

The background of the page is a white surface with several large, diagonal, overlapping brushstrokes in various shades of blue, ranging from light sky blue to deep navy blue. The strokes are textured and appear to be made with a paintbrush, creating a sense of movement and depth. A white rectangular box with a thin black border is centered on the page, containing the title text.

THE TOP  
SUPPLEMENTS  
FOR YOUR  
**NATURAL  
MEDICINE  
CABINET**

Guillermo Ruiz

# The Top Supplements for Your Natural Medicine Cabinet

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# Who is this book for?

## If you've ever...

- **Sat in a plane** (a.k.a. giant flying incubator of infectious disease) daydreaming about how to avoid whatever horrendous illness your travel mate is sneezing all over you
- **Been awake at two in the morning** trying to soothe a child with an earache
- **Let your grades slip a little too far** and now the prospect of your final exam is giving you intense anxiety
- **Realized you made some poor food choices** and you're going to be spending some quality time in the bathroom

**Basically, if you're a human being this book is for you.**

We spent an excessive amount of time doing the research on this so you wouldn't have to do it! We took care to only select the highest quality data, and for all our sustainability-oriented friends out there, rest assured that none of the botanicals we talk about here are endangered species.

## How should you use this book?

First and foremost, please use this book with common sense. We are not physicians (yet!), we are information gatherers. Even if we were physicians, you shouldn't trust your health to a free eBook, (duh)!

We are presenting some exciting findings from available research on relevant topics. The supplements and botanicals in this booklet have good safety records and the dosages listed are from the research cited. We hope this is a useful resource for you in acute situations, but you should always consult with your health practitioner before doing any self-experimentation.

May you be [Strong](#), [Robust](#) and [Beyond!](#)



# *Calendula arvensis*



Common Name

**Marigold**

Recommended Dosing

**Thin coat to affected area • Every eight hours**

Form

**Salve**

Product Example

<http://amzn.to/2pSRrsD>

# *Calendula arvensis* (Marigold)

## Topical Treatments: Cuts and Rashes

Marigold ointments have been traditionally used in Ayurveda and Unani medicine for the treatment of inflammatory conditions.<sup>1</sup> In the Western hemisphere, marigold has been used more specifically for improving wound healing.<sup>2</sup> There are plenty of both *in vitro* and *in vivo* studies on *Calendula* extracts, but since the pharmacology of the extract is not completely understood it is not widely used in conventional medicine. However, there is good evidence for the use of botanicals for skin health. Take, for example, a study involving surgical patients that compared *Calendula* ointment to iodine solution. In this case, the *Calendula* ointment outperformed Betadine in treating post-operative wounds.<sup>3</sup>

## Considerations

*Calendula* is a very gentle herb. Panahi and friends tested out *Calendula* ointment on diaper rash. They found that it was not only efficacious, but of the 66 infants studied, none suffered any side effects!<sup>4</sup> There are some theories about the mechanism of action. For example, in mouse models this plant induces the proliferation of collagen and angiogenesis (bringing more blood to the affected area).<sup>2</sup> (Note: This might be contraindicated in cancer patients)

- *Calendula* is a gentle herb used in wound care
- It has also been used for diaper rash without side effects
- Promotes collagen proliferation and blood vessel growth
- Time to give your skin the attention it deserves. Read more from the Weston A. Price Foundation [on looking after your skin](#)



# *Prunella vulgaris*

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Common Name

**Self-Heal**

Recommended Dosing

**Tea decoction • Drink tea throughout the day**

Form

**Tea bags**

Product Example

<http://amzn.to/2qqNCOC>

# *Prunella vulgaris* (Self-Heal)

## Topical Treatments: Cold Sores

Herpes simplex is the virus responsible for cold sores. The emergence of viral strains resistant to Acyclovir (a common pharmaceutical option for cold sores), has created an urgent need for alternative methods of treatment.<sup>5</sup> Hot water extracts of *Prunella vulgaris* (Self-Heal), have been shown to have anti-HSV activity in two ways. First, it does this by blocking the entry of the virus into the cells and also by preventing viral replication.<sup>6</sup> These water extracts have also shown activity against HIV, which happens to be a close relative of the HSV virus (both are DNA viruses).<sup>7</sup>

