

NATURAL REMEDIES FOR EMERGENCIES:#44

Website: [Healthy Christian Living - Living by the Blueprint](#)

DISCLAIMER:

The information provided below has been proven both effective and beneficial for hundreds of years. However, due to certain laws/restrictions, the information provided is not to diagnose, claim to prevent, mitigate or cure such conditions, nor to provide a diagnosis. Therefore, if you are ill, have any disease, are pregnant, or just improving your health, we are required to tell you to consult a medical doctor for medical advice, treatment and services

BIBLE:

"Beloved, I wish above all things that thou mayest prosper and **BE IN HEALTH**, even as thy soul prospereth."(3 John 2)

"Go up into Gilead, and TAKE BALM, O virgin, the daughter of Egypt: **IN VAIN SHALT THOU USE MANY MEDICINES; FOR THOU SHALT NOT BE CURED.**"(Jeremiah 46:11)

BALM = #6875

- = tser-ee(sor-ee)
to leak; distillation/Balsam/Balm
Balsam = Oil from plants; vegetable juices
Balm = The sap or juice of trees or shrubs; Any fragrant or valuable ointment
In Botany = Many plants

"...the fruit thereof shall be for meat, and **THE LEAF THEREOF FOR MEDICINE.**" (Ezek 47:12)

"If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, **DO NOT ENDEAVOR TO ADJUST THE DIFFICULTIES BY ADDING A BURDEN OF POISONOU MEDICINES.**" {MH 235.1} (20MR 36.2)

WHY NOT?

"**THERE ARE MANY WAYS OF PRACTICING THE HEALING ART; BUT THERE IS ONLY ONE WAY THAT HEAVEN APPROVES. GOD'S REMEDIES ARE THE SIMPLE AGENCIES OF NATURE THAT WILL NOT TAX OR DEBILITATE THE SYSTEM THROUGH THEIR POWERFUL PROPERTIES.**" (CD 301.2)

NOT A POISONOUS DRUG SHOULD BE USED. When you have a case that does not respond to the use of simple remedies, **take it to the Lord in prayer...**" {PC 43.1}

"**EVERY PERSON SHOULD HAVE A KNOWLEDGE OF NATURE'S REMEDIAL AGENCIES AND HOW TO APPLY THEM. IT IS ESSENTIAL BOTH TO UNDERSTAND THE PRINCIPLES INVOLVED IN THE TREATMENT OF THE SICK AND TO HAVE A PRACTICAL TRAINING THAT WILL ENABLE ONE RIGHTLY TO USE THIS KNOWLEDGE.**"{MH 127.2}

"...**TO UNDERSTAND WHAT TO DO IN AN EMERGENCY, AND THEN WE SHOULD IMPART THIS KNOWLEDGE TO OTHERS.**" (1888 866.4)

Herbal First Aid Kit:

- Cayenne pepper
- Activated charcoal
- Castor oil
- salt
- Eucalyptus oil
- Peppermint oil
- Oil of Oregano
- Clove Oil
- Wintergreen Oil

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- Lavender Oil
- Pine sap(pitch) (the best brand is at → <https://www.amazon.com/PAV-The-Miracle-Salve-1oz/dp/B01D3Y0ETG>)
- Propolis
- Lobelia Tincture(non-alcoholic if possible)
- Mullein Tincture (non-alcoholic)
- Echinacea
- Goldenseal
- 100 mg Pycnogenol100mg- when you can't get out of bed
- Nettle, astragalus (allergies) eyebright-for eye problems and Echinacea=label distorted
- Echinacea root extract by solar ray dump out and mix like applesauce. Pycnogenol is good for people suffering with lung problems, cold or the flu. Give 2 capsules. One Pycnogenol and 1 Echinacea root extract.

