

Why Every Prepper Needs Essential Oils

Guest: Erica Mueller

The following presentation is for informational purposes only and is not intended to diagnose, treat, or cure your condition or to be a substitute for advice from your physician or other healthcare professional.

Dr. Zielinski: Hello, everyone. This is Dr. Eric Zielinski from DrEricZ.com. I'm a chiropractor and public health researcher who specializes in natural therapies. My passion and life's work is to help people live the abundant life, which is why I am extremely honored to cohost this Essential Oils Summit with my dear friends Dr. Josh Axe and Jill Winger.

In my opinion, there's nothing on the planet that is more versatile for everyday use and that promotes healing in the body than essential oils. And I am super excited about this session of the Essential Oil Revolution because I'm interviewing Erica Mueller, co-founder of Homestead Bloggers Network, owner of Mom Prepares. And she does a lot of other things. And I'll let you hear from her.

Erica, I just want to welcome you to the show! Thanks for coming today!

Erica: Thanks for having me! I'm really excited to be here!

Dr. Zielinski: Well, we have a lot to talk about. And the theme of today's talk is going to be prepping. In tune and in respect of what you've done and what you've created with Homestead Bloggers Network and Mom Prepares is you guys have created just a great environment where people are learning all about sustainability, prepping, urban homesteading, typical homesteading. And these are terms that a lot of people aren't familiar with. Yet, one thing I've found very interesting is that essential oils has an underlying theme with all of that.

So with that, can you just introduce yourself and talk a little bit about HBN,

why you started it? And let's go from there.

Erica: Yeah. So I was raised homesteading. We had a 10-acre farm and then moved to 200-acre farm. So I have lived a pretty much self-sufficient lifestyle from growing our own food, including our meat, all the way up to cooking on a wood cook stove with no undercooking or heat for 5 months, no refrigerator, no washer/dryer connection, all of that. I've lived that. And now I live in the city. Of course, I don't like it very much after that.

But homesteading is so much a frame of mind. And to me, a homesteader is someone who is living as self-sufficiently as they possibly can where they are. If you're in an apartment building, that doesn't mean that you can't buy food bulk at the farmer's market and can it and put it up yourself knowing it's better for you than can goods at the store. That doesn't mean that you can't garden on your patio. Maybe you can't grow enough to put up. But you're doing what you can where you are.

And the same thing goes for prepping. There is so many different levels of prepping. There's people who are prepping for the economy to fall tomorrow or for some natural disaster to wipe out the power grid. And they're going to prep everything from foods to medical supplies to a generator.

And then there's people like us who having done that for Y2K...My parents still have wheat and corn in buckets, okay.

Dr. Zielinski: That's funny.

Erica: How many years later? So, in fact, I have some of the wheat at my house because she's like, "This stuff needs used up." But for us, it's more about, "Okay, if an ice storm hits our town,"—and our town is definitely not prepared for it because we live in Texas—"there's no going to the store." Because it's dangerous to go to the store. So for me it's important to always have at least a week's worth of groceries in our house. We may not be eating

like kings, because some of our refrigerator stuff will go bad. But we can eat and not worry about our water supply or food supply for a week because we can't get to the store. So that's what it's about for me.

Essential oils fall into both because most homesteaders and preppers are a self-sufficient type people or a do-it-yourself person. They don't like to rely on...And if you think in a perfect situation, you may not be able to get to the doctor's office if the power grid is down or the doctor's office just won't be open, same during a storm.

Homesteaders, a lot of times, they live way out. They may not be off the grid. But like my parents, they live 45 minutes from a hospital or a doctor's office or whatever. So even if they were dependent on doctors, there are a lot of times when it's just a whole lot more convenient to do something for yourself.

And I'm that type, too. I was raised that way. We don't go to the doctors for every little sniffle. If somebody breaks their arm or cuts themselves and need stitches. Yes, we are going to go to the doctor's office. It's just going to happen, very thankful for modern medicine. But at the same time, I don't like to pop over-the-counter pills. And I don't like to have to take my children to the doctor every time their ear hurts. So that's how most homesteaders are and most preppers, too. They just want to be able to do things for themselves.

And essential oils empower a person to do that. And there are so many great reasons for a prepper to use essential oils. And one of those being if you're a really serious prepper, essential oils pretty much have no expiration date. Any over-the-counter medicine that you're going to save, if you're thinking years ahead of time, those medicines are going to be bad a couple of years down the road.

And you're going to waste a lot of money if you're rotating them out. That's one of the things that a prepper puts on their list: every year, check and make sure that none of these are expired. And if they are, replace them. And that's just a bunch of money straight into the garbage can. With my essential oils, I

don't have to worry about that because they're not going to expire because they're a pure oil.

