

Your Natural Medicine Cabinet



One simple step towards health autonomy is building your natural medicine cabinet. The following natural materials are essential to get you started. Each has been proven to support the body's healing through detox. They are inexpensive and easy to attain.

Healing Solvents

Healing Solvents are powerful natural substances that can dissolve the insoluble toxins your body is trying to get rid of. Since our bodies are 99% water molecules, they have a tough time disposing of man-made chemicals that are mostly insoluble in water. These greasy artificial molecules get stuck in our tissues and organs and cause oxidative damage. Fortunately, nature's healing solvents are non-polar and can readily dissolve these man-made chemicals. Once dissolved by these potent healing liquids, the body can remove them once and for all.



Turpentine

Turpentine, known as pure gum spirits of turpentine, is made from the distilled sap of living trees, such as pine and spruce. It is proven effective in treating "infections," poisoning with insoluble chemicals and pharmaceuticals, heart attacks, strokes, arrhythmias, cancer, and injuries.

For wound and skin infections, apply a few drops directly on the red, inflamed area up to four times daily. For lung conditions, see steam inhalation instructions in the cold and flu protocol below.

Routes of Administration: oral, topical, steam inhalation

laxative for health emergencies, such as life-threatening infections.

For laxative use, take ¼ cup by mouth and repeat if needed for a large bowel movement.

Routes of Administration: oral, topical, enema

DMSO

DMSO is a solvent produced when wood is made into paper. Widely used in veterinary medicine, it can be used for general detoxification protocols, soft tissue injuries, burns, cataracts, and many other conditions.

For topical use, dilute in distilled water to a 50% solution and apply liberally to skin over the affected area. Repeat up to three times daily.

Routes of Administration: oral, parenteral, topical, intraocular



Castor Oil

Castor oil is a vegetable oil pressed from castor beans. It has long been used as a healing solvent or skin moisturizer, but it can also be used as a potent



Acute Poisoning Kit

Milk Thistle

Milk thistle, also known as *Silybum marianum*, is a medicinal plant native to Europe, but can be found in North America. Milk thistle seed contains silymarin, which increases the amount of glutathione and other important enzymes for mitigating oxidative damage and augmenting liver detoxification. It may help reverse acetaminophen and



poisonous mushroom toxicity completely.

To consume, grind the seeds and add one teaspoon to a large glass of water and drink. Repeat every four hours for a total of four doses after the poisoning. Continue to take four doses daily until the poison is completely cleared.

Ascorbic Acid (Vitamin C)

Ascorbic acid is a water-soluble vitamin found in fruits and vegetables. It has been



shown to prevent death in lab animals exposed to lethal doses of formaldehyde and other toxins.

For acute poisoning, take 1,000 mg every 30 minutes until you experience diarrhea.

Activated Charcoal



Activated charcoal is made from burnt organic material, such as coconut husks. It's available in both [capsule](#) and [powder](#) form. Charcoal can be used for any poisons ingested by mouth to bind up the toxin in the gut and allow it to be excreted.

Add one tablespoon to a tall glass of water and drink. Alternatively, take 3 charcoal capsules with water. Drink plenty of extra water for best results. Repeat every two hours as needed.

Bentonite Clay

[Bentonite clay](#) is a natural mineral with chelating properties. Clay can be used on wounds or bites when poison or venom may have contaminated the wound.

Apply a liberal amount of clay powder directly to a contaminated wound, sting, bite, or spray (skunk). Wait several minutes, then rinse it off with purified water and repeat until the area is clean and free of venom.

Enemas

[Enemas](#) help rinse out the colon from toxins and stimulate the body to remove toxins from other organs and tissues. Enemas have been shown to help cure patients of psychotic illness, pneumonia, and other life threatening infections. Enemas can also provide emergency hydration as an alternative to an IV since the body can absorb water readily from the colon.

For emergency hydration, infuse up to 2.5 liters via enema tube for 15-30 minutes. (If the colon is full, first perform an enema with one liter and evacuate

in the toilet.) Allow the water to stay in the colon as long as possible. Most of it should be absorbed in the case of dehydration. For maximal benefit, make a solution of normal saline for the enema rather than pure water. The recipe for normal saline is readily available on the internet.



BONUS: Seasonal Acute Illness (Cold & Flu) Protocol

General Guidelines

- Drink plenty of clean, structured water. Minimum one quart per 50 lb. body weight, increase for fever, vomiting, diarrhea, etc.
- Rest
- Consider water fasting to expedite healing and optimize convalescence



- General cleansing with
 - ♦ Enemas, Laxatives: Enema with one liter distilled or RO water, repeat as necessary
 - ♦ Baths: Epsom salts, bentonite clay
 - ♦ Supplements: trace minerals ([Shilajit](#)), milk thistle

- ◆ Chelating (binding) agents: activated charcoal, [zeolite](#)

Bronchitis/Pneumonia

- **Steam Inhalation**
 - ◆ Bring one liter of distilled/RO water to a boil and remove pot from heat. Add 20 drops (1 mL) Pure Gum Spirits of Turpentine to water. Place towel over head and pot and inhale deeply for 5-10 minutes through the mouth. Be careful breathing through the nose as it may burn. Perform 2-4 times daily until clinical recovery
- **Enemas:** 2-4 daily until clinical recovery, time 30 minutes after steam inhalation

Fever

- Fever is helpful
- Maintain hydration
- Enemas
- If dangerously high (over 105° fahrenheit),

consider wet blankets and fan (RARE)

Nasal/Post-Nasal Symptoms

- Neti pots or Sinus Rinse: one pot/bottle per nostril, repeat as desired
- Sore throat: try clove tea for temporary relief



Gastrointestinal Symptoms: Nausea, Vomiting, Diarrhea

- Fast from food and sip as much water as possible
- Activated charcoal: One tbsp in water as needed, if vomiting take right after vomiting when nausea subsides
- Nausea:
 - Fennel seeds – chew and swallow
 - Ginger – fresh or tea



To learn more about how to use these natural remedies and detox protocols, check out my [Alchemical Detox](#) course, or join me inside my online community, [True Living Fellowship](#).

