



## SKIN

For **burns**, apply a soft, cool ice pack (or a bag of frozen peas) until the pain subsides. Then, apply pure **emu** or lavender **oil** to prevent scarring, reduce pain and speed healing.

For **cuts and scrapes**, apply sugar or honey to stop the bleeding and disinfect the wound.

Then, rinse with clean water and apply hydrogen peroxide, to kill germs (*it even kills tetanus germs*). Apply aloe vera or oregano oil. Don't bandage—unless you're going to get it dirty—because oxygen and sunshine kills germs.

For **bee & spider stings**, apply meat tenderizer, baking soda, charcoal or a raw onion to neutralize the venom (*which should take the pain away*).

For **mosquito bites**, apply a soft, cool ice pack and/or apple cider vinegar.

To remove **splinters**, apply egg white, let dry, and tweezer out the splinter when the skin tightens.

For **poison ivy**, to neutralize the poison, after washing with soap to remove the oils, apply one of these: apple cider vinegar, aloe vera, crushed cucumber or banana peel. Then, soak in a warm bath with either baking soda or a sock full of oatmeal (*use a rubber band to close it off*).

For **acne**, do a cleanse (*eat peaches or asparagus*) and also take probiotics and digestive enzymes. Apply egg-white, bentonite clay, oatmeal 'tea' or brewer's yeast 'tea' as a masque, then rinse. A regular mist of apple cider vinegar (*avoiding eyes*) slowly dissolves **moles**.

The skin reflects the condition of the liver (*the body's main filter*), so a thorough liver cleanse (*drinking milk thistle leaf tea or dandelion\* tea regularly*) should result in a clear complexion over time.

*\*Be sure herbs or weeds you use medicinally have not been sprayed or been imported from other countries..*

## First Aid Supplies:

- Aloe Vera
- Apple Cider Vinegar
- Baking Soda
- Bentonite Clay
- Brewer's Yeast
- Charcoal (*powdered*)
- Emu Oil
- Epsom Salts
- Eucalyptus, Oregano & other Essential Oils
- Freezeable Ice Packs
- Garlic (*raw*)
- Ginger (*raw root*)
- Grapefruit Seed Extract (*GSE*)
- Honey (*raw, unfiltered*)
- Hydrogen Peroxide
- Lavender Oil
- Meat Tenderizer
- Microwaveable Rice Bag Packs
- Olive Oil (*ozonated, if available*)
- Organic Fruits & Vegetables
- Tweezers w/magnifier & light

## HEAD ACHES

- 1st -Figure out the source:** MSG?  
 Aspartame? Fluorescent or LED lighting?  
 Caffeine withdrawal? Dehydration?  
 Constipation? Sinus? MSG?  
 Eating pork or salad bar sulfites?

Unfortunately, many of these cause the kind of headaches that don't respond to anything but **time**, deep breathing of fresh air & **lots of good water**—which is why many 'pills' appear to work—it could be the **water** consumed with them!

Add a few grains of Celtic Sea Salt or Epsom Salt to your drinking water—you won't even taste it—to **enhance hydration**, since magnesium makes hydrogen & oxygen more absorbable. (*Add a TSBP to bath water to relieve mineral deficiencies.*)  
 Boswellia supplements can relieve pain. (*without damaging the liver—unlike all NSAIDS*).

# Folk Medicine First Aid



written by  
*grandma ginger*  
(no credentials but age)

*This brochure is available free online at: <http://2-acres.com/Ginger> and is updated from time to time, so if you find mistakes, please let me know. Thank you!*  
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*Disclaimer: This is written by a very healthy grandma who has **NO** medical credentials at all and has no intention of making any profit from sharing this information. It is not medical advice. It's what folks have done for thousands of years.*

*Your body is YOUR responsibility!  
 This is just what I've learned from trial and error over 60+ years and lots of research.  
 It's up to you to discover what helps  
**your body** get and stay healthy!*

## EYES



If you break a blood vessel in an eye (*often caused by a rutin deficiency*), immediately apply a **soft ice pack** to stop the bleeding & minimize damage. Then, apply a wet tea bag or MSM drops. It's gross, so wear sunglasses. It should look better in about a week. AVOID prolonged staring at a screen—since that causes 'dry eye.'

