



Every first aid kit needs a really great disinfectant to apply freely to cuts, wounds, and infections. I have two that I'd like to share today. These not only disinfect wounds and help them to heal, but they can also be used for boils, skin eruptions, headaches, bruises, sprains, pain, inflammation, cramping, sore muscles, tooth, mouth sores, throat infections, cold sores, burns, and whatever else you can come up with to use them for.

#### Dr. Christopher's X-ceptic Tincture

Equal parts:

- oak bark
- goldenseal (or substitute with Oregon grape root)
- myrrh gum
- comfrey
- garlic
- cayenne

#### Kloss's Liniment

1 part echinacea root

1 part goldenseal (or substitute Oregon grape root)

1 part myrrh gum

1/4 part cayenne

Prepare both blends by filling a jar  $\frac{1}{2}$  full with herbs and pouring Vodka (or 80 proof alcohol) to fill the jar up to 1" headspace to make a tincture. Let sit for six weeks before straining.