

PLANTS TO GROW IN URBAN HOMES FOR EMERGENCIES



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LMBL TEST institute

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Introduction

In an increasingly uncertain world, it is critical to be prepared for all eventualities, especially when living in urban settings where access to resources can become critical. Imagine a situation where the streets of your city are no longer safe, where going to a pharmacy or hospital becomes impossible because of riots, roadblocks, or simply because medical supplies have run out.

For this reason, it is essential to develop a small stock of easily accessible natural remedies that can be used when needed. This guide will take you step by step through the knowledge and use of medicinal plants that you can easily grow at home, in pots or on a balcony. These plants do not require large spaces or abundant water resources, and are suitable for city or apartment living.

Why Grow Medicinal Plants at Home?

Growing medicinal plants offers a twofold advantage: not only does it provide you with effective natural remedies to deal with minor everyday ailments, but it also prepares you for emergency situations where access to conventional medicines may not be possible. Learning to recognize, cultivate and use these plants enables you to acquire a skill that is critical to your own and your family's self-sufficiency.

In addition, having these resources directly at home allows you to:

Reducing Dependence on Conventional Medications: If a prolonged crisis makes it impossible or risky to access a pharmacy, knowing natural remedies can make the difference between handling a situation calmly and serenely or plunging into panic.

Address Immediate Health Problems: Small cuts, abrasions, burns, headaches, indigestion, and other common conditions can be treated quickly with plants you already have on hand.

Keeping a Low Profile: During a crisis, having stockpiles of medications could make you a target for desperate people. Home-grown medicinal plants can offer a discreet and safe solution.

Urban Cultivation Strategies: Maximizing Space and Resources.

In an urban house or apartment, space can be limited, as can resources such as water and sunlight. However, with some clever strategies, it is possible to grow a variety of medicinal plants even in the smallest of settings:

Vertical Growing: Use shelves, stands and stackable pots to create a vertical garden that maximizes available space. This technique allows you to grow more plants in a smaller space, taking advantage of height rather than area.

Water Recycling Systems: Install pots with small holes in the bottom, stacked so that excess water can drain from one level to the other, watering the plants below. Place plants in order of water need, with those that require more moisture at the top and those that are more drought-resistant at the bottom.

Mobility for Light: Since sunlight can be limited in apartments, consider using shelves or pots on wheels so that you can move plants to different parts of the house or balcony to capture maximum available light during the day.

Prepare Now for Every Eventuality

Let's not wait until it's too late to take action. Growing medicinal plants at home not only gives you ready-to-use natural remedies, it is also a way to develop valuable survival skills. Whether you are facing a temporary crisis, a prolonged blackout, or a situation where medical resources are limited, having a small supply of medicinal plants can make the difference between feeling helpless and taking control.

This guide is designed for those who want to be prepared and safe no matter what happens in the outside world. Discover the easiest plants to grow, their medicinal benefits, and how best to use them to maintain your health and that of your family, both today and in times of crisis. Learn now, practice regularly, and you'll be ready for any emergency.

MEDICINAL PLANTS EASY TO GROW AT HOME

1. Aloe Vera

Characteristics: Succulent plant with fleshy leaves that contain a gel rich in vitamins, minerals and amino acids.

Medicinal Use:

External: Gel applied directly to burns, cuts, insect bites, eczema and scalds for its soothing and regenerative properties.

Internal: Consume in small amounts to aid digestion and soothe gastrointestinal problems (use with caution)



2. Peppermint

Characteristics: Perennial plant with fragrant leaves, rich in essential oils such as menthol.

How to use:

Essential oil: Inhaled or massaged on temples to relieve headache, massaged on skin (diluted) to relieve muscle pain or skin irritation.

Medicinal Use:

Infusion: Fresh or dried leaves infused. Relieves stomach pain, abdominal cramps and aids digestion.



3. Rosemary

Characteristics: Evergreen shrub with needle-shaped leaves, rich in antioxidants and essential oils.

Essential oil: Diffuse to improve mental concentration.

Medicinal Use:

Infusion: Leaves in tea to improve memory and concentration and relieve digestive problems.

