



First-Aid Resources

FIRST-AID CLASSES, VIDEOS, AND BOOKS

- <https://www.redcross.org/take-a-class/first-aid/first-aid-training>
- <https://www.youtube.com/watch?v=XjMvBW9KDLA>
- <https://www.youtube.com/watch?v=R3fEWiXr0Nk>
- <https://www.youtube.com/channel/UCmTe0LsfEbPkDpgrxKAWbRA>
- <https://goldiesocks.com/blogs/news/diy-rice-sock-homemade-cold-and-hot-pack>
- <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>
- https://www.amazon.com/Survival-Medicine-Handbook-Essential-Guide/dp/0988872501/ref=sr_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

- https://www.youtube.com/watch?v=y_JHPcuU9VY
- Also see the video for the tincture-making workshop at CORAC's National Conference: <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
- Herbal Antibiotics: Natural Alternatives for Treating Drug-Resistant Bacteria, 2nd Edition by Stephen Harrod Buhner, 2012 - Amazon
- 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
- 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 OR - AbeBooks
- 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
- The Lost Book of Herbal Remedies by Nicole Apelian and Claude Davis - Amazon.com: The Lost Book of Herbal Remedies: 9781732557109: Claude Davis: Books

First-Aid Resources *(continued)*

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
- 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)

<https://www.southernexposure.com/products/cayenne-carolina-hot-pepper/>

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

- Hot Peppers
<https://www.fedcoseeds.com/seeds/hot-peppers>
- Strictly Medicinal Seeds:
 - *Sida acuta* is a broad-spectrum antibiotic
 - Baikal skullcap/Chinese skullcap is a broad-spectrum antiviral
 - *Houttuynia*/Chameleon plant is another broad-spectrum antiviral
 - *Bidens* is a broad-spectrum antibiotic
- *Isatis/Woad* is a broad-spectrum antiviral. Seed available at Pinetree Garden Seeds
- 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 and Richter's 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) and Monteagle Herbs



First-Aid Resources *(continued)*

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

- <https://www.pacificbotanicals.com/>
- <https://www.mountainmausremedies.com/>
- <https://mountainroseherbs.com/>
- <https://herbies-herbs.com/bulk-herbs>
- <https://monteagleherbs.com/>
- <https://1stchineseherbs.com/>

