brand Names	Possible Side Effects	Herbal Alternatives
Acne	1. Antibiotics 2. Isotretinoin (Accutane) 3. Benzoyl Peroxide	1. See antibiotics 2. Dry skin, nosebleeds, muscle/joint pain, liver damage, visual impairment, bowel inflammation 3. Irritation.	1. INTERNAL: Herbs: Burdock, Black Walnut, Red Beet Root/ Betafood + Cholacol, Liver Cleanse Formula, LIV-J, Sarsaparilla, Damiana, BP-X, Adrenal Support + Thyroid Support/ Symplex F or M, Chaste Tree, Zymex, Zinc, Calcium Lactate or Herbal CA, Thymex Diet: pure water, 5+ veggies per day, no processed foods, refined sugar, “good” fats 2. EXTERNAL: Pau D’Arco Lotion, SilverSol Gel or Liquid Essential Oils: Tea Tree, Lavender, Clear Skin Oil Cleansing Method: Almost Exactly, Purified Skincare Hydrosols: Green Myrtle, Rosalina, German Chamomile See 8 Keys to Acne-Free Skin for more info
Analgesic	1. Aspirin 2. Acetaminophen (Tylenol) 3. Ibuprofen	1. Nausea, vomiting, ulcers, kidney & liver damage, nausea, rash 2. Liver damage 3. Abdominal pain, loss of appetite, ulcers, internal bleeding, kidney & liver damage	Valerian, Noni, Elderflower, APS II, MSM, Hops, Kava Kava, Plantain, Passionflower, St. John’s Wort, White Willow, Chlorophyll Ointment & Perles For headaches: Antronex, Cyruta+, Phosfood, Cataplex G, Deep Blue Teething: Herbal CA/ Calcium Lactate, Barley water (1 c. barley + 1 qt. water in refrigerator) Essential Oils: Tei Fu Oil or lotion (topical), Deep Blue, Clary Sage (esp. cramps), Eucalyptus, Ginger (esp. ear infections), Juniper, Lavender (burns), Marjoram, Mullein (oil or herb, esp. for ear & toothaches), Myrrh, Peppermint (cramps & headaches), Roman Chamomile, Chamomile, Rosemary (headaches), Wintergreen, Wood Betony (esp. face)



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<p>Anti-Inflammatory</p>	<p>1. Steroids: Hydrocortisone, Prednisone; 2. Non-steroidal; Diflunisal, Fenoprofen, Ibuprofen, (Advil, Mortin, Nuprin, Rufen, Indomethacin, Ketoprofen, Mefenamic acid, Naproxen, Phenylbutazone, Piroxicam, Sulindac, Tolmetin</p>	<p>1. Indigestion, weight gain, acne, fluid retention, weakness, mood changes, diabetes, fragile bones, thin skin. 2. Diarrhea, constipation nausea, vomiting, heartburn, dizziness headache, rash, impaired, blood clotting, increased risk of peptic ulcers</p>	<p>Licorice, Wild Yam, Chamomile (herb & oil), Intestinal Soothe & Build, IF-C, Cat's Claw, Yarrow, MSM, Noni, Thai-Go, Green Zone, Elderflower, White Willow, Arnica, Comfrey Essential Oils: Boswellia (Frankincense resin or oil), Eucalyptus, Ginger (ear infections), Peppermint, Roman Chamomile, Peppermint, Wintergreen</p>
<p>Antacid</p>	<p>Aluminum hydroxide, (Gaviscon, Maalox, Mylanta), Magnesium hydroxide, (Milk of Magnesium) Sodium bicarbonate (Alka-Seltzer), Calcium carbonate</p>	<p>OTC antacids soak up digestive secretions & inhibit digestion. Some may cause constipation, nausea & diarrhea with occasional vomiting, bone pain, muscle weakness, cramps</p>	<p>Papaya Mint, Safflowers, Catnip, Peppermint Oil, Aloe Vera Juice, Slippery Elm, Intestinal Soothe & Build, Anti-Gas Formula, Chinese Anti-Gas, Stomach Comfort, Noni, Proactazyme, Protease, Food Enzymes, Multizyme, Enzycore, Gastrex, Zypan, Betaine Hydrochloric Acid, DigestZen</p>
<p>Antibiotic</p>	<p>Pencillins, Tetracyclines, Aminoglycosides, Cephalosporins</p>	<p>Kill friendly bacteria as well as harmful ones. May cause yeast infection & allergic reactions such as rashes</p>	<p>Garlic, Echinacea, Parthenium, SilverSol, Golden Seal, Oregon Grape, Olive Leaf, Lymph Gland Cleanse, Lymph Gland Cleanse-HY, IN-X, Activated Charcoal (food poisoning), Pau d'Arco Prevention: Calcium Lactate + Cataplex F + Cataplex C (E. coli, salmonella), Cholacol II + Lactic Acid Yeast + Zypan (foreign travel, food poisoning), SilverSol EXTERNAL: Golden Salve (may add PLSII) Essential Oils: OnGuard, SilverSol gel, Golden Salve After antibiotics: Lactic Acid Yeast</p>



