

Every home has a medicine cabinet but it should be empty.
Consider having these items in your home instead.

BELLADONNA is a homeopathic remedy that is available as a liquid or in tablets. Dosage is based on age and weight of individual. May be beneficial for the relief of asthma, whooping cough, colds, hay fever, seasonal allergies, motion sickness, colic, stomach or intestinal spasms.

CHAMOMILE is an herb that is generally most beneficial as a tea. When sipped it may help with anxiety, upset stomach, nausea, vomiting, colic, diarrhea. Also available as a cream, when used as topical solution chamomile may help relieve eczema symptoms.

CRANBERRY JUICE prepared by boiling then squashing the cranberries and sipping the juice once strained when slightly cooled or purchase organic 100% all natural concentrated cranberry juice at a whole foods or natural grocer. When consumed in this manner it may help relieve mild asthma symptoms or other upper respiratory issues.

APPLE CIDER VINEGAR when drank mixed with water has been known to help clear sinus congestion or ease a sore throat. To help naturally break a fever, soak a pair of cotton socks in Apple Cider Vinegar, wring them out, then put them on the child's feet.

ECHINACEA is a popular herbal supplement available in liquid form or as tablets that can be taken to relieve symptoms of the common cold, ear infections, headaches, allergies and/or hay fever.

CALENDULA is a natural herb remedy available as a cream that may be used in the form of a topical solution as an antifungal, antiseptic or natural diaper cream.

LEMON BALM is a member of the mint family and a popular herbal remedy available as a liquid, tablet or tea and when taken in any of those forms may relieve symptoms of colic, anxiety as well as stomach or intestinal cramping.

PEPPERMINT is another herbal remedy that can be taken as a liquid, tablet or tea that has been known to relieve symptoms of indigestion, nausea and vomiting.

LAVENDER may be used in aromatherapy by applying small drops to the temples or inside of the wrists, placed on cotton balls in an upper corner of a room (inaccessible to children or pets) or in a diffuser to relieve symptoms of anxiety or crankiness.

GINGER can be prepared as a tea by boiling shavings then sipped for nausea relief.

HONEY should never be given to children under a year old but when taken with tea or even straight off a spoon may soothe indigestion, nausea, allergies, sore throat or a cough. It may also be used as a topical solution for eczema.

GARLIC drops made with a mixture of crushed garlic dissolved in olive oil may be helpful in relieving the pain of childhood ear aches. Just a few drops in each ear with a cotton ball may relieve the pain. For a sore throat, sucking on a small slice of the clove may provide relief.