External: Decoction of leaves to rinse hair, strengthening it and fighting dandruff.



4. Thyme

Characteristics: Woody shrub with small aromatic leaves, known for its antibacterial and antifungal properties.

Medicinal Use:

Infusion: Dried leaves for tea, as a soother for coughs and sore throats, also used as a natural mouthwash and to treat minor infections.

External: Diluted oil to treat skin infections and small wounds.



5. Oregano

Characteristics: Aromatic herbaceous plant with leaves rich in antioxidants and essential oils. Natural antibiotic and antifungal, supports the immune system

Medicinal Use:

Infusion: Infused: Fresh or dried leaves in tea, soothes colds, coughs and sore throats.

Essential Oil: Dilute and apply to treat fungal and bacterial infections.



6. Sage

Characteristics: Perennial shrub with velvety leaves, known for its antibacterial and anti-inflammatory properties.

Medicinal Use:

Infusion: Dried leaves for tea, reduces sweating, relieves sore throat and digestive problems, improves memory.

Rub on Teeth: Fresh leaves can be used to whiten teeth and freshen breath.

Decoction: Scalp rinse to reduce dandruff.



7. Lavender

Characteristics: Plant with purple flowers, known for its calming and relaxing properties.

Benefits: Promotes relaxation, reduces anxiety and improves sleep. Has antibacterial properties.

Medicinal Use:

Infusion: Use the dried flowers in herbal teas to calm anxiety or promote sleep.

Essential Oil: Local application (diluted) to relieve burns, insect bites and mild skin irritations.



8. Calendula

Characteristics: Plant with orange or yellow flowers with anti-inflammatory properties.

Medicinal Use:

External: Fresh or dried flowers to prepare ointments and oils for cuts, burns, irritations. It has powerful healing power and antimicrobial activity. Flowers when used as a skin ointment should be macerated in oil.

Infusion: Calms digestion and reduces internal inflammation.



9. Echinacea

Characteristics: Herbaceous plant with cone-shaped flowers, known for its immune-stimulating properties.

Medicinal Use:

Infusion: Dried flowers or roots for herbal tea, strengthens the immune system during colds and flu.

External: Roots or flowers macerated in alcohol to create an immune-stimulating tincture or to apply to wounds to speed healing.



10. Lemon balm

Characteristics: Perennial plant with fragrant leaves, with calming, antispasmodic and antiviral properties.

Medicinal Use:

Infusion: Dried leaves or in tea to relieve anxiety, promote sleep, reduce headaches.

External: Wrap to soothe irritated skin.

Tincture: Fresh leaves macerated in alcohol to create a relaxing tincture.



11. Chamomile

Characteristics: Plant with small white flowers, known for its calming properties.

Medicinal Use:

Infusion: Dried flowers in herbal teas to reduce anxiety, promote sleep, and soothe gastrointestinal disorders. It is also effective as an antipyretic, in cases of fever and as an anti-inflammatory.

External: dried flowers soaked in hot water left until warm to make compresses on irritated eyes or rinse for light-colored hair.



12. Basil

Characteristics: Aromatic herbaceous plant rich in antioxidants, improves respiratory health and has mild anti-inflammatory action.

Essential oil: Used in aromatherapy to improve concentration.

Medicinal Use:

Infusion: Fresh or dried leaves in tea to treat respiratory disorders or to prevent nausea and promote digestion.

External: Fresh leaves crushed on insect bites to reduce itching and inflammation.



