



Quick Guide to Herbal First Aid

Your go-to cheat sheet for natural fixes in the wild! Keep this guide in your kit (laminiate it for durability) to handle minor mishaps fast. You're ready for anything!

Ailment	Herb	Remedy	Application
Bug Bites	Plantain	Poultice	Apply paste to bite, cover with bandage, leave 10-15 min. Repeat as needed.
Minor Cuts	Yarrow	Powder	Sprinkle on cut to stop bleeding; rinse after clotting. Follow with calendula salve.
Scrapes	Calendula	Salve	Clean scrape, apply thin layer, reapply 2-3 times daily.
Bruises	Yarrow	Tincture	Apply 2-3 drops to bruise, massage gently, 2 times daily. Dilute with water if sensitive.
Sunburn	Peppermint	Cooling Spray	Spritz on sunburned skin, reapply hourly as needed.
Headaches	Peppermint	Tea Bags	Steep 1 bag in hot water, drink slowly, 1-2 cups daily.
Nausea	Peppermint	Tea Bags	Steep 1 bag in hot water, sip slowly, 1-2 cups as needed.
Rashes	Chamomile	Compress	Soak cloth in warm chamomile infusion, apply 10-15 min, 2 times daily.
Minor Burns	Lavender	Oil Roller	Roll on burn, reapply 2-3 times daily. Avoid broken skin.
Sore Feet	Plantain, Calendula	Foot Soak	Dissolve 1 muslin bag in warm water, soak feet 10-15 min.
Muscle Cramps	Chamomile	Compress	Soak cloth in warm chamomile infusion, apply 20 min, 3 times daily.

Safety Tip: Test remedies on a small skin patch first to avoid allergies. Seek medical help for severe issues (e.g., deep cuts, allergic reactions). Want to master more remedies? Check out *This Is Your Time* at thedyherbal.com/this-is-your-time!