MEMBERS VAULT

Home Remedy Card Set

Cabinet- and wallet-sized reminders for everyday minor ailments — and a clear line for when to stop and see a professional.

To be used with The Practical Home Remedy Book

These cards are short reminders from *The Practical Home Remedy Book* — one everyday condition per card, taken from the book's Appendix A and the matching chapters. The book is the reference. The cards are not the whole book, and they are not a doctor.

TRIM SIZES

Cabinet cards: **4.25 × 5.5 inches** (4-up on US letter; cut on the dashed lines). Wallet / pocket cards: **3.5 × 5 inches** (centered in a 4.25 × 5.5 cell; cut the inner solid frame). Leave a small unprinted margin inside the cut — about ⅛ inch.

This is not medical advice and is not a substitute for care from a qualified professional. It does not diagnose, treat, or cure any condition. If someone is seriously ill or injured, or if you are unsure, get medical help.

BUILT, NOT JUST WRITTEN.

MEMBERS VAULT · HOME REMEDY CARDS

How to use these cards

Including when not to use them

The book is the reference. These cards are a short reminder you can keep in a cabinet or a wallet. They do not diagnose, treat, or cure anything, and they do not replace the chapters they come from.

HOW TO USE THEM

1. Print the cabinet sheets, the wallet sheets, or both. Cut on the marks. One condition per card.
2. Read the everyday-care line. It is the book's Appendix A wording, plus a book caution where the chapter gives one (for example, no honey for infants under one year, and no ice on a burn).
3. Read "See a professional if…" before you decide this is something to handle at home. Those lines are taken from the matching chapter and from Chapter 10.
4. If you need the method, the measure, or the full caution, open the book. The cards are not a substitute for it.

WHEN NOT TO USE THESE CARDS

Do not use these cards as a stand-in for emergency care. Chapter 10 of the book places the following with emergency services, not with home care: severe chest pain, signs of a stroke, major trauma, uncontrolled bleeding, serious burns, seizures lasting several minutes, loss of consciousness, severe allergic reactions involving difficulty breathing, or any situation where a person cannot be awakened normally. If someone is having symptoms of a heart attack or stroke, is struggling to breathe, has a serious injury, or is unconscious or difficult to awaken, calling emergency services is generally the safest decision.

Urgent care, in the book's own framing, is for problems that need attention the same day but are not immediately life-threatening — including deep cuts that may require stitches, sprains that make it difficult to bear weight, burns larger than a small household injury, or infections that need evaluation.

A FEW BOOK CAUTIONS THAT APPLY ACROSS CARDS

- Honey should never be given to infants under one year of age because of the risk of infant botulism.
- Ice should not be applied directly to a burn.
- Do not tilt the head back during a nosebleed.
- Natural is not the same as harmless. Herbs, supplements, and essential oils can cause side effects or interact with medications — discuss them with a healthcare provider or pharmacist, especially for children, older adults, pregnancy, or anyone already taking prescriptions.
- Every person is different. Age, allergies, pregnancy, underlying health conditions, and prescription medications can all affect whether a particular reminder is appropriate.

If something feels unusual, if an illness is not making sense, or if your concern is growing, seeking medical advice is never the wrong decision.

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4.25 × 5.5 in

MEMBERS VAULT · REMEDY CARD

Cough

From Appendix A · Chapter 2 of The Practical Home Remedy Book

EVERYDAY CARE

Warm fluids, honey for adults and children over one year of age, rest, and adequate hydration. Honey should never be given to infants under one year of age because of the risk of infant botulism.

SEE A PROFESSIONAL IF…

Difficulty breathing, new or severe wheezing, or chest pain deserve prompt medical evaluation and should never be dismissed as "just part of a cold." If each day brings higher fevers, increasing pain, worsening breathing, or symptoms that simply don't make sense, seek professional advice. A child who becomes unusually difficult to wake, refuses to drink fluids for an extended period, has trouble breathing, or develops a fever that concerns you should be evaluated. In older adults, confusion, unusual weakness, or a sudden decline in energy shouldn't be ignored.

