

Essential Oils in Emergency Preparedness



A major part of your emergency preparedness strategy is medical. In cases of financial, natural or personal disaster disease, injury and illness is very common. If there's ever a time to be prepared to care for yourself, it's a disaster. One of the very many ways to prepare to take care of yourself and your family is with essential oils. I am personally a big advocate of essential oils in every day use, but even more so in the case of an emergency. And this is why:

- **PROS**
- **CONS**

No expiration date - When stored in a cool place, pure essential oils will last forever. No rotating necessary.

Versatility - All essential oils can be used for multiple ailments. This is nice because you can have a small selection of foundational essential oils and treat several different things. No need for a different pill for every problem.

Ease of Storage - Essential oils come in sealed amber bottles. You can buy a case that holds all of your oils in a foam grid to keep them safe. Having the oils in the vials keeps them safe from flooding. And having them in the case will keep them safe in the scenario of an earthquake.

Mobility - Because you can have your entire selection of essential oils with you in a mobile case, if you need to evacuate you can easily grab and go your entire medical kit.

Safe for Children - A big issue I have with storing a years' worth of medicine is the fact that if little tots get their curious hands on it, you can have a serious problem. When you buy 100% certified pure essential oils, a child could drink the whole bottle and wouldn't be harmed (although I'm not sure how good it would taste).

Expertise Necessary - If you aren't familiar with the uses of essential oils, I do not recommend you store them in the case of an emergency. As I always say – familiarity is key. If you aren't familiar with your emergency tools – including essential oils – they can be misused and cause harm.

Cost - If you make essential oils part of your emergency plan your budget will be much higher than over the counter medication. DO NOT purchase essential oils from the dollar store. If you're going to add them to your kit, spend the money on 100% certified pure oils only! It's not worth the money you may save if it isn't safe to use on you or your family. Essential oil kits of this grade start at around \$150.

I hope this sparked some of your interest. Essential oils are my number 1 medicinal suggestion if you have the budget and are willing to take the time to learn how to use them. If you don't want to spend the time to learn about them please don't bother adding them to your kit. You and your family will be safer with what you are familiar with. Happy prepping!

About the Author: Jessica



I'm an LDS prepper from Lehi, UT. I believe that emergency preparation is vital for everyone and that you don't need to be a survival specialist to get the best emergency preparation for you and your family. I want to take the complexity out of prepping to help those around me get involved.