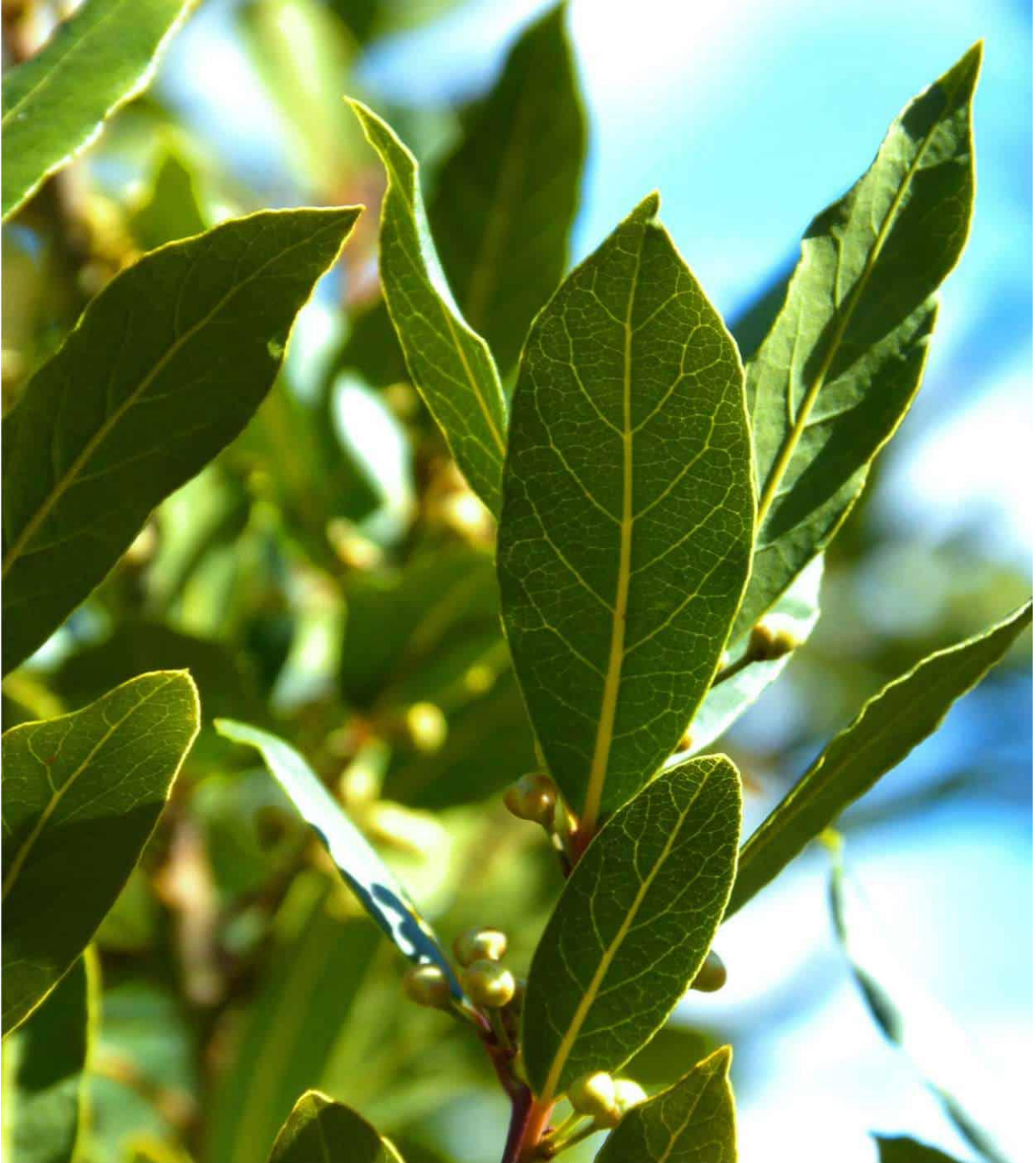
13. Laurel

Characteristics: Perennial shrub with aromatic leaves.

Medicinal Use:

Infusion: Improves digestion, relieves intestinal gas.

External: Foot bath to relieve muscle pain.



14. Parsley

Characteristics: A biennial herb with vitamin-rich leaves, it supports kidney function and digestion.

Fresh: Use as a garnish in dishes for digestive support.

Medicinal Use:

Infusion: Leaves in tea for diuretic benefits and toxin removal.

External: Wraps to reduce swelling and bruising.



15. Fennel

Characteristics: Plant with feathery leaves, rich in antioxidants.

Medicinal Use:

Infusion: Relieves bloating, promotes healthy digestion.

External: Chewed seeds to freshen breath.



16. Jasmine

Characteristics: Climbing plant with fragrant flowers.

Medicinal Use:

Infusion: Reduces anxiety, promotes sleep.