## Considerations

Even though these two studies are *in vitro*, we feel compelled to include them in this collection. Our current research with plants possessing antiviral activity and clinical cases published through our lab align well the idea of using *Prunella* for treating HSV.<sup>8</sup> Since the lesions happen on the oral mucosa, we can use the tea and ensure close contact with the cold sore. Additionally, *Prunella* extracts have been shown *in vivo* as a remedy for cold sores.<sup>7</sup>

- *Prunella* has activity against HSV, the virus that causes cold sores
- Hot water extracts were used for this purpose
- A tea is the perfect method of administration. You can sip the tea, and use the spent bag as a compress over the lesion.
- [Click here to learn more about our research on botanical antimicrobials](#)





# Activated Charcoal

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Common Name

**Activated Charcoal**

Recommended Dosing

**6 capsules • At first sign of symptoms**

Form

**Capsules**

Product Example

<http://amzn.to/2qqsUhp>

# Activated Charcoal

## Gastrointestinal: Food Poisoning

Gastroenteritis (commonly known as “food poisoning”) is defined as an acute inflammation of the intestinal mucosa by a toxin.<sup>9</sup> These toxins are most commonly acquired by ingesting virally or bacterially contaminated food or drink. In fact, by the age of 3, virtually everyone has been infected by the rotavirus.<sup>9</sup> We can use activated charcoal as an effective binder of all types of toxins.<sup>10</sup> One of the most interesting characteristics of activated charcoal is that it preferentially binds toxins from pathogenic bacteria and spares normal gut flora.<sup>11</sup>

### Considerations

Activated charcoal reduces flatulence<sup>12</sup> and has been used extensively in emergency departments across the world for acute overdoses of common drugs such as acetaminophen and aspirin.<sup>13</sup>

Doses as high as 10g to 20g have been shown to be safe for long term detoxification of environmental exposures and 50g doses are safe for acute poisoning.<sup>14</sup> A word of caution: activated charcoal also binds up nutrients, so consult with your practitioner before use to prevent nutritional deficiencies.

- Activated charcoal can bind up toxins and bacteria from contaminated food and drink.
- It also binds nutrients, so use with caution.
- Having a Charcoal Solution could be useful in cases of accidental poisoning, consult with the National Poison Control Centers for acute advice.
- [American Association of Poison Control Centers](#)  
1 (800) 222-1222
- [Animal Poison Control Center](#)  
1 (888) 426-4435
- If you're feeling daring, check out [Ben Greenfield's experiences with activated charcoal](#)



# *Zingiber officinale*



Common Name

**Ginger Root**

Recommended Dosing

**3 capsules • At onset of nausea**

Form

**Dry herb capsules or tea**

Product Example

<http://amzn.to/2repqjb>

<http://amzn.to/2qqR7nQ>

# Zingiber officinale (Ginger Root)

## Gastrointestinal: Nausea

Ginger has a rich history as a medicinal root that extends as far back as 5000 B.C.<sup>15</sup> The Greek physician Dioscorides listed ginger in his works “*De Materia Medica*” as a potent antidote to poisoning, a digestive aid and a warming herb.<sup>15</sup> In addition to being a tasty addition to your stir-fry and sushi, ginger has been extensively studied for its anti-nausea properties. Ernst and friends did a systematic review of randomized controlled trials and found that ginger was equally as effective as prescription medications for the control of post-operative nausea.<sup>16</sup>

### Considerations

Ginger is a good treatment for post-operative nausea, and it also appears to help with motion sickness. The Lancet published a study in which participants were tortured with a nausea producing apparatus. Those given the placebo lasted on the apparatus for 2.5 minutes and those who took Dramamine lasted 4.5 minutes. However, the participants who were given ginger lasted a full 6 minutes! This is very interesting because ginger does not have drowsiness side effects like Dramamine, and there is potential for a prophylactic effect.<sup>17</sup> In the studies mentioned here researchers used powdered ginger, but there is a ton of traditional use indicating ginger tea as a possible substitute.