Dr. Zielinski: So before we go into Homestead Bloggers Network, you brought something really interesting up. I like to flush this idea of what really a prepper is? And how does one become one? It sounds like a prepper can be whatever it might be just to prepare for whatever it is that you want to prepare for. Is it as loosely as that? Or for people that have never heard this before on the line right now, how would you even define prepper?

Erica: To me it is just someone who thinks ahead for what could happen and prepares for it. Our society today is so instant gratification and so day-to-day living. Most people don't even meal plan. They need something. They go to the store. And they pick it up. That's not preparedness at all. I would call the woman who preps her meals for a month in a row a prepper.

Dr. Zielinski: So you're telling me city slicker. We're talking Manhattan, single mom, two kids, who prepares her food for the week, that person could be considered a prepper?

Erica: They could.

Dr. Zielinski: Okay. Now, that's interesting. And that's beautiful because the theme of this essential oil revolution is life transformation. And what we're empowering people to do is exactly just that, just prepare, not just for catastrophic emergencies, healthcare emergencies, but like you just said how can essential oils help people prepare for whatever might be even just simply tomorrow's breakfast? Or God forbid, your child or your husband or yourself, you might get sick with a cold or a flu.

So that's very interesting. Where does one learn and where does one go? Do you have specific websites that you would recommend someone to go learn about some really good key prepping skills? Is there a Prepper101.com that you would recommend? Or what do you think?

Erica: I don't know that there's a specific site. And I think it really depends on how prepped you want to be. Mom Prepares' is definitely on the basic end of things. For us, it's all about the very beginning stages of prepping like you said the mom in an apartment. Someone, who just has an acre of property to garden on. We try to stick with really small, really beginner-type topics.

And it covers anything from food storage to crafting with re-purposed materials, just that whole mindset of not going to the store every time you need something, maybe make your own tomato sauce. So that's where I like to send people who are a beginner, who are really thinking about it.

That, I really like SurvivalatHome.com. It's a great beginner website for somebody who's thinking about prepping. Patrick Blair goes into a lot more the MREs food storage type stuff, more maybe things to do if you're stuck in the woods at night. A little bit more of a survival type stuff than just preparedness. So those are two places that I'd start if you were just a beginner.

There are a lot of really, really heavy duty prepper websites out there. And those people would not consider me a prepper. There is a community of preppers out there that are like...

Dr. Zielinski: So you're a prepper wanna be?

Erica: Yeah. That's what they would consider me because I have lived that life. And I don't really have a desire to do that again. But I don't have gas masks for every person in my house and all that stuff. But if you're looking for that, man, there are some really good websites out there.

Dr. Zielinski: Well, I love what you do on Mom Prepares. And for those of you who haven't gone, MomPrepares.com, it's just fabulous. Erica's got a KITCHEN tab with recipes and kitchen tips. And a HOMESTEADING tab that you can learn about animal husbandry.

And I live in the suburbs of Atlanta. And my county allows us actually to raise 6 to 8 chickens. So just for example, I could be a city guy. I got a half an acre. And I can raise chickens. She does a lot with do-it-yourself improvement and gardening.

You really need two when it comes to the ESSENTIAL OIL tab that she has all about how to get started with essential oils, how to use them. And some of your recent articles that I've really found just inspiring and I want to encourage people to look at is "Working at Home: Challenging, but Great!"

As a prepper, how important is it to work at home? And you, what? You homeschool both of your boys, you garden, you do a lot. How about you talk a little bit about your family dynamic?

Erica: Yeah, we do homeschool every morning. And I work from home. And it's pretty much just about 30 hours a week. So almost a full-time job. And to me, it's like having 3 full-time jobs. I'm a homesteader and housewife. And I school my kids. And I work from home. And I'm just I'm really blessed to be able to do that. I think for a lot of people, it seems very daunting to think that they could work from home.

But when I was growing up, my dad did. He's a mechanical electrical engineer, registered across the whole United States with a huge firm. And his office was always in our house when I was growing up. And so I saw him do that, to be able to have his meetings, his phone calls, go places and meet with clients. He took us with him.

And so I guess it wasn't as big of a challenge for me as maybe some people consider it because I'd seen it done. But it's very much a blessing. It enables us to do things. If I worked a regular job outside of the home, I wouldn't be able to garden. And I wouldn't be able to homeschool. I wouldn't be able to have an essential oil business on the side. That's another business on top of my web development.

So there are things that I couldn't do if I was working outside of the home. And it gives me the flexibility. We can go on vacations when we want to. We can take the day off because it's really nice outside, go out to my in-laws' property in the country and work on our big garden out there.

Dr. Zielinski: That's awesome! That's awesome!

Erica: So yeah, working from home is great! I love it!