Food to always keep on hand:

- Honey
- Olive Oil
- Potato
- Cabbage
- Garlic
- Parsley
- Onion
- Ginger
- Cucumbers
- Lemon
- Salt

WHAT TO DO FOR THE FOLLOWING EMERGENCY SITUATIONS:

*****for children, give one-third to one-half the amount listed below*****

*****We have to give a disclaimer by law that the following is not to prescribe, diagnose, cure, etc. But over the years they have proven to be very effective**

#1: FOOD POISONING:

- 3 heaping Tablespoons of ACTIVATED CHARCOAL in 20 oz of water
Stir this and drink all
Be sure to refill jar with water one or two more times and drink.
Repeat the amount of charcoal every couple of hours if necessary

#2: DIARRHEA:

- Take 2 heaping Tablespoons of ACTIVATED CHARCOAL in 16 oz. Jar of water
Repeat amount of charcoal every couple of hours if necessary.
*****Give Electrolyte Drink to any person that has diarrhea or vomiting**

- **Electrolyte Drink:**

- 1 - 8 oz. cup of Welch's White Grape Juice(can be any brand, but Welch's is the best)
- 1 pinch of table salt
- ***Mix the above together and drink...**
- ***For children, give 4 oz; water + 4 oz. white grape juice**
- ***For babies, give 2 oz; water + 2 oz. white grape juice**

#3: VOMITING/NAUSEA:

- Take 3 heaping T. of ACTIVATED CHARCOAL
Administer right after episode of vomiting
This is the reflux time...
FOR NAUSEA: Many times, if the stomach is so poisoned, the ACTIVATED CHARCOAL will act like Epecac and cause vomiting, but this will bring relief.
Repeat giving charcoal as long as person continues to vomit.
*****Give Electrolyte Drink to any person that has diarrhea or vomiting**

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#4: SEVERE ABDOMINAL CRAMPING:

- Make a Charcoal Poultice and apply over stomach region as well as administer 3 heaping T. of ACTIVATED CHARCOAL in a 20 oz. Jar of Water
Do as listed in #2 as to how often

#5: FEVERS:

- Charcoal Poultice over the Abdomen with HOT COMPRESS ON TOP. Change compress as needed to keep hot.
Apply cool rag to head.
Feverfew Tea works great for fevers as does sucking on lemons
NEVER USE ICE APPLICATIONS
*****Be sure to change charcoal poultice every couple of hours**
*****Give plenty of water to drink**

#6: DRUG POISONING:

- Give 4 heaping Tablespoons of ACTIVATED CHARCOAL to start with in a 32 oz. Jar of water
Do as listed in #2 as to how often

#7: SNAKE BITES:

- Suction out area of bite
Apply ACTIVATED CHARCOAL
Give some ACTIVATED CHARCOAL mixed in water by mouth as well.
Apply charcoal poultice mixed with flaxseed every 20 minutes x first 4 hours
Then every ½ hour next 4 hours
Then every hour x 24 hours

#8: ANT BITES:

- Apply ACTIVATED CHARCOAL POULTICE MIXED WITH TEA TREE OIL
Give some ACTIVATED CHARCOAL mixed in water by mouth as well
Repeat this process every couple of hours

#9: BEE STING:

- Remove stinger
Do the same as for Ant Bites with the ACTIVATED CHARCOAL

#10: HEART ATTACK:

- Place one pinch of CAYENNE PEPPER(90,000 Heat Units) Under the person's tongue and also mix 1 teaspoon in one cup of water and have person drink this if able to.
If person is unconscious, lay their head to the side and squirt 2 dropperfuls of cayenne tincture (90,000 to 180,000 HU's) under the tongue)
THE HERB ARNICA also helps stop a heart attack in its tracks.

#11: STROKE:

- Do the same as for Heart Attack
Also, Place 1/2 tsp cayenne powder and 1/2 tsp. mustard powder in hot bathwater
Let the person soak in warm bath water
Watch him so that he does not faint and his head slips down into the water
Mix 1 oz. each of fluid extract of black cohosh and wood betony and 1 tsp. cayenne tincture
Give 1 teaspoon every 30 minutes, until patient improves:
then continue every 1-2 hours as his/her conditions warrants
OR you can give the person a footbath in hot water with mustard and cayenne
Ring out a piece of flannel soaked in hot water, with mustard and cayenne
Wrap this around hot water bottle and place it on the feet.