- Long road trip? Prone to motion sickness? Ginger has potential to provide relief for nausea prophylactically
- Powdered ginger was used in these studies, but ginger tea has also been used traditionally
- Just can't get enough? Take a look at these [other uses for ginger](#)



# *Saccharomyces boulardii*

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Common Name

**Saccharomyces boulardii**

Recommended Dosing

**1 Capsule • Twice daily**

Form

**Capsules**

Product Example

<http://amzn.to/2qqrUd0>

# Saccharomyces boulardii

## Gastrointestinal: Diarrhea

Bacterial infections such as strep throat or urinary tract infections are inconvenient and must be treated appropriately. Antibiotics stop infections fast and save lives. Unfortunately, antibiotics also have side effects which might include diarrhea, nausea or rash.<sup>18</sup> An effective method of preventing antibiotic induced diarrhea is the use of probiotics. *S. boulardii* is a beneficial probiotic yeast that has been shown to reduce the incidence of antibiotic-induced diarrhea by up to 52%.<sup>19</sup> Furthermore, probiotics also demonstrate efficacy against the prevention of “traveler’s diarrhea” and even of diarrhea of diverse causes.<sup>19</sup>

### Considerations

In a meta-analysis of five randomized control trials with over 600 pediatric participants, *S. boulardii* was found to be effective in reducing the duration of acute diarrhea.<sup>20</sup> The reduction of symptoms was only a day, but this was a single intervention. We imagine that the staggering of interventions such as oral hydration with coconut water and acute administration of activated charcoal could potentiate these results. Unfortunately, a trial with multiple interventions has never been done.

- Diarrhea after a round of antibiotics?  
Diarrhea while travelling?  
*S. boulardii* may be able to rescue you
- Usually available at Health Food Stores
- Don't forget about other options such as coconut water for rehydration or activated charcoal for binding gut toxins!
- Read Dr. Ruscio's article to learn more about [combining probiotics with antibiotic or antimicrobial treatments](#)



# *Cocos nucifera* aqua

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Common Name

**Coconut Water**

Recommended Dosing

**1 Cup per watery bowel movement**

Form

**Coconut water**

Product Example

<http://amzn.to/2pSVNQn>

# Cocos nucifera aqua (Coconut Water)

## Gastrointestinal: Dehydration

Dehydration is a common complication of diarrhea and vomiting and it can lead to serious consequences. Early oral rehydration remains the best treatment for preventing these life-threatening complications.<sup>21</sup> Coconut water is a great rehydrating fluid as it closely resembles intracellular fluid,<sup>22</sup> is better tolerated than carbohydrate-rich sports drinks, and has a sweet, pleasant flavour.<sup>23</sup> Additionally, coconut water and carbohydrate-rich sports drinks show no difference in rehydration ability and both enhance physical performance.

### Considerations

As previously mentioned, coconut water closely resembles the composition of intracellular fluid, and because coconuts are sterile before being opened, they have been used as a substitute for intravenous fluids!