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4.25 × 5.5 in

MEMBERS VAULT · REMEDY CARD

Sore Throat

From Appendix A · Chapter 2 · Appendix C of The Practical Home Remedy Book

EVERYDAY CARE

Gargle with warm salt water, drink warm fluids, and use honey for adults and children over one year of age. Honey should never be given to infants under one year. For the book's salt-water gargle measure, see Appendix C (½ teaspoon of table salt in 1 cup / 240 mL of warm water; gargle, then spit; make a fresh mixture each time).

SEE A PROFESSIONAL IF…

A throat that becomes so painful you can barely swallow, especially if it's accompanied by a high fever and swollen glands without the usual cold symptoms, may point to something other than a simple viral infection and often requires medical evaluation. If things are not moving in the right direction — higher fevers, increasing pain, or symptoms that don't make sense — seek professional advice.

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4.25 × 5.5 in

MEMBERS VAULT · REMEDY CARD

Fever

From Appendix A · Chapter 3 of The Practical Home Remedy Book

EVERYDAY CARE

Stay hydrated, rest, wear lightweight clothing, and monitor symptoms rather than focusing only on the thermometer. How the person feels and behaves is frequently more important than the number.

SEE A PROFESSIONAL IF…

A child who becomes unusually difficult to wake, refuses all fluids, struggles to breathe, or appears unusually lethargic should be evaluated promptly. In older adults, a sudden decline, increasing weakness, confusion, or poor appetite should never be dismissed as simply "getting older," particularly with respiratory symptoms. If breathing becomes labored, if you notice new persistent wheezing, or if chest pain develops, seek medical care. If someone becomes dizzy when standing, develops a very dry mouth, urinates very little, or cannot keep fluids down, dehydration may be becoming a problem. If you are uncertain, call your healthcare provider.

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4.25 × 5.5 in

MEMBERS VAULT · REMEDY CARD

Sinus Congestion

From Appendix A · Chapter 3 of The Practical Home Remedy Book

EVERYDAY CARE

Saline nasal spray or rinse, warm showers, humidified air, and fluids. Children, in particular, should never lean over a bowl of steaming water — a warm shower or a steamy bathroom is generally a much safer option.

SEE A PROFESSIONAL IF…

Severe facial pain, swelling around the eyes, or thick nasal drainage that continues well beyond the expected length of a cold may point to a sinus infection that requires medical evaluation (many viral colds cause congestion for a week or longer, and that alone isn't a reason to assume antibiotics are necessary). Labored breathing, new persistent wheezing, or chest pain means it's time to seek medical care rather than continue treating the illness at home.

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4.25 × 5.5 in

MEMBERS VAULT · REMEDY CARD

Headache

From Appendix A · Chapter 5 of The Practical Home Remedy Book

EVERYDAY CARE

Drink water, eat if you've skipped a meal, reduce eye strain, and rest in a quiet room.

> **SEE A PROFESSIONAL IF…**
>
> A headache that appears suddenly with overwhelming intensity, often described as the worst headache of someone's life, deserves immediate medical attention. The same is true for a headache accompanied by confusion, difficulty speaking, weakness on one side of the body, vision changes, or loss of consciousness. Those symptoms are not typical tension headaches and should never be ignored.

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4.25 × 5.5 in

MEMBERS VAULT · REMEDY CARD

Muscle Aches

From Appendix A · Chapter 5 of The Practical Home Remedy Book

EVERYDAY CARE

Gentle movement, hydration, heat or cold depending on the cause, and adequate rest.

> **SEE A PROFESSIONAL IF…**
>
> Muscle pain deserves closer attention if it's associated with significant swelling, an obvious deformity, inability to bear weight, or a popping sensation at the time of injury. Those signs suggest something more than ordinary soreness and should be evaluated by a healthcare professional.

