

# Top 10 Survival Herbs & Their Uses

*Medical Survival Without Big Pharma  
Series - Vol. 10*

*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: Herbs That Keep You Alive**

Herbs aren't just for cooking — they are **nature's medicine**. In a world without pharmacies, knowing which plants to grow, forage, and store could save your life.

This guide highlights the **10 most important survival herbs**, their uses, and how to prepare them for emergency medicine.

# Section 1: Why Herbs Are Essential

- \* Easy to grow, even in small spaces

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- \* Long shelf life when dried or tinctured

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- \* Multi-purpose: medicinal, culinary, and sometimes edible

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- \* Collapse-proof: will survive when modern medicine fails



# Section 2: The Top 10 Survival Herbs

## 1. **\*\*Garlic\*\***

\* **Uses:** Antimicrobial, immune booster, heart health

\* Prep: Raw, tincture, capsules

## 2. **\*\*Ginger\*\***

\* **Uses:** Nausea, inflammation, digestive support

\* Prep: Fresh, dried powder, tea

## 3. **\*\*Turmeric\*\***

\* **Uses:** Anti-inflammatory, pain relief

\* Prep: Powder, tea, infused oil

## 4. **\*\*Echinacea\*\***

\* **Uses:** Immune support, infection prevention

\* Prep: Tincture, tea

## 5. **\*\*Yarrow\*\***

\* **Uses:** Stops bleeding, lowers fevers

\* Prep: Poultice, tincture

## 6. **\*\*Plantain\*\***

\* **Uses:** Wound healing, insect bites

\* Prep: Salve, poultice

## 7. **\*\*Chamomile\*\***

\* **Uses:** Relaxation, sleep, mild digestive aid

\* Prep: Tea, compress

## 8. **\*\*Valerian Root\*\***

\* **Uses:** Sleep aid, anxiety reduction

\* Prep: Tincture, capsule, tea

## 9. **\*\*Calendula\*\***

\* **Uses:** Wound care, antifungal, skin irritation

\* Prep: Salve, infusion, tea

## 10. **\*\*Peppermint\*\***

\* **Uses:** Digestive aid, headache relief

\* Prep: Tea, fresh leaves, oil

## Section 3: Growing & Harvesting Tips

Start small: Pick 3–5 herbs first

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Sun & Soil: Most herbs need full sun and well-drained soil

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Harvesting: Take leaves in the morning after dew evaporates

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Drying & Storage: Air-dry or use low heat, store in dark glass jars



# Section 4: Preparing Your Survival Herb Kit

**Tinctures:** Garlic, echinacea, valerian

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**Teas:** Chamomile, peppermint, ginger, turmeric

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**Salves:** Plantain, calendula, yarrow

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**Extras:** Labels, dark jars, measuring spoons, small notebook



# Closing

By stocking these 10 survival herbs and knowing their uses, you build a **\*\*medical safety net\*\*** for yourself and your family that will work **\*\*when the pharmacy no longer does.\*\***

Nature doesn't run out — and now, neither will your medicine.

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## Additional Resources:

[Titan Survival](#)

[Survival Home Remedies](#)

[The Water Liberty Guide](#)

[The Backyard Miracle Farm](#)

[The Power Efficiency Guide](#)