

# Acute Care 101: Your Acute Care Supply List

Stocking your pantry and fridge for a natural disaster is one thing, but stocking to prepare for illness in your household is quite different. Whether you are preparing for the current threat of coronavirus or simply the flu and cold season, there are essentials that will reduce the duration of your symptoms and support your body's ability to heal.

Here's a fail-proof list of supplies that should get you through any acute respiratory illness.

**Gemmotherapy extracts to have on hand for acute respiratory symptoms:**

- Black Currant
- Oak
- Common Alder
- Dog Rose
- Hornbeam
- Hazel
- Lithy
- Silver Lime
- Black Honeysuckle
- Sweet Chestnut or Horsechestnut (these are useful for deep coughs that do not clear with other protocols)
- Sea Buckthorn or Black Poplar to protect the caregivers or others in the household

All are available for purchase here.

**Wool Socks:** Yes that is right—keep a pair handy for your own DIY hydrotherapy treatment. Support the efforts of your body's immune and lymphatic system while you sleep!



**Hot Water Bottle:** This German version is my personal favorite, and every home should have at least one for warming the kidneys at the first sign of illness, easing abdominal cramping or keeping cold toes toasty.



**Lemons!!:** Keep six or more on hand in the fridge to use at the first sign of a sore throat for this soothing hot lemon and honey drink.

**Ginger Root:** Keep a healthy-sized organic ginger root in your fridge as ginger tea is superb for soothing headaches, nausea and any inflammatory condition.



**Miso Soup Paste:** Find a favorite brand in the refrigerated section of your local grocer for a nourishing and simple soup. Miso soup is the perfect first real food when your appetite returns. If your digestion is ready, try enhancing it with fresh greens, rice, and/or buckwheat ramen.

**Bags of Organic Frozen Fruit:** Stash a few in the back of your freezer so you know you will have enough for a smoothie or two.

**Coconut Water:** When recovering from an acute illness, but particularly with symptoms of diarrhea and/or vomiting, rehydrating the body is essential. Coconut water will provide some welcome relief.

**Herbal teas:** Thyme tea is a wonderful soother for respiratory inflammation. If you don't have access to your own thyme plant, then consider ordering this tea.

Having taken these steps in your kitchen, now consider that there is nothing more valuable than prevention. Wash your hands throughout the day, eat smart, rest well and find time every day to be outdoors.

If you'd like to know more about handling acute illness in your home, here are posts I have shared over the years. Be

sure to read early warning signs, the support you need the first 24-48 hours and the value of providing continued care as you attempt to return to full gear.