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4.25 × 5.5 in

MEMBERS VAULT · REMEDY CARD

Indigestion

From Appendix A · Chapter 4 of The Practical Home Remedy Book

EVERYDAY CARE

Eat slowly, avoid overeating, and take a gentle walk if comfortable.

> **SEE A PROFESSIONAL IF…**
>
> Severe abdominal pain, persistent vomiting that prevents you from keeping fluids down, blood in the vomit or stool, signs of significant dehydration, or diarrhea that continues for several days without improvement deserve medical evaluation. The same is true if stomach pain is accompanied by a high fever, fainting, confusion, or swelling of the abdomen.

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4.25 × 5.5 in

MEMBERS VAULT · REMEDY CARD

Heartburn

From Appendix A · Chapter 4 of The Practical Home Remedy Book

EVERYDAY CARE

Eat smaller meals, remain upright after eating, and avoid foods that consistently trigger symptoms.

> **SEE A PROFESSIONAL IF…**
>
> Severe abdominal pain, persistent vomiting that prevents you from keeping fluids down, blood in the vomit or stool, signs of significant dehydration, or pain accompanied by a high fever, fainting, confusion, or swelling of the abdomen deserve medical evaluation. If symptoms are severe, worsen unexpectedly, or include chest pain, seek medical help — chest pain is a warning sign in the book's medical disclaimer and in Chapter 10.

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4.25 × 5.5 in

MEMBERS VAULT · REMEDY CARD

Nausea

From Appendix A · Chapter 4 of The Practical Home Remedy Book

EVERYDAY CARE

Try ginger, sip fluids slowly, and begin with bland foods as your appetite returns.

> **SEE A PROFESSIONAL IF…**
>
> Persistent vomiting that prevents you from keeping fluids down, blood in the vomit or stool, signs of significant dehydration, severe abdominal pain, or symptoms accompanied by a high fever, fainting, or confusion deserve medical evaluation.

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MEMBERS VAULT · REMEDY CARD

Stomach Virus

From Appendix A · Chapter 4 of The Practical Home Remedy Book

EVERYDAY CARE

Focus on hydration, rest, and gradually return to simple foods as tolerated.

> **SEE A PROFESSIONAL IF…**
>
> Severe abdominal pain, persistent vomiting that prevents you from keeping fluids down, blood in the vomit or stool, signs of significant dehydration, or diarrhea that continues for several days without improvement deserve medical evaluation. The same is true if stomach pain is accompanied by a high fever, fainting, confusion, or swelling of the abdomen.

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MEMBERS VAULT · REMEDY CARD

Constipation

From Appendix A · Chapter 4 of The Practical Home Remedy Book

EVERYDAY CARE

Increase fluids, eat fiber-rich foods, stay active, and respond promptly when you feel the urge to use the bathroom. The book notes that adding large amounts of fiber without drinking enough water may actually make constipation worse.

> **SEE A PROFESSIONAL IF…**
>
> Severe abdominal pain, blood in the stool, signs of significant dehydration, fainting, confusion, or swelling of the abdomen deserve medical evaluation. If you are unsure, get medical help.

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MEMBERS VAULT · REMEDY CARD

Cuts and Scrapes

From Appendix A · Chapter 6 of The Practical Home Remedy Book

EVERYDAY CARE

Rinse with clean running water, remove debris carefully, apply petroleum jelly or appropriate ointment if desired, and cover with a clean bandage.

> **SEE A PROFESSIONAL IF…**
>
> If redness continues spreading outward, swelling increases instead of decreases, thick drainage develops, or the area becomes increasingly painful after the first couple of days, those are signs that professional medical advice is appropriate. Fever accompanying an infected wound should also be taken seriously. Deep cuts that may require stitches belong with timely professional care (Chapter 10).

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MEMBERS VAULT · REMEDY CARD

Burns (Minor)

From Appendix A · Chapter 6 of The Practical Home Remedy Book

EVERYDAY CARE

Cool under running water for about 20 minutes. Protect with a clean, non-stick dressing. Do not apply ice directly to the burn — the book says ice can increase damage to already injured skin. Leave blisters intact when possible.