Dr. Zielinski: That seems to be a common thread with a lot of the preppers and survivalists' blogs that I see out there is working from home, having the freedom where you're not stuck to a 9 to 5. And you're not stuck in traffic. And I have to tell you, me owning the businesses that I own, it's the freedom that we have to do what we need to do really allows us to prepare and homestead the way that we want to.

And we're definitely not into animal husbandry at this point. But we have a beautiful herb garden and a beautiful vegetable garden. And we do as much do it yourself that we can. So we consider ourselves urban homesteading or we consider ourselves urban homesteaders.

And that's how we got introduced. Actually, one of the ways in addition to being my awesome webmaster, we've connected through HBN—Homestead Bloggers Network. And I just find that this website and the community that you and Angela have created is just fantastic. Tell us a little bit about HBN and why you'll started it.

Erica: Yeah. So Angela owns UntrainedHousewife.com. And it's a multi-author site just like Mom Prepares is where we have several different writers who cover different topics. And one of the biggest things for us was once you start growing a blog so large, usually you join, say, an ad network where somebody else is selling the ads for the space on your site.

And what we found is that all the Ad networks out there were really good for a

lot of different kinds of blogs, but not for ours because we were getting ads for things that homesteaders really don't care for. Trips to Disneyland, not that we don't like to go to Disneyland. I'm just saying that that's not our audience, really. We're a do it yourself, save money, frugal type of people. And the other things were like air fresheners and scented candles and cleaners full of bleach. And the homesteading natural kind of person doesn't go for that.

Dr. Zielinski: No, not at all.

Erica: And so we just felt like that wasn't a very good fit for us. And then we were both in multiple Facebook groups for bloggers who blog about business stuff or social media stuff or web design. And we realized there's not really something for people like us who blog about homesteading, keeping the home, prepping, that sort of thing.

So we just decided...At first, we thought, "Well, we're going to start a web site where homestead bloggers can come and they can submit like a little part of their article, maybe a summary and a photo. And we'll link back to them." And so it will be like a directory, almost like a search engine of homestead blog stuff. And then we thought, "Well, we got to connect the Facebook group to this so that these people can talk to each other."

And so it's really become—over the last year and a half, two years, a support group. And it's not so much a support group for homesteaders. You can find forums all over the internet and Facebook groups about homesteading. But it's specific to the bloggers who are writing about homesteading. And you can hop in that Facebook group any day of the week and see people talking about things from Google analytics and stats to raising chickens. It is just amazing the conversations that happen in there. I haven't seen anything else like it anywhere on Earth.

But there have been a lot of really cool friendships come out of that, fun opportunities for our bloggers because now there is a group of us. And some brand may come to us and say, "Hey, we know you've got 200 bloggers who

write about raising chickens. We would like for you to do a campaign with your bloggers about this product for chickens.” And they’ll pay our bloggers to write about this product. So it opens up a whole new area for our bloggers to be able to make money and to talk about the things that they love to talk about. And it’s been a blessing for us as much as it has for them. Really, we’re loving it.

Dr. Zielinski: So not to stereotype homesteaders and especially homestead bloggers. But most aren’t millionaire kids that have a trust fund that are out in the woods trying to be native, right?

Erica: No!

Dr. Zielinski: We’re talking people that believe in what they do. The average, if there’s such a thing as the average American person, just own a piece of land. And I have found, being part of this community and hearing what people have to share, the income whether it could be \$50.00 or \$500.00 or whatever it might be a month from just their blog in advertisements and things like that, it really is life-changing for a lot of these folks.

And so I want to encourage all of you all listening, if any of you enjoy blogging, if any of you enjoy writing about homesteading type of topics, do it yourself, get in touch with Homestead Bloggers Network. It’s a great community.

And, again, if it can give you a couple of extra bucks on the side to maybe even help you buy those rain barrels that you’ve been saving for or buy that chicken coop, that’s what it boils down to is we all are on a budget. And if there’s anything we could do to expand our financial portfolio, I am all about. And that’s one thing I appreciate about what you guys have done is you created that forum. And like you just shared, you all help each other do that. So it’s a beautiful, beautiful environment.

Erica: It is. It is. And just the promoting each other, that happens so naturally because I can email 5 friends and say, “Hey, I wrote a new blog post. Would

you share about this?” And some of them are going to look at me and be like, “Well, my friends aren’t really into growing spinach in their backyard. So if I share this, they’re all going to laugh at me.” I share it on the Homestead Bloggers Network and I ask somebody to share it. They’d be like, “Oh, yeah, my whole audience. Everybody on my Facebook page or my Twitter, they’re all about growing the spinach.”

Dr. Zielinski: That’s awesome! That’s awesome!

Erica: So I love it.

Dr. Zielinski: And a lot of them use essential oils.