Take for example the case of a 40-year old male admitted to hospital following a right-sided stroke. The hospital ran out of saline on day 36 of his stay and wouldn't be receiving shipment for a few days. The hospital used IV coconut water as a means of rehydration, giving the patient 1200 mL/day for two days. He was discharged from the hospital on day 39.<sup>22</sup>

- Vomiting or diarrhea can lead to dehydration, which has serious consequences
- Coconut water has a composition similar to intracellular fluid and is a sweet-tasting form of rehydration
- Watch out for sweetened versions, use unsweetened organic coconut water
- Not sold on this idea?  
[Check out another perspective on coconut water](#)





# *Mentha piperita oleum*



Common Name

**Peppermint oil**

Recommended Dosing

**1 capsule • 20 minutes before meals**

Form

**Enteric coated capsules**

Product Example

<http://amzn.to/2rdSabG>

# *Mentha piperita oleum* (Peppermint oil)

## Gastrointestinal: Indigestion, Bloating and Gas

Constipation, diarrhea, abdominal pain, bloating, malaise...sound like a fun combination? This group of symptoms, more commonly known as IBS,<sup>24</sup> may be resolved with enteric-coated peppermint oil. A prospective double-blind study found that enteric-coated peppermint significantly reduced borborygmus, flatulence, stool frequency and even pain associated with IBS.<sup>25</sup> Furthermore, a meta-analysis also determined that the use of enteric-coated peppermint capsules could potentially resolve symptoms of IBS over placebo, but more studies should be conducted to establish this intervention as a treatment.<sup>26</sup>

### Considerations

Enteric-coated peppermint has an advantage over other treatments for gut-related issues. This type of capsule survives passage through the stomach and is activated in the intestines.<sup>27</sup> Caution, the literature suggests that chewing the capsules can induce heartburn. This makes sense because peppermint oil could be corrosive to the esophageal mucosa.

- Unpredictable stomach behaviour? Enteric coated peppermint has been shown to reduce IBS-related borborygmus, flatulence, stool frequency and pain
- “Borborygmus” is the medical word for “Stomach gurgling”
- Make sure to get enteric coated capsules
- Chewing the capsules is not recommended.
- For a more in-depth look at IBS including causes and corresponding recommendations check out [this article on Paleo and IBS](#)



# D-Mannose

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Common Name

**D-Mannose**

Recommended Dosing

**1 Teaspoon • Every 3-4 hours**

Form

**Powder**

Product Example

<http://amzn.to/2rpkOUu>

# D-Mannose

## Infections: Urinary Tract Infections

Urinary tract infections are the most common infection in women. A common conventional strategy for the prevention of UTIs is the use of prophylactic antibiotics, which can lead to bacterial resistance to treatment.<sup>28</sup> D-mannose is a great alternative for UTI prophylaxis. In one study of 98 patients, the group using D-mannose had fewer UTIs than the group given Nitrofurantoin (a conventional antibiotic).<sup>29</sup> They also experienced fewer side effects.<sup>29</sup>

## Considerations

D-mannose is a close relative to sugar, and it clears urinary tract infections without affecting normal flora.<sup>30</sup> D-mannose attracts E. coli bacteria away from the walls of the urethra. By preventing it from adhering, the bacteria is eliminated without any adverse effects.<sup>30</sup> Additionally, D-mannose tastes similar to sugar, which definitely makes it user friendly! D-mannose also helps with honeymoon cystitis (sex-induced UTI) at a dose of one teaspoon prior to intercourse.<sup>30</sup>

- UTIs are common infections in women
- D-mannose is a gentle alternative to prophylactic antibiotics
- Tastes like sugar!
- For more information, check out Chris Kresser's post on [alternative treatments for UTIs](#)



# *Allium sativum & Verbascum oleum*

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Common Name

**Garlic and Mullein Oil**

Recommended Dosing

**5 drops • Once per day**

Form

**Ear drop oil**

Product Example

<http://amzn.to/2qqGBNL>

# *Allium sativum* & *Verbascum oleum* (Garlic and Mullein Oil)

## Infections: Ear Infections

The management of acute otitis media is complicated in a couple ways. First, it is very difficult to differentiate a viral versus a bacterial infection, and therefore practitioners tend to prescribe antibiotics as a first line of treatment. Antibiotics do decrease pain but at the expense of increased incidences of vomiting, diarrhea and rash.<sup>31</sup> Without the use of antibiotics, the symptoms resolve in an average of three days.<sup>31</sup> That being said, nobody wants to wait three days for “the resolution of symptoms.” A preparation of mullein and garlic oil has been shown to reduce symptoms of pain due to acute otitis media.<sup>32</sup>

