

Truly Green First Aid Kit

ORGANIC · ETHICALLY SOURCED · WILD HARVESTED

"Feel empowered. You got you."

Symptom Quick Lookup

● Cut / Scrape / Wound

Wound Cleaner

Skin Glue

Drawing Salve

Colloidal Silver

Kamani Oil

● Pain / Sprain / Bruise

Relax & Heal

Kamani Oil

Peppermint EO

● Burn / Sting / Bite

Spike Lavender

Aloe Vera

Drawing Salve

● Cold / Flu / Sore Throat

Oregano Capsules

Cloves

Cayenne Tincture

Colloidal Silver

● Digestive Upset / Bloating

Digest EO Blend

Charcoal & Clay

Oregano Capsules

Peppermint EO

● Food Poisoning / Toxin

Charcoal & Clay

Oregano Capsules

● Skin Infection / Acne / Fungus

Triple Un-Antibiotic

Colloidal Silver

Drawing Salve

Kamani Oil

● Yeast / Candida / Vaginosis

Triple Un-Antibiotic

Povidone Iodine

ACV Spray

Oregano Capsules

● UTI

Oregano Capsules

Colloidal Silver

Cranberry Juice

● Eye Infection / Irritation

Melaleuca Hydrosol

● Headache

Peppermint EO

● Circulation / Dizziness

Cayenne Tincture

● Nasal Congestion

Cayenne Tincture

Spike Lavender

● Tooth / Oral Pain

Cloves

● Splinter / Boil / Drawing

Drawing Salve

● Shingles / Nerve Pain

Kamani Oil

Relax & Heal



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

PRODUCT	ROUTE	WHEN TO USE	HOW TO USE	FREQUENCY
 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, bloating, UTI, 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

PRODUCT	ROUTE	WHEN TO USE	HOW TO USE	FREQUENCY
 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 (option)	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 (option)	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.

Detailed How-To Cards

Wound Cleaner

WHEN	Any cut, scrape, wound, skin abrasion, mouth sores, gum issues, tonsillitis
HOW	Shake well. Spray 2-3 times directly on wound OR apply via organic cotton pad saturated with a dropperful
MOUTH	Safe to spray directly in mouth for oral infections and sores
DOSE	2-3x per day or as needed until healed

Black Drawing Salve

WHEN	Splinters, boils, cactus/vana spines, spider/bu bites, ingrown hairs, surface infections needing to "draw"
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).
TIP	Heat compress first to bring infection to the surface, then apply salve
DOSE	Repeat 1-2x daily until object/infection is resolved



Colloidal Silver

- TOPICAL** Spray directly on wounds, burns, acne, eczema, psoriasis, fungal infections, any skin infection
- INTERNAL** 6 sprays in or under the tongue and swallow for cold/flu immune support or digestive infections
- DOSE** Topical: 2-3x daily. Internal: as needed for duration of illness

Does not disrupt beneficial gut bacteria. Brand: Natural Path Silver Wings.



Skin Glue (SkinTact)

- WHEN** Clean straight cuts needing more than a band but not stitches. Low-tension areas: forehead, scalp, forearms, chin. Also: open blisters, persistent finger splits.
- 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.
- AFTER** Keep dry 24 hrs. Falls off naturally in 5-10 days. No antibiotic ointment over it.

Do NOT use on: deep wounds, infected wounds, joints/knuckles, jagged edges, animal bites, puncture wounds, or near eyes.



Relax & Heal Oil

- WHEN** Pain, bruises, sprains, strains, muscle aches, tension, inflammation, shingles nerve pain
- HOW** Apply liberally and massage into affected area. Use generously — this formula is designed to be used freely.
- DOSE** As often as needed throughout the day

⚠ Do NOT apply to open wounds. Contains wintergreen (potent analgesic) — avoid on large body surface areas if sensitive to salicylates.



Kamani / Tamanu Oil

- WHEN** Shingles (top use), wounds, burns, bites/stings, scars, sunburn, fungal skin infections, pain relief, dry or damaged skin
- HOW** Apply a few drops to fingertips and massage gently into affected area. A little goes a long way — it's a rich oil.
- DOSE** 2-3x daily. For shingles: apply at onset and continue until resolved.



Triple Un-Antibiotic Oil

- WHEN** Toenail fungus, athlete's foot, warts, acne, herpes outbreaks, vaginal infections, any bacterial/fungal/viral skin condition
- 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.
- DOSE** 2-3x daily. Nail fungus: expect 4-8 weeks for visible improvement.

Already diluted to ~10%. Avoid eyes and mucous membranes directly. Dilute further for very sensitive skin.



Peppermint Essential Oil

- HEADACHE** 1. Inhale directly from bottle. 2. Place a few drops on fingertips. 3. Massage into area of the head that hurts.
- DIGESTIVE** 1 drop in a tsp of honey. Or place 1 drop on finger and lick off.
- DOSE** As needed. For headache: reapply every 30-60 min as needed.

Keep away from eyes. Dilute before applying to face. Not for use on or near face of infants/children under 6.

● Charcoal & Clay Binder

WHEN	Food poisoning, toxin ingestion, nausea, diarrhea, GI distress of any kind
HOW	Mix 1 teaspoon in a glass of water or tea. Stir well and drink down promptly. No taste or flavor.
TIMING	Take 30 minutes BEFORE or 2 hours AFTER meals/supplements
DOSE	As needed. Does not disrupt gut flora. Brand: Quicksilver Scientific Ultra-Binder.