Erica: They do.

Dr. Zielinski: And that brings us to the project that you and Angela are spearheading. And for those of you who are part of the summit, as part of our registration packet, you received a miniature Homestead Bloggers Network Summit put on by Erica and Angela. And this is just a fantastic resource, basically, a gift from them because of their hard work, their effort. This came from literally blood, sweat, and tears over years and years of using essential oils, learning how to homestead, learning how to prep, learning how to be survivalists. And what you all have, it’s just invaluable.

These people are experts. And many of them, you might not have heard of, which is great because there are so many unsung heroes out in the prepping, homestead world that I just love the fact that now their voice is being heard because it needs to be heard because they can help so many people.

And with that, Erica, talk a little bit about the project and the welcome package that you and Angela have put together.

Erica: Yeah. So when you guys first approached us about this, I was like, “I can see from the daily share threads in the group, whatever, that we have

several essential oil users.” But I had no idea what was going to happen when I sent out a survey that said, “Are you a serious oil user? Or do you just use them some of the time? Would you like to participate in this?”

I was blown away by the amount of people in our group who actually use essential oils on a regular basis. Not just, “Oh, I use them sometimes.” But the people who said, “Yeah, I use them all the time. I have information about it on my website. I have an ebook about it already or I want to contribute to any book of recipes or ways to use essential oils for animals.” It was just crazy!

And I asked people for little bits of their stories. And I just got goosebumps reading all these stories. We have a lot of users who use essential oils. And I see the links come in every day and the share threads, whatever. And I knew that we had some serious users. But I was really unprepared for what would happen when I sent out the survey that said, “Are you a serious oil user? Do you use them every once in a while?”

And we got so many people who said that they were really serious about essential oils, that they wrote about using them. Some use them for animals. We’ve got a lady who’s helped her autistic son by using essential oils and natural supplements. And we’ve got people who are using them in the garden. People who have their own businesses making soaps and lotions and that sort of thing and they’re using essential oils to scent them naturally. And so the range was just really great.

And I said, “Well, what we really need to do is create some ebooks or resources for this summit, things that we can give to people. And so we started gathering this information from these people: the recipes, the ways to use them for animals. So we’ll have several ebooks in your bundle where you can learn about how homesteaders and preppers are using essential oils and how you can use them, too. It’s just a very exciting thing for us. I’m going to learn from this.

Dr. Zielinski: I can’t emphasize enough the experts that you’ll have on your

team. And I've come to learn education or formal training or even letters behind your name doesn't mean you're an expert. That just means that you went to school. And especially researchers, as one, I've learned you could do research in a clinical setting. But if you don't use something day in and day out, really what knowledge can you really share? And what do you really know about that topic. And so these folks, you included, you all use essential oils all the time, all throughout the day.

I want to ask you a little bit about that. I want to ask you a little bit about what your personal essential oil protocol is or regimen? How do you use essential oils throughout the day as you homeschool, as you prep for food, as you prep for your garden or whatever it is?

And I want to talk a little bit about that because you've perfected that for you and your family, keeping yourself on a very good budget, keeping yourself healthy and strong and just living the abundant life. So just tell us a little bit about how you use them?

Erica: Yeah. So I grew up having tea tree oil and lavender and peppermint in the house all the time. We made a lot of things with the lavender and the peppermint, of course. But tea tree oil was one that I knew was good for antifungal stuff. My mom always used it if the kids got impetigo or ringworm or something from playing the creek. So it was something that I've always wanted to have around, but just hadn't really. I've got a 7 year old and a 3 year old. And I just started really seriously using essential oils a year ago.

And I am still learning every single day about it. But we do have a regimen in place. I always wash my hair with tea tree oil. It helps keep away that itchy scalp, whatever. If I skip it, if that oil somehow got out of my bathroom and into my kitchen and I take a shower, I'm like, "Oh, no!" Itchy head the next day. So that's a definite must have.

If I wake up in the morning and I'm just not feeling that great...Most people run for a cup of coffee full of caffeine. I can't have coffee. Because of a rapid

heart rate, I can't have anything with caffeine in it.

Dr. Zielinski: Really?

Erica: Yeah. So for me, it's peppermint oil. I keep some on my dresser. I keep some in my kitchen. I put a drop of that on my hands, rub it together. I sniff a little bit. And that just it opens up all your airways and really helps you to wake up. And to me, it's better than coffee. I did. I used to be a barrister. And I have had coffee in the past. I know what it's like. And the peppermint is better.

We use our diffuser a lot. We'll use an immunity blend or some kind of citrus oils just to help purify the air in the house. I use them for mood enhancement. If the kids are just crazy and bouncing off the walls, we'll stick some lavender in that diffuser and calm everybody down a bit.