## Considerations

Because of their proximity to the brain, ear infections can progress and become a serious concern.<sup>33</sup> If you are dealing with an ear infection, you should have a licensed practitioner check the ear canal for signs and symptoms of complications. In the case of uncomplicated ear infections, the evidence is clear that a “watch and wait” approach can be safely used.<sup>18</sup> If your practitioner deems it appropriate, garlic and mullein drops can be used to ameliorate symptoms. Never apply any liquids to a damaged eardrum.

- Pain associated with an infection of the middle ear can be reduced with garlic and mullein drops
- Never apply in the case of a damaged eardrum
- “*Watch and Wait*” is supported by the clinical literature
- Want to learn more about botanicals for kids?  
[Try this resource](#) by our friend Dr. Mary Bove, ND



# *Echinacea purpurea*



Common Name

**Echinacea**

Recommended Dosing

**2 capsules • 3 times per day**

Form

**Hydroethanolic extract**

Product Example

<http://amzn.to/2pSR951>

# *Echinacea purpurea*

## Infections: Common Cold

The common cold is often caused by the rhinovirus. In fact, it is the most common pathogen associated with upper respiratory infections.<sup>34</sup> Unfortunately, conventional medicine currently has no approved treatment for these types of infections because there is no treatment deemed safe.<sup>35</sup> *Echinacea* has a long history of use as an immune modulator and even antiviral.<sup>36</sup> In double-blind placebo controlled trials it has been effective both as a prophylactic and in reducing the duration of symptoms.<sup>37</sup>

### Considerations

The Sperber and friends study is super interesting. They infected healthy individuals with rhinovirus and recorded symptoms and their duration. The fact that they used healthy individuals allowed them to take into consideration immune status of the subjects. The patients treated with *Echinacea* experienced less incidence of colds, and curiously more malaise.<sup>37</sup> This makes sense, since *Echinacea* induces the immune system. It is proposed that this includes increases in IL-8, which is a cytokine responsible for cold symptoms.<sup>38</sup>

- *Echinacea* has been used for years to protect against viral infections
- It has been found to decrease the duration of common cold symptoms
- You may experience a little malaise while taking this herb
- Stay tuned into our work for updates on *Echinacea* as we are currently making exciting discoveries into why this herb seems effective in some studies but not others





# Zinc Acetate

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Common Name

**Zinc Acetate**

Recommended Dosing

**1 Lozenge • Every 2 waking hours**

Form

**Must be Acetate**

Product Example

<http://amzn.to/2qqV8IZ>

# Zinc Acetate

## Infections: Common Cold

There are many supplements that have evidence for reducing symptoms of the common cold. The Cochrane Institute has an extensive review of the literature on the usability of zinc for the common cold and concludes that zinc is effective at reducing the duration of the illness.<sup>39</sup> The problem is that the correct form and dosing for these results is very specific. It is important to acquire the correct form of zinc because the other ingredients within the supplement can render the supplement useless.<sup>40</sup>

### Considerations

Eby and friends achieved the highest level of zinc efficacy of the studies surveyed. They used zinc acetate at a dose of 23 mg dosed every 2 waking hours.<sup>41</sup> The lozenge should be kept in the mouth for about 20 minutes for maximum effectiveness.<sup>40</sup> Taking high doses of zinc can deplete other minerals. No more than six daily lozenges should be taken.

