

10 Foods To Solve Your Medical Crisis

You are what you eat, the ancestors used to say. When it comes to survival, what you eat can save you more than you imagine.

Food is one of those things that you desperately need for survival (remember the rule of three?), but it also helps you healing wounds, literally, and solve unexpected medical crisis.

We found 10 foods that work best as medicine in medical emergencies, put them together and built the cool infographic that you see below.

THE BEST
10 FOODS
TO SOLVE YOUR MEDICAL CRISIS

Hippocrates said, "Let food be thy medicine and let medicine be thy food!"
What you eat truly does affect your health but some items have a curative effect that you may find instantly helpful.

1. Egg Membrane

It helps burns and cuts heal more quickly with less scarring. Just peel the membrane carefully from the shell and place it right on the wound.



2. Vodka

It's a fabulous disinfectant: pour it over the wound or over the tool to sterilize it. And a couple of swigs of vodka 15 minutes in advance of a wicked procedure helps make it more tolerable.

3. Baking Soda

Perfect for occasional indigestion and urinary tract infections. A little dab on a bug bite provides relief from itching and a paste is good for yeast and fungal infections.



4. Black Pepper

If you cut yourself, clean the wound then rub a bit of black pepper into it. You'll stop bleeding and doesn't sting, plus it'll help keep it from getting infected.



5. Oatmeal Bath

Grinding up a couple of cups of oatmeal and putting it in a bath will help reducing rashes from poison oak, ivy or sumac.



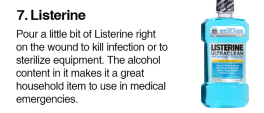
6. Cloves

Rub a bit of clove powder on a cut to disinfect it and ease the pain. The same thing goes for tooth pain. Just chew on some cloves or rub some clove oil on your gums.



7. Listerine

Pour a little bit of Listerine right on the wound to kill infection or to sterilize equipment. The alcohol content in it makes it a great household item to use in medical emergencies.



8. Honey

Rub a bit of honey into a cut to prevent infection and add a layer to a burn to kill bacteria and keep it moist. Honey helps because it has antibacterial, antimicrobial and emollient properties.



9. Apple Cider Vinegar

At any rate, vinegar at 5%, which is the standard, is extremely effective against most, but not all, common bacteria. Clean the area or table that you're working on by wiping some vinegar across it.



10. Frozen Vegetables

Wrap them in a towel so that you don't damage your skin with the low temperatures. Either hold the bag of peas to the body part or use a towel or T-shirt to secure the bag to your limb.



Sources:
<http://www.survivopedia.com/common-items-to-use-for-medical-crisis/>
<http://www.survivopedia.com/emergency-home-cases-for-pain/>

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*This article has been written by **Gabrielle Ray** for [Survivopedia](#).*