External: Wraps to relieve skin irritation.



17. Dandelion

Characteristics: An herbaceous plant with toothed leaves and yellow flowers, it supports liver health and digestion.

Fresh leaves: Added in salads for their nutritional properties.

Medicinal Use:

Infusion: Dried roots or leaves in tea for liver detoxification and diuretic action.

External: Fresh leaves crushed on insect bites to relieve itching.



18. Cuban oregano (*Plectranthus amboinicus*).

Characteristics: Herbaceous perennial, drought-tolerant plant.

Medicinal Use:

Infusion: Treatment for colds and respiratory problems.

External: Applied to wounds for its antibacterial properties.



19. Valerian

Characteristics: Plant with toothed leaves and white or pink flowers.

Medicinal Use:

Infusion: Improves sleep and relieves anxiety.

External: Valerian root baths for muscle pain.



20. Garlic

Characteristics: Bulb known for antibacterial and antiviral properties, supports the immune system and lowers blood pressure.

Medicinal Use:

Internal: Consume raw chopped fresh to take advantage of antibacterial properties or dry in infusion to strengthen the immune system.

External: Applied to wounds to prevent infection.



21. Ginger

Characteristics: Rhizome with anti-inflammatory and antioxidant properties and to relieve nausea.

Medicinal Use:

Internal: Consume fresh or dried to strengthen the immune system.

Infusion: Fresh root in tea to treat nausea, joint pain and colds.

Poultices: Prepare a paste with fresh ginger and apply to inflamed areas.



22. Turmeric

Characteristics: Rhizome with potent anti-inflammatory and antioxidant properties.

Medicinal Use:

Internal: Use as a spice or in infusion to reduce inflammation and improve digestion.

Infusion: Powder in tea or golden milk for anti-inflammatory benefits.

Paste: Create and apply as a paste to treat skin inflammation.



23. Greek hay

Characteristics: Seeds rich in fiber and protein, used for their anti-inflammatory properties. Lowers blood sugar levels and aids digestion.

Medicinal Use:

Internal: Infusion or decoction to improve digestion and reduce cholesterol. Seeds for tea to improve digestion.

Powder: Add to food or water to help balance sugar levels.

External: Ground seed paste to treat skin inflammation.



24. Nettle

Characteristics: Perennial plant with prickly leaves, rich in minerals and nutrients, relieves allergies and arthritis.

Medicinal Use:

Infusion: Dried leaves in tea to relieve allergies. Also reduces inflammation and joint pain.

Poultice: Use as a compress for muscle and joint pain.

External: Decoction for rinsing hair, strengthening it and reducing hair loss.



25. Yarrow

Characteristics: Promotes wound healing, reduces inflammation and fever.

Medicinal Use:

Infusion: Dried flowers in herbal teas to reduce fever and inflammation.

Ointment: Macerate in oil and apply to wounds.



Growing Medicinal Plants in the Apartment or Balcony

General Conditions of Cultivation

Sun exposure:

Sun Directly (6-8 hours): Rosemary, Thyme, Oregano, Lavender, Sage, Basil, Echinacea.

Half shade (3-5 hours): Peppermint, Lemon Balm, Parsley, Chamomile, Calendula, Dandelion.

Partial shade (2-4 hours): Aloe Vera, Jasmine, Nettle.

Temperature:

Ideal temperature: 15-25°C for most plants.

Cold-Resistant Plants: Rosemary, Sage, Thyme (can withstand temperatures as low as 0°C or slightly below).

Cold-Sensitive Plants: Basil, Aloe Vera, Ginger, Turmeric (must be withdrawn or protected in cold weather).

Type of Soil:

Well Draining: Universal potting soil mixtures with added coarse sand or perlite for plants such as Aloe Vera, Rosemary, Thyme, Sage, Oregano.

Rich in Nutrients: Universal potting soil with compost for plants requiring more nutrients such as Basil, Parsley, Chamomile, Calendula.

Mixed and Light: For plants with delicate roots such as Lemon Balm or Mint, use universal potting soil mixed with coconut fiber.