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<p>Anti-Diarrheal</p>	<p>Immodium AD (Loperamide HCl), Pepto Bismol, Kaopectate</p>	<p>Stomach pain or bloating; ongoing or worsening diarrhea; diarrhea that is watery or bloody; or severe skin reaction -- fever, sore throat, swelling in your face or tongue, burning in your eyes, skin pain, followed by a red or purple skin rash that spreads (especially in the face or upper body) and causes blistering and peeling, dizziness; drowsiness, tired feeling; constipation; mild stomach pain; or mild skin rash or itching.</p>	<p>Activated Charcoal, Aloe Vera Juice, Bentonite Clay, Slippery Elm, Electrolytes, Oregon Grape, Anti-Gas Formula, Cholacol II, Calcium Lactate, Barley water (1 c. barley + 1 qt. water in refrigerator)</p>
<p>Antihistamine</p>	<p>Brompheniramine (Dimetane), Chlorpheniramine, Dimenhydrinate (Dramamine), Tripolidine (Actifed, Actidil, Mydil)</p>	<p>Most depress the brain causing drowsiness. They may also cause blurred vision, dizziness, digestive disturbances, urinary difficulties, dry mouth, rash, & excitement in children</p>	<p>Rose Hips, Sinus Support EF, MSM, Chinese Breathe Activator, AL-J, Four, Histablock, Betafood + Antronex (pre-histamine), Allerplex, Cal-Amo</p>
<p>Arthritis</p>	<p>Aspirin & other analgesics</p>	<p>These remedies "kill" pain & treat symptoms.</p>	<p>Alfalfa, Yucca, Joint Support, Herbal CA, APS II, Glucosamine, MSM, Chondroitin, Noni, Boswellia (Frankincense resin or oil), Betachol, Rehmannia, Ostarplex (osteo), Rumaplex (rheumatoid), Cataplex F</p>
<p>Bronchodilator</p>	<p>Ephedrine, Epinephrine</p>	<p>Anxiety, restlessness, dry mouth, dizziness, headache, urinary difficulties, palpitations</p>	<p>Lobelia, Lobelia Essence, Chinese Breathe Activator, AL-J, Bronchial Formula Essential Oils: Eucalyptus, Thyme, Basil, White Fir, Breathe</p>



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Burn Remedies	Treated with topical antiseptics &/or antibiotics & antiseptics.	Prevent infection & relieve pain but does not promote tissue repair	Aloe Vera Gel, Honey, Chlorophyll Ointment Essential Oils: Lavender, Helichrysum, Frankincense
Cough Remedies	1. Codeine 2. Dextromethorphan (From 44, Robitussin-DM, Tussi-Organidin DM) 3. Isoproterenol	Cough suppressants interfere with expulsion of mucus. 1. Narcotic, constipation. 2. Dizziness, drowsiness, nausea or abdominal pain. 3. Chest pain, dry mouth.	Garlic, Lobelia, Blue Vervain, Mullein, Chinese Breathe Activator, AL-J, Bronchial Formula, Fenugreek & Thyme, Congaplex, Calcium Lactate + Cataplex F, Licorice
Decongestant	Naphazoline, Oxymetazoline (Dristan Long Lasting, Neo Synephrine 12 hour) Pseudoephedrine (Actifed Sudafed).	Burning, rash, headache, restlessness, nervousness, nasal congestion, sneezing, dizziness, lightheadedness, palpitations, headache, sleeplessness	Mullein, Lobelia, Garlic, Onions, AL-J, Chinese Breathe Activator, Capsicum, Fenugreek & Thyme, Hot Lemon Water, Fen-Gre, Congaplex, Iodine
Diet Pills	Dexedrine	Habit forming, nervousness, hypertension, damage to liver, heart & intestine	Chickweed, SF, Target, TS II, MetaboMax, Garcinia, Fat Grabbers, 7-Keto, 21-Day Purification, CleanStart
Diuretic	Chlorothiazid, Chorthalidone, Metolazone, Furosemide, Bumetanide, Amiloride, Spironolactone, Triamterene.	Potassium depletion, leg cramps, lethargy, dizziness, rash, impotence, noises in ears (high dose), nausea	Corn Silk, Juniper Berries, Uva-Ursi, Kidney Activator, JP-X, Chinese Kidney Activator, Urinary Maintenance, Potassium Combination, Vit B-6, A-C Carbimide
Energy ("pep")	Amphetamines	Lack of appetite, paranoia, hyperactivity	Ginseng, Licorice, Bee Pollen, Target Endurance, Nature's Chi, Thai-Go, Energy-V, Capsicum, B-Vitamins (if PSD), Adrenal Support/ Drenamin, Thyroid Support/ Prolamine Iodine, Vitamin C, Rosehips,