SEE A PROFESSIONAL IF…

Burns involving the face, hands, feet, genitals, large areas of the body, electrical injuries, or burns caused by chemicals should always receive prompt medical evaluation. Likewise, if the burn is deep, appears white or charred, or causes severe pain that doesn't improve, home treatment is no longer appropriate. Chapter 10 places burns larger than a small household injury with urgent care, and serious burns with emergency care.

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4.25 × 5.5 in

MEMBERS VAULT · REMEDY CARD

Blisters

From Appendix A · Chapter 6 of The Practical Home Remedy Book

EVERYDAY CARE

Leave intact when possible, protect with a clean dressing, and reduce friction while healing. An intact blister protects the skin underneath and usually heals better when left alone.

SEE A PROFESSIONAL IF…

If a blister shows spreading redness, increasing swelling, thick drainage, increasing pain after the first couple of days, or fever, seek professional medical advice (the book's wound-infection signs). If you are unsure, get medical help.

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MEMBERS VAULT · REMEDY CARD

Bruises

From Appendix A · Chapter 6 of The Practical Home Remedy Book

EVERYDAY CARE

Apply a cold pack during the first 24–48 hours. Gentle warmth may be more comfortable after swelling has improved.

SEE A PROFESSIONAL IF…

A bruise that continues growing rapidly, develops after only the slightest touch without explanation, or is accompanied by severe pain or difficulty moving a limb deserves medical evaluation. People taking blood-thinning medications should also be especially attentive to unusually large or painful bruises.

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MEMBERS VAULT · REMEDY CARD

Nosebleeds

From Appendix A · Chapter 6 of The Practical Home Remedy Book

EVERYDAY CARE

Sit upright and lean slightly forward — do not tilt the head back — and pinch the soft part of the nose for 10–15 minutes without releasing pressure.

SEE A PROFESSIONAL IF…

The book treats uncontrolled bleeding as a reason to seek immediate medical attention or emergency services (medical disclaimer and Chapter 10). If you are unsure, or if something feels wrong, get medical help. Seeking medical advice is never the wrong decision.

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MEMBERS VAULT · REMEDY CARD

Mosquito Bites

From Appendix A · Chapter 7 of The Practical Home Remedy Book

EVERYDAY CARE

Apply a cool compress or calamine lotion and avoid scratching.

SEE A PROFESSIONAL IF…

A rash that spreads rapidly, develops large blisters, becomes extremely painful, or is accompanied by fever deserves medical evaluation. The same is true for skin that begins producing significant drainage, develops increasing redness that continues to spread, or fails to improve after several days of thoughtful home care. Severe allergic reactions (swelling of the lips, tongue, or throat; widespread hives with difficulty breathing; or a sudden feeling of faintness after a bite or sting) require emergency care without delay.

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MEMBERS VAULT · REMEDY CARD

Bee Sting

From Appendix A · Chapter 7 of The Practical Home Remedy Book

EVERYDAY CARE

Remove the stinger promptly, wash the area, apply a cold pack, and watch for signs of a severe allergic reaction. The book says speed of removal matters more than the exact method.

SEE A PROFESSIONAL IF…

Difficulty breathing, swelling of the face or throat, widespread hives, dizziness, fainting, or a feeling that something is terribly wrong may indicate a severe allergic reaction known as anaphylaxis. This is a medical emergency that requires immediate treatment. Call emergency services without delay, and if the person has been prescribed an epinephrine auto-injector, use it according to the instructions while waiting for help to arrive.

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MEMBERS VAULT · REMEDY CARD

Poison Ivy

From Appendix A · Chapter 7 of The Practical Home Remedy Book

EVERYDAY CARE

Wash exposed skin promptly after contact with soap and cool water, and clean clothing, gloves, and tools. Once the rash develops, use cool compresses or calamine lotion to relieve itching. The fluid inside the blisters does not spread the rash.