Need for Water:

High Water Needs: Mint, Lemon Balm, Parsley, Ginger, Turmeric.

Medium Water Needs: Sage, Lavender, Chamomile, Calendula, Echinacea, Dandelion.

Low Water Needs: Rosemary, Thyme, Oregano, Aloe Vera, Nettle.

Vertical Cultivation: How to Organize Plants

Vertical Arrangement:

Upper Pots (Plants with Low Water Needs):

Aloe Vera, Rosemary, Thyme, Oregano, Sage: These plants require less water and, placed high up, avoid stagnation that could damage them.

Intermediate Pots (Plants with Average Water Needs):

Lavender, Chamomile, Calendula, Echinacea, Dandelion: Benefit from the water coming down from the upper basins, but without excess.

Lower Pots (Plants with High Water Needs):

Mint, Lemon Balm, Parsley, Ginger, Turmeric: Plants that require more moisture and can receive water draining from the upper trays.

Type of Tubs to Use:

Layered or Stacked Tubs: Prefer stacked tubs with a built-in drainage system (there are models on the market specifically for vertical growing). These trays are already perforated to allow water to drain downward, helping to maintain the right level of moisture.

Examples of Vertical Pots: Stackable models such as tower planters or vertical plant pockets (made of fabric or plastic).

Practical Tips for Vertical Cultivation in Apartment or Balcony.

Use Vertical Tubs with Wheels: Choose stacked tubs or vertical planters equipped with small wheels at the base. This will allow you to move them easily to follow natural light throughout the day.

Tub Material: Prefer lightweight tubs made of durable plastic or waterproof fabric to reduce weight and facilitate movement.

Strategic Positioning for Natural Light.

Placement in the Home: Place the vertical plant near windows facing south or southwest, where sunlight is most intense and direct. If sunlight is limited, move the plants throughout the day to follow the sun's path and maximize light exposure.

Use Balconies or Terraces: If you have access to a balcony or terrace, place plants outdoors during the day to receive the maximum amount of sunlight. Bring them back in at night or during bad weather to protect them.

Manual Irrigation with Water Harvesting:

Rainwater Collection and Recycling: Use buckets or containers to collect rainwater, which can be used to water plants.

Manual Watering System: Water the plants from the top tray, allowing the water to flow down through the drainage holes, reaching all the plants. Install a collection system at the base of the structure to collect excess water that drains from the lower trays. This water can be reused for subsequent watering if it is not contaminated.

Check the moisture level of the potting soil regularly with a moisture meter or by touching it with your fingers.

Optimizing Plant Orientation:

Rotate Plants for Uniform Growth: Rotate trays or the entire plant 90 degrees every few days to ensure that all plants receive an even amount of light.

Arrangement of Plants by Height: Place taller plants in the center and smaller plants at the edges, so as not to shade the lower plants.

Growing in Light Containers with Wheels:

Use Modular Containers: Choose containers that can be stacked and easily separated so they can be transported outside or to different rooms to catch light.

Small Wheels for Ease of Movement: Add small wheels to containers or vertical structures to move them smoothly, while maintaining flexibility to fit the available light.

Techniques for Maximizing Natural Light:

Mirrors or Reflective Surfaces: Use mirrors or reflective panels to amplify natural light inside your home and direct more light to your plants.

Light or Reflective Curtains: Install clear or reflective curtains near windows to better diffuse light.

Conclusion: Resilient and Flexible Cultivation.

With a vertical plant on wheels and a manual watering system, you can ensure that your medicinal plants receive the maximum amount of natural light available, even in situations where electricity is limited or absent. Adapting your environment to the plants' needs ensures efficient and sustainable cultivation, better preparing you for any eventuality.

Temperature and Humidity Management at the stage where you will grow and adapt them to the environment, out of emergency situations without water and electric light:

Keep plants away from cold drafts or excessive heat sources such as radiators.

If the air is too dry, use a humidifier to maintain an optimal humidity level for plants.

Specific temperature and lighting suggestions for Certain Plants:

Ginger and Turmeric:

Exposure: Partial shade, indirect light.

Temperature: 20-30°C.

