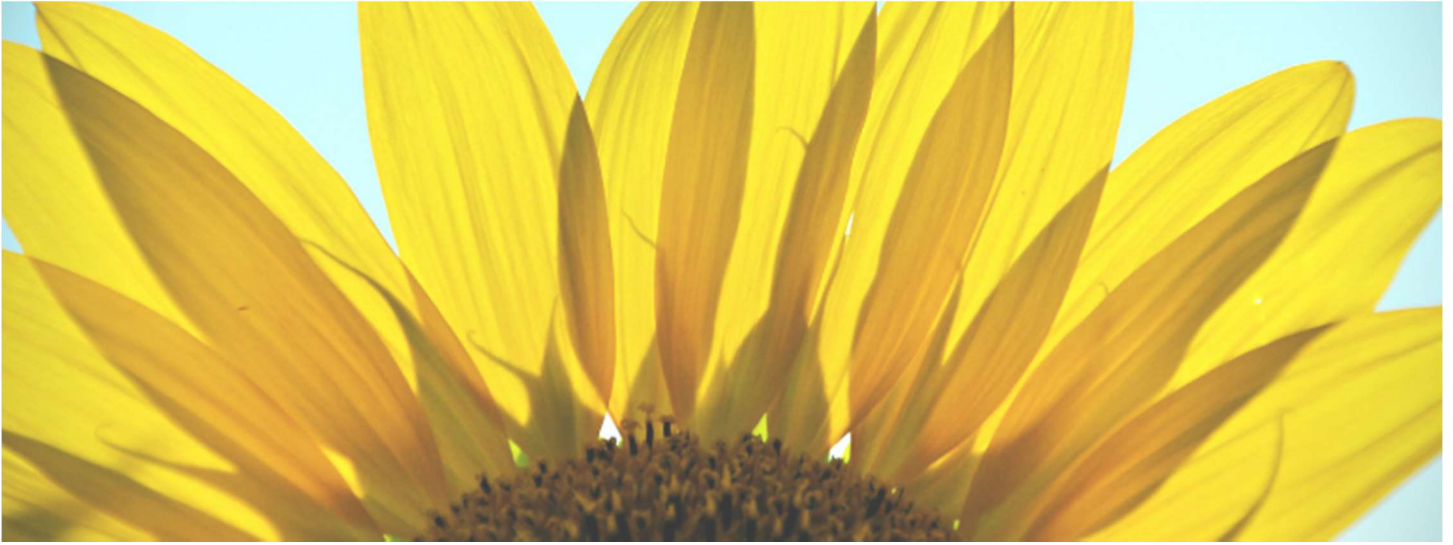


HERBAL READY KIT



www.healingyourselfcompletely.com

Hello!

If you haven't guessed by now, I LOVE herbs! And I'm excited to share with you 10 of my favorite keep-on-hand herbs so that you can create your own Herbal Ready Kit.

There are so many wonderful herbs - far too many to list here. There are more that I use for myself and family than what I am sharing with you below. But these are my top 10 herbs to have on hand because they are easy to find, easy to keep, and easy to use.

So, let's get started...!

Disclaimer: The Herbal Ready Kit is not intended to diagnose, treat, cure, or prevent disease. It is always recommended that you consult with a qualified healthcare provider before using herbal products, most especially if you are pregnant, nursing, or taking any medications.



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Alphabetical Listing



Chamomile –

Part of plant used: Flower

Considered benefit: Calming, soothing, and sleep



Cranberry –

Part of plant used: Berry

Considered benefit: Urinary health, and providing antioxidant support against bacteria



Dandelion –

Part of plant used: Flower, Stem, Leaf, Root

Considered benefit: Urinary health, digestive support, and aid with body cleanses



Echinacea –

Part of plant used: Flower, Stem, Leaf, Root

Considered benefit: Immune system support



Elderberry –

Part of plant used: Flower, Berry

For the purposes of making a syrup, typically only the berries are used.

Considered benefit: Immune system support and circulatory health



Marshmallow –

Part of plant used: Flower, Leaf, Root

This Herbal Ready Kit only discusses the root.

Considered benefit: Reduce inflammation



Mint –

Part of plant used: Leaf

Considered benefit: Digestive support, nervousness, and body soothing





Oat Flour –

Part of plant used: Ground oats

Considered benefit: Soothing

This Herbal Ready Kit only discusses the skin soothing aspect of ground oat flour. Other parts of the Oat plant are utilized for different practical uses.



