

Barlow Herbal



Emergency Essential Kit

Peace of Mind is ALL About Preparedness

Here at Barlow Herbal, we believe that a big component of being prepared is knowing what to do for the everyday health issues that come at us as human beings but also being prepared for the uncertainties of life. This includes having not only the supplies, but the knowledge of how to use them.

It does not serve us to carry the heavy burden of stress that uncertain times bring. Being a forward thinker and planning for the future for you and your family is part of the equation. From the larger things to the smallest things. Learning about herbs and herbal medicine is a powerful way to bring focus and clarity to your life, reduce your stress and give you confidence when it comes to taking care of yourself and your family in times of need.

When we empower ourselves with the knowledge and natural tools to take care of a skin wound, a fever, a parasite infection and even a heart attack, it allows us to rest a little easier and live life knowing that we are equipped to handle almost any emergency that comes along.

The knowledge we share in this booklet is meant to educate and empower you. It is not meant to replace medical attention by a healthcare professional unless you are in an absolute dire situation. If you have access to medical care, especially in an emergency please seek it out.

Keep this booklet of information with your Emergency Essential Kit so that you can easily access it.

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LDM-100

LDM-100 is made from a plant called Lomatium dissectum and it is an important piece of the preparedness equation because of its powerful antiviral properties. This one product alone should give you tremendous peace of mind.

Lomatium is a broad-spectrum antimicrobial. It is most well-known for its antiviral properties but also has extraordinary antifungal, antibacterial, anti-yeast/candida properties as well.

Lomatium is considered very safe in high doses when going after an acute infection. Examples of acute infections are strep throat, UTI's, ear infections, sinus infections, shingles outbreaks, herpes outbreaks, cold/flu etc. Something that needs immediate attention.

For a chronic, more low-grade infection Lomatium is suggested to keep in the system at a lower dose but for longer periods of time as the body works on clearing out the viral/fungal etc. load.

Suggested dosing for Lomatium:

For adults: Lomatium can be dosed at 30-50 drops every hour to clear up an **ACUTE** infection. Squeeze up the dropper halfway that is approx. 25 drops. You do not have to count. Simply squeeze it into the dropper and squirt it into water and drink it down. Super simple.

This dose applies for adult sized teenagers.

For **CHRONIC** infections: 25-30 drops 2-3 times a day.

For **PREVENTION**: 25-30 drops 1-2 times a day.

For kids/toddlers/babies: Go by body weight. For example, a 3-month-old baby will only need 3-5 drops at a time. You can safely and effectively give this dose every hour for ACUTE infections until you notice a marked difference in symptoms. Fever, lethargy, chills etc.

For **CHRONIC** infections: same dose 2-3 times a day.

For **PREVENTION**: same dose 1-2 times a day.

Remember to incorporate REST and HYDRATION when recovering from an infection.

Lomatium dissectum Detox Rash Information

Lomatium can cause a one-time detox rash in some people when taking it for the first time. It is not a dangerous or contagious rash, but it can be a scary, uncomfortable and a very emotional detox for some people.

If someone is going to get this detox reaction, then it will happen regardless of the person taking a small amount or a large amount of Lomatium. It typically happens once for most people who get the rash. Over the years we have had a small handful of people get a light rash a second time but only those who waited a long time between taking it for the first time and then taking it again. Usually, a year or more. Please remember that it is not dangerous or contagious. Just extremely uncomfortable and itchy.

It typically proceeds like this: The rash will typically show up between 5-7 days after taking Lomatium. It looks like measles at first and then will progressively get worse before it starts to get better. It can show up anywhere on the body and then spread. If someone has had chronic UTI's then the rash usually shows up on the lower torso near the kidneys. If someone has had chronic chest/lung infections, then the rash usually shows up on the chest first before it spreads to the rest of the body. Sometimes it shows up randomly on a certain body part. There can be swelling, fever and purple looking welts. The extremities are usually the last parts of the body to get the rash. Legs and arms. It is also normal for ears, nose, and face to swell a little.

Some people get a light rash that covers only small parts of the body and is gone in 2-3 days.

Most people get the full deal. And it usually goes solid and looks like a sunburn.

A couple of guidelines: You can lower the dose and keep going or you can stop taking it until the rash is gone and runs its course or some people prefer to stop until the rash is gone simply because it makes them feel better to stop what caused the rash in the first place. It will not make the rash go away quicker if you stop but it is up to everyone individually.

It is especially important to stay hydrated with lots of water. This will give your body a chance to truly flush the toxins out. Lots of fresh, green juicing also helps to nourish you through this detox quickly.

If someone has been using recreational drugs or been on prescription drugs for long periods of time - the Lomatium detox rash can be much more intense than most people experience.

Anyone to whom you suggest the use of any Lomatium product should be educated with the full information regarding the possibility of the detox rash.

From an EMERGENCY perspective - getting rid of an acute infection is the most important thing. The rash is very unpleasant but from our experience it is a healing crisis. It only happens once and it is the body's way of releasing a long-standing, chronic viral/fungal load.