- Zinc acetate is the most efficacious form of zinc for preventing colds
- Some forms of Zinc Acetate are not active because of production methods
- The lozenge should take at least twenty minutes to dissolve in your mouth
- For literally ALL the details, see [Chris Masterjohn's post on the perfect zinc supplement for fighting colds](#)



# *Coffea arabica & mel*



Common Name

**Coffee and Honey**

Recommended Dosing

**1 tablespoon • Three times daily**

Form

**Liquid mixture**

Product Example

<http://amzn.to/2pSVF3i>

<http://amzn.to/2pUYfFg>

# Coffea arabica & mel (Coffee and Honey)

## Respiratory: Cough

Coffee and honey have a long history of use as both food and medicine. Coffee is an antioxidant, expectorant and hypoalgesic while honey has been used for millennia to treat wounds and infections.<sup>42</sup> Together, this power pair makes a tasty home remedy for that annoying cough that lingers after you've been sick. In fact, the synergy in this combination makes it more efficacious than oral steroids!<sup>42</sup> Research on this natural cocktail demonstrates that it can completely resolve symptoms in a week. For this purpose, they consumed a whopping 500g of honey in 70g of coffee throughout the day.<sup>43</sup>

## Considerations

It's cringe-worthy, but these studies used instant coffee. Instant coffee is made by drying out a coffee slurry which is then reconstituted with hot water. This makes a horrible cup of coffee! The implication of this is that the experiment has never been done with "organic-fair-trade-fresh-roasted-pea-berry-blends" and so you may want to keep a small container of instant coffee in the pantry just in case. The honey in the study was from Iran and any variety would presumably have the same properties. Remember try to buy local and from sustainable sources.

- Coffee and honey are more effective than oral steroids
- Caffeinated, instant coffee was used in these studies. We don't know how effective regular or decaffeinated coffee would be in comparison
- The coffee and honey concoction was administered throughout the day
- To read more, check out Dr. Jacob Schor's article ["Honey and coffee"](#)



# *Urtica dioica*



Common Name

**Stinging Nettles**

Recommended Dosing

**2 Capsules • Three times daily**

Form

**Capsules**

Product Example

<http://amzn.to/2pUPr2i>

# *Urtica dioica* (Stinging Nettles)

## Respiratory: Seasonal Allergies

An overactive immune system could be a cause of seasonal allergies. More specifically, mast cells are cleaved (“degranulated”) to combat pathogens or toxic compounds and as they break apart they release histamines. This activates the immune system.<sup>44</sup> The problem is that our mast cells can be over reactive, continuing to degranulate when encountering allergens.<sup>45</sup> A double-blind placebo controlled study by Mittman and friends found that a freeze-dried nettles supplement improved symptoms of seasonal allergies.<sup>46</sup>

### Considerations

*In vitro* experiments demonstrate that *Urtica dioica* activates receptors on the surface of mast cells, thus preventing degranulation. In other words, nettles help the mast cells be stable. This prevents cleaving of the mast cell and subsequent histamine release in response to encounters with environmental allergens. Common pharmaceuticals block histamine completely, and have side effects such as drowsiness. Nettles have an advantage here because they do not completely block histamine, they simply make the immune system less aggressive.<sup>47</sup>

- Sometimes your mast cells throw a temper tantrum and this causes symptoms associated with allergic rhinitis
- It is possible to tame these cells by using freeze-dried nettles
- Mast Cell degranulation could be the cause of many symptoms of hypersensitivity, not only seasonal allergies
- For more on coping with allergies, [read this article](#)



# Melatonin

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Common Name

**Melatonin**

Recommended Dosing

**1 pack • Nightly (Not for long term use)**

Form

**Powder**

Product Example

[Doc Parsley's Sleep Remedy](#)

Use code 3030strong for a discount

# Melatonin

## Lifestyle: Insomnia

Sleep loss has many repercussions. It affects mood, quality of life, weight and even cardiovascular disease.<sup>48</sup> Low levels of melatonin have been associated with poor sleep in the elderly.<sup>49</sup> In the study, sustained-release melatonin was found to be effective for sleep maintenance, and fast-release melatonin was effective for sleep initiation.<sup>49</sup>

