

The Herbal  
GURU



# THE HERBAL FIRST AID KIT

## RECIPE BOOK

*Essential Remedies for  
Everyday Healing*

The Herbal Guru

# Welcome





There's something powerful about knowing you can take care of yourself; not in a complicated, overwhelming way –but in a calm, grounded, “I've got this” kind of way.

This book was created to bring you back to that feeling. You'll find a carefully curated collection of herbal first aid recipes designed to support your body through everyday situations, from cuts and burns to headaches, coughs, digestive discomfort, and moments when your body simply needs support.

This is not about replacing modern medicine or taking unnecessary risks, it's about bridging the gap between nature and everyday care.

A lot of herbal books give you information. This one gives you application. Every recipe in this guide was chosen and formulated with intention... not just because it sounds good, but because it serves a real purpose in a real-life situation. This recipe book will help you build confidence, not confusion.

This guide is perfect for you if:

-  You want natural alternatives for everyday first aid.
-  You're building your own herbal kit at home.
-  You prefer simple, practical remedies over complicated formulas.
-  Or you already love herbs and want a reliable go-to collection.

# Herbal First Aid Checklist Kit

Let's be honest! Your herbs are only as good as your setup. You don't need anything fancy, but you do recommend having the basics.

Essential tools you'll need for your herbal first aid kit should include:

Glass jars (various sizes)

Salve tins or containers

Labels & marker

Measuring cups & spoons

Mortar & pestle

Fine mesh strainer

Cheesecloth

Coffee filter

Funnel

Cotton pads

Roll gauze

Bandages

Purified & distilled water

Small dropper bottles

Muslin cloths

Spray bottles

Squirt bottle

Roller bottles

Non latex gloves

Small & large scissors

Lice comb

Unbleached teabags

Tea kettle

Non latex gloves

Thermometer

Journal



# Safety Precautions

- 🌿 Only use herbs you can confidently identify and source from reputable suppliers.
- 🌿 Avoid herbs & plants in the Asteraceae (daisy) family if allergic to ragweeds.
- 🌿 Always use clean jars, utensils, and filtered/distilled water when needed.
- 🌿 Label everything: Include name, date made, and ingredients.
- 🌿 When in doubt, don't guess; Herbal first aid is for minor issues, not emergencies.
- 🌿 Start with a small dosage of 1 tsp and gradually increase for body tolerance.
- 🌿 Do NOT use the herbal remedies on deep wounds, heavy bleeding, stitches, high/persistent fevers, severe allergic reactions, chest pains, difficulty breathing, and/or bad infections. Seek medical care immediately.
- 🌿 Avoid using recipes on infants.
- 🌿 If unsure, skip the recipe, or use more gentle herbs such as chamomile, ginger, calendula.
- 🌿 If pregnant and/or breastfeeding, consult your medical professional before usage.
- 🌿 Always do a patch test with topical remedies on a small area first, and leave it for 24 hours to check for any reaction.
- 🌿 Some citrus oils may cause sun sensitivity.
- 🌿 Stick to the recommended amount.
- 🌿 Avoid mixing multiple remedies at once.
- 🌿 Be mindful if taking any medications or have any upcoming surgeries (herbs can interact).
- 🌿 Stop use if symptoms worsen.
- 🌿 When soaking herbs in liquid, keep the herbs submerged by shaking daily for the first 10 days.
- 🌿 If you see fuzzy mold, foul smell, or strange colors, discard immediately.
- 🌿 Natural bubbling = normal
- 🌿 Store oils and salves in a cool, dark place.
- 🌿 Keep water-based recipes (teas, sprays) in the refrigerator and use within a few days.
- 🌿 Tinctures and glycerite preparations last longer but should still be monitored.
- 🌿 Adults dosage  $\neq$  children dosage (reduce doses accordingly)
- 🌿 Frequent small doses are better than large amounts.
- 🌿 Use remedies only as long as needed.