Included with your Kit is a Spill Stop. This will enable you to refill your smaller bottle of LDM-100 without spilling it. Once you have refilled your smaller bottle, please replace the airtight lid so that your tincture will not evaporate. The shelf life on all our tinctures is 10+ years.



Clarkia-100 (Anti-parasitic)

Encountering parasites is a normal part of being human. When you add the equation of living off the land or being in survival mode, then the importance of having a powerful anti-parasite herbal remedy is particularly important.

Parasites have been a part of the human experience since the beginning of time, and they live off our body's life force. They compromise our health by weakening our immune system and causing disease.

It is very normal for parasites to cycle through our bodies and that is why it is especially important to eliminate them on a regular basis.

There are four very well-known herbs that can rid your body of over 100 types of parasites. Green-Black Walnut Hulls, Wormwood, Cloves and Quassia chips.

We include a 4oz bottle of Clarkia-100 so that it will benefit multiple people in a family.

This is a powerful, but gentle formula that Barlow Herbal has been making for many years and the way it is formulated minimizes die off reaction like headaches or nausea.

Green-Black Walnut Hulls have been used for centuries by the Native Americans as an anti-parasite, anti-bacterial, anti-viral and anti-fungal remedy. The tincture of the green hulls of the black walnut kills the adult stages of the parasites.

Wormwood is known for its vermicide properties and helps those with weak and under-active digestion. It increases the acidity of the stomach and the production of bile. Wormwood kills the larval stages of the parasites.

Cloves have anti-parasitical, anti-fungal, anti-viral and anti-inflammatory properties. They also help to remove pain and go after the parasites' eggs.

Quassia is considered one of the best stomach bitters. It is especially useful for cases of lack of appetite and digestive sluggishness. It is also a vermicide and is a valuable remedy in convalescence after acute disease.

Not to be used during pregnancy and lactation.

Suggested dosage schedule: 15 drops in water before meals 3 x's daily. If well tolerated, increase each dose to 25 drops. Standard treatment would last from 4 to 8 weeks, but in between every two weeks should be a one-week break.

Please follow standard dosing guidelines when dosing for kids and babies. (See back page 8)

Echinacea (wound healing, immune function)

Echinacea facilitates wound healing, lessens symptoms of and speeds up recovery from viruses. Anti-inflammatory effects make it useful externally against inflammatory skin conditions including psoriasis and eczema. It also increases resistance to Candida, bronchitis, herpes, and other infectious conditions. Herbalists consider Echinacea one of the best blood purifiers. It also activates the body's immune system.

Echinacea is used as a stimulant to the immune system, supporting and stabilizing cellular immunity and cleansing the blood, for the prevention and treatment of infections. Your body will build an immunity to Echinacea if used over long periods of time. It's a good idea to rotate with other immune supportive herbs after 6-8 weeks.

Not suggested during pregnancy.

Avoid Echinacea if you have a ragweed allergy.

Suggested dosage: 12 drops 3 x's daily in water.

Tip - Echinacea is excellent for cleansing the lymphatic system.



R-Tran (stress, anxiety, insomnia)

Valerian Root and Blue Vervain are combined in the perfect formula to calm the sympathetic and para-sympathetic nervous systems and promote relaxation and tranquility.

Valerian allays pain and promotes sleep. Valerian has been used as a sleep aid for over 1,000 years. Its ability to help relax the central nervous system, promote feelings of calm, decrease levels of anxiety and stress, and enhance sleep are known to millions the world over. Blue Vervain nourishes the digestive, nervous and respiratory systems. It is especially helpful for nervous tension and used specifically for anxiety and nervous exhaustion that follows long term stress.

Not suggested during pregnancy or lactation and not for children under the age of 3.

Suggested dosage: 12 drops in water or juice 3 times per day for anxiety and stress. Take 15 drops at bedtime to relax and obtain a restful night's sleep. If there is not a marked difference from 15 drops at bedtime, then increase to 25-30 drops 30 minutes prior to bedtime.



Feverfew (Headaches, fevers)

Feverfew has been used for centuries as a remedy for headaches, arthritis, and fevers. It contains an alkaloid called Parthenolide which inhibits the actions of compounds that cause inflammation and may inhibit cancer cell growth. The migraine-relieving activity of Feverfew is believed to be due to Parthenolide, an active compound that helps relieve smooth muscle spasms. It helps prevent the constriction of blood vessels in the brain (one of the leading causes of migraine headaches).

Herbal medicine has an impressive track record in treating migraines. Feverfew treats the cause of the headaches rather than simply the pain. Clinical tests have shown the use of Feverfew may reduce the frequency and severity of headaches. It works to inhibit the release of two inflammatory substances, serotonin, and prostaglandins, both believed to contribute to the onset of migraines. Taking Feverfew daily as a preventive measure reduces the frequency and severity of migraines.