Foods to eat to help eyes:

**Muscadine Grapes** (*resveratrol rich*)

**Blueberries** (*anthocyanin rich*)

**Carrots** (*beta-carotene rich*)

**Spinach** (*lutein rich*)

## EARS

If you have an earache, mash some raw **garlic** until you get a drop or two of garlic juice. Put it in a pinch of olive oil. Then, lie down with a towel under your ear, and, using an eye-dropper, put a few drops of the olive oil/garlic mixture in the affected ear. Rest about 20 minutes and let it penetrate into the ear. The pain should ease quickly and the infection be killed by the garlic. Also, applying a warm (**not hot**) onion will draw out pain & infection.

Foods to eat to help ears/nerves:

**Broccoli** (*rich in folic acid*)

**Eggs** (*rich in vitamin B12*)

**Pumpkin Seeds** (*rich in zinc*)

Oftentimes, especially in children, avoiding dairy products & delaying immunizations can prevent earaches. Teething can cause swelling of the Eustachian tubes—which can cause an earache. (*Antibiotics don't help.*)

## MUSCLE PAIN

Take a hot bath with 1 cup of **Epsom Salts** (*magnesium sulfate*) in water. Follow by rubbing **eucalyptus oil** on the spot that hurts (*assuming it's not a sensitive area—since that would really sting*). Apply a **soft ice pack** to ease inflammation and drink lots of water to hydrate the muscle tissue.



Fibrocystic breast pain is usually an iodine deficiency. Cramps are usually a deficiency of (*plant-derived*) **magnesium & calcium** (2:1) that is made worse by taking non-plant-derived calcium—that deposits in the joints.

Foods to eat to help muscle pain:

**Almonds** (*rich in magnesium*)

**Bananas** (*rich in vitamin B6 & potassium*)

**Blackberries & Cranberries** (*rich in iodine*)

**Dark Chocolate** (*rich in magnesium*)

**Kale** (*rich in copper*)

**Walnuts** (*rich in omega-3 fatty acids*)

## NECK PAIN



Immediately apply a **soft ice pack** wrapped in a knee-sock or scarf around the neck to calm the inflammation (*heat feels good but will make inflammation worse*).

**If possible, go to a chiropractor.**

After the inflammation dies down, apply (1 min. microwaved) rice sock-bags then a vibrator or massage to deliver blood to the area (*blood heals*). Try to figure out the cause: bad posture (*forward head carriage*)? not stretching neck back & forth regularly? pillows? seatbelt? cellphone? heavy purse?

Natural supplements to fight the pain:

**White Willow bark** (*U.S. grown only*)  
**Boswellia** (*frankincense*) *cream or capsules*  
**Eucalyptus oil** (*rubbed in*)

## TOOTH ACHE



If you can't get to a dentist right away, bite down on a piece of raw **garlic**. The sulfur in the garlic will sting the mouth, but it's dynamite to bacteria and should ease the pain. **Garlic is a MOST powerful anti-biotic!**

Foods/Drinks to help teeth & bones:

**Celery** (*rich in zeaxanthin*)

Non-alcoholic **Beer** (*hops are rich in silicon*)

**Cheddar Cheese** (*rich in strontium*)

**Prunes** (*rich in vitamin K*)

AVOID all carbonated beverages, since phosphoric acid leaches minerals from the bones and teeth (*and the high fructose corn syrup can overload the pancreas—causing type 2 diabetes*).

Also, AVOID tobacco (*all forms*). The 93 harmful chemicals in cigarettes can cause permanent damage to the mouth & teeth.

## STOMACH ACHE



If you think you ate something bad, immediately **burn** some toast and eat it (*the charcoal will absorb the bad stuff*). If you have **GSE** (*grapefruit seed extract—grapefruit seeds & peel*), drink a few drops in water (*good for diarrhea/parasites*).

*Contrary to popular belief, heartburn is caused by **NOT ENOUGH stomach acid**. Antacids momentarily 'help'—but do permanent damage.*

Foods/Drinks to strengthen digestion:

**Raw apple cider vinegar** (*probiotic*)

(1 TBSP in water w/honey taken 1/2 hr. before each meal also helps in weight loss)

**Cabbage** (*rich in glutamic acid*)

**Pineapples/Papayas** (*rich in bromelain*)

**Peppermint** (*helps cure IBS*)

**Ginger Root** (*raw, candied or as a tea*)