Dr. Zielinski: Wow! That's awesome.

Erica: During homeschool time, I have one that's really, really fidgety. We've got a blend to help him focus, just to calm down a little bit. It's got some sandalwood in it. It smells very manly. It smells good. They like it. I don't know how much of that oil is actually getting into their brain and actually helping them focus or how much of it is them realizing...It's mental for the kids. But it works. Whatever it is, it works. They get out their little rollerball and they put them on. And I'm like, "Yeah."

And if they can't sleep at night, which is...It's pretty often that a kid goes to bed a little bit hyped up. And they say, "I can't fall asleep mom." And so I had them their little rollerball with their lavender. They have their own. A little rollerball, mix is diluted. And everything ready for them. And they'll rub it on their feet or their wrist or the back of their neck. Wherever they want it. And it helps them to go to sleep. I use that myself. I'll put some lavender on a paper towel inside my pillow if I'm having a hard time sleeping at night.

Cedar is another one. Cedarwood knocks me out. It's like a sleeping pill. Just one drop...

Dr. Zielinski: I love it.

Erica: and there you go, get a good night sleep if you've been having a hard time sleeping the past couple of nights so definitely for that.

I use them a lot in cooking, believe it or not. For me, finding the essential oils for oregano and cilantro and basil—lime. I would say the lime and the cilantro are some of my favorites. I live in Texas. We eat Mexican food. And then certain times of the year, those things are very expensive at the grocery store or we can't find them.

And so I just pull out my essential oils. And I'll use that oil of cilantro and lime and put them in my food. And man, they're good. Of course, you can only do that with pure essential oils. You've got to be real careful with their food grade. But the ones that we use are. And so I use them a lot that way.

And then probably the biggest thing for me is if our family starts getting sick, which doesn't happen very often because we are very healthy. And we try to avoid being around sick people. But when it happens, somebody starts coming down with the sniffles, we get out our essential oils and we start to make our own immunity blend with some oregano and some citrus and clove and different things. And we start rubbing it on the bottom.

So the kids' feet diluted, of course. Or I'll take them internally in a capsule and just a couple of times a day. And you would be surprised at how quickly that stuff works, that and then the honey and lemon—the lemon oil. I'll put that in some honey and hot water. And the kids call it, "Hot lemonade." They go, "Scratchy throat." They ask for it. "Hey mom, can we have some hot lemonade?"

And to me, that's a sign that it works. If the kids are asking for it, they know it

works. It's not just mom saying, "Hey, take these oils." It's the kids saying, "The last time I was ill, mom gave me this. And it helped me feel better. So I'm going to ask for it." And they do. And I love it! It's very empowering.

And I had one of them get an earache a couple of weeks ago. And I put some tea tree oil on my finger, rubbed it behind their ears. An hour later, the kid had forgotten that his ear hurt earlier. I said, "How's your ear feeling?" And he looked at me funny. And I was like, "The one you were crying about because it was hurting you and we put the oil." "Oh yeah, it doesn't hurt anymore."

And I'm the kid that grew up with ear infections all the time. And so for me, it is very empowering as a mother. If they're crying in the middle of the night because their ear hurts, I don't have to take them to the ER. I would if I needed to. But most of the time I don't have to because I can pull out my essential oils and give them some relief. And it's just it's very empowering as a mother to be able to do that for my kids.

Dr. Zielinski: I love that. I love that word that you just used, "empowerment." That is what we are all about. That is one thing that has driven Sabrina and I to teach the organic gardening classes that we do and the organic gluten-free, dairy-free, sugar-free cooking classes that we teach and why I travel the country teaching essential oil classes. We empower people.

And like I tell people all over, as a chiropractor, I practice chiropractic. A medical doctor practices medicine. What my purpose is and what I could see your obvious purpose is looking at your website is you teach people how to practice essential oils. And it is practice. We have to realize that there are things that we need to learn that not one size fits all.

I'd like you to talk a little bit about that, too, because what things have you learned? Like, for example, peppermint has worked for you for energy. But there are other people that it hasn't worked in that same way. Or maybe a mom listening right now or a dad heard what you said about your son and ear infections and they'll try tea tree or melaleuca. And they won't get the same

result. As a prepper, what should they be prepared to do when their first approach doesn't work?

Erica: Try something else. I have a story about that actually because I've had arthritis since I was 7. And it's pretty...

Dr. Zielinski: Really?

Erica: Yeah. It's pretty bad. It gets to the point of...I was wondering if it had turned into some kind of carpal tunnel and I needed surgery because this winter it got really, really bad and to the point where it hurt to type. It hurt to write anything. My hands were just in pain all the time.

