Using Essential Oils as Medicinal Survival Aid

Essential oils have been used throughout recorded history for a wide variety of wellness applications. The Egyptians were some of the first people to use aromatic essential oils extensively in medical practice, beauty treatment, food preparation, and in religious ceremony. Frankincense, sandalwood, myrrh and cinnamon were considered very valuable cargo along caravan trade routes and were sometimes exchanged for gold. In the dark ages in Europe for their anti-bacterial and fragrant properties.

Here is a great article on how you could use essential oils in an emergency situation. This would be a great time to purchase some essential oils and keep them with your preps.

Picture Credit: doomandbloom.net

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