SEE A PROFESSIONAL IF…

A rash that spreads rapidly, develops large blisters, becomes extremely painful, or is accompanied by fever deserves medical evaluation. The same is true for significant drainage, increasing redness that continues to spread, or a rash that fails to improve after several days of thoughtful home care.

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MEMBERS VAULT · REMEDY CARD

Dry Skin

From Appendix A · Chapter 7 of The Practical Home Remedy Book

EVERYDAY CARE

Apply fragrance-free moisturizer while the skin is still slightly damp after washing.

SEE A PROFESSIONAL IF…

A rash that spreads rapidly, develops large blisters, becomes extremely painful, or is accompanied by fever deserves medical evaluation. The same is true for skin that begins producing significant drainage, develops increasing redness that continues to spread, or fails to improve after several days of thoughtful home care.

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MEMBERS VAULT · REMEDY CARD

Chapped Lips

From Appendix A · Chapter 7 of The Practical Home Remedy Book

EVERYDAY CARE

Use a protective lip balm regularly and avoid licking your lips.

> **SEE A PROFESSIONAL IF…**
>
> If the problem is severe, is not improving, or you are unsure, get medical help. Seeking medical advice is never the wrong decision. The book's general skin-warning signs also apply if a rash spreads rapidly, becomes extremely painful, or is accompanied by fever.

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4.25 × 5.5 in

MEMBERS VAULT

Blank card

[FROM BOOK]

4.25 × 5.5 in

MEMBERS VAULT

Blank card

[FROM BOOK]

4.25 × 5.5 in

MEMBERS VAULT

Blank card

[FROM BOOK]

3.5 × 5 in

MEMBERS VAULT · REMEDY CARD

Cough

From Appendix A · Chapter 2 of The Practical Home Remedy Book

EVERYDAY CARE

Warm fluids, honey for adults and children over one year of age, rest, and adequate hydration. Honey should never be given to infants under one year of age because of the risk of infant botulism.

SEE A PROFESSIONAL IF…

Difficulty breathing, new or severe wheezing, or chest pain deserve prompt medical evaluation and should never be dismissed as "just part of a cold." If each day brings higher fevers, increasing pain, worsening breathing, or symptoms that simply don't make sense, seek professional advice. A child who becomes unusually difficult to wake, refuses to drink fluids for an extended period, has trouble breathing, or develops a fever that concerns you should be evaluated. In older adults, confusion, unusual weakness, or a sudden decline in energy shouldn't be ignored.

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MEMBERS VAULT · REMEDY CARD

Sore Throat

From Appendix A · Chapter 2 · Appendix C of The Practical Home Remedy Book

EVERYDAY CARE

Gargle with warm salt water, drink warm fluids, and use honey for adults and children over one year of age. Honey should never be given to infants under one year. For the book's salt-water gargle measure, see Appendix C (½ teaspoon of table salt in 1 cup / 240 mL of warm water; gargle, then spit; make a fresh mixture each time).

SEE A PROFESSIONAL IF…

A throat that becomes so painful you can barely swallow, especially if it's accompanied by a high fever and swollen glands without the usual cold symptoms, may point to something other than a simple viral infection and often requires medical evaluation. If things are not moving in the right direction — higher fevers, increasing pain, or symptoms that don't make sense — seek professional advice.

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MEMBERS VAULT · REMEDY CARD

Fever

From Appendix A · Chapter 3 of The Practical Home Remedy Book

EVERYDAY CARE

Stay hydrated, rest, wear lightweight clothing, and monitor symptoms rather than focusing only on the thermometer. How the person feels and behaves is frequently more important than the number.