# All-Purpose Salve

## What You'll Need:

- ½ cup olive oil (infused with calendula & plantain)
- 2 tbsp beeswax
- 1 tsp vitamin E oil (optional)

Melt beeswax into oils on low heat or microwave for 30 seconds. Stir well, pour into tins, and let cool. Apply a thin layer to the affected area.

## Why It Works:

This salve is safe for frequent use. Calendula helps speed up skin repair, soothing minor wounds, burns, and irritations. Plantain works to draw out toxins and calm inflammation. With an infused base oil, this salve is gentle and suitable for all skin types, especially sensitive skin.



# Pain Relief Oil

## What You'll Need:

- ½ cup olive oil or jojoba oil
- 2 tbsp dried arnica
- 2 tbsp dried comfrey
- 1-2 tsp dried whole ginger root
- 5 drops peppermint essential oil

Infuse herbs in oil on low heat for 4-6 hours **or** soak for 2-4 weeks, shaking daily. Strain, cool and add peppermint oil. Pour into spray or dropper bottle. Massage into the sore or inflamed area.

## Why It Works:

This topical remedy is great for promoting the speed of relieving bruises and swelling. With its potent anti-inflammatory properties, this oil can assist in managing pain, mainly from arthritis and muscle & joint soreness.



# Syptic Powder

## What You'll Need:

- 2 tbsp yarrow powder
- 2 tbsp red raspberry leaf powder
- 1 tbsp cornstarch or arrowroot powder

Mix and store dry. Apply directly to small cuts to reduce bleeding.

## Why It Works:

Yarrow and raspberry leaf are natural astringents that help relieve minor cuts/scrapes and speed up healing by quickly stopping minor bleeding. Thanks to its anti-inflammatory properties, it also helps soothe eczema, rashes and other skin irritations.



# Sun Refresher Spray

## What You'll Need:

- 1 tbsp calendula
- 1 tsp rosemary
- 1 cup hot water
- 2 tbsp aloe vera juice (not gel)
- 1 tbsp witch hazel (optional)
- 3 drops lavender essential oil (optional)

Steep herbs in hot water for 15 minutes. Strain well and cool. Add aloe vera juice, witch hazel and essential oil. Spray onto sunburns, bug bites and inflamed skin and refrigerate.

## Why It Works:

This hydrating spray is a great post-sun care, not SPF. This formula holds anti-inflammatory properties and antioxidants which help improve skin repair, hydration, and relieves sun irritation.



# Herbal Pastes

## Charcoal Detox Poultice

### What You'll Need:

- 1 tbsp activated charcoal
- 1 tbsp bentonite clay
- 1-2 tbsp water
- ½ tsp apple cider vinegar (optional)

In a bowl, add dry ingredients and gradually add liquid until it forms a paste. Apply directly to the affected area or use a muslin bag. Leave on for 5-10 minutes, making sure it doesn't dry out. Rinse and restore with lukewarm water.

### Why It Works:

This deep cleanser works best for bug bites, stings, and drawing out impurities.

## Drawing Onion Paste

### What You'll Need:

- ½ cup fresh yellow onions (minced)
- ¼ tsp turmeric powder (*be careful, it stains*)
- 1 tsp coconut oil

Mix all ingredients together until it forms a paste. Apply a thick layer and cover with a gauze or cloth to the chest, splinters, boils or swollen areas for 15-30 minutes.

### Why It Works:

Onions have traditionally been used to draw out toxins from abscesses and boils as well as breaking up mucus.

# Herbal Eye Wash

## What You'll Need:

- 1 tsp dried chamomile flowers
- $\frac{3}{4}$  cup distilled water

Place chamomile in a teabag and cool completely. Strain well using a cheesecloth to avoid particles. Soak a clean cloth or cotton pad in the tea, squeeze out liquid, and place it over closed eyes for 10 minutes.

## Why It Works:

This easy eye wash soothes inflammation, puffiness, itchiness & irritation.

