

# 14 Natural Painkillers You Can Grow At Home

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 COLLAPSE SURVIVAL SITE

Beans, bullets, and band-aids is the motto you often hear from preppers and survivalists. As important as the band-aids part is, it is often overlooked by modern-day preppers and it is also generally taken quite literally by only having “boo boo” kits available.

When it comes to pain management, the most popular option is to stock up on over-the-counter medications. This isn't a terrible option, but it has its pitfalls such as budget constraints, shelf life, and dependency on manufactured goods eventually leading to a dead end.

Wouldn't it be great if you had access to a sustainable source of pain management? Well, you do, you just have to grow it.

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## Why Consider Natural Remedies?



People have been led to believe that the only source of healing and medications we should use comes from a little plastic bottle that is prescribed to us. There are two things

to keep in mind when it comes to that idea.

One, large-scale manufacturing of medications hasn't been around all that long when you take into account human history and [people have been using natural remedies](#) for far longer. Two, many manufactured medications have a history of being derived from natural sources.

So, logically it only makes sense to invest the resources necessary into growing natural remedies if your goal is to be healthier and sustainable, especially if supply chains become broken.

Lastly, before getting into the list of natural remedies, a quick disclaimer. The options listed below are solely for informational purposes and should not be considered medical advice.

## **14 Natural Remedies**

Information on the following natural remedies was obtained from [WebMD](#), [mountsinai.org](#), and [medicalnewstoday.com](#). Be sure to check out the additional resources section at the end of the list.

### **1. Capsaicin**





[Capsaicin](#), which is the active ingredient in peppers that makes them spicy, has been shown to relieve pain in muscles and joints. It is often used topically and can be found in a [cream](#) or [patch](#).

For more information on how to make capsaicin at home, check out this [video](#).

## **2. Chamomile**



[Chamomile](#) is a daisy-like flower that has been used for centuries for a variety of ailments. According to [WebMd](#), it can help to calm anxiety, settle stomach aches, reduce heartburn, nausea, and vomiting, and as a very mild sedative. It has also been suggested that when chamomile is used topically it can help with irritation of the skin and even with some wounds.

Chamomile is most commonly found in [herbal teas](#), but it can be used as a mouthwash or in topical creams or [salves](#).

For more information on how to grow your chamomile and make your own tea, check out this [video](#).

### **3. Cloves**





[Cloves](#) have been a popular home remedy for relieving toothaches for a long time. It can be found in [teas](#), or as an [essential oil](#).

For more information on how to grow cloves, check out this [video](#).

## 4. Eucalyptus



[Eucalyptus essential oil](#) may help to relieve pain, swelling, and inflammation in muscles and joints. Eucalyptus is also commonly found in oral medications to help reduce congestion.

For more information on how to grow eucalyptus, check out this [video](#).

## **5. Feverfew**





[Feverfew](#) is a white flowering plant that looks similar to a daisy. It is native to Asia and its leaves are used to create natural medicines. Feverfew may reduce inflammation and has been used to treat fever, headaches, arthritis, toothaches, and stomach aches.

It can be found in [powdered supplements](#), in [liquid form](#), or a [tea](#).

For more information on how to grow, harvest, and use feverfew at home, check out this [video](#).

## **6. Ginger**



[Ginger](#) grows as a root and has been shown to reduce inflammation as well as muscle pain and the time it takes to recover from exercise. Ginger is generally ingested in small amounts through food, [liquids](#), or powdered [supplements](#).

For more information on how to grow ginger at home, check out this [video](#).

## **7. Hawthorn**



[Hawthorn](#) is found as a shrub and its leaves, fruits, and flowers have been used by different cultures as health remedies.

According to [WebMD](#), people have used hawthorn to treat heart problems, blood pressure, and cholesterol. Hawthorn can be used in supplements or incorporated into your diet with [tea leaves](#).

For more information on growing hawthorn, check out this [video](#).

## 8. Kratom





[Kratom](#) grows as a tree with its leaves being used as a traditional medicine for treating certain ailments, however, in some areas, it is now being used as a recreational drug because it can act as an opioid painkiller.

