

Recommended to Have at Home

E. Camp, ND

Traumeel by Heel: Traumeel Ointment 100 GMS (TRA10) A homeopathic first aid ointment, gel or cream to use for bumps, bruises, strains and sprains.

Homeopathic single remedies (mini first aid collection): I sell all of these and my price is a little higher, \$10, but you get triple the quantity. Also, I do have various homeopathic kits already put together and you can look those over here. <https://www.ecampnd.com/OnlineStore/default.html>.

- ♥ Arnica (ARN34): bruising, injury, trauma, head trauma, pain relief
- ♥ Urtica (URT17): burns, bites, stings, sunburn
- ♥ Staphysagria (URT17): cuts, pre and post-surgery
- ♥ Formica (only through me): ant bites, stings
- ♥ Nux vomica (NUXV1): acute nausea, headaches, chills, irritability
- ♥ Ledum (LEDU1): most puncture wounds, many bites and stings
- ♥ Arsenicum (B76131): food poisoning, excellent traveling remedy, nausea and diarrhea, flu-like symptoms

Green's First: a tasty, minty greens drink for those of us who have a hard time getting in all our veggies in a day! Available through Emerson Ecologics. Usually it is enough to dose ½ scoop per day.

- ♥ Greens First (GF1001) minty green tea
- ♥ Greens First Berry (RA1021) fruity berry

Ears

- ♥ Ear Oil w/Mullein & St. John's Wort 1 oz (EARD5)

Eyes

- ♥ Optique 1® Eye Drops 20 doses (OPT16)

Immune System

- ♥ **Biovegetarian (BIOV5) and Kindermune (KIND1) by Priority One:** excellent immune boosters and antimicrobials to have on hand. Bioveg is for adults and Kindermune is for kids.
- ♥ **Elderberry:** as a tincture or the berries/flowers. Antimicrobial, immune boosting.
 - o Elderberry (alcohol free) Herb Pharm 1 oz tincture (BLA56) or 4 oz tincture (BLA57)
 - o Berries and flowers available through Mountain Rose Herbs. Make into a tea combined with Astragalus. Use about 1 tsp of berries and or 1 tsp flowers. It is the berries that offer the strongest immune support.
- ♥ **Astragalus:** as a tincture and/or as the shredded root to make a tea. Immune boosting.
 - o Astragalus tincture: Gaia Astragalus Root Alcohol-Free 1 oz (AST17) or 4 oz (AST26)
 - o Astragalus root: best to buy the shredded root, available from Mountain Rose Herbs. Make a tea using about 1 Tbsp to 10 oz boiling water.

♥ **Calendula:**

- o Calendula Ointment (CA196): one of the absolute best topical preparations for every home. This is good for burns, cuts, scrapes, rashes (not poison ivy/oak), bites and stings.
- o Calendula Flowers: grow them yourself or order from Mountain Rose Herbs. This herb is good for healing all the same type of skin issues listed above for the ointment, but can also be used on poison ivy/oak as well. Taken internally, as a tea, they are also very healing to the GI tract and can be used as a mouth rinse to heal mucosal tissue.

- ♥ **Immugen by Progena:** Homeopathic support through cold and flu season, good for all ages. Only available through me.

Colloidal silver spray: Argentyn liquid (ARG4) AND / OR Argentyn Spray (ARGS2). Used for spraying on cuts, scrapes, rashes and more. Taken internally is antimicrobial and often used for throat gargle, sinus rinses, suspected infection in the body.

Essential oils: If you choose not to order through Emerson or Mountain Rose Herbs, please be sure you purchase pure essential oils.

- ♥ Peppermint (N7585): muscle pain, strain or sprain, respiratory issues, GI upset, headaches
- ♥ Lavender (N7560): antimicrobial, anti-inflammatory, pain reliever, sleep aid
- ♥ Eucalyptus (EUCA6): excellent for a variety of issues, conditions and acute illnesses.

General items to have on hand so when you call me at 2 AM I can help you then and there:

- ♥ Vitamin C (250-1000 mg): I have all of the following on hand for my family.
 - o Chewable C-300 Cherry 90 TABS (CHEW2)
 - o Children's Vitamin C 4 oz (VIT43)
 - o Ester-C 1000 mg 120 caps (P50266)
- ♥ Kyolic Garlic Extract Liquid 4 OZ (KYOL4)
- ♥ Illumodine – ordered from Radiant goods. Used to paint throat and to deal with infection.
- ♥ Ginger (fresh and keep it frozen)
- ♥ Apple Cider Vinegar
- ♥ Raw Honey
- ♥ Mustard Seed Powder (in the spice section of the grocery store)
- ♥ Cheese cloth (from the local grocery store)
- ♥ Epsom salts
- ♥ Unscented hand lotion
- ♥ Netti pot

Emerson: to open your account call 1-800-654-4432. Register under Dr. Elizabeth Camp, The Art of Balanced Health. Code= health and my zip code is 73071. 10% discount is what you will receive.

Radiant Goods: <http://www.radiantgoods.com/?Click=35>

Mountain Rose Herbs: <http://edge.affiliateshop.com/public/AIDLink?AID=115342>