

Truly Green First Aid Kit

ORGANIC · ETHICALLY SOURCED · WILD HARVESTED

"Feel empowered. You got you."

Symptom Quick Lookup

<ul style="list-style-type: none">Cut / Scrape / Wound<ul style="list-style-type: none">Wound CleanerSkin GlueDrawing SalveColloidal SilverKamani Oil	<ul style="list-style-type: none">Pain / Sprain / Bruise<ul style="list-style-type: none">Relax & HealKamani OilPeppermint EO	<ul style="list-style-type: none">Burn / Sting / Bite<ul style="list-style-type: none">Spike LavenderAloe VeraDrawing Salve	<ul style="list-style-type: none">Cold / Flu / Sore Throat<ul style="list-style-type: none">Oregano CapsulesClovesCayenne TinctureColloidal Silver
<ul style="list-style-type: none">Digestive Upset / Bloating<ul style="list-style-type: none">Digest EO BlendCharcoal & ClayOregano CapsulesPeppermint EO	<ul style="list-style-type: none">Food Poisoning / Toxin<ul style="list-style-type: none">Charcoal & ClayOregano Capsules	<ul style="list-style-type: none">Skin Infection / Acne / Fungus<ul style="list-style-type: none">Triple Un-AntibioticColloidal SilverDrawing SalveKamani Oil	<ul style="list-style-type: none">Yeast / Candida / Vaginosis<ul style="list-style-type: none">Triple Un-AntibioticPovidone IodineACV SprayOregano Capsules
<ul style="list-style-type: none">UTI<ul style="list-style-type: none">Oregano CapsulesColloidal SilverCranberry Juice	<ul style="list-style-type: none">Eye Infection / Irritation<ul style="list-style-type: none">Melaleuca Hydrosol	<ul style="list-style-type: none">Headache<ul style="list-style-type: none">Peppermint EO	<ul style="list-style-type: none">Circulation / Dizziness<ul style="list-style-type: none">Cayenne Tincture
<ul style="list-style-type: none">Nasal Congestion<ul style="list-style-type: none">Cayenne TinctureSpike Lavender	<ul style="list-style-type: none">Tooth / Oral Pain<ul style="list-style-type: none">Cloves	<ul style="list-style-type: none">Splinter / Boil / Drawing<ul style="list-style-type: none">Drawing Salve	<ul style="list-style-type: none">Shingles / Nerve Pain<ul style="list-style-type: none">Kamani OilRelax & Heal
<ul style="list-style-type: none">Tick / Bug Prevention<ul style="list-style-type: none">Skin Bug SprayClothes Tick Spray	<ul style="list-style-type: none">After Tick Removal<ul style="list-style-type: none">Tick Disinfectant RollerWound Cleaner		