Feverfew should be taken regularly to receive maximum benefit and protection from migraines.

Not to be used during pregnancy and lactation.

Suggested dosage: 15-20 drops 3 x's per day in water or tea.



Preparedness Balm (skin wounds, topical infections)



Every Emergency Essential kit needs a topical skin salve. Preparedness Balm is our original salve of LDM-100 (Lomatium dissectum) in a petroleum jelly base.

Great for deep, infected skin wounds that need a water-proof base and used for treating any type of skin wound, skin infections, rashes or dry, cracked skin.

The beauty of this balm is that it can be stored in your Emergency Essential Kit for long periods of time (we put a 10-year shelf life on it) and it will continue to be safe and effective when you need it most.

Use as sparingly or as generously as needed.

Clean wound with alcohol or squeeze a few drops of LDM-100 tincture over the wound to dis-infect the area. Cover wound with gauze or bandage to keep clean and dry.

Cayenne Pepper is one of the most useful and valuable herbs in the herb kingdom, not only for the entire digestive system, but also for the heart and circulatory system.

It acts as a catalyst and increases the effectiveness of other herbs when used with them. We add Slippery Elm for two main reasons - it is a powerful blood cleanser, and it contains a compound called mucilage which coats the stomach and helps you handle the heat from the Cayenne Pepper.

If you want to carry something in your first aid kit for a heart attack, carry a Cayenne tincture. It is well known amongst herbalists that a cup of Cayenne tea or one tsp. of Cayenne tincture in a cup of hot water can stop a heart attack in less than three minutes.

If you feel one coming on, try a few droppers-full of pure Cayenne tincture and if that does not stop it, then nitroglycerin probably would not work either. If a heart attack should occur, it is suggested that a teaspoon of extract be given every 15 minutes or a teaspoon of Cayenne in a glass of hot water be taken until the crisis has passed or you are able to turn it over to emergency services.

In a true survival situation, use common sense, confidence and be brave.

Please use your best judgment by immediately calling for emergency medical help if possible.

Cayenne Pepper (Heart attacks, Stroke)



Additional Herbal Tips -

- 1) Garlic is a natural antibiotic. Make a tincture or drink the raw juice.
- 2) Cloves have potent natural antibacterial properties and can also reduce inflammation and pain. Use Cloves in essential oil or tincture form for food poisoning and oral infections.
- 3) Nettles are edible and a wonderful natural antibiotic. Steam and eat them, make them into a tincture or essential oil.
- 4) Turmeric is a natural pain killer and is known for its ability to reduce inflammation and boost cardiovascular health. Mix Turmeric powder with a carrier oil such as Coconut oil and blend in a few drops of Black Pepper oil to make a wonderful, healing skin salve.
- 5) White Willow Bark is known as nature's aspirin. You can chew the bark or make it into a tincture.
- 6) Lavender is known for its calming effects, and it is also a potent, natural pain killer. Topical use of Lavender essential oil can reduce joint pain, migraine pain and more.
- 7) Adaptogen herbs such as Holy Basil, Ashwagandha, Cordyceps mushrooms, Rhodiola, Suma root and Maca root are especially helpful to have on hand for dealing with stress and keeping the adrenals balanced.

Build on your herbal arsenal month by month and your self-sufficiency will grow exponentially!

Additional guidelines for dosing our concentrated, herbal tinctures.

Adults - average weight between 125-200 pounds. Take the suggested dose on the bottle.

You can increase it as needed for desired results or to accommodate body weight.

Grade school- Junior High - average weight 50-100 pounds. Take the dose in half.

Toddler/Infant - up to 50 pounds take 1/4 of the dose.

One good tip - start with an extremely low dose (1 drop, 2 drops, 3 drops...no dose is too small) with kids and even adults who are sensitive, because you can always go up in dose as needed. For most of our tincture products we suggest an average 1/2 dropperful for most adults. This is approximately 25-30 drops. Once you get comfortable you do not have to count each drop out but give it a good guess. Because they absorb so quickly into the body, liquid herbals are a wonderful, effective way to go. You can easily dissipate the alcohol out by adding the tinctures to boiling hot water.

Due to the concentration and strength of our tinctures, we suggest putting all our tinctures in a small amount of water prior to taking them. It can be uncomfortable and unpleasant to take them straight or sublingual. You can add them to juice or tea to make them more palatable.

If you are new to the herbal remedies in this kit, we suggest that you start using them so that you can get familiar with them. Then when you need to use them in an emergency, you will have confidence when giving them to your family and loved ones.

Be sure to replace the ones you use so that your kit will stay complete.

If you have a larger family or have specific medical needs, it is always a good idea to add to your herbal arsenal.

One of the best things you can do to prepare for any disaster or emergency is to focus on your health. Work on getting off your prescription drugs if possible.

Educate yourself on how to do simple, lifesaving skills like CPR, tourniquets, and stitches.

Learn muscle testing so you can utilize the power of your own innate wisdom.

Emergency Numbers and Contacts:
