

10 Must Have Natural Remedies For Preppers

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 place, 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 PREPPERS

People have been surviving for centuries without the benefits of modern pharmaceuticals. Big Pharma can never really duplicate or improve that much upon nature anyway.

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-itch treatment.



2. Honey

It easily replaces refined sugar, and also has 1st aid and topical skin care application benefits that are far superior to toxic cosmetic treatments.



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.



4. Coconut Oil

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

It is a must have healing plant that usually is associated with skin treatments, especially burns, but it is far more versatile than just that.



6. Bergamot Juice

It is the best remedy for controlling your cholesterol levels, and also a good source of vitamins. It has super anti-oxidant and unique properties that enhance well-being and promote anti-aging.



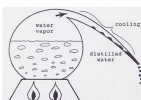
7. Organic Pepper

It is a nerve pain related treatment and can be used for arthritis pain and could even forestall the heart attack event. It eases the pain, helps to stop bleeding and provides anti-bacterial properties.



8. Steam Distilled Water

It cleans all by itself, especially the skin, without cleaning additives. It has a structure that attracts heavy metals and other toxins in your system and takes them out of your body.



9. Flax, Chia and Other Super Seeds

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



10. Hydrogen Peroxide

If 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.



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



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*This article has been written by **Brenda E. Walsh** for [Survivopedia](#).*