

The Herbal Prepper's Starter Guide

*Medical Survival Without Big Pharma
Series - Vol. 4*

Disclaimer: This guide is for educational purposes only. It is not medical advice. Always do your own research and consult a qualified professional before starting any new remedy, especially if you are pregnant, nursing, or taking other medications. All images are for illustrative purposes only and should not be used for plant identification. Always consult a trusted field guide and/or a qualified expert for accurate identification.

Introduction: Why Herbs Matter in a Collapse

Modern medicine is fragile. If the trucks stop running, pharmacy shelves will empty in days. But long before Big Pharma, humans relied on plants, roots, and herbs for survival.

As a prepper, herbs give you an edge: they're renewable, storable, and in many cases, you can grow them yourself. This guide will show you the top herbs to stock, how to prepare them, and how to build your first herbal first aid kit.

Section 1: Top 10 Herbs Every Survivalist Should Grow or Stock

1. **Calendula** – Wound healing, antifungal; use as salve or wash.
2. **Echinacea** – Immune support, infection prevention; best as tincture.
3. **Yarrow** – Stops bleeding, fever reducer; poultice or tincture.
4. **Plantain (weed, not banana)** – Draws out toxins, wound healing; salve or poultice.
5. **Ginger** – Anti-nausea, anti-inflammatory; tea or powder.
6. **Valerian Root** – Natural sleep aid; tincture or capsule.
7. **Garlic** – Antimicrobial, lowers blood pressure; raw, capsule, tincture.
8. **Peppermint** – Soothes digestion, relieves headaches; tea or oil.
9. **Chamomile** – Relaxant, wound wash; tea or compress.
10. **Comfrey** – Bone and tissue healing; poultice or salve (external only).

Section 2: Storage & Shelf Life Tips

- **Dried Herbs:** Store in glass jars, away from light and moisture; good for 1–2 years.
- **Tinctures:** Alcohol-based extracts; shelf life 5+ years.
- **Salves:** Oil-based, with beeswax; last 1–2 years.
- **Seeds:** Store vacuum-sealed or in mylar bags for future growing.



Section 3: How to Make Tinctures & Salves

Tincture Basics:

- Chop fresh or dried herb.
- Place in glass jar, cover with 80+ proof alcohol.
- Seal and store 4–6 weeks, shaking occasionally.
- Strain and bottle in dark glass.

Salve Basics:

- Infuse herbs in oil (olive/coconut) for 2–4 weeks.
- Strain oil, add beeswax, heat gently until melted.
- Pour into tins; allow to cool.





Section 4: Starter Herbal First Aid Kit

- Calendula salve (cuts, scrapes, rashes)
- Echinacea tincture (immune support)
- Yarrow powder (bleeding wounds)
- Chamomile tea bags (stress, digestion)
- Peppermint oil (headaches, nausea)
- Valerian tincture (sleep aid)

Closing

You don't need to depend on fragile pharmaceutical systems. With a handful of herbs, a few basic prep skills, and a little storage, you can build a renewable, **collapse-proof herbal medicine cabinet** that keeps working when the grid doesn't.

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Additional Resources:

[Titan Survival](#)

[Survival Home Remedies](#)

[The Water Liberty Guide](#)

[The Backyard Miracle Farm](#)

[The Power Efficiency Guide](#)