**FIRST AID RESOURCES**

**Be sure to locate your supplies and practice your skills before you need them.**

**FIRST-AID CLASSES, VIDEOS, AND BOOKS**

First Aid class - [First Aid Training | Train in First Aid | Red Cross](https://www.redcross.org/take-a-class/first-aid/first-aid-training)

[First Aid - Animation - YouTube](https://www.youtube.com/watch?v=XjMvBW9KDLA)

[First Aid Essentials - YouTube](https://www.youtube.com/watch?v=R3fEWiXr0Nk)

[Bob & Brad - YouTube](https://www.youtube.com/channel/UCmTe0LsfEbpkDpgrxKAWbRA)

DIY heating/icing pad [DIY Rice Sock - Homemade Cold and Hot Pack – Goldie Socks®](https://goldiesocks.com/blogs/news/diy-rice-sock-homemade-cold-and-hot-pack)

Red Cross $3 book [First Aid Fast Reference Guide | Red Cross Store](https://www.redcross.org/store/first-aid-fast-reference-guide/758274.html?cgid=first-aid-cpr-aed-materials#start=3&cgid=first-aid-cpr-aed-materials) and fold-out cards

*The Survival Medicine Handbook, Fourth Edition* by Joseph Alton, M.D., 2021

[The Survival Medicine Handbook: The Essential Guide for When Help is NOT on the Way: 9780988872509: Medicine & Health Science Books @ Amazon.com](https://www.amazon.com/Survival-Medicine-Handbook-Essential-Guide/dp/0988872501/ref%3Dsr_1_3?keywords=the+survival+medicine+handbook+joseph+alton&qid=1643285899&sprefix=the+survival+medicine+handbook+joseph%2Caps%2C213&sr=8-3)

**HOW-TO VIDEOS REGARDING HERBAL PREPARATIONS**

[Making Herbal Teas, Tinctures, and Salves with Bevin Cohen - YouTube](https://www.youtube.com/watch?v=y_JHPcuU9VY)

Also see the video for the tincture-making workshop at CORAC’s National Conference:

[Part 15 - Health & Wellness Workshop - Tinctures - Corps of Renewal And Charity (corac.co)](https://corac.co/2021/07/05/part-15-health-wellness-workshop-tinctures/)

**HOW-TO BOOKS ON MAKING HERBAL PREPARATIONS**

*Making Plant Medicine, fourth Edition* by Richo Cech, 2016

[Strictly Medicinal Seeds](https://strictlymedicinalseeds.com/product/making-plant-medicine-by-richo-cech-fourth-edition/)

*Herbal Antibiotics: Natural Alternatives for Treating Drug-Resistant Bacteria, 2nd Edition* by Stephen Harrod Buhner, 2012

[Amazon](https://www.amazon.com/Herbal-Antibiotics-2nd-Alternatives-Drug-resistant/dp/1603429875/ref%3Dsr_1_2?crid=XURPOXC1KRBL&dchild=1&keywords=herbal+antibiotics+stephen+buhner&qid=1621626064&sprefix=herbal+antibioti%2Caps%2C235&sr=8-2)

*Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections,2nd Edition* by Stephen Harrod Buhner, 2021

[Herbal Antivirals, 2nd Edition: Natural Remedies for Emerging & Resistant Viral Infections: Buhner, Stephen Harrod: 9781635864175: Amazon.com: Books](https://www.amazon.com/Herbal-Antivirals-2nd-Resistant-Infections/dp/1635864178/ref%3Dsr_1_1?crid=1Q4YT4L9UCF4V&keywords=herbal+antivirals%2C+2nd+edition+-+by+stephen+harrod+buhner&qid=1639091748&sprefix=herbal+antivirals%2Caps%2C325&sr=8-1)

*The Herbal Home Remedy Book* by Joyce Wardwell, 1998 (25 medicinal and edible plants that grow in much of the US) (see links on the next page)

[The Herbal Home Remedy Book: Simple Recipes for Tinctures, Teas, Salves, Tonics, and Syrups (Herbal Body): Wardwell, Joyce A.: 0370380001608: Amazon.com: Books](https://www.amazon.com/Herbal-Home-Remedy-Book-Tinctures/dp/1580170161)

Or

[AbeBooks](https://www.abebooks.com/servlet/SearchResults?sts=t&cm_sp=SearchF-_-home-_-Results&an=Joyce+wardwell&tn=the+herbal+home+remedy+book&kn=&isbn=)

*The Medicinal Garden* by Anne McIntyre, 1997

[The Medicinal Garden: How to Grow and Use Your Own Medicinal Herbs: McIntyre, Anne: 9780805048384: Amazon.com: Books](https://www.amazon.com/Medicinal-Garden-Grow-Your-Herbs/dp/0805048383)

*The Lost Book of Herbal Remedies* by Nicole Apelian and Claude Davis

[Amazon.com: The Lost Book of Herbal Remedies: 9781732557109: Claude Davis: Books](https://www.amazon.com/Lost-Book-Remedies-Claude-Davis/dp/1732557101/ref%3Dsr_1_1?crid=11IUIXRAHFP6F&keywords=the+lost+book+of+remedies&qid=1643287392&s=books&sprefix=the+lost+book+of+remedie%2Cstripbooks%2C246&sr=1-1)

**BOOKS TO HELP IDENTIFY MEDICINAL HERBS IN THE WILD**

*Field Guide to Medicinal Plants & Herbs of Eastern and Central North America, Third edition* by Steven Foster and James A. Duke, 2014