I started asking my essential oils friends and reading in books. And everybody was like, "White fir is really good for arthritis, for any kind of swelling," the cedars, different ones. I must have tried 5 or 6 different things that people told me to put on my hands: the special rubs and different things. And I tried some other natural things like apple cider vinegar and honey. Nothing really was working for me.

And finally, somebody told me to try putting frankincense and lemongrass in a capsule and taking it once a day. I have not had any arthritis pain since then, except for the day that I accidentally skipped taking my pill.

And so essential oils, they're made from plants. It's just like herbs. They're an adaptogen. Your body takes from it what it needs in order to heal itself. The oil isn't a miracle. It's not going to just automatically fix something. The reason that it helps you is because your body gets something from that oil that it needs just the way it would from the Earth, whether it's the mineral or something to fight off of bugs, some kind of immunity thing.

You're body's going to take from it what it needs. So maybe what's in the white fir wasn't what my body needed in order to fight off that inflammation causing my arthritis.

So for me, it had to be something different. The lemongrass is great for that sort of stuff. And a lot of people have said that. Torn rotator cup or a dislocated shoulder or any kind of ligament pain, they'll say lemongrass. Well, I know people who that hasn't worked for. And it's just, "What does your body need?" So, yes, if it doesn't work, try something else.

Ask your friends, "What has worked for you?" And be willing to try different things. Don't just say, "Well, the melaleuca didn't work for my kids' ear infections. So oils don't work." That may not be what your kid needs. Or your kid may actually have an infection and needs antibiotics or some oregano oil and an immunity blend on the bottom of his feet to fight off an actual infection versus an earache.

We're not medical doctors. We can't see what is actually wrong. We can try some things safely. That's the other thing. You've got to learn to use things safely. You wouldn't want to be rubbing stuff on the back of a newborn's ear without diluting it first, you know.

Dr. Zielinski: Mmm hmm. Of course. Yeah.

Erica: And so I think you have to be willing to try things a couple of times first. And that's part of the do-it-yourself lifestyle. We're used to that. So if you're new to prepping or homesteading and you haven't figured that out yet, let me just encourage you, try, try again.

Dr. Zielinski: I love it. I love that. I can't tell you how many people we've tried to help or we know that tried planting. Let's say broccoli. And then it just failed. And they're like, "Well, I'm never going to do this again." Or whatever it might be. We get so easily discouraged.

But for people that are really on homestead, for people that live like your mom and dad, right, 45 miles away from the nearest hospital, you need to do something. You've got to figure it out. And that's how we've lived since the beginning of time. You need to figure it out. If not, then you're either going to

die or you're going to get into some serious trouble.

We've really have become enabled and by the system, by the medical system, by the pharmaceutical industry and by even commerce. How easy it is to get food, right, having a refrigerator. How convenient is that? It's made us very lazy where we've let go off the accountability and the control that we have over our health and life.

So the underlying theme—and one thing I've really been inspired for—is we've just got to keep on keeping on. And we need to take that onus on ourselves to be doctor mom, doctor dad and not give up. There's so many things and there's so many ways that we could go at it.

And also for people that are new to essential oils, you could go to Erica's website. And, Erica, you put together a great article, "The 10 Essential Oils for Your Emergency Kit." In the theme as we talk about prepping, how important are these essential oils to your emergency kit. And with that, the follow-up question would be, "What would you recommend for someone listening right now if they can't get 10. What are your top 2 or 3 that everyone absolutely needs?"

Erica: Okay. So which one do you want to do first, the top 2 or 3 or having an emergency kit and why oils are good for it?

Dr. Zielinski: Yeah. Let's say your emergency kit can only be 2 or 3. So let's start with that. Why are oils important for the emergency kit? And then we could talk about the ones that you got to have.

Erica: Okay. Cool. So for me, an emergency kit needs to include essential oils. And there are a couple of really good reasons for that. The biggest personally is that a lot of the over-the-counter medications that people suggest for an emergency kit or a first-aid kit, they can go bad. There's an expiration date on them. And so if you're a prepper and you have a 72-hour kit or a kit for your car or whatever you've got, you have to rotate those out, set yourself a

reminder for once a year, go through your medications, throw out anything that's expired or will expire within the next year and replace them. That's a waste of money.

The second thing is a lot of people are allergic to certain over-the-counter medications. And the biggest reason for this is a lot of them are synthetics. And our bodies weren't made to ingest synthetics in the first place. And because of that, many people are allergic to different things or things don't work for them.

Tylenol doesn't work for me. I could take 10 of them. I'd probably die if I took 10. But what I'm saying is it wouldn't phase my pain at all. It just doesn't. It doesn't work for me. And so in that case, I might have Tylenol and Advil and Ibuprofen and a bunch of different things in my kit so that I have something that works for everybody or that somebody's not allergic to.