## Alternative:

- 1 cup distilled water
- $\frac{1}{2}$  tsp sea salt (or non iodized)

This mimics a basic saline rinse; less fancy, great for sensitive eyes, and very dependable.



# Sinus Steam

## What You'll Need:

- 2 tbsp dried yarrow
- 2 tbsp dried mullein leaf
- 2 tbsp dried peppermint leaf
- 2 tbsp thyme or 2 fresh thyme stalks
- 3-4 cups water

Combine herbs with water, cover, and bring to a boil allowing the aroma build. Remove the lid and carefully inhale the steam for 10-15 minutes **or** place it in a muslin bag and use as a shower sachet.

## Why It Works:

These aromatic herbs help open airways and break up mucus. Peppermint adds a refreshing cooling effect, while mullein and thyme soothe respiratory irritation. Yarrow and chamomile can be useful for sweating out the impurities.



# Lice Treatment

## Herbal Lice Suffocation Oil

### What You'll Need:

- ¼ cup coconut oil or olive oil
- 2 tbsp apple cider vinegar
- 1 tsp neem oil
- 10 drops tea tree oil

Mix all ingredients together and saturate into hair and scalp. Leave on the hair for a few hours and cover with a shower cap. Use lice comb to remove lice and eggs and shampoo thoroughly.

### Why It Works:

This oil suffocates and repels lice. Neem oil is a powerful remedy that helps stop the growth and survival of lice, makes it easier to remove eggs from hair strands, and combats dandruff.

## Repellent Spray

### What You'll Need:

- 1 cup water
- 1 tbsp witch hazel
- 5 drops essential oil each; lavender, eucalyptus, tea tree
- 5 drops eucalyptus essential oil

Mix all ingredients together in a spray bottle. Shake well and mist onto hair daily before outings.

### Why It Works:

It's a daily protectant that keeps your hair environment lice-free, with essential oils that help stop lice from coming back and eggs (nits) from staying.

# Electrolyte Drink

## What You'll Need:

- 2 cups coconut water
- ¼ cup mashed berries (strawberries, raspberries)
- Pinch of salt
- Half squeezed lime
- 1 tsp raw honey or a pinch of stevia

Mash berries and pour coconut water, salt, lime, and sweetener in a bowl or cup. Strain until smooth and sip slowly.

## Why It Works:

This homemade rehydration drink helps restore fluids and replenish nutrients after the flu, heavy sweating, a workout, or burnout.



# Digest & Release Tea

## What You'll Need:

- 1 tsp dandelion leaf
- 1-2 cinnamon sticks
- ½ tsp dandelion root
- ½ tsp senna leaves (optional — only occasionally)
- 1 tsp ginger root, dried or fresh(optional)
- 1½ cup hot water

Simmer cinnamon, dandelion root and ginger in hot water for 20-30 minutes. Add peppermint and dandelion leaves at the last 10 minutes. Strain, cool and sip slowly after a meal **or** at night before slumber for constipation. Drink 1-2 daily servings for up to 5 days.

## Why It Works:

This soothing remedy quickly eases nausea, boosts bile flow, and calms an upset stomach. Senna, a strong natural laxative, is best avoided for long-term use.

Without senna: gentle digestive tea

With senna: mild laxative tea (can cause cramping if overused)



# Cough Remedy

## What You'll Need:

- ½ cup fresh thyme (lightly crushed)
- ¼ cup freshly sliced ginger
- 2 freshly sliced turmeric roots
- 3 garlic cloves (lightly crushed)
- 1–2 tbsp fresh lemon juice
- 1-1 ½ cups raw honey (enough to fully cover)

Add all ingredients to a clean glass jar, then pour in honey, leaving about an inch of space at the top. Shake well, cover loosely with a lid, **or** burp daily by slightly untwisting the lid to release gases, giving the jar a shake before resealing. Store in a cool, dark space for 4-6 weeks — Burp and shake daily for the first 10 days. Strain well. Consume 1 teaspoon to tablespoon up to two times daily.

