10 Must Have Natural Remedies For Preppe... by Brenda E. Walsh - https://www.survivopedia.com/ admin@survivopedia.com/ date:2024-04-25

10 Must Have Natural Remedies For Preppers

2016-03-13 05:23:12 By Brenda E. Walsh

For thousands of years people have relied on nature for remedies against all sorts of ailments.

So why should we put our money into Big Pharma's pockets and probably feel worse than we felt in the first plane, when we can rely on natural remedies that, if used correctly, have no side effects at all?

We've put together this infographic that gathers 10 of the most used and most efficient alternative cures for common problems that will make it so much easier for you to focus on what shouldn't be missing from your natural medical kit.



10 Must Have Natural Remedies For Preppe... by Brenda E. Walsh - https://www.survivopedia.com/ admin@survivopedia.com/ date:2024-04-25



1. Apple Cider Vinegar

It helps everything from digestive disorders, to energy enhancement, to cancer prevention and weight loss. It has topical applications from eye drops to anti-tich treatment.



3. Organic Garlic

It is considered almost a universal cure and prophylaxis treatment, it enhances food flavor, and improves health better. Eating it daily will also enhance your immune system.

Pure organic virgin coconut oil is said to have amazing 'miracle cure' properties for everything from weight loss to preventing and even curing heart disease.



5. Aloe Vera

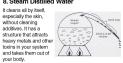




7. Organic Pepper



8. Steam Distilled Water



9. Flax, Chia and Other Super Seeds

They can help prevent colon, breast, and prostate cancers. They contain Omega 3 AMA and lignans which are inhibitors of cancer cell incidence and



10. Hydrogen Peroxide
It used carefully it can be taken
internally and is a good stable for topical
disinfectant purposes. H2O2 is used,
mostly in other countries, as a specific
cure for many systemic illnesses
including cancer.



SURVIVOPEDIA

10 Must Have Natural Remedies For Preppe... by Brenda E. Walsh - https://www.survivopedia.com/ admin@survivopedia.com/ date:2024-04-25

Make sure to use the comments section below to let us know what other remedies you would add to the list!



CLICK HERE

to find out more on the first aid techniques that will save your life when surviving in the wilderness!

This article has been written by Brenda E. Walsh for **Survivopedia**.

Copyright:

All this contents are published under <u>Creative Commons Attribution-NonCommercial-ShareAlike</u> <u>2.5 Generic License</u>.

for reproduced, please specify from this website Survivopedia AND give the URL.

Article link: https://www.survivopedia.com/?p=15219