

Antiseptic Hand Sanitizer

<p>All natural hand sanitizer:</p> <ul style="list-style-type: none"> • ¼ cup distilled water • 2 tsp aloe vera gel • 2 tbsp distilled witch hazel or isopropyl alcohol • Essential oils <ul style="list-style-type: none"> ○ 15 drops of lavender ○ 15 drops of tea tree ○ 7 drops of thyme ○ Oil from 2 vitamin E capsules (400IU) <p>Source: Pip Waller, "The Herbal Handbook for Home & Health"</p>	<p>Coronavirus needs higher alcohol content (at least 60%) for the sanitizer to be effective.</p> <p>Combine:</p> <ul style="list-style-type: none"> • 2/3 Cup rubbing alcohol (91-99% isopropyl alcohol) • 1/3 cup aloe vera gel • Optional: Essential Oil (10 drops) <ul style="list-style-type: none"> ○ Lavender, tea tree, eucalyptus
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Lavender & Tea Tree Aromatherapy

<p>Antiviral/Antiseptic Plants</p> <ul style="list-style-type: none"> • Lavender • Tea Tree • Eucalyptus • Peppermint 	<p>Use As:</p> <ul style="list-style-type: none"> • Room Spray <ul style="list-style-type: none"> ○ 4 oz distilled water with 1-2 drops of essentials oils • Diffuser <ul style="list-style-type: none"> ○ Per instruction of the diffuser
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The Cold Buster

<p>Ingredients:</p> <ul style="list-style-type: none"> • 1 inch knob of fresh ginger, thinly sliced or chopped (or ½ tsp dried ginger) • ½ tsp of goji berries or ¼ tsp or rosehips • 2-3 slices of dried astragalus root 	<p>What to do:</p> <ul style="list-style-type: none"> • Combine all above and add 2 cups of water, bring to a boil and simmer for 10 minutes. Strain, Drink 1 cup 2-3 times a day for 2-3 days at the first sign of a cold. • Optional Add raw honey to taste. • Fresh lemon juice can be added if goji berries or rosehips are not available.
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Thyme Cough Syrup

<p>Ingredients</p> <ul style="list-style-type: none"> • 4 tbsp fresh thyme • 1 tsp lemon juice • 1 Cup water • ¼ cup honey (preferably raw & local) or ¼ cup maple syrup (for infant < 1 yo) <p>What to do:</p> <ul style="list-style-type: none"> • Pour near-boiling water over thyme and seep, covered for 15 minutes. Strain. Add honey and lemon juice. Refrigerate for up to 1 week. 	<p>Dose:</p> <ul style="list-style-type: none"> • Children 12 months and older: 1-2 tsp every 2-3 hours as needed • Teens/adults: 1-2 tbsp every 2-3 hours as needed. <p>Source: Dr. Tieraona Low Dog: Low Dog, T. (2014) Healthy At Home: Get Well and Stay Well Without Prescriptions. Washington, DC: National Geographic Society</p>
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Tent Steam Inhalation for Nasal Congestion

<p>You will Need:</p> <ul style="list-style-type: none"> • A large bowl and large towel • Boiling water (caution : Hot) • Essential Oil of any of the following: <ul style="list-style-type: none"> ○ Eucalyptus ○ Peppermint ○ Rosemary 	<p>What to do:</p> <ul style="list-style-type: none"> • Heat a large pot of water until it is steaming. Add 1-2 drops of essential oil to the water. Set the pot on a table. Lean over the bowl (take care not to touch it) and drape a large towel over both the pot and the person. Inhale through nose for 5- 10 minutes. Repeat as needed.
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