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#12: TACHYCARDIA(heart rate above 100):

- Ice packs over the heart and cold rags around wrists and ankles x 20 minute
Check every 20 minutes
(can use wash cloths/dish rags that have been dipped in ice water and wrung out, then wrapped around wrist)
May put ice in large plastic bag
cover with towel and place over heart for a couple of minutes

check heart rate every couple of minutes

#13: TOOTHACHE:

- Clove Oil/Activated charcoal
Mix 1-2 tsp. activated charcoal with a couple drops of clove oil. Add a few drops of water.
Mix and spread in quarter size piece of gauze, folding the gauze then placing back in infected tooth area
May spread a charcoal paste over the jaw area on the outside of mouth as well

#14: LOW BLOOD PRESSURE:

- Put 1/2 teaspoon cayenne pepper in 1 cup of water and drink immediately
OR, put a pinch of salt on the tongue of the person and have them drink 1 cup of water

#15: HIGH BLOOD PRESSURE:

- Drink about 6 cups of water
(if the person is not on fluid restriction...ask them first)
Swallow 2 chopped well garlic cloves
Recheck blood pressure in 20 minutes.
If BP is very high, Insert a clove of peeled garlic that has been criss crossed on the tip into the rectum
and lubricated with olive oil
not the area that was cut)
Give cayenne pepper under the tongue for any chest pain
Give 16 oz. of fresh beet juice
Have them drink within 30 to 45 minutes
Not sooner or later than that time

#16: ASTHMA ATTACK:

- Immediately, into 1 ½ inches of water in a small cup, put 1 full dropper of Lobelia Tincture + 2 full droppers of Mullein Tincture
ALSO Place a couple of drops each of Eucalyptus and Peppermint Oil into a pot of boiling water and stand over inhaling or place a couple drops of each in the HHN(Hand Held Nebulizer)
Also do water treatments to chest/back area where lungs are
(10 minutes hot, 3 minutes cold...Do 3 rotations)
Also do deep breathing exercises in the open air
Rub Eucalyptus oil mixed with Olive Oil over chest/back lungs area
One more thing...1 drop of Propolis dropped in a Hand Held Nebulizer(HHN) will help zap the bacteria out

#17: BRONCHITIS:

- Do same as for Asthma
Eat 2 raw garlic cloves 2-3 x day every day as long as not on any blood thinners
Or...
Affected Lung Remedy:
1/2 c. water
1/2 tsp. pure Olive Oil (not sure what the oil is for)
3 drops Oil of Oregano
3 drops of Thyme Oil

DON'T MIX. JUST DRINK UP
THIS WORKS WONDERS

P.S. I still recommend doing the HOT FOMENTATIONS TO THE LUNGS front and back x 10 minutes with a 5 second cold rub in-between, repeating this process 2 more times.

#18: PNEUMONIA:

- Do same as for Asthma
Eat 2 raw garlic cloves 2-3 x day every day as long as not on any blood thinners

*****continue on next page*****

#19: BABY COLIC:

- Rub Olive Oil on gums of baby
Give catnip tea in bottle and administer a catnip tea enema using a bulb syringe
May also give Chamomile
(Manzanilla in Spanish) tea
Also, put a tsp or 2 in a bottle with water or mix the charcoal with water, dip finger and put in baby's mouth

#20: BROKEN BONES(For Pain):

- Comfrey Tea is known to work wonders
Prepare 1 tsp. steeped in boiling water for 20 minutes
drink 3 x day
ALSO, take the wet leaves and spread over the painful area
Put a paper towel on top, wrap with saran, than an ace bandage
CAUTION: In some states it is illegal to use Comfrey by mouth

#21: BLEEDING (External):

- Cayenne Pepper(90,000 Heat Units)
Wipe and cleanse area and pack cayenne as needed and apply pressure
If the person is able, have them sip a cup of 1/2 t. cayenne pepper with water
do this every half hour

#22: STAB WOUNDS:

- Do the same as for External Bleeding
Pack Cayenne Pepper in wound well

#23: GUN SHOTS:

- Do the same as for External Bleeding
Pack Cayenne Pepper in wound well

#24: ANAPHYLACTIC SHOCK:

- 1 Dropper full of Lobelia Tincture with
a dropper full of Cayenne Tincture dropped on the side inside of mouth

#25: SINUSITIS/ALLERGIES:

- Use a Neti Pot per directions
Take Nettle and Astragalus Herbs in capsule
by Nature's way per instructions OR in tea form

#26: SEIZURES

- Tilt the head sideways and when able to safely open mouth, give 1 dropper full of Lobelia and a couple drops of cayenne tincture

#27: STREP THROAT:

- ¼ c. honey from Trader Joe's, a Farmer's Market, or Honey Farm

(if the honey is raw, boil it first)

16 cloves of fresh garlic chopped or mince

1 tsp. cayenne pepper

(90,000 heat units....may use store kind, but do 2 tsp., instead of 1)

***Mix the above well.

Take ½ tsp. every ½ hour x 12 hours

In 12 hours, you would have finished the concoction

***YOU MUST FOLLOW protocol 100% or this will not be effective

One recipe is for one person for a 24 hr period *continue on next page****

#28: HEMORRHOIDS:

- ¼ to 1/3 c. Aloe Vera Gel

Charcoal 2 to 3 Tbsp.

