

Table of Contents

Foreword.

Preface.

Introduction.

1. Chapter One: The Foundations of Natural Medicine.

2. Chapter Two: How to use Natural Medicines.

3. Chapter Three: Being Prepared.

4. Chapter Four: Accidents, Injuries and Trauma

- Accidents and injury
- Altitude sickness
- Bites
- Burns
- Concussion.
- Emergencies and Disasters
- Fainting
- Fractures
- Frostbite
- Hangover
- Headache
- Hemorrhage
- Heatstroke
- Jetlag
- Pain
- Poisoning
- Shock
- Spinal Injury
- Sleeplessness
- Sprains
- Surgery
- Travel sickness
- Wounds

5. Chapter Five: Emotional conditions

- Anger
- Anxiety
- Fright
- Grief

6. Chapter Six: Digestive conditions

- Abdominal pain
- Appendicitis
- Cholera
- Colic
- Constipation
- Diaper rash
- Diarrhea
- Dysentery
- Food poisoning
- Hemorrhoids
- Hepatitis
- Indigestion
- Nausea
- Worms

7. Chapter Seven: Common Infections

- Simple fever
- Influenza
- Common Children's diseases
- Chicken pox
- German measles
- Measles
- Mumps
- Whooping cough.

8. Chapter Eight: Colds and Coughs

- Colds
- Coughs (including bronchitis and pneumonia)

9. Chapter Nine: ENT: Ear, (Eyes, Mouth), Nose and Throat

- Allergies
- Cold sores (Herpes)
- Ear pain
 - Injury to the Ear
- Eye conditions: Inflammations
- Blepharitis
- Conjunctivitis
- Styes and Chalazae
- Injury to the Eye
- Mouth ulcers
- Sinusitis
- Teething
- Throat conditions

- Toothache
10. Chapter Ten: Women's conditions
- Breast conditions
 - Pregnancy and Birth
 - Nausea
 - Miscarriage
 - Labor
 - After birth
11. Chapter Eleven: Bladder and Kidneys
- Cystitis
 - Kidney disease
12. Chapter Twelve: Skin conditions
- Animals (bedbugs, lice, fleas)
 - Boils
 - Chilblains
 - Fungal infections
 - Hives
 - Impetigo
 - Poison oak/ivy
 - Scabies
 - Shingles
 - Ulcers
13. Chapter Thirteen: Common Tropical diseases
- Dengue Fever
 - Malaria
 - Typhoid
14. Chapter Fourteen: Other Tropical and infectious diseases
- African Sleeping Sickness
 - Bilharzia/Schistosomiasis
 - Brucellosis
 - Chagas Disease
 - Cholera
 - Diphtheria
 - Filariasis
 - Guinea worm
 - Hookworm disease
 - Japanese Encephalitis

- Leishmaniasis
- Lassa Fever
- Leptospirosis
- Plague
- Poliomyelitis
- Rabies
- Rift Valley Fever
- Trachoma
- West Nile Virus
- Yellow Fever

15. Chapter Fifteen: Tick bite diseases

- Lyme Disease
- Colorado Tick Fever
- European Tick Borne Encephalitis
- Relapsing Fever
- Rocky Mountain Spotted Fever

16. Chapter Sixteen: Prevention

- The Three Main Types of Travel
- Immunizations and Natural Prevention
- Vaccine Risks and Benefits
- The Main Travel Vaccines and Prevention Methods

17. Chapter Seventeen: Homeopathic and Herbal remedy list

- Homeopathic Remedies
- Herbal remedies and Essential Oils

18. Chapter Eighteen: Resources and References