According to [WebMd](#), “Traditionally, kratom leaves were chewed, brewed into tea, or used in cooking. Today it’s ground up in pills or crushed and smoked like tobacco or marijuana.” WebMD goes on to say, “Doctors warn that it may have serious side effects and could be addictive.”

For more information on growing a kratom tree, check out this [video](#).

## 9. Lavender



[Lavender essential oil](#) is used topically to help relieve pain and other ailments and has possible anti-inflammatory properties. Lavender essential oils should never be ingested.

For more information on growing [lavender](#) in your backyard, check out this [video](#).

## **10. Peppermint**





[Peppermint essential oil](#) has been shown to help with anti-inflammatory issues and with relieving pain. It is most commonly used topically by applying it to the affected areas, but it is also popular in [tea](#) and can help soothe upset stomachs.

For more information on growing [peppermint](#), check out this [video](#).

## **11. Rosemary**





[Rosemary essential oil](#) may help with headaches, muscle, and bone pain. While it's often used as a [spice](#) in cooking, it has also traditionally been used for medicinal purposes.

For more information on growing [rosemary](#), check out this [video](#).

## **12. Turmeric**



[Turmeric](#) that is added to a diet has been shown to reduce inflammation and to be as effective as taking ibuprofen for pain. The root or bulb, is used in cooking but turmeric can also be found in powdered form, a liquid extract, or tincture.

According to [Mountsinai.org](#), “Turmeric is widely used in cooking and gives Indian curry its flavor and yellow color. It is also used in mustard and to color butter and cheese. Turmeric has been used in both Ayurvedic and Chinese medicine as an anti-inflammatory, to treat digestive and liver problems, skin diseases, and wounds.” As well as, “Indigestion or dyspepsia, ulcerative colitis, stomach ulcers,

Osteoarthritis, heart disease, cancer, bacteria and viral infections, uveitis, and neurodegenerative conditions.”

For more information on how to grow turmeric, check out this [video](#).

## 13. Wild Lettuce



[Wild lettuce](#) is considered a weed by many and is often misidentified as a dandelion. It has a yellow flower, wavy leaves, and a white sap that will ooze out of the plant when broken.

According to [WebMD](#), “Wild lettuce has been used throughout history for health problems including, pain, kidney diseases, premenstrual syndrome, whooping cough, sunburn, as a diuretic, as a sedative.”

[Wild lettuce](#) can be found and used in many forms that include [powdered supplements](#), [tea](#), lotions, and [liquid extracts](#).

For more information on growing wild lettuce and its uses, check out this [video](#).

The following pain relievers are recommended by [medicalnewstoday.com](#), and their article has a few additional natural remedies for dealing with aches and pains.



## 14. Willow Bark



The bark of the willow tree contains a compound known as salicin, which is similar to modern-day aspirin. Because of this, it has been used to help reduce fevers and other bodily pains. Traditionally, willow bark was chewed but nowadays you can find it in [supplement](#) form, [lotion](#), or [shredded bark](#) that can be used in tea.

According to WebMD, “People commonly use willow bark for back pain, osteoarthritis, fever, flu, muscle pain, and many other conditions, but there is no good scientific evidence to support most of these uses.”

However, according to [Mountsinai.org](http://Mountsinai.org), professional herbalists may recommend the use of willow bark for menstrual cramps, fever, flu, tendonitis, bursitis, cancer, osteoarthritis, lower back pain, and headaches.

For more information on growing a willow tree, check out this [video](#).

# Additional Resources:

## Videos

- [How To Make Essential Oils](#)
- [Making Herbal Teas, Tinctures, and Salves with Bevin Cohen](#)
- [Natural Remedies For Pain And Inflammation](#)

## Books

- [Rosemary Gladstar's Medicinal Herbs, A Beginners Guide](#)
- [Midwest Foraging: 115 Wild And Flavorful Edibles from Burdock to Wild Peach \(Regional Foraging Series\)](#)

## Supplies

- [Raised bed](#)
- [Garden tool set](#)
- [Biodegradable planting pots](#)
- [Plastic planting pots](#)
- [Pestle and mortar set](#)
- [Dropper bottles for essential oils](#)
- [Seed starter tray with grow light](#)
- [Lotion making kit](#)
- [Tea kettle infuser](#)

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