### Considerations

Melatonin has also been shown to be useful in combating jetlag. In one trial, folks using melatonin at arrival and throughout their trip had better energy, increased alertness, a lower jetlag score and better sleep indices. The dosage used was 5 mg of instant release melatonin.<sup>50</sup> As a word of caution, the lowest effective dose of melatonin should always be used because pharmacologic doses of melatonin have the potential to increase daytime levels of melatonin and cause drowsiness.<sup>51</sup> The lowest effective dose seen in healthy young men is 0.1 mg of an instantaneous release tablet.<sup>52</sup>

- If you've got an upcoming international trip, melatonin may be able to put your sleep schedule back on track
- Use the lowest effective dose, as high doses can cause daytime drowsiness
- Do not use melatonin as a long-term sleep aid, consult with your practitioner if your symptoms are chronic
- [Could Meditation help you fall asleep?](#)
- [Want to get serious about improving your sleep? Start here!](#)





# *Lavandula angustifolia oleum*



Common Name

**Lavender Essential Oil**

Recommended Dosing

**5 drops • Three times daily**

Form

**Essential oil or Essential Oil Capsules**

Product Example

<http://amzn.to/2qPSFcd>

<http://amzn.to/2rebDsE>

# Lavandula angustifolia oleum (Lavender Essential Oil)

## Lifestyle: Generalized Anxiety

Generalized anxiety is the most common psychiatric condition aside from substance abuse.<sup>53</sup> It predisposes individuals to addictive behaviours and even conditions such as diabetes.<sup>53</sup> There are very effective long-term interventions for coping with anxiety, including cognitive behavioural therapy and exercise,<sup>54,55</sup> but sometimes acute resolution of symptoms might be necessary. Acute interventions include pharmaceuticals like benzodiazepines. The problem is that pharmaceuticals carry many side effects, but in a meta-analysis it was discovered that lavender essential oil was able to reduce symptoms as effectively as benzodiazepines.<sup>56</sup> Furthermore, a meta-analysis found that oral lavender was more beneficial than aromatherapy.<sup>57</sup>

## Considerations

Thankfully the benefits of lavender oil also apply to acute anxiety. For example, Kritsidima and friends wanted to stop acute anxiety during dentist visits and found that “Although anxiety about future dental visits seems to be unaffected, lavender scent reduces state anxiety in dental patients.” This indicates that lavender oil was effective in the acute episode, even though the patients did not stop fearing the dentist.<sup>58</sup>

- There are effective lifestyle interventions you can use for chronic anxiety
- Benzodiazepines are contraindicated during pregnancy!
- Lavender oil shows a lot of promise for ameliorating acute anxiety
- Learn more about [“Self-Regulation”](#) from our friend [Allyson Chrystal](#)
- Survival garden anyone? [Learn how to cultivate](#) your own lavender, in addition to other soothing plants such as chamomile and lemon balm