SEE A PROFESSIONAL IF…

A child who becomes unusually difficult to wake, refuses all fluids, struggles to breathe, or appears unusually lethargic should be evaluated promptly. In older adults, a sudden decline, increasing weakness, confusion, or poor appetite should never be dismissed as simply "getting older," particularly with respiratory symptoms. If breathing becomes labored, if you notice new persistent wheezing, or if chest pain develops, seek medical care. If someone becomes dizzy when standing, develops a very dry mouth, urinates very little, or cannot keep fluids down, dehydration may be becoming a problem. If you are uncertain, call your healthcare provider.

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MEMBERS VAULT · REMEDY CARD

Sinus Congestion

From Appendix A · Chapter 3 of The Practical Home Remedy Book

EVERYDAY CARE

Saline nasal spray or rinse, warm showers, humidified air, and fluids. Children, in particular, should never lean over a bowl of steaming water — a warm shower or a steamy bathroom is generally a much safer option.

SEE A PROFESSIONAL IF…

Severe facial pain, swelling around the eyes, or thick nasal drainage that continues well beyond the expected length of a cold may point to a sinus infection that requires medical evaluation (many viral colds cause congestion for a week or longer, and that alone isn't a reason to assume antibiotics are necessary). Labored breathing, new persistent wheezing, or chest pain means it's time to seek medical care rather than continue treating the illness at home.

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MEMBERS VAULT · REMEDY CARD

Headache

From Appendix A · Chapter 5 of The Practical Home Remedy Book

EVERYDAY CARE

Drink water, eat if you've skipped a meal, reduce eye strain, and rest in a quiet room.

SEE A PROFESSIONAL IF…

A headache that appears suddenly with overwhelming intensity, often described as the worst headache of someone's life, deserves immediate medical attention. The same is true for a headache accompanied by confusion, difficulty speaking, weakness on one side of the body, vision changes, or loss of consciousness. Those symptoms are not typical tension headaches and should never be ignored.

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MEMBERS VAULT · REMEDY CARD

Muscle Aches

From Appendix A · Chapter 5 of The Practical Home Remedy Book

EVERYDAY CARE

Gentle movement, hydration, heat or cold depending on the cause, and adequate rest.

SEE A PROFESSIONAL IF…

Muscle pain deserves closer attention if it's associated with significant swelling, an obvious deformity, inability to bear weight, or a popping sensation at the time of injury. Those signs suggest something more than ordinary soreness and should be evaluated by a healthcare professional.

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MEMBERS VAULT · REMEDY CARD

Indigestion

From Appendix A · Chapter 4 of The Practical Home Remedy Book

EVERYDAY CARE

Eat slowly, avoid overeating, and take a gentle walk if comfortable.

SEE A PROFESSIONAL IF…

Severe abdominal pain, persistent vomiting that prevents you from keeping fluids down, blood in the vomit or stool, signs of significant dehydration, or diarrhea that continues for several days without improvement deserve medical evaluation. The same is true if stomach pain is accompanied by a high fever, fainting, confusion, or swelling of the abdomen.

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MEMBERS VAULT · REMEDY CARD

Heartburn

From Appendix A · Chapter 4 of The Practical Home Remedy Book

EVERYDAY CARE

Eat smaller meals, remain upright after eating, and avoid foods that consistently trigger symptoms.

SEE A PROFESSIONAL IF…

Severe abdominal pain, persistent vomiting that prevents you from keeping fluids down, blood in the vomit or stool, signs of significant dehydration, or pain accompanied by a high fever, fainting, confusion, or swelling of the abdomen deserve medical evaluation. If symptoms are severe, worsen unexpectedly, or include chest pain, seek medical help — chest pain is a warning sign in the book's medical disclaimer and in Chapter 10.

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MEMBERS VAULT · REMEDY CARD

Nausea

From Appendix A · Chapter 4 of The Practical Home Remedy Book

EVERYDAY CARE

Try ginger, sip fluids slowly, and begin with bland foods as your appetite returns.

> **SEE A PROFESSIONAL IF…**
>
> Persistent vomiting that prevents you from keeping fluids down, blood in the vomit or stool, signs of significant dehydration, severe abdominal pain, or symptoms accompanied by a high fever, fainting, or confusion deserve medical evaluation.

