

FREE FAMILY GUIDE · THE MANA APOTHECARY

Natural remedy *safety basics.*

Grandma's remedies are real medicine, so they deserve real respect. Here's how our family uses herbs, teas and oils the safe way, with your doctor's wisdom right beside them.

The golden rules · Before you mix · Pregnancy & breastfeeding · The little-ones rules · Essential oils · Buying well · The fridge card





READ THIS FIRST

Natural doesn't *mean safe.*

Many of today's medicines came from plants. That's exactly why herbs can help, and why they can also cause side effects, allergies or clashes with your medications.

Call 911

- Trouble breathing, or swelling of the lips, tongue or throat
- Bluish lips or face
- Very hard to wake, fainting, or a seizure

SAVE IT IN YOUR PHONE

Swallowed something?

Call Poison Control (US):
1-800-222-1222. Free, 24/7, for herbs,
oils and medicines.

Trust your gut

If something feels wrong after a new remedy, stop it and call your doctor or pharmacist, even if nothing on this page matches.

This guide is educational and is not medical advice. It does not replace your doctor, pediatrician, pharmacist or midwife. Remedies are “traditionally used” or “may help”; none of them cure illness.

The 6 *golden rules*.



1 • One new thing at a time

Start one remedy at a time, so if there's a reaction you know what caused it.

2 • Food amounts first

A cup of ginger tea is very different from a concentrated capsule or extract. More is not better.

3 • Keep a list

Write down every herb, tea, supplement and medicine you take, and how often. Bring it to every appointment.

Your doctor and pharmacist can only check what they know about.

4 • Ask the 3 questions

Pregnant or breastfeeding? On any medications? Is it for a child? A “yes” to any means ask first.

5 • Know when to stop

Rash, itching, stomach upset, a racing heart, dizziness or anything unusual: stop and call.

6 • Remedies sit beside the doctor

Never use a remedy to delay care for a red-flag symptom. More options, never “skip the doctor.”

BEFORE YOU MIX

Herbs + *medications.*

Some herbs change how your body processes medicine, making it weaker or stronger. These are the pairings US health agencies flag most often.

St. John's wort

- Can make birth control pills less effective
- Serious reactions with some antidepressants
- Also clashes with warfarin, digoxin and transplant medicines

Ginkgo

- With warfarin (a blood thinner), linked to a higher risk of major bleeding

Mention it before any surgery or dental work.

Goldenseal

- Can change how your body handles many drugs, including the diabetes medicine metformin

Also ask about

- Licorice root ↔ blood pressure
- Green tea extract ↔ some cholesterol and heart medicines
- Chamomile ↔ warfarin, sedatives
- Marshmallow root, slippery elm ↔ take 2 hours apart from medicines

Your pharmacist can check any herb against your medicines in a couple of minutes, for free.

Two lives, *extra care*.

Most herbs have never been studied in pregnancy or breastfeeding. Until your doctor or midwife says yes, the safest answer is “not yet.”

Skip unless your provider says yes

- Blue cohosh and black cohosh
- Pennyroyal (never, in any form)
- Mugwort and dong quai
- Goldenseal
- Large amounts of licorice root
- High-dose herbal capsules or extracts

Ask first, even for gentle ones

Ginger, peppermint and raspberry leaf are common in pregnancy, but amounts and timing matter. Bring the actual package to your appointment.

Breastfeeding

What you take can pass into milk. Sage and large amounts of peppermint are traditionally thought to lower milk supply.

Check with your doctor, midwife or lactation consultant.

Call your doctor or midwife for...

- Bleeding or cramping
- Severe headache or vision changes
- Can't keep fluids down
- Fewer baby movements

The little-ones *rules*.

Children aren't small adults. These are the rules we never bend.

No honey under 1

Not in tea, on a pacifier, or baked in.
Infant botulism is rare but serious.

Any fever under 3 months

100.4°F or higher in a baby under 3 months: call the doctor now.

No cough & cold medicine

The FDA says no over-the-counter cough and cold medicine under 2; labels say not under 4. No homeopathic cold medicine under 4.

No aspirin for kids or teens

Linked to Reye's syndrome, a rare but serious illness.

Teething, safely

No benzocaine gels and no amber necklaces (a choking and strangulation risk). Try a chilled, clean teething ring.

Dosing

Ask your pediatrician or pharmacist.
Use the syringe or cup that comes with the medicine, never a kitchen spoon.
Never give adult medicine to a child.

Essential oils, *the safe way.*

One drop of essential oil can equal many cups of tea. Treat oils like medicine, and keep them where little hands can't reach.

Never on infants

Oils like eucalyptus and peppermint can affect a little one's breathing. Keep them away from babies' and young kids' faces, chests and noses.

Never swallow them

Wintergreen, camphor, eucalyptus and clove oils can be dangerous if swallowed, even in small amounts.

On skin

- Always dilute in a carrier oil (coconut, olive, jojoba)
- Patch-test a small spot first
- Some citrus oils can burn in the sun

Diffusing

- Short sessions in a ventilated room
- Keep diffusers out of reach
- Skip it around babies, people with asthma, and pets (cats especially)

Storage

Child-resistant caps, up high, out of sight. If a child swallows an oil, call Poison Control right away: 1-800-222-1222.

Read the label *like Grandma.*

Supplements and herbal products don't need FDA approval before they're sold. A few habits help you choose well.

Look for

- ◇ A third-party seal such as USP Verified or NSF Certified
- ◇ The plant's full name and the part used (root, leaf, flower)
- ◇ A lot number and an expiry date
- ◇ A brand you can contact

Walk away from

- "Cures," "miracle," "detox everything"
- "No side effects" or "100% safe"
- "Works instantly" or "doctors hate this"
- Products sold only through DMs or with no label

From the garden

Never forage a plant you can't identify with certainty. Look-alikes can be toxic. Buy from trusted growers.

Store it right

Cool, dry and dark, with the label on. Toss anything past its date, damp or moldy.

OUR PROMISE TO YOU

Honest words, *every page.*

The Mana Apothecary brings three traditions to one kitchen table: Western herbalism, Traditional Chinese Medicine and Polynesian island wisdom. We hold every one to the same rules.

How we say it

- “Traditionally used for” — what generations did
- “Studied for” — research exists, and we say how strong
- “May help” — honest, never a promise
- Never “cures,” never “treats”

On every remedy

- A “when to see a doctor” box first
- Pregnancy and breastfeeding notes
- A check before you mix with medicines
- Kids’ rules where they apply

INSIDE THE FREE APP

50 everyday concerns, three traditions, one safe place.

Pick your state, take the two-minute constitution quiz, and tell it how you feel. Free, no account, no ads, and your data stays on your device.

apothecarybymana.com



The fridge *card*.

Numbers

- 911 for emergencies
- Poison Control: 1-800-222-1222
- Doctor: _____
- After-hours: _____
- Pharmacy: _____

For each person

- Name and weight (for medicine doses)
- Allergies
- Daily medicines
- Herbs, teas and supplements

The 3 questions before any remedy

- ◇ Pregnant or breastfeeding?
- ◇ On any medications?
- ◇ Is it for a child?

A “yes” to any of these means ask your doctor, midwife or pharmacist first.





MEDICINE YOUR GRANDMOTHER KNEW

Receipts your *doctor reads*.

Find the remedies, the safety notes and the “when to see a doctor” box for 50 everyday concerns in The Mana Apothecary. Free, no account.

apothecarybymana.com

Sources: NIH National Center for Complementary and Integrative Health; US FDA; CDC; America's Poison Centers. Educational only, not medical advice. Emergencies: call 911. © 2026 The Mana Apothecary ·
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