## Why It Works:

This combination offers antimicrobial, antioxidant, and probiotic benefits. The herbs help break down mucus, coat the throat to soothe soreness, and serve as a natural remedy for cough while supporting the immune system.



# Migraine Away Tincture

## What You'll Need:

- 2-3 tbsp white willow bark
- 2 tsp dried feverfew
- 1-1½ cups alcohol; vodka or brandy

*It is recommended to use 80-100 proof alcohol.*

Combine herbs in a glass jar and cover with alcohol leaving an inch of space at the top. Store in a dark space for 2-4 weeks. Shake daily, then strain into a glass jar or dropper bottles. Use a dropperful for headaches, followed by a cup of water **or** 10-30 drops directly by mouth or in a cup of water. Take 1-3 times daily.

## Why It Works:

This is a great herbal alternative to over-the-counter pain relief. Both willow bark and feverfew can help create relief for headaches and body soreness.



# Immune Defense Glycerite

## What You'll Need:

- ½ cup dried echinacea
- 1 tbsp dried elderberries
- 1 tbsp dried elderflower
- 3 cups **food grade** glycerin
- 1 cup distilled water

Mix glycerite and water together then pour the liquid over the herbs in a separate clean, glass jar. Close tightly, shake every 1-2 days and soak for 4-6 weeks. Strain, label and bottle. Use a dropper and take directly by mouth **or** add to a cup of water.

**Adults:** Take 20-50 drops 3 times daily for 7 days.

**Children:** Take 10 drops daily for 3-5 days.

## Why it Works:

Echinacea & the elder bush are traditionally used to reduce the duration of a cold, flu and fever symptoms. Elderflowers & elderberries come from the same plant enhancing a well-rounded immune formula that supports the body's response.



# Stay Connected

If this guide has helped you in any way, this is just the beginning.

To stay connected and continue your herbal journey with me, you can find me here:

**Website:** [www.theoriginalherbalguru.com](http://www.theoriginalherbalguru.com)

Explore more herbal recipes, wellness guides, and handcrafted blends made with intention.

**Instagram, Facebook, TikTok, Pinterest:** [[@TheHerbalGuru](#)] for daily inspiration and updates.

**YouTube Channel:** [www.youtube.com/@theogherbalguru](http://www.youtube.com/@theogherbalguru)

If you're ready to go deeper, I've created a full expanded version of this work inside **The Everyday Herbal Recipe Book**, where I break down advanced formulations, herbal systems, and step-by-step protocols you can actually build into your daily life.

# Disclaimer

The information provided in this book is for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease, nor is it a substitute for professional medical advice, diagnosis, or treatment.

The herbal recipes and suggestions shared are based on traditional practices and personal knowledge and studies of herbalism. Individual results may vary. Always consult with a qualified healthcare provider before using any herbal remedies, especially if you are pregnant, nursing, taking medications, or have a medical condition, or upcoming procedure.

This guide is designed for minor, everyday first aid situations only. It is not intended for use in emergencies or for serious health conditions. If you experience severe symptoms such as difficulty breathing, chest pain, heavy bleeding, high fever, or signs of infection that worsen, seek immediate medical attention.

Some herbs may cause allergic reactions or interact with medications. If you are allergic to ragweeds, avoid echinacea, chamomile, dandelion, mugwort, yarrow or other plants in the daisy family. It is your responsibility to research and understand any herbs you choose to use. Honey should not be consumed by infants 12 months and under. Certain herbs mentioned in this guide may not be safe for infants, children or during pregnancy.

The author assumes no responsibility or liability for any adverse effects, injury, or damages resulting from the use or misuse of the information contained in this book. By using this guide, you acknowledge and accept full responsibility for your health and well-being.

Use all remedies with care, awareness, and personal responsibility.