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MEMBERS VAULT · REMEDY CARD

Stomach Virus

From Appendix A · Chapter 4 of The Practical Home Remedy Book

EVERYDAY CARE

Focus on hydration, rest, and gradually return to simple foods as tolerated.

> **SEE A PROFESSIONAL IF…**
>
> Severe abdominal pain, persistent vomiting that prevents you from keeping fluids down, blood in the vomit or stool, signs of significant dehydration, or diarrhea that continues for several days without improvement deserve medical evaluation. The same is true if stomach pain is accompanied by a high fever, fainting, confusion, or swelling of the abdomen.

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MEMBERS VAULT · REMEDY CARD

Constipation

From Appendix A · Chapter 4 of The Practical Home Remedy Book

EVERYDAY CARE

Increase fluids, eat fiber-rich foods, stay active, and respond promptly when you feel the urge to use the bathroom. The book notes that adding large amounts of fiber without drinking enough water may actually make constipation worse.

> **SEE A PROFESSIONAL IF…**
>
> Severe abdominal pain, blood in the stool, signs of significant dehydration, fainting, confusion, or swelling of the abdomen deserve medical evaluation. If you are unsure, get medical help.

THIS IS NOT MEDICAL ADVICE.

This is not medical advice and is not a substitute for care from a qualified professional. It does not diagnose, treat, or cure any condition. If someone is seriously ill or injured, or if you are unsure, get medical help.

3.5 × 5 in

MEMBERS VAULT · REMEDY CARD

Cuts and Scrapes

From Appendix A · Chapter 6 of The Practical Home Remedy Book

EVERYDAY CARE

Rinse with clean running water, remove debris carefully, apply petroleum jelly or appropriate ointment if desired, and cover with a clean bandage.

> **SEE A PROFESSIONAL IF…**
>
> If redness continues spreading outward, swelling increases instead of decreases, thick drainage develops, or the area becomes increasingly painful after the first couple of days, those are signs that professional medical advice is appropriate. Fever accompanying an infected wound should also be taken seriously. Deep cuts that may require stitches belong with timely professional care (Chapter 10).

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3.5 × 5 in

MEMBERS VAULT · REMEDY CARD

Burns (Minor)

From Appendix A · Chapter 6 of The Practical Home Remedy Book

EVERYDAY CARE

Cool under running water for about 20 minutes. Protect with a clean, non-stick dressing. Do not apply ice directly to the burn — the book says ice can increase damage to already injured skin. Leave blisters intact when possible.

> **SEE A PROFESSIONAL IF…**
>
> Burns involving the face, hands, feet, genitals, large areas of the body, electrical injuries, or burns caused by chemicals should always receive prompt medical evaluation. Likewise, if the burn is deep, appears white or charred, or causes severe pain that doesn't improve, home treatment is no longer appropriate. Chapter 10 places burns larger than a small household injury with urgent care, and serious burns with emergency care.

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MEMBERS VAULT · REMEDY CARD

Blisters

From Appendix A · Chapter 6 of The Practical Home Remedy Book

EVERYDAY CARE

Leave intact when possible, protect with a clean dressing, and reduce friction while healing. An intact blister protects the skin underneath and usually heals better when left alone.

> **SEE A PROFESSIONAL IF…**
>
> If a blister shows spreading redness, increasing swelling, thick drainage, increasing pain after the first couple of days, or fever, seek professional medical advice (the book's wound-infection signs). If you are unsure, get medical help.

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3.5 × 5 in

MEMBERS VAULT · REMEDY CARD

Bruises

From Appendix A · Chapter 6 of The Practical Home Remedy Book

EVERYDAY CARE

Apply a cold pack during the first 24–48 hours. Gentle warmth may be more comfortable after swelling has improved.

> **SEE A PROFESSIONAL IF…**
>
> A bruise that continues growing rapidly, develops after only the slightest touch without explanation, or is accompanied by severe pain or difficulty moving a limb deserves medical evaluation. People taking blood-thinning medications should also be especially attentive to unusually large or painful bruises.