Master Reference Chart

PRODUCT	ROUTE	WHEN TO USE	HOW TO USE	FREQUENCY
Wound Cleaner	Topical	Cuts, scrapes, wounds, mouth/throat infections, oral sores	Shake well. Spray directly on wound or apply via cotton pad. Safe to spray in mouth.	2-3x daily or as needed
Drawing Salve	Topical	Splinters, boils, cactus spines, bug/spider bites, ingrown hairs, skin infections	Apply thick layer over affected area, cover with bandage or cotton pad, leave on several hours or overnight.	1-2x daily until resolved
Colloidal Silver	Both	Topical: infections, burns, acne, eczema, fungal infections. Internal: cold/flu, immune support, digestive distress	Topical: spray directly on skin. Internal: 6 sprays, swallow.	Topical: 2-3x daily. Internal: as needed
Skin Glue (SkinTact)	Topical	Clean straight cuts too large for a bandaid, paper cuts, finger splits, open blisters	Clean & dry wound. Hold edges together. Apply thin layer across top (not inside). Hold 30-60 sec. Apply 2-3 thin layers.	Apply once; keep dry 24 hrs. Do NOT use on infected, deep, or joint-area wounds.
Relax & Heal	Topical	Pain, bruises, sprains, strains, muscle aches, inflammation. NOT on open wounds.	Apply liberally and massage into affected area.	As needed, multiple times daily
Kamani / Tamanu Oil	Topical	Shingles, wounds, cuts, burns, bites/stings, sunburn, dry skin, blisters, fungal skin infections, pain relief	Apply a few drops directly to affected area and massage in gently.	2-3x daily
Triple Un-Antibiotic Oil	Topical	Bacterial/fungal/viral skin infections, toenail fungus, athlete's foot, warts, acne, herpes outbreaks, vaginal infections	Apply to affected area. Can be used undiluted or diluted further in carrier oil for sensitive skin.	2-3x daily
Peppermint EO	Both	Headache (topical), digestive issues (internal)	Headache: Inhale from bottle then massage 1-2 drops on temples/head. Digestive: 1 drop in a tsp of honey or lick from finger.	As needed
Charcoal & Clay Binder	Internal	Food poisoning, toxin ingestion, nausea, diarrhea, general GI distress	Mix 1 tsp in water or tea. Drink down. Take 30 min before or 2 hours after a meal.	As needed. Does not disrupt gut flora.
Digestive EO Blend	Both	Bloating, gas, upset stomach, overeating, poor digestion	Topical: Massage clockwise around abdomen 3-10 revolutions (right hip → up → across → down → across). Internal: 1 drop in honey or lick from finger.	As needed
Oregano Capsules	Internal	Cold/flu, sore throat, food poisoning, parasites, SIBO, gut/sinus/respiratory infections. NOT for topical use.	Take 1 capsule with food. Follow with probiotic 2+ hours apart.	1-3x daily for 2-4 weeks. Do not use long-term continuously.
Cloves	Both	Toothache, oral pain, immune support, sore throat, digestive issues	Oral pain: Suck/chew 1 whole clove and hold near affected tooth. Sore throat/immune: Steep 2 cloves in hot water as tea.	As needed
Spike Lavender EO	Topical	Burns, wasp/jellyfish stings, insect bites, respiratory congestion, skin infections	Burns/bites: Apply neat (undiluted) directly. Respiratory: Inhale from bottle or add to chest rub in carrier oil.	Burns: Apply immediately and repeat 2-3x/day. Respiratory: as needed.
Aloe Vera Gel	Topical	Sunburn, minor burns, insect bites, dry/irritated skin, general skin care	Apply gel generously to affected area. Optional: add 1 drop spike lavender for enhanced burn relief.	As needed, multiple times daily
Cayenne Tincture	Both	Topical: nasal congestion. Internal: circulatory issues, dizziness, cold/flu, Raynaud's, poor circulation, varicose veins	Nasal: 1 drop massaged around nose/sinuses (avoid eyes). Internal: 5-30 drops in warm water or tea. Start low, build up.	Internal: as needed. Avoid if on blood thinners or with GI issues.
Melaleuca Hydrosol	Topical	Eye infections, conjunctivitis, eye inflammation, irritation, redness. Also: skin infections.	Eyes: spray directly in and around eyes or use as compress. Skin: spray on affected area.	2-4x daily for eye issues
Povidone Iodine (optional)	Topical	Yeast infections, skin fold candida, general wound antiseptic	Diluted 1:9 in rose geranium hydrosol. Mist area, let sit 1-2 min, rinse thoroughly.	1x daily
ACV Hydrosol Spray (optional)	Topical	Vaginal yeast infections, skin candida — gentler alternative to iodine	1:3 ACV to rose geranium hydrosol. Mist area lightly. Rinse if burning is too intense. Smell dissipates as it dries.	1-2x daily. Alternate with iodine if using both.
Skin Bug & Tick Spray	Topical	Repels mosquitoes, ticks, and bugs. Safe for skin, face, hair, and body.	Shake well before each use. Mist lightly over exposed skin before going outdoors.	Reapply as needed outdoors. Skin-safe formula.
Clothes Tick Spray	Topical	Stronger tick/bug repellent for outer clothing, shoes, and hats only. NOT for skin.	Spray outer clothing, shoes, and hats before going outdoors. Allow to dry before wearing.	Apply before each outdoor outing. May stain — test first. Contains turmeric CO2.
Tick Disinfectant Roller	Topical	After tick removal — disinfects site, targets any Lyme bacteria and biofilms.	Cleanse area first. Roll onto and around the tick attachment site morning and night for 2-3 days.	2x daily for 2-3 days post-removal. Do NOT use on broken or freshly shaven skin.

