

Prep Blog Review: 50+ Natural Heal-Anything Cures

Without access to modern pharmaceuticals and medical care, your own life and the lives of your loved ones will be at risk in the aftermath of a disaster.

Your health should be number one priority in a survival situation, and when it comes to medical preparation for a post-disaster scenario, natural remedies are the safest way to go.

For this week's Prep blog Review I've gathered five articles on this topic. From plants and herbs you can grow in your own garden, or even indoors, to natural ingredients you stockpile in your pantry I present you 50+ natural heal-anything remedies.

1. 7 Heal-Anything Medicinal Plants You Can Grow Indoors



“There is absolutely nothing like having fresh medicinal plants that you can pick and use right on the spot, when you need them.

Plus, you can dry them, and then use a mortar and pestle to grind them and encapsulate your own medicinal plants. You know they were never sprayed with pesticides. And you know all about the nutrients that were fed to them.

You can grow them in decorative planters in the kitchen if you have the lighting for it.”

Read more on [Off The Grid News](#).

2. 5 More Useful Plants for Herbal First Aid

“Mullein (*Verbascum Thapsus*) – Mullein is well known as an ingredient in topical oils meant for the ears, but it’s a good plant to have on hand for a number of other things. For respiratory support, it’s traditionally used for dry,

irritated coughs where there may be a feeling of tightness in the lungs. It's also very useful as a muscular and skeletal support herb! Part of this is because mullein has a reputation for being very lubricating for joints and tissues, and it was traditionally thought of as a pain relief herb especially suited for cramps, spasms, and physical injuries. It's a lymphatic herb that supports the immune system.

Herbal Actions: expectorant, demulcent, antispasmodic, vulnerary, lymphatic"

Read more on [Indie Herbalist](#).

3. 5 Emergency Toothache Remedies From Wild Plants



"The crippling pain of a toothache can occur at inconvenient times – perhaps when far from your dentist or even your emergency first aid kit.

Because of the potentially intense pain and potentially critical health concerns associated with a tooth infection, wild herbs to treat toothache is an important category of medicinals to become familiar with in preparation for emergencies in the bush."

Read more on [Survival Cache](#).

4. 46 Effective Home Remedies and Natural Cures for UTI



“Here’s a sad health fact: Urinary Tract Infection (UTI) is the 2nd most common infection in the body. According to NIDDK, there are at least 8 MILLION cases of UTI every year!

This inspired me to come up with this MASSIVE and IN-DEPTH article about Urinary Tract Infection which includes a visual how-to guide about 46+ home remedies for UTI.

I encourage you to learn about UTI, know its causes and symptoms, then dive right into the comprehensive and informative list of remedies that you can definitely apply at home!”

Read more on [Ultimate Home Remedies](#).

5. Emergency Wound Care: When All You Have Is In Your Pantry



“Without access to hospitals and emergency medical care during off-grid emergencies, a simple infection from wounds can become life-threatening. Having knowledge of alternative medical treatments using natural wound therapies could save a life.

Years ago, the Mrs. and I made a major move. We had a specific timetable to adhere to, and as we were moving ourselves, efficiency was the word that exemplified our overall goals.

About an hour before we were going to batten down the hatches and hit the road, she slipped and slammed her shin on the edge of the moving van’s bumper: a combination of a laceration and abrasion, as well as potential for a broken bone.”

Read more on [Ready Nutrition](#).



CLICK HERE

to find out more on the first aid techniques that will save your life when the health system is down!

*This article has been written by **Drew Stratton** for Survivopedia.*