Another thing would be a lot of times a traditional over-the-counter medicine is only good for one thing. Take a burn cream for instance or ear drops or eye drops or an antibiotic cream. They usually serve one purpose. And that's it. They're made for a specific thing. And you can't also use them somewhere else. You most certainly can't also use them to flavor your food or to smell good because you couldn't get to a bathtub.

You're thinking prepper situation here. Some of these oils, if I've got a citrus oil, that's going to help elevate mood, I can also use it to flavor my food. I can use it as a perfume. There are multiple uses for any essential oil. I don't have a single essential oil that has only one use. Okay. So for me, it's a space saver.

A pure essential oil doesn't go bad. It has multiple uses. It's natural. I don't have to worry about synthetics. And the only time I have to worry about an allergy is if somebody is actually allergic to that thing.

For one example, that white fir we were talking about earlier for my arthritis. I didn't really get a chance to see if it works for arthritis because apparently I

am severely allergic to the white fir tree. We have none of them around here. So I wouldn't know it. But I can't even open up that bottle. I gave it to somebody because I would just sneeze my head off and my eyes watering, whatever. So there's no white fir in my emergency kit.

But, in general, I am allergic to every synthetic scent out there. I cannot walk down the laundry soap aisle at the store or the candle aisle or be around someone who's wearing a perfume because I'm allergic to all of that stuff. So when I came across essential oils, I was very leery at first because everybody talks about how good they smell. And I felt, "Well, I'm going to be allergic to all this." The only one that I have found to be a true allergy was that white fir.

And so here I am with all of these things that smell great. I can use them as perfumes. I can use them in my laundry. I can use them in my diffuser to make things smell good. So as a prepper, for me that's something really cool to know. Even if I'm coming up on someone who is outside of my family, whose allergies I don't know, most likely if that person needs help, I'll be able to help them without worrying about them having an allergy. And it's easy to test. If they have an allergy, let them smell it or put a small amount on their skin and see without them actually ingesting a pill that they've never tried before.

You know what I'm saying?

Dr. Zielinski: Yes.

Erica: If I hand somebody an Ibuprofen, they have to take it in order to find out if they're allergic to it. What if they're severely allergic to it? Then what?

Dr. Zielinski: Yeah. And that's typically what's in the first-aid kit.

Erica: Yeah.

Dr. Zielinski: Erica, I never thought about that. That really just what you shared blew my mind. If you want just an expert at making one penny turn

into two are preppers, survivalists. How do you stretch your dollar? How do you make things? What's the most economic approach to an emergency kit? What's the most economical approach to cleaning? What's the most economic approach to mood enhancements and you name it? So I never thought about that because, again, you're right.

And one interesting thing is you'll find and this is from just historical use, you could look back to the Ayurvedic text, which is Indian folk medicine, you can look at how the Australians use melaleuca, how the Indians use lemon, how Americans Northwest use peppermint.

They use whatever oils are naturally grown in their area for virtually everything. Everything. And there's more than one way of painting a wall because a lot of these oils do basically a lot of the same things. And there's multiple, multiple uses. So that's fantastic!

Erica: Yeah, that's like honey. If you're an allergy sufferer, seasonal allergies, I'm telling you it really does work to use raw honey from your area, made from the pollen is the things that you're generally allergic to because it's introducing a small amount of it to your body and allowing your body to build an immunity via that small amount. And then you no longer have the allergy to that and the same thing with the essential oils.

And that's one of the reasons why it's so important to get one that is grown where that plant is originated from. Where is that species indigenous to? Because lavender that's grown in Italy is going to be different than lavender that's grown in Texas. It just is. The soil is different. So the minerals in the plants are going to be different.

And we see this in nature all the time. Wherever there is a plant that is poisonous or can cause itching—say poison ivy—there is also a plant growing near that that will combat that itchiness. It's crazy. Down here we've got ironweed and we've got plantain and different things. But in other parts of the country, they may have a different itchy plant. And near it would be the

different plants to combat that. And that's one of the really cool things about oils. And like you said sometimes one thing works for one person and doesn't for another. And it could be they live in a different part of the country. Their body is insufficient in a different mineral than mine is. And so a different oil is going to work for them.

So yeah. And then getting back to the prepper thing, one of the really big things in a prepper community is having these kits. You have your survival-type kit for if you're lost in the woods. You have a 72-hour kit if your family has to pick up and leave home. Maybe there's a family emergency somewhere and you've got to travel or you're out camping. And you take this kit with you.

Space saving is a really big deal. If I have to take 10 different over-the-counter medications in my first-aid kit, my pack is going to be heavier. And I'm going to have less room for other things. If I can take 3 essential oils with me or small bottles of 10 different ones, that's going to take up a lot less space.