1 tsp. Tea Tree Oil

1 tsp. witchhazel

***Mix together and apply topically onto hemorrhoid

May add couple of teaspoons of White Oak Bark tea

(Boil 2 T. of herb in 10 oz of water x 30 minutes)

Strain then use then warm, not h

ALSO, Insert Tea Tree Oil Suppositories every night according to direction

This will help reduce the swelling on the inside, while the charcoal paste is reducing the swelling on the outside

#29: MRSA(Staph Infection):

- **The best two foods to eat and apply topically are:**

1. Honey

2. Garlic

Juice garlic or mince finely and mix with honey

the juice of a whole garlic + ¼ to 1/3 c. honey

Mix and apply to area

Eat 1 Tbsp. honey 1-2 x day

Eat 2 cloves garlic 2-3 x day

Do this x 7 days

#30: FOR A FRESH INJURY(sprains/banging a body part):

Think of R.I.C.E.

- R = Rest

- I = Ice

- C = Compress

- E = Elevation

- "...TEACH THE PEOPLE THAT RESTORATIVE POWER IS NOT IN DRUGS, BUT IN NATURE."{MH 127.1}

- **Very important: The Pen of Inspiration NEVER SUPPORTED THE USE OF DRUG MEDICATION:**

"IN REGARD TO THE BOOK ON CHRISTIAN TEMPERANCE, THAT PORTION THAT WAS EXPRESSED IN REFERENCE TO DRUG MEDICATION AS THOUGH IT WAS RECOMMENDED BY ME IS NOT ACCORDING TO THE LIGHT THAT I HAVE BEEN GIVEN TO PRESENT TO THE PEOPLE. I must, if I made this statement, have done so in EXPRESSING THE IDEA OF WORKING AWAY FROM THE USE OF ALL DRUGS CONCOCTED AT THE APOTHECARY. WE HAVE NO USE FOR THEM. WE SHOULD NOT VINDICATE THE USE OF DRUG MEDICATION..."(20MR 36.2)

- **THE #1 CAUSE OF DEATH = DRUG MEDICATION:**

"THERE ARE MORE WHO DIE FROM THE USE OF DRUGS THAN ALL WHO WOULD HAVE DIED OF DISEASE HAD NATURE BEEN LEFT TO DO HER OWN WORK."{HL 244.4}

"I WAS SHOWN THAT MORE DEATHS HAVE BEEN CAUSED BY DRUG-TAKING THAN FROM ALL OTHER CAUSES COMBINED..."{4aSG 133.1}

"...He promises to come to us as a Comforter to bless us. Why do we not believe these promises? **THAT WHICH WE LACK IN FAITH WE MAKE UP BY THE USE OF DRUGS. LET US GIVE UP THE DRUGS, BELIEVING THAT JESUS DOES NOT DESIRE US TO BE SICK,** and that if we live according to the principles of health reform, He will keep us well."{19MR 51.2}

- **Where to purchase Pine Sap**(Pine Pitch):

<https://esteemed-essentials.myshopify.com/collections/human-health/products/super-pav>

You can also purchase PINE SAP for least expensive at Medical Missionary Press

<http://www.mmpress.info/id55.htm>

How to make Pine Pitch

http://www.primitiveways.com/pine_pitch_stick.html

VERY IMPORTANT TO KNOW!!!

- 1. IF SOMEONE IS ON ANY MEDICATION, THEY SHOULD USE THE ACTIVATED CHARCOAL 2 HOURS BEFORE OR TWO HOURS AFTER**
- 2. ACTIVATED CHARCOAL IS KNOWN TO CONSTIPATE, SO BE SURE TO INCREASE YOUR WATER INTAKE**
- 3. CHARCOAL WILL TURN THE STOOL BLACK, SO DON'T PANIC IF THIS HAPPENS**
- 4. ALL ESSENTIAL OILS TAKEN INTERNALLY SHOULD SAY "Internal Use" ON THE BOTTLE**