**Take safety precautions.** The bark of the white willow contains salicylates that are absorbed through the skin. Some people are allergic to natural aspirin; even touching the bark may result in redness and a rash. If you have symptoms of a salicylate allergy, do not make or consume natural aspirin products.

With evidence that Native Americans, as well as early Europeans, extracted salicylates from varieties of willow trees, the common aspirin today has a long history. By using various methods of extraction, you can make your own natural aspirin.
This is relatively easy to do, if we found ourselves in an emergency situation or you are bugging out and you had no painkillers, this would really be great knowledge to have stored.

How to Make Aspirin in an emergency.