



The Natural Home Pharmacy

Ongoing health and the prevention of chronic illnesses starts by respecting the body's ability to heal and support its efforts during acute situations. We are all used to taking over-the-counter products to address ongoing or acute health concerns. It is helpful to take a moment to look at what is in your medicine cabinet and see whether it is natural or chemically based. The following is a list of chemically based products and examples of natural alternatives.

Instead Of	Consider This
Polysporin	Oils: Tea Tree, Vitamin E Cream/Salve: Calendula, Comfrey, St. John's Wort, Chickweed Homeopathy: Calendula, Hypericum, Staphysagria
Halls Chloraseptic Vicks	Tea: Lemon, Honey, Propolis, Sage, Slippery Elm Spray/Gargle: Propolis, Sage, Echinacea Homeopathy: Mercurius, Phytolacca, Lachesis, Hepar sulph, Kali bic
Nyquil Sudafed PediaCare	General: Garlic, Onions, Ginger, Honey, Lemon, Hearty Soups Homeopathy: Oscillococtinum, Aconitum, Pulsatilla, Eupatorium, Baptisia Supplements: Vitamin C, Astragalus, Echinacea, Oregano Oil
Zantac Tums Maalox	General: Address Food Intolerances, Avoid Water When Eating, ‡Balloon Exercise, ‡Breathing Exercises Tea: Fennel, Marshmallow Homeopathy: Colubrina, Antimonium crudum, Pulsatilla, Abies can, Carbo veg Supplements: Deglycerated Licorice
Gas-X Mylanta Gas	General: Address Food Intolerances, Yoga Tea: Fennel, Peppermint, Chamomile, Ginger, Anise, Fenugreek Homeopathy: Lycopodium, Carbo veg Supplements: Calcium, Magnesium
Robaxacet A535	General: ‡Hydrotherapy, ‡Castor Oil, ‡Epsom Salt Homeopathy: Arnica, Rhus tox, Ruta, Calc fluor, Aesculus, Sepia Creams/Gels: Traumeel, Magnesium Supplements: Magnesium, MSM
Benadryl Claritin Allegra	General: Address Food Intolerances, Horseradish, Garlic, Ginger Homeopathy: Poumon histaminum, Allium cepa, Euphrasia, Complexes Supplements: Quercetin, Bromelain
Advil Tylenol	General: ‡Clean Diet, Water, ‡Hydrotherapy Oils: Peppermint, Lavender Homeopathy: Belladonna, Bryonia, Gelsemium, Iris, Colubrina Supplements: Magnesium

‡ see additional information sheets

Home care typically includes healthy eating, physical activity and breathing exercises. Home pharmacies develop according to personal lifestyle factors – kids, sports, travel, outdoors, etc. Most importantly, natural home pharmacies have one thing in common – plenty of love and patience. Talk to your naturopathic doctor about customizing a natural home pharmacy for your specific household needs.



Basic Naturopathic First Aid

Natural home pharmacies are equipped to deal with basic first aid conditions. Your naturopathic doctor can educate you on how best to use remedies according to the situation.

Condition	Remedies
Bruising	‡Hydrotherapy, *Arnica, Calendula Cream, Comfrey Cream, Witch Hazel, Bioflavonoids
Burns (minor)	Aloe Vera, *Cantharis, *Urtica urens, Calendula Salve, Witch Hazel, Traumeel, Vitamin E Oil
Constipation	Increase Dietary Fibre, Water, Aloe Vera Juice, Flax Seeds, Probiotics, *Colubrina
Cuts / Scrapes	Garlic, Grapefruit Seed Extract, Oregano Oil, Tea Tree Oil, Witch Hazel, Calendula
Diarrhea	‡Electrolytes, Soups, Flax Seeds, *Arsenicum album, *Podophyllum, *Veratrum album, Slippery Elm, Berberis, Probiotics, Citricidal
Ear Infection	‡Massage, *Belladonna, *Pulsatilla, *Kalium mur, Mullein Oil, Garlic Oil, St John's Wort Oil, Lymphadiral
Fever	‡Hydrotherapy, Boneset, Peppermint, Yarrow, Elder Flower
Insect Bites / Stings	‡Hydrotherapy, Baking Soda, *Arnica, *Apis, *Ledum, Tea Tree Oil
Minor Shock / Anxiety	Rescue Remedy, *Arnica, *Aconite, *Gelsemium, *Iamara, Passion Flower
Nausea / Vomiting	‡Hydrotherapy, *Cocculus, *Colubrina, *Tabacum, Ginger, Peppermint, Fennel

* indicates homeopathic remedies ‡ see additional information sheets

Homeopathy – Homeopathy effectively and gently works to stimulate the body's natural ability to heal. Homeopathic remedies are highly diluted solutions derived from various plants, minerals or animals. The remedies are safe to take with other drugs and supplements.

Hydrotherapy - Hydrotherapy is essentially the controlled application of hot and cold with water as the medium. Heat and cold stimulate healing via nerves to muscles, glands and organs.

Essential Oils – These are highly concentrated oils of aromatic plants typically used for their anti-viral, anti-bacterial, anti-fungal, soothing or stimulating properties. Essential oils often require dilution in either water or a carrier oil to reduce irritation.

Salves, Creams and Gels – Used to deliver herbs, mineral and vitamins topically. Salves have the highest fat content which enables them to soothe, soften and protect the skin. Creams are similar to salves but are less insulating. Gels are water based and are the best at allowing skin to breathe.

Poultice – Used to draw out infections and relieve congestion. A poultice is a herbal pack applied directly to the skin; it consists of hot moist herbs in muslin or cloth.

Sprays, Gargles and Washes – These can be made from tinctures (1 teaspoon tincture to ½ cup water), teas (½ cup cooled tea) or essential oils (5 drops oil to ½ cup water).

Tinctures – As concentrated extracts of herbs in a mixture of water and alcohol, tinctures are among the strongest remedies in a natural home pharmacy and special knowledge is required to use them properly.