Cultivation: Grow in deep pots to allow the rhizomes to develop. Keep the potting soil constantly moist.

Nettle:

Exposure: Half-shade or diffuse light.

Temperature: Resists cold well, but prefers temperatures between 15-25°C.

Growing: Plant in pots with rich, moist soil. It can also grow in cooler conditions.

Greek Hay:

Exposure: Full sun or bright indirect light.

Temperature: 15-25°C.

Cultivation: Can be grown in smaller pots; shoots grow quickly and are easy to harvest.

Guide to Harvesting and Drying Medicinal Plants

Collection of Leaves, Flowers and Roots

Leaves: Collect the leaves of plants such as mint, sage, eucalyptus and rosemary in the early morning hours.

Flowers: Pick flowers such as chamomile, marigold and lavender when they are fully open but not wilted.

Roots: Collect the roots of plants such as turmeric and ginger in the fall or early spring, when nutrients are concentrated in the roots.

Drying and Storage of Plants

Hang in the Dark: Tie small bunches of herbs with twine and hang them upside down in a dark, dry, well-ventilated place. This method is ideal for plants with thicker leaves such as rosemary or sage.

Use a Drying Grid: For delicate flowers such as chamomile or lavender, arrange them on a grid or mesh tray in a single layer and keep them out of direct sunlight.

Low-Temperature Oven Drying: If you have access to an oven, you can dry plants at a very low temperature (about 30-40°C), leaving the door slightly open to allow moisture to escape. Check often to avoid overheating.

Preservation of Dried Herbs:

Hermetic Containers: Store dried herbs in dark glass jars with airtight lids, away from light and heat. This helps preserve the medicinal properties.

Label and Date: Label each container with the name of the plant and the date of drying. Dried herbs retain their potency for about a year.

Preparation of Ointments Based on Medicinal Plants

Ingredients Needed:

Base Oil: Olive, sweet almond or coconut oil.

Beeswax: Helps give consistency to the ointment.

Dry Herbs: Such as calendula, St. John's Wort, lavender or chamomile.

Procedure:

Infusion of Oil:

Place the dried herbs in a glass jar and cover with the base oil. Close the jar and let it steep for at least 4 to 6 weeks in a warm place, shaking the jar daily.

Alternatively, you can heat the herbs and oil in a water bath over low heat for 2-3 hours for a faster infusion.

Filter the Oil: Filter the infused oil through a cotton cloth or gauze to remove the herbs.

Preparing Ointment:

Heat the infused oil in a double boiler and slowly add the grated beeswax, stirring until it melts completely.

Pour the ointment into small glass jars and let cool. Once cooled, cover with an airtight lid.

Preservation of Ointments

Storage in Cool, Dark Places: Store ointments in dark glass jars in a cool, dark place to prevent rancidity.

Shelf Life: Ointments can last up to 1 year, but it is important to check them periodically to make sure they have not changed in color or odor.

Tips for Making Herb Stocks and Ointments:

Use Regularly to Know its Effectiveness:

Familiarize yourself with the properties of herbs by using them regularly as infusions, teas or ointments. This will enable you to better understand their effects and dosages before an emergency situation.

Small Quantities to Avoid Waste:

Prepare small amounts of ointments and remedies to avoid waste. Store surplus in the freezer, if possible, to extend their shelf life.

Beware of Signs of Degradation:

Check dried stocks or ointments periodically for signs of mold, color changes, or odor. If necessary, prepare new batches.

Helpful tips for staying under the radar

When preparing for a crisis, especially in urban settings, it is important to keep a low profile. Growing medicinal plants indoors can attract unwanted attention, especially if the crisis is prolonged and outside resources, such as drugs or healing herbs, become scarce. Here are some practical tips to protect your cultivation and prevent others from discovering its existence.

1. Maintain a Low Profile:

Opaque Curtains and Covers: If plants are grown near windows, use opaque curtains or semi-transparent covers to hide the cultivation from the outside. Make sure that light can enter without revealing the presence of the plants.

Ornamental Cover Plants: Mix medicinal plants with other common ornamental plants, such as ferns or houseplants, to disguise their function. This will make it more difficult to tell that this is a specifically useful crop for emergence.