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			Calcium Lactate, Phosfood (stimulates sympathetic nervous system)
Female Hormones	Conjugated estrogens (Premarin Progens)), Diethylstilbestrol (DES) Estradiol, Medroxyprogesterone, Megestrol, Norgestrel	Nausea & vomiting, breast swelling & tenderness, reduced sex drive, swollen feet & ankles, depression, weight gain, acne, vaginal bleeding	Black Cohosh, dong Quai, FCS II, FC w/ Dong Quai, Wild Yam, X-Action, Flash-Ease, Adrenal Support + Thyroid Support/ Symplex F, FemCoChaste Tree, Cod Liver/ Fish Oil, Wheat Germ Oil Estrogen Dominance: Silymarin, Cruciferous Complete
Fever Reducers	1. Acetaminophen (Tylenol) 2. Ibuprofen	1. Liver damage 2. Abdominal pain, loss of appetite, ulcers, internal bleeding, kidney & liver damage	Herbal Calcium, Fish Oil, Vitamin C/ Rosehips, Calcium Lactate + Cataplex C + Cataplex F Essential Oils: Peppermint, Lemon, Wintergreen, Eucalyptus
Hemorrhoid Medicines	Preparation H, Bismuth, Hamamelis (Witch Hazel) Peruvian Balsam, Zinc Oxide, Ephedrine, Hydrocortisone	Some may cause local irritation, but probably no side effects when used topically	White Oak Bark, Golden Salve, Psyllium, Nature's Three, Intestinal Soothe & Build, Vari-Gone, Collinsonia Root, Chlorophyll Ointment (rectally, esp. for fissures)
Insect Bites & Stings	1. Benadryl 2. Cortisone	1. Drowsiness, dizziness, constipation, stomach upset, blurred vision, or dry mouth/nose/throat 2. sleep problems (insomnia), mood changes; acne, dry skin, thinning skin, bruising or discoloration; slow wound healing; increased sweating; headache, dizziness, spinning sensation;	Antronex, Cal-Amo, Nettle Leaf (topically) Essential Oils: Lavender, Lemongrass, Tea Tree, TerraShield



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		nausea, stomach pain, bloating; or changes in the shape or location of body fat (especially in your arms, legs, face, neck, breasts, and waist).	
Laxative	1. Bisacodyl (Ducolax) 2. Mineral Oil 3. Milk of Magnesia	1. Abdominal pain, rectal irritation 2. Interferes with absorption of some vitamins	LBS II, LB-X, LB Ext. Psyllium Hulls, Magnesium, Cascara Sagrada, Senna, Slippery Elm, Cholacol, Fen-Cho or WWF
Motion Sickness	Dimenhydrinate (Dramamine)	Drowsiness, dry mouth, blurred vision	Ginger Root, Peppermint Oil, Vitamin B-6, DigestZen
Sleep Aids	Benzodiazepines	Daytime drowsiness, dizziness, headache, blurred vision.	Chamomile, Passion Flower, Valerian, Herbal Sleep Formula, 5-HTP, Melatonin, Herbal CA, Kava Kava, Hops, Calcium Lactate, Cataplex G, Vitamin B Complex (if SD) Essential Oils: Lavender, Bitter Orange
Ulcer Medication	Cimetidine (Tagamet), Famotidine, Ranitidine (Zantac), Sulcralfate (Carafate)	Dizziness, diarrhea, muscle pain, breast enlargement in men, impotence, rash, headache, nausea, constipation, weakness	Licorice, Aloe Vera Juice, Capsicum, Golden Seal, Intestinal Soothe & Build, Gastro Health, Proactazyme, Chlorophyll Perles