Detailed How-To Cards

Wound Cleaner <p>WHEN Any cut, scrape, wound, skin abrasion, mouth sores, gum issues, tonsillitis</p> <p>HOW Shake well. Spray 2-3 times directly on wound OR apply via organic cotton pad saturated with a dropperful</p> <p>MOUTH Safe to spray directly in mouth for oral infections and sores</p> <p>DOSE 2-3x per day or as needed until healed</p>	Black Drawing Salve <p>WHEN Splinters, boils, cactus/vana spines, spider/bug bites, ingrown hairs, surface infections needing to "draw"</p> <p>HOW Apply a generous thick layer over the area. Cover with cotton pad and tape or bandage. Leave on 6-12 hours (overnight works well)</p> <p>TIP Heat compress first to bring infection to the surface, then apply salve</p> <p>DOSE Repeat 1-2x daily until object/infection is resolved</p>	Colloidal Silver <p>TOPICAL Spray directly on wounds, burns, acne, eczema, psoriasis, fungal infections, any skin infection</p> <p>INTERNAL 6 sprays in or under the tongue and swallow for cold/flu immune support or digestive infections</p> <p>DOSE Topical: 2-3x daily. Internal: as needed for duration of illness</p> <p>Does not disrupt beneficial gut bacteria. Brand: Natural Path Silver Wings.</p>
Skin Glue (SkinTact) <p>WHEN Clean straight cuts needing more than a bandaid but not stitches. Low-tension areas: forehead, scalp, forearms, chin. Also: open blisters, persistent finger splits.</p> <p>HOW 1. Clean & dry thoroughly. 2. Hold edges firmly together. 3. Apply thin layer across top (never inside wound). 4. Hold 30-60 sec. 5. Apply 2-3 thin layers total.</p> <p>AFTER Keep dry 24 hrs. Falls off naturally in 5-10 days. No antibiotic ointment over it.</p> <p>Do NOT use on: deep wounds, infected wounds, joints/knuckles, jagged edges, animal bites, puncture wounds, or near eyes.</p>	Relax & Heal Oil <p>WHEN Pain, bruises, sprains, strains, muscle aches, tension, inflammation, shingles nerve pain</p> <p>HOW Apply liberally and massage into affected area. Use generously — this formula is designed to be used freely.</p> <p>DOSE As often as needed throughout the day</p> <p>Do NOT apply to open wounds. Contains wintergreen (potent analgesic) — avoid on large body surface areas if sensitive to salicylates.</p>	Kamani / Tamanu Oil <p>WHEN Shingles (top use), wounds, burns, bites/stings, scars, sunburn, fungal skin infections, pain relief, dry or damaged skin</p> <p>HOW Apply a few drops to fingertips and massage gently into affected area. A little goes a long way — it's a rich oil.</p> <p>DOSE 2-3x daily. For shingles: apply at onset and continue until resolved.</p>
Triple Un-Antibiotic Oil <p>WHEN Toenail fungus, athlete's foot, warts, acne, herpes outbreaks, vaginal infections, any bacterial/fungal/viral skin condition</p> <p>HOW Apply directly to affected area and massage in. For vaginal use: apply externally. For nails: use dropper to get under/around nail edge twice daily.</p> <p>DOSE 2-3x daily. Nail fungus: expect 4-8 weeks for visible improvement.</p> <p>Already diluted to ~10%. Avoid eyes and mucous membranes directly. Dilute further for very sensitive skin.</p>	Peppermint Essential Oil <p>HEADACHE 1. Inhale directly from bottle. 2. Place a few drops on fingertips. 3. Massage into area of the head that hurts.</p> <p>DIGESTIVE 1 drop in a tsp of honey. Or place 1 drop on finger and lick off.</p> <p>DOSE As needed. For headache: reapply every 30-60 min as needed.</p> <p>Keep away from eyes. Dilute before applying to face. Not for use on or near face of infants/children under 6.</p>	Charcoal & Clay Binder <p>WHEN Food poisoning, toxin ingestion, nausea, diarrhea, GI distress of any kind</p> <p>HOW Mix 1 teaspoon in a glass of water or tea. Stir well and drink down promptly. No taste or flavor.</p> <p>TIMING Take 30 minutes BEFORE or 2 hours AFTER meals/supplements</p> <p>DOSE As needed. Does not disrupt gut flora. Brand: Quicksilver Scientific Ultra-Binder.</p> <p>Takes 2 hours gap from medications — it will bind and reduce their absorption. If taking medications, time carefully.</p>
Digestive EO Blend <p>WHEN Bloating, gas, upset stomach, overeating, slow digestion, IBS discomfort</p> <p>TOPICAL Massage clockwise around abdomen: Start at right hip bone → up to under rib cage → across under ribs → down left side to left hip → across to right hip. Repeat 3-10 times.</p> <p>INTERNAL 1 drop in 1 tsp honey. Or 1 drop placed on finger and licked off.</p> <p>ROLLER For bottle is pre-diluted 50/50 in joboba for easy application.</p>	Oregano Oil Capsules <p>WHEN Cold/flu onset, sore throat, food poisoning, parasites, SIBO, bloating, UTI, gut/sinus/respiratory infections. First sign of illness = best time to start.</p> <p>HOW Take 1 capsule WITH food to minimize GI irritation.</p> <p>DOSE 1 capsule 1-2x daily for 2-4 weeks depending on severity</p> <p>Caution: use only with Triple Un-Antibiotic Oil — do NOT apply capsule contents to skin directly. Avoid in pregnancy. Caution with blood thinners.</p>	Cloves (Whole, Organic) <p>TOOTH PAIN Place 1-2 whole cloves directly near the painful tooth. Suck/gently chew to release eugenol. Hold in place 10-20 minutes for numbing effect.</p> <p>IMMUNITY Suck/chew 1 clove throughout the day — slowly releasing active compounds into the oral cavity and digestive tract.</p> <p>SORE THROAT Steep 2 cloves in hot water for 5-7 min. sip as tea.</p> <p>DIGESTION Add 2-3 cloves to digestive tea blend or chew 1 clove after meals.</p>