Discreet Vertical Cultivation: Use shelves or vertical growing systems away from windows that can be covered easily in case of unwanted visitors. Place plants so that they are not visible from the outside when windows are open.

2. Camouflage on the Balcony:

Graticules and Screens: Use decorative screens or trellises to cover plants outside. These can provide both privacy and protection from the view of neighbors, while still allowing plants to receive sunlight.

Climbing Plants: Consider growing climbing plants such as rosemary or sage that can grow around screens or structures, complementing other ornamental plants to camouflage the appearance of your growing space.

Multipurpose Pots: Use large pots that appear to contain only ornamental plants on the surface, but on the inside also conceal the cultivation of medicinal herbs.

3. Use Artificial Lighting in a Safe Manner:

Low-Power Lamps: If you must use artificial lighting, choose lamps that are low in power consumption and do not emit too much light visible from the outside to avoid attracting attention.

Timer for Lights: Use timers for grow lights, so lights will only come on for short periods when you are present, minimizing the chance of anyone noticing prolonged lighting.

4. Discrete Communication:

Don't Talk About Your Cultivation: One of the main mistakes you can make in a crisis is sharing information about how you are preparing. Do not talk about your cultivation with neighbors or acquaintances, and keep it confidential to prevent the news from spreading.

5. Simulating Ornamental Plants:

Use pots of modern or rustic design, common in urban homes, that give the impression of aesthetic crops rather than medicinal plants. This helps to confuse any casual observers.

Final Advice:

Discretion is a key part of urban survival. Even when it comes to growing medicinal plants, it is important to avoid attracting attention, especially in a setting where resources may become scarce. Keeping a low profile and using common sense will help ensure that your preparation remains safe.

DIY recipes

Here are some practical and easy-to-prepare recipes using plants that can be grown at home. These do-it-yourself remedies are perfect for emergencies when you may not have access to conventional medications or treatments.

1. Sunburn Ointment (Aloe Vera and Coconut Oil).

Aloe vera is known for its soothing properties, while coconut oil has moisturizing and antibacterial properties that aid skin healing.

Ingredients:

2 tablespoons of fresh aloe vera gel (extracted from the plant)

1 tablespoon virgin coconut oil

Preparation:

Extract the gel directly from aloe vera leaves by cutting a leaf and scraping out the inner gel.

Heat the coconut oil slightly (if it is solid) until it becomes liquid, but not hot.

Mix aloe vera gel with coconut oil until smooth.

Store the ointment in a clean glass jar.

Apply to sunburns or irritated areas of the skin several times a day.

Storage: This ointment can last up to 1 week in the refrigerator.

2. Herbal Tea for Colds (Mint, Ginger and Lemon)

This herbal tea is a natural remedy for relieving cold symptoms, thanks to the decongestant properties of mint, anti-inflammatory properties of ginger and vitamin C-rich properties of lemon.

Ingredients:

5-6 fresh mint leaves

1 piece of fresh ginger (about 2 cm), peeled and sliced

Juice of half a lemon

Honey (optional) for sweetening

Preparation:

Boil 250 ml of water.

Add the mint leaves and ginger piece to the boiling water.

Allow to steep for 10 minutes.

Strain the infusion and add lemon juice.

Sweeten with honey if desired.

Usage: Drink 2-3 times a day to relieve cold symptoms.

3. Decoction for Muscle Pain (Turmeric and Ginger)

This decoction combines the anti-inflammatory properties of turmeric with those of ginger, creating an effective remedy for relieving muscle and joint pain.

Ingredients:

1 teaspoon turmeric powder (or one fresh turmeric root, grated)

1 teaspoon fresh ginger, grated

500 ml of water

Honey or lemon to taste

Preparation:

Bring water to a boil in a pot.

Add turmeric and ginger to boiling water.

Reduce the heat and let simmer for 10-15 minutes.

Strain the decoction and sweeten with honey or add lemon to taste.

Usage: Drink a cup of this decoction 1-2 times a day to reduce inflammation and relieve muscle pain.

