

I've left out the honey, onions and garlic because we all know about those! These are practical tips that need no medical kit and no medical knowledge.

EDITOR'S CHOICE

64 SHTF Medical Tips That Work



By
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1. Putting toothpaste on a sting stops the pain
2. Baking soda is an excellent antacid
3. Eating activated charcoal will bind ingested chemicals and poisons
4. Aloe Vera gel takes the heat out of burns
5. Natural yogurt stops the irritation and clears vaginal thrush
6. Natural yogurt takes the heat out of sunburn
7. A strong magnet will draw metal to the surface of a wound
8. Olive oil smothers head lice killing them. Repeat after 5 days
9. Olive oil treats psoriasis and dry eczema preventing cracking
10. Cling wrap is the ideal covering for burns
11. Cinnamon sticks in a jar with water makes an antiseptic mouthwash

12. If a wound has glass in it squeeze both sides of the wound and it will pop out
13. White vinegar treats fungal nail infection. 1 part vinegar 2 parts water
14. Duct tape will hold a large wound together until you can deal with it
15. Scrape stings out with an ATM card. Pinching it out puts more venom in
16. Sanitary towels make excellent pressure dressings
17. Seal a sucking chest wound with a plastic bag fixed on 3 sides over the wound
18. Clove oil relieves toothache
19. Strong, cooled black tea relieves conjunctivitis
20. Parsley stops bad breath and contains masses of vitamin C and vitamin A
21. Eggshells are the best form of calcium supplement
22. Olive oil loosens solid earwax
23. Regular sugar heals wounds, just pour it in.
24. Tampons work well to plug penetrating wounds
25. Curved upholstery needles are good for suturing wounds
26. Dental floss is a good substitute for suture material in emergencies
27. Toothpaste applied to a blister or cold sore will dry them up
28. A patch of duct tape over a wart will kill it. Change patch daily.
29. Maggots make excellent cleaners for infected wounds
30. Children under 16 should not be given aspirin
31. Anyone with clotting disorders should not be given aspirin
32. 1/4 aspirin a day helps prevent heart attacks/strokes by thinning the blood
33. Cut toenails straight across to prevent in growing and infection
34. A small blob of softened candle wax will seal a tooth where a filling is lost
35. Pleasant smells lift the spirit and enhance your mood
36. Pregnant women should not eat foods high in vitamin A (fetal blindness)
37. The trace elements in homemade chicken soup does make you feel better

38. Sniffing onions or vapor rub causes tears which washes debris from eyes
39. Petroleum jelly seals skin grazes and stops bacteria entering the wound
40. A large elastic band/ hair band makes an emergency tourniquet
41. keep a hand/foot dressing in place with a fingerless rubber glove
42. Hold an arm/leg dressing in place with cut off piece of panty hose
43. Strap a broken finger with tape to an unbroken one next to it
44. Strap two broken fingers together to immobilize them
45. Sneeze into the crook of your arm to avoid contaminating your hands
46. Push elevator buttons with your knuckle so your fingers stay clean
47. If you can't wash your clothes seal them in bags for 5 days to kill typhus lice
48. Damp dust weekly to prevent mite infestation
49. Clean wounds however minor as soon as possible to prevent infection
50. Never burst blisters it lets infection in. Blister fluid is sterile.
51. Barley water relieves cystitis. (Boil grain and drink the juice)
52. Cranberry juice relieves cystitis
53. If you pop an abscess, use a sterile needle at the bottom to aid drainage
54. Files spread disease. Clear all waste, food, human and pet immediately
55. Never give alcohol to hypothermic patients, it will cool them more
56. Re-warm hypothermia victims with gentle heat and do it slowly
57. Don't rub areas you suspect to have frostbite - it can cause more damage
58. Prevent scurvy with adequate vitamin C
59. Prevent rickets with adequate vitamin D
60. Prevent spina bifida in babies with folic acid in pregnancy

61. Prevent anemia with adequate iron intake. Cast iron cookware helps
62. Prevent bone/tooth problems with adequate calcium
63. Prevent pregnancy by using natural sponge as a barrier to ejaculate
64. Natural sponge can also be a reusable feminine hygiene product

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Contributed by Lizzie Bennett of [Underground Medic](#).

Lizzie Bennett retired from her job as a senior operating department practitioner in the UK earlier this year. Her field was trauma and accident and emergency and she has served on major catastrophe teams around the UK. Lizzie publishes [Underground Medic](#) on the topic of preparedness.

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