[Peterson Field Guide To Medicinal Plants & Herbs Of Eastern & Central N. America: Third Edition (Peterson Field Guides): Foster, Steven, Duke, James A.: 9780547943985: Amazon.com: Books](https://www.amazon.com/Peterson-Medicinal-Eastern-Central-America/dp/0547943989/ref%3Dsr_1_4?crid=3RS50ZQYLV4C7&keywords=a+peterson+field+guide+to+western+medicinal+plants+and+herbs&qid=1643286937&s=books&sprefix=peterson+field+guide+to+medicinal+plants+and+herbs+w%2Cstripbooks%2C139&sr=1-4)

*A Peterson Field Guide to Western Medicinal Plants and Herbs* by Steven Foster and Christopher Hobbs, 2002

[A Peterson Field Guide To Western Medicinal Plants And Herbs (Peterson Field Guides): Hobbs, Christopher, Foster, Steven: 9780395838068: Amazon.com: Books](https://www.amazon.com/Peterson-Western-Medicinal-Plants-Guides/dp/0395838061/ref%3Dsr_1_3?crid=3RS50ZQYLV4C7&keywords=a+peterson+field+guide+to+western+medicinal+plants+and+herbs&qid=1643286743&s=books&sprefix=peterson+field+guide+to+medicinal+plants+and+herbs+w%2Cstripbooks%2C139&sr=1-3)

**IF YOU’D LIKE TO GROW YOUR OWN MEDICINAL HERBS...**

Some of the best herbs to grow (or forage) for medicinal purposes are:

* Thyme
* Purple-flowered oregano (origanum vulgare)
* Echinacea angustifolia
* Calendula
* Oats (for depression and adrenal fatigue; a 2-by-4-foot area will grow enough for a family for at least a year)
* Alfalfa
* Comfrey
* Garlic
* Onion
* St. John's Wort
* Dandelion
* Plantain
* Burdock
* Nettle
* Violet
* Mallow (wild or marsh),
* Elder (elderberry)
* Purslane
* Plantain
* Tulsi (Indian basil or sacred basil)
* Lemon balm
* Mullein
* Rugosa rose, dog rose, wild rose
* Cayenne (It must be over 90,000 heat units)
	+ [Southern Exposure Seed Exchange](https://www.southernexposure.com/products/cayenne-carolina-hot-pepper/)

Although not cayenne peppers, Habaneros and other hot peppers would also probably work.

* + [Hot Peppers - Fedco Seeds](https://www.fedcoseeds.com/seeds/hot-peppers)
* Strictly Medicinal Seeds:
	+ [Sida acuta is a broad-spectrum antibiotic](https://strictlymedicinalseeds.com/?s=Sida+acuta&post_type=product&title=1&excerpt=1&content=1&categories=1&attributes=1&tags=1&sku=1&ixwps=1)
	+ [Baikal skullcap/Chinese skullcap is a broad-spectrum antiviral](https://strictlymedicinalseeds.com/?s=Baikal+skullcap%2FChinese+skullcap&post_type=product&title=1&excerpt=1&content=1&categories=1&attributes=1&tags=1&sku=1&ixwps=1)
	+ [Houttuynia/Chameleon plant is another broad-spectrum antiviral](https://strictlymedicinalseeds.com/?s=Houttuynia%2FChameleon+&post_type=product&title=1&excerpt=1&content=1&categories=1&attributes=1&tags=1&sku=1&ixwps=1)
	+ [Bidens is a broad-spectrum antibiotic](https://strictlymedicinalseeds.com/product/bidens-pilosa-packet-of-20-seeds/)
* Isatis/Woad is a broad-spectrum antiviral. Seed available at [Pinetree Garden Seeds](https://www.superseeds.com/)
* Licorice is a synergistic herb that is used whenever taking the other herbs because it helps them to work more effectively. Licorice is very difficult to grow, and it takes 4 years to get usable roots. But for those who'd like to try it, [Strictly Medicinals](https://strictlymedicinalseeds.com/?s=Licorice&post_type=product&title=1&excerpt=1&content=1&categories=1&attributes=1&tags=1&sku=1&ixwps=1) and [Richter’s](https://www.richters.com/) carry seeds and plants.
* Cryptolepis is a broad-spectrum antibiotic that cannot be grown in most of North America. It can be purchased at [Herbs (herbies-herbs.com)](https://herbies-herbs.com/bulk-herbs) and [Monteagle Herbs](https://monteagleherbs.com/).

**WHERE TO PURCHASE BULK HERBS FOR MAKING TEAS, TINCTURES, SALVES, ETC.**

* [Pacific Botanicals - Growers & Suppliers of High Quality Certified Organically Grown Herbs & Spices](https://www.pacificbotanicals.com/)
* [Mountain Maus Remedies | Bulk Herbs & Spices](https://www.mountainmausremedies.com/)
* [Mountain Rose Herbs](https://mountainroseherbs.com/)
* [Bulk Herbs, Organic Herbs, Spices, Bulk Tea & Essential Oils - Starwest Botanicals (starwest-botanicals.com)](https://www.starwest-botanicals.com/)

* [Herbs (herbies-herbs.com)](https://herbies-herbs.com/bulk-herbs)
* [Monteagle Herbs](https://monteagleherbs.com/)
* [1st Chinese Herbs - Bulk Herbs, Teas, Spices, Health Supplements](https://1stchineseherbs.com/)