Red Raspberry Leaf –

Part of plant used: Leaf

Considered benefit: Nausea, immune support, gallbladder discomfort, and digestive aid



Wheat Germ Oil –

Part of plant used: Germ of Wheat Kernel

Considered benefit: Burns, skin elasticity, and skin regeneration

*Those with wheat or gluten allergies/sensitivities: This herb has the potential to be an irritant. Use with caution; consult with a qualified health care professional prior to use. Consider using Jojoba as an alternative.

Practical Uses

Allergies – Marshmallow Root

Bacteria -- Cranberry

Bowel Bloating – Dandelion, Marshmallow Root, Mint (particularly Spearmint)

Bruises – Chamomile, Marshmallow Root

Burns – Wheat Germ Oil

Colds – Echinacea, Elderberry Syrup, Red Raspberry Leaf

Cuts – Cranberry, Marshmallow Root, Red Raspberry Leaf, Wheat Germ Oil

Digestive Aid – Dandelion, Marshmallow Root, Red Raspberry Leaf, Mint

Emotions - Chamomile

Fever – Elderberry Syrup, Red Raspberry Leaf

Flu – Red Raspberry Leaf



Gallbladder Discomfort – Dandelion, Red Raspberry Leaf

Immune System – Echinacea, Elderberry Syrup, Red Raspberry Leaf

Indigestion – Dandelion, Mint

Kidney Pain – Cranberry, Dandelion

Nausea – Mint, Red Raspberry Leaf

Nervousness – Chamomile, Mint

Rashes – Oat Flour, Marshmallow Root

Sleep – Chamomile

Sore Muscles – Marshmallow Root

Sprain – Marshmallow Root

Stomach Bloating – Mint (particularly Peppermint)

Stomach Pain – Dandelion, Marshmallow Root

Swelling – Marshmallow Root

Urinary Discomfort – Cranberry, Dandelion, Marshmallow Root

Virus – Red Raspberry Leaf

Preparations

Bath/Soak – Chamomile, Dandelion, Echinacea, Marshmallow Root, Mint, Oat Flour, Red Raspberry Leaf

Drinkable Tea – Chamomile, Dandelion, Echinacea, Marshmallow Root, Mint, Red Raspberry Leaf

Juice/Syrup – Cranberry (no or very low sugar), Elderberry Syrup

Capsules – Chamomile, Cranberry, Elderberry, Dandelion, Echinacea, Marshmallow Root, Mint (some), Red Raspberry Leaf, Wheat Germ Oil

Tincture/Extract – Chamomile, Cranberry, Echinacea, Elderberry, Dandelion, Marshmallow Root, Mint (some), Red Raspberry Leaf

Poultice – Dandelion, Marshmallow Root, Mint, Oat Flour (paste), Wheat Germ Oil



Tea Enema – Chamomile, Dandelion, Mint, Red Raspberry Leaf

Fomentation (Tea Compress) – Dandelion, Marshmallow Root, Red Raspberry Leaf

Direct Application to Skin – Wheat Germ Oil

Definitions

Bath/Soak	A hot bath with herbs added into the water, either loosely floating or contained in a tea bag.
Capsules	Herbs encapsulated and packaged for convenience. Capsules are intended to be consumed orally.
Decoction	The liquid resulting from concentrating an herbal tea by heating.
Direct Application to Skin	Any herbal application that is placed directly on the skin.
Drinkable Tea	A drink made from steeping (soaking) herbs in hot water. Teas can be consumed hot or cold (after steeping, the beverage can be cooled before drinking).
Fomentation (Tea Compress)	A cloth soaked in an herbal tea and then applied to the body. A second covering may be applied over the fomentation cloth to preserve moisture or protect clothes, bedding, etc.
Juice/Syrup	A strong herbal decoction with added sweetener (such as honey) and typically preserved with vegetable glycerin or alcohol.
Poultice	Herbs applied directly to the skin. Leaves, flowers, and/or roots of an herb are crushed, scraped, or smashed, and then applied directly to the surface of the body. Poultices can be hot or cold. Often a towel or other covering is placed on top of the herbs.
Tea Enema	A tea, cooled until comfortable to the touch, and then applied in the rectum as an enema.
Tincture/Extract	Liquid extracts made from herbs which are usually taken orally.

