

Holistic Preppers Toolbox Shopping List:

Essential Oils:

1. Frankincense Oil
2. Lavender Oil
3. Orange Oil
4. Peppermint Oil
5. Tea Tree Oil
6. A Four Thieves Blend Oil

Homeopathics

1. Aconite
2. Apis
3. Arenicum
4. Arnica
5. Calendula
6. Echinacea
7. Euphorbium
8. Ledum Palustre
9. Nux Vomica
10. Phosphorus

Bachflowers

1. Aspen
2. Beech
3. Crabapple
4. Elm
5. Gorse
6. Holly
7. Honeysuckle
8. Larch
9. Mimulus
10. Walnut

Spices:

1. Alum
2. Cayenne
3. Cinnamon
4. Dandelion
5. Garlic
6. Ginger
7. Oregano
8. Salt
9. Parsley
10. Plantain