



BOZEMAN WELLNESS CENTER

Chiropractic Applied Kinesiology Vitamins Herbs Homeopathy Health Education Massage Therapy

2419 West Main Street, Suite 1 Bozeman 586.3556 www.bozemanwellnesscenter.com

HERBS

Goldenseal

- Antibacterial Properties/Colds (bacteria)
- Sore Throat: Gargle with warm water, 1 tsp sea salt and 3-6 drops of Goldenseal (up to 3x/day)

Oregano

- Colds (virus and bacteria)/Yeast/Fungal Infections. Orally or rub the oil on feet

Aloe Vera

- Chapped lips/dry skin/cracked hands or heels
- Diaper rash/burns (sun/wind/heat)

Ginger

- Indigestion, Gas, Nausea, Motion Sickness

Chlorophyll

- Burns/Cuts/Scrapes/Diabetic Ulcers/Bed Sores

MINERALS

Calcium

- Insomnia/Leg Cramps/Menstrual Cramps
- Fevers: Calcium Lactate - 250 mg every 15 minutes until the fever comes down. 500 mg every hour for the remainder of day

Magnesium

- Leg/Menstrual Cramps/Occasional constipation

Epsom Salts

- Muscle pain/aches (flu/colds)

Colloidal Silver

- Natural Antibiotic: Colds/bacterial or yeast infections
- **Minor Eye Infections**
 - Dropper bottle – 1/4 colloidal silver, fill the rest with distilled water
 - 3 drops in affected eye 3-4x daily

ESSENTIAL OILS

Tea Tree Oil

- Antimicrobial (bacteria, viruses, fungus)
- Toe Nail/Foot Fungus/Acne/Breakouts
- Sore Throat: Gargle with warm water, 1 tsp sea salt and 3-6 drops of pure Tea Tree Oil (up to 3x/day)

Lavender

- Calming Effect - 5- 10 drops of essential oil mixed with a carrier oil (such as olive oil) applied to the wrists/elbows/neck
- Place in a few drops in a diffuser in the bedroom/playroom or classroom

Wintergreen

- Muscles aches/pain, Headaches: 5- 10 drops of essential oils of Peppermint /Eucalyptus or Wintergreen mixed with a carrier oil (such as olive oil) applied to the area of pain
- Congestion: 10 drops of Eucalyptus oil in a hot bath or 6 drops in 2 cups of boiling water and inhale the steam for 3-5 minutes)

HOMEOPATHIES

Arnica

- Bruises/Sprained Joints/Sore Muscles/Insect Bites

Calendula

- Burns/Sunburn/Cracked Nipples/Cuts/Wounds/Diaper Rash

Ipecac. (Ipecacuanha)

- Vomiting/Nausea/Stomach Flu

Rhus Tox. (Toxicodendron)

- Poison Ivy

BACH FLOWER REMEDIES

Rescue Remedy

Use after trauma (Calming Effect)

NASAL RINSES

- 2-3x/day for cold or allergies
- Chronic Sinus Infection or Allergies – use 1x/day as preventative
- Natural Saline Solution: 1 quart water, 1 tbsp baking soda, 1 tsp sea salt, a few drops of liquid goldenseal can be added if desired

MISCELLANEOUS

Bentonite Clay or Charcoal

- Diarrhea/Food Poisoning

Apple Cider Vinegar

- Leg cramps/Indigestion
- Immune tonic (acute or chronic)
- 1-2 tbsp daily best taken after meals
- Mix with hot water, 1tbsp of honey and lemon OR mix with 1 ounce of fruit juice (grape is best)

Quercetin

- Natural Antihistamine
- Allergies /Hives/Bee Strings
- Accidental consumption of a food one knows they are sensitive to