

Tracey Stroup, ND

**The Mommy Apothecary
Home Health Resource Guide**



Table Of Contents

Understanding QUALITY Supplements	4
The "Healthcare" Field and Parental Rights	8
God's Farmacy	9
Safety First	12
Silver Solutions	15
Full Spectrum Hemp Extract (CBD) Topical and Internal	22
Systemic Enzyme Therapy	24
Probiotics	26
Belly Issues - Leaky Gut	27
Oil of Oregano	28
Key Vitamins	29

Parasites	33
Homeopathy	35
Detox, Binding, Drawing and Nourishing	36
Essential Oils	42
Helpful Common Kitchen Items	48
Protocols	57
Skin Eruptions	58
Ear Aches	61
Salt Sock for Earaches	62
Garlic Ear Oil	63
Fever	65
Sinus Issues	66
Sore Throat	68

Immune Support Protocol	69
Poison Ivy	70
Tick Bites	72
Gastrointestinal Issues	76
Yeast Overgrowth/Candida	78
Candida Overgrowth Protocol	79
Yeast Overgrowth Genital Area	79
Yeast and Skin	80
Candida Cleanse Supplements	80
COVID Hair Loss	81
Extra Protocols	82
Animals	83