# Quick Reference

Indication	Supplement	Dose	Timing	Form used in research	Product Recommendation	Considerations
Acute cough	Coffee-Honey Super Antitussive	1 tbsp	Three times daily	Liquid mixture	<a href="http://amzn.to/2pSVF3i">http://amzn.to/2pSVF3i</a> <a href="http://amzn.to/2pUYfFg">http://amzn.to/2pUYfFg</a>	In a jar mix 1.5 cups of honey with 7 heaping tablespoons of instant coffee. Let sit at room temp for a few hours. This mix is good for 24 doses. 1 dose is 1 tbsp dissolved in water. Drink slowly.
Acute Insomina	Melatonin (jetlag)	1 lozenge	Nightly (Not for long term use)	Lozenge	<a href="http://amzn.to/2qusK0i">http://amzn.to/2qusK0i</a>	1st lozenge one hour before expected bedtime at destination. Continue taking 1 lozenge the following 4 nights at the same time. Repeat this process upon returning home.
Acute Poisoning	Activated Charcoal	Follow Poison Control Instructions	At insult	Liquid Suspension	<a href="http://amzn.to/2qusAMH">http://amzn.to/2qusAMH</a>	Contact poison control. Follow instructions: Humans: 1 (800) 222-1222 Pets: 1 (888) 426-4435
Anxiety symptom	Lavender oil	5 drops	Three times daily	Essential oil or Essential Oil Capsules	<a href="http://amzn.to/2qPSFcd">http://amzn.to/2qPSFcd</a> <a href="http://amzn.to/2rebDsE">http://amzn.to/2rebDsE</a>	Aura Cacia sells a diffuser kit you can plug into an outlet. Caution with infants. Lavender oil capsules should not be chewed.
Cold Sores	Prunella Tea	1 Tea decoction	Drink tea throught the day	Tea bags	<a href="http://amzn.to/2qqNCOC">http://amzn.to/2qqNCOC</a>	Use warm water to decoct a tea. Use the spent tea bag as a compress. Use the tea prophylactically or at the first sign of symptoms.
Common cold	Zinc Acetate	1 Lozenge	Every 2 waking hours	Must be Acetate	<a href="http://amzn.to/2qqV8IZ">http://amzn.to/2qqV8IZ</a>	Do not exceed 6 lozenges daily.
Dehydration	Coconut water	1 cup	Per watery bm	Coconut water	<a href="http://amzn.to/2pSVNQN">http://amzn.to/2pSVNQN</a>	Ensure you add this to your typical water intake. Check with your doctor if you have chronic kidney disease
Diarrhea	Saccharomyces Boulardii	1 capsule	twice daily	Capsule	<a href="http://amzn.to/2qqrUd0">http://amzn.to/2qqrUd0</a>	During antibiotic treatment or defense when traveling.

# Quick Reference

Indication	Supplement	Dose	Timing	Form used in research	Product Recommendation	Considerations
Earache	Mullein Garlic	5 drops	Once per day	Ear drop oil	<a href="http://amzn.to/2qqGBNL">http://amzn.to/2qqGBNL</a>	Never apply when eardrum is ruptured. May use up to 5 drops.
Food Poisoning	Activated Charcoal	1 lozenge	Nightly (Not for long term use)	Lozenge	<a href="http://amzn.to/2qqqUhp">http://amzn.to/2qqqUhp</a>	1st lozenge hour before bed after arrival. If pass bedtime, take an hour from when you would normally sleep. Take one lozenge the next 4 nights 1 hour before bed.
Indigestion	Peppermint oil	1 capsule	20 minutes before meal	Enteric coated capsules	<a href="http://amzn.to/2rdSabG">http://amzn.to/2rdSabG</a>	No more than 3-4 capsules daily. No more than 4 weeks without working with your doctor.
Nausea	Ginger	3 capsules	At onset of nausea	Dry herb capsules or tea	<a href="http://amzn.to/2qqR7nQ">http://amzn.to/2qqR7nQ</a> <a href="http://amzn.to/2repqjb">http://amzn.to/2repqjb</a>	Another 3 capsules can be taken an hour after onset if nausea not resolving
Seasonal Allergies	Stinging Nettles	2 capsules	3 times daily	Capsules	<a href="http://amzn.to/2pUPr2i">http://amzn.to/2pUPr2i</a>	Follow dose and frequency for a week. Titrate downward and figure out maintenance during allergy season.
Skin lesions	Calendula	Thin coat to affected area	Every eight hours	Salve	<a href="http://amzn.to/2pSRrsD">http://amzn.to/2pSRrsD</a>	Clean affected area, apply a small amount, enough to cover 1mm past the edge of the lesion. Reapply every 8 hours.
Urinary tract infection	D-Mannos	Every 3-4 hours	Every eight hours	Powder	<a href="http://amzn.to/2rpKOUu">http://amzn.to/2rpKOUu</a>	Same dose and frequency until jar is empty.

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**Amara Gelaude** is a psychology student and illustrator with an interest in art therapy. As a member of both the scientific and creative fields, it's an honour for Amara to support the voices of other young researchers through art.

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