Takes 2 hours gap from medications — it will bind and reduce their absorption. If taking medications, time carefully.

🌿 Digestive EO Blend

WHEN	Bloating, gas, upset stomach, overeating, slow digestion, IBS discomfort
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 right hip. Repeat 3–10 times.
INTERNAL	1 drop in 1 tsp honey. Or 1 drop placed on finger and licked off.
ROLLER	Roller bottle is pre-diluted 50/50 in jojoba for easy application.

💊 Oregano Oil Capsules

WHEN	Cold/flu onset, sore throat, food poisoning, parasites, SIBO, bloating, UTI, gut/sinus/respiratory infections. First sign of illness = best time to start.
HOW	Take 1 capsule WITH food to minimize GI irritation.
DOSE	1 capsule 1–3× daily for 2–4 weeks depending on severity

⚠️ Topical use only with Triple Un-Antibiotic Oil — do NOT apply capsule contents to skin directly. Avoid in pregnancy. Caution with blood thinners.

🌸 Cloves (Whole, Organic)

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.
IMMUNITY	Suck/chew 1 clove throughout the day — slowly releasing active compounds into the oral cavity and digestive tract.
SORE THROAT	Steep 2 cloves in hot water for 5–7 min, sip as tea.
DIGESTION	Add 2–3 cloves to digestive tea blend or chew 1 clove after meals.

💜 Spike Lavender EO

BURNS	Apply neat (undiluted) directly to burn site immediately. Reapply as needed. Superior to true lavender for burns.
STINGS/BITES	Apply 1–2 drops neat to sting or bite immediately. Helps detoxify wasp and jellyfish stings.
RESPIRATORY	Inhale directly from bottle. Or add 3–5 drops to chest rub carrier oil and massage onto chest and upper back.
ALOE COMBO	Add 1 drop spike lavender to a dime-sized amount of aloe vera gel in palm, mix and apply to burn.

🌶️ Cayenne Tincture

INTERNAL	Add 5–30 drops to warm water or tea. START with 5 drops and increase as tolerated. Take with or after food.
COLD/FLU	5–10 drops in hot tea with honey at first sign of illness. Repeat 2–3× daily.
NASAL	1 drop massaged gently around nose and sinuses. Avoid eye area.
CIRCULATION	5–15 drops in warm water 1–2× daily for Raynaud's, cold extremities, dizziness.

⚠️ Caution with warfarin/blood thinners. Avoid with GI ulcers or acid reflux. Not for use in pregnancy (therapeutic doses). Start low and build.

Melaleuca Hydrosol

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.
WHEN	Conjunctivitis, eye infections, redness, irritation, inflammation, tired or sore eyes
SKIN	Also effective topically for skin infections — spray directly on affected skin.
DOSE	Eyes: 3-4× daily. Skin: 2-3× daily.

Hydrosol (not essential oil) is the safe form for eyes.
Never use essential oil in or near eyes.

Povidone Iodine Spray (Optional)

WHEN	Yeast infections, skin fold candida, vaginal candidiasis, general wound antiseptic
DILUTION	Pre-diluted 1:9 in rose geranium hydrosol (1% solution). Should be light amber/tea color.
HOW	In shower: mist affected area, let sit 1-2 minutes, rinse thoroughly.
DOSE	1× daily. Alternate with ACV spray if desired — do not mix the two together.

ACV Hydrosol Spray (Optional)

WHEN	Vaginal yeast, skin candida, general fungal skin conditions — gentler than iodine
RATIO	1 part ACV (with the mother) to 3 parts rose geranium hydrosol
HOW	Mist lightly onto affected area. Burning sensation indicates active infection — rinse if too intense. Vinegar smell dissipates as it dries.
DOSE	1-2× daily. Can alternate with iodine spray.

Common Scenario Protocols

Fresh Cut or Scrape

- 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 2-3× daily as it heals
- Sip warm bone broth to support tissue repair

Burn or Sting

- 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)

- Start Oregano Capsule: 1 capsule 2× 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 3× daily
- Spike Lavender rubbed on chest for congestion
- 🍵 Bone broth, warm teas, garlic — avoid heavy foods. Honey for sore throat and coughs. Salt water gargle for sore throat.

Food Poisoning or GI Distress

- Charcoal & Clay: 1 tsp in water immediately
- Oregano Capsule: 1 capsule with food as tolerated
- Digestive EO: massage abdomen clockwise
- Peppermint EO: 1 drop in honey for nausea
- Rest and hydrate with electrolytes

Tooth or Oral Pain

- 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

- Internal: Oregano Capsule 1-3× daily with food
- Topical: Triple Un-Antibiotic Oil on skin/external area
- Optional: Iodine spray (shower) 1× daily
- Alternate: ACV hydrosol spray 1-2× daily
- Avoid sugar and refined carbs — they feed candida

Dizziness or Poor Circulation

- Cayenne: 5-10 drops in warm water immediately
- Sit or lie down while taking
- Relax & Heal oil massaged into extremities
- Repeat cayenne in tea 2-3× for the day
- Seek medical attention if persistent

Splinter, Boil, or Bug Bite

- 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

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.