Spike Lavender EO <p>BURNS Apply neat (undiluted) directly to burn site immediately. Reapply as needed. Superior to true lavender for burns.</p> <p>STINGS/BITE Apply 1-2 drops neat to sting or bite immediately. Helps detoxify wasp and jellyfish stings.</p> <p>RESPIRATORY Inhale directly from bottle. Or add 3-5 drops to chest rub carrier oil and massage onto chest and upper back.</p> <p>ALOE COMBO Add 1 drop spike lavender to a dime-sized amount of aloe vera gel in palm, mix and apply to burn.</p>	Cayenne Tincture <p>INTERNAL Add 5-30 drops to warm water or tea. START with 5 drops and increase as tolerated. Take with or after food.</p> <p>COLD/FLU 5-10 drops in hot tea with honey at first sign of illness. Repeat 2-3x daily.</p> <p>NASAL 1 drop massaged gently around nose and sinuses. Avoid eye area.</p> <p>CIRCULATION 15-15 drops in warm water 1-2x daily for Raynaud's, cold extremities, dizziness.</p> <p>Caution with warfarin/blood thinners. Avoid with GI ulcers or acid reflux. Not for use in pregnancy (therapeutic doses). Start low and build.</p>	Melaleuca Hydrosol <p>EYES Spray 1-2 times directly into open or closed eyes, OR saturate a cotton pad and use as a compress held over closed eyes for 5-10 minutes.</p> <p>WHEN Conjunctivitis, eye infections, redness, irritation, inflammation, tired or sore eyes</p> <p>SKIN Also effective topically for skin infections — spray directly on affected skin.</p> <p>DOSE Eyes: 3-4x daily. Skin: 2-3x daily.</p> <p>Hydrosol (not essential oil) is the safe form for eyes. Never use essential oil in or near eyes.</p>
Povidone Iodine Spray (Optional) <p>WHEN Yeast infections, skin fold candida, vaginal candidiasis, general wound antiseptic</p> <p>DILUTION Pre-diluted 1:9 in rose geranium hydrosol (1% solution). Should be light amber/tea color.</p> <p>HOW In shower: mist affected area, let sit 1-2 minutes, rinse thoroughly.</p> <p>DOSE 1x daily. Alternate with ACV spray if desired — do not mix the two together.</p>	ACV Hydrosol Spray (Optional) <p>WHEN Vaginal yeast, skin candida, general fungal skin conditions — gentler than iodine</p> <p>RATIO 1 part ACV (with the mother) to 3 parts rose geranium hydrosol</p> <p>HOW Mist lightly onto affected area. Burning sensation indicates active infection — rise if too intense. Vinegar smell dissipates as it dries.</p> <p>DOSE 1-2x daily. Can alternate with iodine spray.</p>	Skin Bug & Tick Repellent Spray <p>WHEN Before any outdoor activity in tick, mosquito, or bug-prone areas</p> <p>HOW Shake well before each use. Mist lightly over all exposed skin. Safe for face, hair, and body.</p> <p>KEY OILS Eucalyptus citriodora (potent repellent), Patchouli (holds oils on skin longer), Cedar, Peppermint, Base: Rose Geranium Hydrosol.</p> <p>DOSE Apply before going out. Reapply as needed for extended outdoor time.</p>
Clothes Tick Spray <p>WHEN Before any outdoor activity — spray outer clothes, shoes, and hats for stronger tick protection</p> <p>HOW Spray outer garments, shoes, and hats. Allow to dry fully before wearing.</p> <p>KEY OILS Eucalyptus citriodora, Turmeric CO2, Geranium, Cinnamon Leaf, Thyme ct, Thymol. Base: Lemongrass Hydrosol + Distilled Meade.</p> <p>For clothes ONLY — do NOT apply to skin. These oils at this concentration can be caustic. May stain — turmeric CO2 can discolor some fabrics, test first.</p>	Tick Disinfectant Roller <p>WHEN Immediately after tick removal — apply to the bite site to disinfect and address any potential Lyme bacteria or biofilms</p> <p>REMOVAL Use forceps or tick tool, grab as close to skin as possible, pull upward firmly and steadily. Save the tick in a glass jar in the freezer — if symptoms develop it can be tested.</p> <p>HOW Cleanse the bite area first with Wound Cleaner. Then roll Tick Disinfectant around the attachment site morning and night for 2-3 days.</p> <p>KEY OILS Black cumin seed CO2, Neem oil, Oregano, Cistus, Cinnamon bark, Clove — all with documented activity against Lyme bacteria and biofilms in vitro.</p> <p>Do NOT use on broken or freshly shaven skin. Slightly warming — not caustic at this dilution.</p>	