So for me, if we want to get down to like the 3 top ones—and I hadn't really thought of this before—so what 3 are my top? My number one is going to be melaleuca or tea tree oil because that one is awesome at fighting off germs and fungal infections so bacterial and fungal infections.

During World War II that was considered a necessity in every medics' kit. Okay. And there's a reason for it. You get a cut or a scrape, you put some of that on there and you're not going to have stuff growing in it. Okay.

Dr. Zielinski: A burn. Yeah.

Erica: Yeah, get that cleaned up and then put some tea tree oil on it. And you're not going to have any problems. Infections or fungal issues on your feet, toenails, you can get impetigo or ringworm or whatever, you can use that. You can use it to wash your hair. There are so many uses for that oil that I would definitely consider it my number one. We have a spray made up at

home. It stays on the little counter in the pantry all the time--owie spray. It has that. It has a little bit of frankincense.

Dr. Zielinski: Owie Spray. Yep.

Erica: Yeah. The recipe's called Owie spray. We call it wound spray so my husband will use it. Owie spray it's a little kiddish. It says wound spray on the bottle. But it has...

Dr. Zielinski: That's funny. Wounds. For big men wounds.

Erica: Mostly tea tree oil. It has some frankincense. To me, that might have to make it on my top 3 on that frankincense because it's good for, like I said, so many different things. But to me, it's like a liquid Neosporin. I've never seen the little kids' scrapes and cuts and burns and things heal as fast as when we've got frankincense oil put on it. I've completely replaced the Neosporin with frankincense at our house.

And so it has those things in it. Oh, and it has lavender. And lavender's definitely my number 2. When it comes to burns or itches, bug bites, a rash, anything like that, lavender is so calming. And it just really helps to take down any kind of swelling, any kind of burning or itching.

My brother recently burnt himself on a pressure cooker. He didn't know it was a pressure cooker. He had never seen a pressure cooker before. And my sister couldn't get it open. So my brother decided to help her. And he forced the pressure cooker open and cooked his finger. And I didn't see it happen. But 2 hours later, I was with him and he was holding it.

And I said, "What's the matter?" And I gave him some lavender after he told me about it. And 10 minutes later, he couldn't tell he had burnt his finger at all. And he went home and he said, "What was that stuff? I need to get some of that stuff." So it's been a life saver for me. I haven't had a blister from a burn since I've started using lavender. It's just amazing.

And then some other ones that's so multiple use because it can help you get to sleep at night. It smells fantastic if you want to put it in your laundry. Maybe you are out of power and you haven't been able to take a proper bath for a couple of days because the power's out, use some lavender for a perfume. It's just so multi-use. You can make soaps and candles with it, too, if you want to.

So number one: tea tree and melaleuca; number two, definitely lavender. And then you know what? Maybe three, instead of frankincense, let's go with a respiratory blend. Because my family has a lot of allergies and respiratory issues, for us I would keep some kind of blend. Those usually have eucalyptus in them and a couple of other things. In fact, a lot of times, I will take the respiratory blend, put it into some coconut oil and add some extra eucalyptus. And we'll use that like a chest rub or on the bottom of the kids' feet. So you've got a cold or a cough, those kinds of things are going to keep you up at night.

So for me, a first-aid kit needs to have all those things in it. Use your lavender, you've got the burns covered. You've got the bug bites covered. Your melaleuca, you've got the wounds covered. And then you've got your respiratory stuff covered with a blend or some eucalyptus and wintergreen.

Dr. Zielinski: That's it. And then you can use lavender to help you sleep if you're having trouble sleeping if you're coughing too much with the respiratory blend. They always work together. That's awesome!

Erica: They do. Yeah.

Dr. Zielinski: Erica, thanks so much for taking the time. Folks, if you don't realize what you just heard, you just heard gold. You just heard audio waves that were given you just golden advice on how to not only save money, but keep you and your family healthy and happy, blessed, prosperous. It really is a pivotal part of any prepper, urban homesteader, or anyone, anyone at all, who just wants to live a more natural way of life.

And, Erica, I just want to thank you again for taking the time. We just love and appreciate you and everything that you're doing with MomPrepares.com and with HomesteadBloggersNetwork.com.

And for those of you who have found this material and content helpful, remember you could take it home with you. Just click the banner beside or below for more details. And if you want to hear more of Erica and all that her and her friends got up their sleeves, take advantage of that free giveaway that you all got from being part of the summit because they put together a fantastic package for you. And it's just a blessing.

With that, Erica, do you have any last words? Anything you want to share with the folks before we sign off?

Erica: I would say just give it a try. And like I said, try, try again if the first thing doesn't work, but definitely try oils if you haven't already.

Dr. Zielinski: There you go, folks. God bless you. We'll talk to you soon! Bye-bye!