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3.5 × 5 in

MEMBERS VAULT · REMEDY CARD

Nosebleeds

From Appendix A · Chapter 6 of The Practical Home Remedy Book

EVERYDAY CARE

Sit upright and lean slightly forward — do not tilt the head back — and pinch the soft part of the nose for 10–15 minutes without releasing pressure.

> **SEE A PROFESSIONAL IF…**
>
> The book treats uncontrolled bleeding as a reason to seek immediate medical attention or emergency services (medical disclaimer and Chapter 10). If you are unsure, or if something feels wrong, get medical help. Seeking medical advice is never the wrong decision.

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3.5 × 5 in

MEMBERS VAULT · REMEDY CARD

Mosquito Bites

From Appendix A · Chapter 7 of The Practical Home Remedy Book

EVERYDAY CARE

Apply a cool compress or calamine lotion and avoid scratching.

SEE A PROFESSIONAL IF…

A rash that spreads rapidly, develops large blisters, becomes extremely painful, or is accompanied by fever deserves medical evaluation. The same is true for skin that begins producing significant drainage, develops increasing redness that continues to spread, or fails to improve after several days of thoughtful home care. Severe allergic reactions (swelling of the lips, tongue, or throat; widespread hives with difficulty breathing; or a sudden feeling of faintness after a bite or sting) require emergency care without delay.

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3.5 × 5 in

MEMBERS VAULT · REMEDY CARD

Bee Sting

From Appendix A · Chapter 7 of The Practical Home Remedy Book

EVERYDAY CARE

Remove the stinger promptly, wash the area, apply a cold pack, and watch for signs of a severe allergic reaction. The book says speed of removal matters more than the exact method.

SEE A PROFESSIONAL IF…

Difficulty breathing, swelling of the face or throat, widespread hives, dizziness, fainting, or a feeling that something is terribly wrong may indicate a severe allergic reaction known as anaphylaxis. This is a medical emergency that requires immediate treatment. Call emergency services without delay, and if the person has been prescribed an epinephrine auto-injector, use it according to the instructions while waiting for help to arrive.

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MEMBERS VAULT · REMEDY CARD

Poison Ivy

From Appendix A · Chapter 7 of The Practical Home Remedy Book

EVERYDAY CARE

Wash exposed skin promptly after contact with soap and cool water, and clean clothing, gloves, and tools. Once the rash develops, use cool compresses or calamine lotion to relieve itching. The fluid inside the blisters does not spread the rash.

SEE A PROFESSIONAL IF…

A rash that spreads rapidly, develops large blisters, becomes extremely painful, or is accompanied by fever deserves medical evaluation. The same is true for significant drainage, increasing redness that continues to spread, or a rash that fails to improve after several days of thoughtful home care.

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MEMBERS VAULT · REMEDY CARD

Dry Skin

From Appendix A · Chapter 7 of The Practical Home Remedy Book

EVERYDAY CARE

Apply fragrance-free moisturizer while the skin is still slightly damp after washing.

SEE A PROFESSIONAL IF…

A rash that spreads rapidly, develops large blisters, becomes extremely painful, or is accompanied by fever deserves medical evaluation. The same is true for skin that begins producing significant drainage, develops increasing redness that continues to spread, or fails to improve after several days of thoughtful home care.

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MEMBERS VAULT · REMEDY CARD

Chapped Lips

From Appendix A · Chapter 7 of The Practical Home Remedy Book

EVERYDAY CARE

Use a protective lip balm regularly and avoid licking your lips.

> **SEE A PROFESSIONAL IF…**
>
> If the problem is severe, is not improving, or you are unsure, get medical help. Seeking medical advice is never the wrong decision. The book's general skin-warning signs also apply if a rash spreads rapidly, becomes extremely painful, or is accompanied by fever.

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MEMBERS VAULT

Blank

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