

# **Home Medicine Kits- Traditional Remedies with Donna Bach Natural and Herbal Remedies, Preparation and Practical Methods**

## **Free Class**

**Nature's Whole Food Depot  
Wednesday, May 24, 1:00-2:00pm**

**Which items and ingredients to keep in stock at home and during travels for any emergency, which local wild plants can be foraged or grown, and therapeutic recipes and techniques everyone needs to know for injuries, burns, wounds, prevention or pain. Stop bleeding, resist infection and heal more quickly with family recipes tested for over 5 generations.**

**Potent Acupressure pain relief points that give quick results.  
Demonstrations and some samples to take home for preparedness.**



**During this class you will learn the 3 types of herbal and homeopathic first aid kits which provide the peace of mind of being prepared for any emergency. Learn which items should be in an everyday carry kit small enough to fit into a purse or a backpack or remedy kits small enough to fit into a pants pocket for outdoor activities. Your home first aid kit can be much larger, with a wider variety and larger quantities of items for emergencies, prevention or everyday comfort. Find out methods and recipes to prepare at home with ingredients you keep on hand for reducing symptoms or relieving pain for your entire family.**

**For more information contact Donna Bach, Traditional Naturopathic Health Practitioner  
serving Tuolumne County since 1980, located in Jamestown, 209-984-8950**

