

Remedy:	Good for:	Where to find it:	How to use:
Aloe Vera- Fresh and Gel	Burns, soothing skin	Remedies Cabinet	Topical as needed
Apple Cider Vinegar	All illness, stomach issues	Fridge	1/2 teaspoon in water as needed. Once an hour during illness
Chamomile Tincture	Sleep, Calming Children, Fever	Remedies Cabinet	Up to ten drops as needed for kids over 1. Repeat hourly as needed.
Cough Syrup	Coughing and respiratory issues	Fridge or freezer	1 teaspoon as needed for children, 1 tablespoon as needed for adults.
Digestive Tincture	Stomach ache, nausea	Remedies Cabinet	Kids: up to 10 drops in water as needed. Adults: 30+ drops in water as needed.
Elderberry Syrup	Cold and Flu	Fridge or freezer	Kids: 1 teaspoon as needed. Adults: 1 tablespoon as needed.
Essential Oils	Various illnesses	Remedies Cabinet	Diffuse as needed for illness. Bottles are marked in cabinet.
Garlic Cloves (raw)	Any illness	Fridge	Mince 1 clove and drink in water every 2-3 hours as needed. Not for small children.
Herbal Salve	Skin problems	Remedies Cabinet	Topically as needed on bites, burns, rashes, cuts and other skin problems.
Herbal Teas (peppermint, chamomile, nettle)	Hydration, fever, body aches	Remedies Cabinet	Brew a strong tea (2 tablespoons per 8 ounces water) and give as needed to keep hydrated during illness. Iced or hot.
Vitamin C	Any illness	Remedies Cabinet	1/2 teaspoon to 1 teaspoon mixed into water as needed



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