4. Cut and Wound Ointment (Calendula and Olive Oil)

Calendula is a plant with powerful skin-healing properties, useful for treating minor cuts and wounds.

Ingredients:

1 cup of dried marigold flowers

1 cup of extra virgin olive oil

1 tablespoon beeswax

Preparation:

Place marigold flowers in a jar and coat with olive oil.

Heat the jar in a water bath for 2-3 hours, keeping the heat low.

Strain the oil to remove the flowers.

Melt the beeswax in a water bath and mix it with the filtered oil.

Pour the mixture into small containers and let cool until solidified.

Storage: The ointment can be stored for up to 6 months in a cool, dry place.

5. Anti-inflammatory Massage Oil (Rosemary and Almond Oil)

Rosemary is known for its anti-inflammatory and analgesic properties, making it ideal for muscle and joint pain.

Ingredients:

10 g fresh rosemary leaves

100 ml of sweet almond oil

Preparation:

Finely chop fresh rosemary.

Add the rosemary to the almond oil and let it macerate for 1 week in a cool, dark place, shaking the container daily.

Strain the oil and store it in a dark glass bottle.

Usage: Apply to painful areas with circular motions. This oil can be used as a remedy for muscle pain and inflammation.

6. Turmeric Milk (Golden Milk)

Turmeric milk, also known as "golden milk," is a traditional Ayurvedic beverage prized for its anti-inflammatory, antioxidant and immune-stimulating properties. It is ideal for fighting inflammation, improving digestion and strengthening the immune system, as well as promoting relaxation and peaceful sleep.

Ingredients:

1 cup of vegetable milk (almond, coconut, or oat milk) or cow's milk

1 teaspoon turmeric powder or 2 cm fresh grated turmeric root

1 pinch of black pepper (helps absorption of curcumin)

1 small piece of fresh grated ginger (optional, for additional anti-inflammatory effect)

1/2 teaspoon cinnamon powder (optional)

1 teaspoon honey or maple syrup (optional, for sweetening)

1 teaspoon coconut oil or ghee (optional, to increase absorption)

Preparation:

In a small saucepan, heat the milk over medium heat, without letting it boil.

Add turmeric, black pepper, ginger, and cinnamon (if you are using it).

Stir well and let cook for 5-10 minutes on low heat, allowing the ingredients to infuse into the milk.

Strain the milk to remove any pieces of fresh ginger or turmeric.

Add honey or maple syrup to sweeten, and coconut oil or ghee to improve curcumin absorption.

Mix well and serve hot.

Usage: Drink a cup of turmeric milk before bedtime or in the morning for an anti-inflammatory, digestive and immune-stimulating effect.

Storage: Turmeric milk should be consumed immediately, but you can make a turmeric paste (by mixing turmeric, water and black pepper) to be stored in the refrigerator for up to a week and added to the milk when needed.

This drink is a great addition to your daily routine to improve your overall health and boost your immune system, as well as being a natural remedy for inflammation and joint pain.

Conclusion: Preparing for the Future with Strategic Cultivation.

Growing medicinal plants at home is not only a way to become more self-sufficient, it is also a form of resilience in a crisis. As we have seen, it is possible to turn tight spaces such as balconies or corners of a room into small vertical gardens capable of providing valuable resources for your family's health and well-being. With a practical and mindful approach, you can be prepared for situations where access to conventional medications or medical resources may be limited.

This guide has provided you not only with a selection of plants that are easy to grow in an urban environment, but also with practical solutions for making the most of limited space, conserving water, and ensuring growing discretion to keep a low profile. In an urban crisis, your home can become a safe haven, and these medicinal plants can be a valuable ally for health and survival.

Remember that the art of bug-in is not only about defense or food resources, but also about physical and mental well-being. Learning how to cultivate and use these medicinal plants now, in quiet times, will enable you to master their use when it is most needed. Crises can be unpredictable, but with preparation and practice, you will be able to face them with confidence.

Start cultivating today, prepare for tomorrow. Always be ready.

**If you haven't already done so, consider leaving us an honest review. It helps us a lot and allows you to share your experience with other readers.
Click on the photo. Thank you!**

