

Building Your Natural Medicine Cabinet

shopping list

1. Xlear:

If you're prone to sinus problems or allergies, you need this product; this gentle nasal spray contains xylitol – a sugar alcohol that sends bacteria to the grave

2. Boiron Oscilloccinum:

Always keep a pack handy for when flu-like symptoms hit; this homeopathic remedy is best used at the onset of symptoms and can help you get back to feeling yourself again simply by working with your body's own natural defense systems to spur needed action

3. Aura Cacia Organic Eucalyptus Oil:

So many uses for this aromatherapeutic gem; add a few drops to a humidifier in cold months, or to a facial steam bath to help relieve nasal congestion discomfort

4. Boiron Nux Vomica:

When nausea strikes, Nux Vomica is to the rescue; this homeopathic remedy is popular for relieving discomfort from hangovers and more and is easily taken by dropping a few tiny pellets under the tongue to dissolve

5. Rescue Remedy:

Available in spray, pastille, gelcap or liquid form, this flower essence remedy is used for addressing mild anxiety, nervousness and tension

6. Fire Cider:

Put some pep in your step or boost your immunity with this food-based tonic filled with anti-inflammatory, cold-busting nutrients; one shot and you'll feel all the goodness this tonic has to offer

7. Deep Sleep:

A favorite of those who have trouble sleeping, this formula contains an array of herbs known to help promote restful sleep without groggy, cranky side effects that no one wants to deal with

8. MigreLief:

Antioxidants, minerals and vitamins combine forces to help relief symptoms associated with painful migraine headaches without any caffeine or stimulants

9. Aller-Aid:

A beautiful blend of herbs and powerful antioxidants that helps address symptoms that so many with allergies suffer with needlessly

10. Herbalist & Alchemist Peppermint Tincture:

Peppermint is an herb that has been used for thousands of years to help calm an upset stomach; simply drop this liquid into water, tea, or a comforting beverage

11. Enzymedica Acid Soothe:

This formula uses powerful digestive enzymes to break down foods that may cause acid reflux symptoms in sensitive individuals; this product addresses the root cause of the discomfort

12. Jason Vitamin E:

Known for its skin healing properties, liquid vitamin E is a great solution for addressing scarring and other troublesome skin issues

13. Urban Moonshine's Digestive Bitters:

This liquid promotes your body's own production of salivary amylase, which helps break down certain types of food you consume, potentially helping relieve symptoms like gas, bloating and mild digestive discomfort

14. Oregon's Wild Harvest Namaste:

An organic blend of adaptogenic herbs, this liquid tincture is a great solution to help your body best cope with the stressful demands of everyday life

15. Grapefruit Seed Extract:

Address fungal issues with power; this liquid can be ingested, applied topically, or even used as a laundry additive or food-grade cleanser

16. Arnica Montana:

Used to help relieve discomfort associated with bruising, muscle soreness and inflammation, this homeopathic remedy is often prescribed after falls, injuries or surgery

17. Arnica Gel:

A topical version of this homeopathic remedy that is often used on bruises and areas of swelling

18. Sovereign Silver First Aid Gel:

Complete with colloidal silver, this topical solution suggests usage on skin requiring protection from bad bacteria

19. Banyan Nasaya Oil:

Dry nasal passages or bloody noses? This oil is intended to be swabbed on the inner tissues of the nasal passageway to provide needed moisture

20. Tea Tree Oil:

This essential oil has too many benefits to list! No cabinet is complete without it!

