



DIY POCKET APOTHECARY

By Cautela Natural Healing

*This is NOT medical advice.
This is for educational purposes only.*



Honey Immune Booster

Honey is an immune booster because it's rich in antioxidants and has natural antibacterial properties that help the body fight off infections.

INGREDIENTS:

- 1 tsp fresh ginger
- 1 tsp fresh turmeric
- 1 tsp fresh garlic
- ½ tsp black pepper
- ¼ cup raw or manuka honey

INSTRUCTIONS:

- Finely chop ginger, turmeric, and garlic.
- Mix in black pepper to activate the turmeric, and honey for a balanced blend of spice and sweetness.
- Store in a glass jar in a cool, dark place.
- Take 1 tablespoon daily on an empty stomach to support immune function and overall internal system stability.

BENEFITS

Ginger: Soothes throat and breaks down mucus.

Turmeric: Reduces inflammation and boosts healing.

Black Pepper: Enhances absorption of turmeric and clears congestion.

Garlic: Fights viruses and relieves respiratory symptoms.

Raw/Manuka Honey: Coats throat and calms cough.



Headache Honey

A little-known benefit of chamomile is that it contains a natural compound called apigenin, which may help relax blood vessels and calm nervous system activity. This gentle calming effect can help reduce tension-related headaches by easing muscle tightness, lowering stress hormones, and promoting relaxation before pain intensifies.

INGREDIENTS:

1 tbsp chamomile tea leaves
½ cup hot water
1 pinch cinnamon
½ cup raw or manuka honey

INSTRUCTIONS:

- Steep chamomile leaves in hot water for 10 mins.
- Strain and cool slightly.
- Add a pinch of cinnamon and mix in honey.
- Store in a glass jar and keep in a cool dark place.
- Eat 1-2 tablespoons as needed.

BENEFITS

Chamomile: A gentle reminder that not everything requires an immediate response. Helps relax tense muscles, soothe the nervous system, and bring a little more calm to your internal boardroom.

Raw/Manuka Honey: Sweet with a purpose. Helps support balanced energy, reduce inflammation, and keeps your body feeling less "quarter-end crunch" and more "executive retreat."



Elderberry Cough Syrup

Elderberry delivers antioxidants and antiviral compounds that may help block viral replication, reduce inflammation, and support immune response to shorten and ease cold symptoms.

INGREDIENTS:

- 1 cup dried elderberries
- 4 cups water
- 1–2 tbsp fresh grated ginger
- 1 tsp cinnamon powder
- 3 whole cloves
- 1 cup raw or manuka honey
- 1 tbsp apple cider vinegar

INSTRUCTIONS:

- Combine elderberries, water, ginger, cinnamon, and cloves in a pot.
- Bring to a boil, then simmer for 45 minutes until reduced by half (slow strategy wins here).
- Mash and strain to separate the liquid.
- Stir in honey and apple cider vinegar, pour into a clean jar, and refrigerate—good for 2–3 months.
- Eat 1 tablespoon 3 times a day for at least 3–5 days to reduce cough, congestion, and fever.

BENEFITS

Elderberries: Frontline support for viral defense and cold/flu symptom relief.

Cinnamon: Supports respiratory health with antibacterial properties.

Cloves: Antioxidant-rich protection against illness-related stressors.

Apple Cider Vinegar: Supports gut balance and immune system function.



Cayenne Rescue Elixir

Natural First Response Support

Purpose:

Traditionally used in herbal medicine to stimulate circulation and support heart function in emergency situations such as shock, overdose, or suspected heart attack.

Disclaimer:

This remedy is NOT a substitute for professional medical treatment. Call emergency services immediately (911 or local emergency number) in any overdose or cardiac event. Use only as a potential supportive measure until help arrives. Always consult a medical professional before using herbal remedies in emergency care.

INGREDIENTS + INSTRUCTIONS:

- Mix ½ tsp of organic cayenne pepper powder into a small 4 oz glass tincture bottle.
- Fill with warm water and shake to mix.
- In case of heart attack or overdose, call 911.
- In the meantime, shake tincture and administer 2 drops under the tongue OR on the back of the tongue and wait until the ambulance arrives.



Joint + Inflammation Rub

Cayenne pepper works by delivering capsaicin, which stimulates blood flow, reduces pain signals, promotes digestive enzyme activity, and decreases inflammation throughout the body.

INGREDIENTS:

¼ cup castor oil

1 tbsp cayenne pepper

INSTRUCTIONS:

- Combine in a heat-safe bowl.
- Lightly double boil for 10–15 mins, stirring occasionally (like simmering your emotions).
- Cool slightly, then strain.
- Pour into a glass jar and store in a cool spot.
- Patch test first and wash hands thoroughly after use.
- Rub onto the aching area as needed. Elevate if possible to help get the blood circulating.

BENEFITS

Cayenne Pepper: Contains capsaicin that may help block pain signals and reduce joint inflammation, supporting overall comfort and mobility.

Castor Oil: Rich in ricinoleic acid, it helps calm inflammation and ease joint discomfort, supporting natural recovery and relief.



Joint + Inflammation Spray

Avocado seed contains antioxidants and anti-inflammatory compounds like flavonoids and phenolics, which help reduce joint and muscle pain by lowering inflammation and blocking pain signals in the body.

INGREDIENTS:

1 avocado seed
1 cup 70% or higher alcohol

INSTRUCTIONS:

- Soak the avocado seed for 10–15 minutes.
- Peel the skin off of the seed.
- Chop into small pieces and put into a spray bottle.
- Fill with alcohol and let it infuse for at least 3 hours before using.
- Use topical spray as necessary on inflamed joints like knees, ankles, shoulders, etc.

BENEFITS

Avocado Seed: The calm operator in a high-traffic system—helps reduce inflammation and ease pain so your body doesn't overreact to every small disruption.

70% Alcohol: The rapid response unit—cleanses and disinfects quickly, helping reset sore or irritated areas so things can get back in motion.



Nickx Vapo Rub

Peppermint and coconut oil make an effective natural vapor rub—peppermint's menthol opens airways and relieves congestion, while coconut oil soothes the skin and helps deliver the essential oils deep into the chest for respiratory relief.

INGREDIENTS:

¼ cup coconut oil
20 drops peppermint oil
10 drops eucalyptus oil

INSTRUCTIONS:

- Gently warm ¼ cup coconut oil to soften, not melt into liquid, using the double-boiler method.
- Remove from heat, let cool 1-2 minutes.
- Stir in peppermint & eucalyptus oils.
- Mix, jar it up, and dab on chest to reduce congestion and open up airways.
- Rub onto chest, under nose, temples, behind ears, and/or bottom of feet for congestion relief.

BENEFITS

Coconut Oil: A gentle carrier with mild antimicrobial properties that helps dilute essential oils and protect the skin—like a reliable buffer that prevents unnecessary late-night decision-making.

Peppermint Oil: Menthol-rich support that helps break down mucus, reduce nasal inflammation, and ease congestion-related headaches—so you can breathe clearly and function without interruptions.



REMINDER:

If you don't make time for your wellness...
You'll be forced to make time for your illness.

- Joyce Sunada