

## Haiti Naturopathic Clinic Wish List

Based on our experience, homeopathics and essential oils along with flower essences and some herbs and herbal tinctures were the most useful at the clinic, since they are small, light, and go very far. Anything that is heavy and voluminous is not useful, since hard to get to Haiti. We now know that things such as cotton wool, band aids, and empty bottles are available in Haiti itself, and thus it makes more sense to buy it there. If you wish to donate supplies, here is what we need most:

### Essential Oils

Since essential oils are antiseptic and prevent the spread of epidemics, and mixed into local corn oil as a carrier go a long way, all medicinal essential oils are useful. The ones we used more than any other were Lavender and Tea Tree (*Melaleuca alternifolia*, also called Ti-Tree) followed by Pine, Thyme and Rosemary.

We used Lemongrass and Geranium to keep mosquitoes off of babies.

### Homeopathics

The most needed remedies were Arnica, Arsenicum, Belladonna, Drosea, Pulsatilla, Nat. mur., and Phosphorus followed by Chamomile, Sulphur, Urtica ur., and Euphrasia.

The whole list of useful remedies is:

- Arnica
- Aconite
- Arsenicum
- Belladonna
- Calendula (granules, tincture and ointment)
- Calcera carb. (lots of children eating soil)
- Chamomile
- China
- Cimicifuga
- Eupatorium perf.
- Euphrasia
- Drosea
- Ferr. phos.
- Hepar sulph
- Hypericum
- Ipecac
- Kali bic.
- Lobelia (low dose)

- Mag. Phos
- Medorrhinum
- Mercurius
- Nat mur
- Nat sulph
- Nux vom.
- Lycopodium
- Pulsatilla
- Psorinum
- Rhus tox
- Ruta
- Silica
- Sepia
- Staphysagria
- Sulphur
- Syphilinum
- Thuja
- Tuberculinum
- Urtica ur.
- Zincum

### **Herbs and Herbal Tinctures**

While it is hard to take herbal tinctures due to their weight and size, these were our "best friends": Arnica, Calendula, Coptis (Goldenthread), Goldenseal, Mullein, Spilanthes Usnea compound, Lobelia, Wormwood. As loose teas, we used lots of wormwood +++++, sage +++, rosemary +++, chamomile ++, and valerian ++. We would like to include Calendula and Arnica as loose tea for poultices.

### **Flower Essences**

Thanks to a generous donation from Vivien Williamson of Sunessences, UK we have received all the flower essences we need.

### **Cupping Glasses**

The Chinese-style plastic cupping glasses were most useful in quickly treating many people. We would like to buy two more cases.

### **Chinese Massage oil**

The Chinese U-I oil was highly appreciated by the bone setter. We would like to bring more.