Common Scenario Protocols

Fresh Cut or Scrape <ul style="list-style-type: none">→ Clean with Wound Cleaner (shake first)→ If deep or bleeding: apply pressure with organic cotton pad→ For closing: use Skin Glue on clean, dry, low-tension wound→ Apply Colloidal Silver spray topically→ Follow with Kamani Oil 2-3x daily as it heals→ Sip warm bone broth to support tissue repair	Burn or Sting <ul style="list-style-type: none">→ Apply Spike Lavender neat immediately→ Mix 1 drop Spike Lavender into Aloe Vera for larger burns→ Reapply every few hours→ Add Kamani Oil once acute phase passes→ For stings: Drawing Salve can help draw out venom	Cold or Flu (First Signs) <ul style="list-style-type: none">→ Start Oregano Capsule: 1 capsule 2x daily with food→ Cayenne tincture: 5-10 drops in hot ginger tea→ Cloves: suck/chew 1-2 throughout the day or make a tea→ Colloidal Silver: 6 sprays internally up to 3x daily→ Spike Lavender rubbed on chest for congestion→ Bone broth, warm tea, garlic — avoid heavy foods. Honey for sore throat and coughs. Salt water gargle for sore throat.
Food Poisoning or GI Distress <ul style="list-style-type: none">→ Charcoal & Clay: 1 tsp in water immediately→ Oregano Capsules: 1 capsule with food as tolerated→ Digestive EO: massage abdomen clockwise→ Peppermint EO: 1 drop in honey for nausea→ Ginger tea to calm the stomach→ BRAT diet: bananas, rice, applesauce, toast. Coconut water for electrolytes. Eat small amounts frequently. High-water fruits like watermelon and cucumber for hydration.	Tooth or Oral Pain <ul style="list-style-type: none">→ Place 1-2 cloves near painful tooth, suck gently→ Spray Wound Cleaner in mouth for oral sores/gum issues→ Replace clove when flavor fades, repeat as needed→ Warm clove tea for additional systemic support	Yeast / Candida Outbreak <ul style="list-style-type: none">→ Internal: Oregano Capsule 1-3x daily with food→ Topical: Triple Un-Antibiotic Oil on skin/external area→ Optional: iodine spray (shower) 1x daily→ Alternate: ACV hydrosol spray 1-2x daily→ Avoid sugar and refined carbs — they feed candida
Dizziness or Poor Circulation <ul style="list-style-type: none">→ Cayenne: 5-10 drops in warm water immediately→ Sit or lie down while taking→ Relax & Heal oil massaged into extremities→ Repeat cayenne in tea 2-3x for the day→ Seek medical attention if persistent	Splinter, Boil, or Bug Bite <ul style="list-style-type: none">→ Apply Drawing Salve thickly over area→ Cover with cotton pad and tape; leave overnight→ Remove and inspect; repeat if needed→ Once open/cleared: spray Wound Cleaner→ Follow with Kamani Oil for healing	Tick Bite Protocol <ul style="list-style-type: none">→ Before outdoors: Mist skin with Bug & Tick Spray. Spray clothes, shoes, and hat with Clothes Tick Spray (not skin).→ After outdoors: Always do a thorough full-body tick check — the sooner a tick is removed, the lower the risk of Lyme transmission.→ Removal: Use forceps or tick tool, grab as close to skin as possible, pull upward firmly and steadily.→ Save the tick in a glass jar in the freezer — if symptoms develop it can be tested for Lyme.→ Disinfect: Clean bite site with Wound Cleaner, then apply Tick Disinfectant Roller morning and night for 2-3 days.→ Seek medical attention promptly if a rash, fever, or flu-like symptoms develop.

All ingredients are sustainably wild harvested, certified organic, or cultivated without chemicals.

This guide is for minor first aid use. Seek medical attention for serious injuries, infections, or any condition that worsens or does not improve.