

The Infowarriors Herb Guide

By Dutchess
Compiled and edited
by Tweek Jones

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Remember you can always use the search feature in adobe reader to find specific herbs and remedies in this e-book.

Note from Tweek Jones

In an effort to finish this first edition as quickly as possible some corners had to be cut. This book is a collaboration between myself and Dutchess and the way we shared documents made it very hard for me to format them correctly everytime. As a result of that difficulty the Remedies section is in a few different fonts at times and in no particular order, please forgive me and remember two things–

1. Adobe reader has a search function, make sure to use it if you can't find a particular remedy.

2. This is the first edition and another may very well be made.

If you would like to get in contact with me please check the helpful links section.

PLEASE SHARE THIS BOOK, ADD IT TO TORRENT SITES AND YOUR OWN WEBSITE JUST PLEASE REMEMBER TO ATTRIBUTE THE AUTHORSHIP TO DUTCHESS AND MYSELF AND ADD THE LINK TO SNARDFARKER. THANK YOU!

Basic Herbs List

Knowing which herbs to have on hand can be a daunting task. The following lists are meant to assist you in planning theme gardens. They are not all inclusive, but serve as a starting point.

Quick Garden Planner

Bath Herbs Garden

Basils

Beebalm

Burdock, Giant

Calendula

Catnip

Chamomile

Chervil

Comfrey

Evening Primrose

Fennel Hyssop

Lady's Mantle

Lavender

Lemon Balm

Lovage

Marjorams

Mints

Mugwort

Mullein

Oregano Rosemary

Sage

Sage, Clary

Savory

Southernwood

Tansy

Thyme

Valerian

Violet

Yarrow

Cosmetic Garden

Angelica

Basils

Borage

Burdock, Giant

Calendula

Catnip

Chamomile

Comfrey

Costmary

Elecampane

Fennel

Hyssop

Lady's Mantle

Lavender

Lemon Balm

Lemon Bergamot

Lovage

Marjorams

Mints

Mugwort Rose

Rosemary

Sage

Sage, Clary

Savory

Southernwood

Tansy

Thyme

Violet

Yarrow

Culinary Garden

Angelica

Anise Hyssop

Basils

Borage

Calendula

Cayenne

Chervil

Chickory

Chives

Chives, Garlic

Coriander Costmary

Dill

Fennel, Bronze

Hyssop

Lavender

Lemon Balm

Lemon Marigold

Lovage

Lovage, Black

Marjoram, Showy

Marjoram, Sweet Mints

Oregano, Greek

Parsley

Rosemary

Sage

Sage, Pineapple
Savory, Summer
Savory, Winter
Thyme
Thyme, Lemon
Violet, Sweet

Dye Garden
Angelica
Calendula
Comfrey
Elecampane
Fennel, Bronze
Feverfew Hops
Lady's Bedstraw
Lady's Mantle
Lily of the Valley
Marjoram, Wild
Motherwort Rosemary
Sage
Southernwood
Sweet Woodruff
Tansy
Yarrow

Everlasting Garden
Anise Hyssop
Artemesias
Baby's Breath
Basil, Sacred
Bergamot, Lemon
Bishop Weed

Blue Flag (pod)
Boneset
Borage (potpourri)
Calendula
Chamomile Chives
Chives, Garlic
Coneflower
Costmary
Elecampane
Feverfew
Hops
Lamb's Ear
Lavender
Marjoram, Wild
Mints Mugwort
Rue
Sage
Sage, Clary
Southerwood
Statice
Strawflowers
Tansy
Thrift
Veronicas
Yarrows

Indoor Winter Garden
Aloe
Basils
Canary Balm
Cardamom
Chervil

Chives
Chives, Garlic Costa Rican Mint Bush
Lavender
Marigold, Pot
Marigold, Tarragon
Marjoram, Sweet
Mints
Oregano Oregano, Mexican
Parsley
Rosemary
Sages
Savory, Winter
Thymes
Verbenas

Perfumery & Aromatics Garden

Angelica
Anise Hyssop
Artemesias
Basil, Sacred
Bergamot, Lemon
Chamomile
Coriander Costmary
Fennel
Horsemint
Hyssop
Lavender
Lemon Balm
Lovage Marjoram, Wild
Mints
Mugwort
Rose

Rosemary
Sage
Sage, Clary Sage, Pineapple
Southernwood
Sweet Woodruff
Thyme
Thyme, Lemon
Valerian
Violet, Sweet

Tea Garden
Anise hyssop
Catnip
Chamomile
Costmary
Hyssop Lavender
Lemon Balm
Lemon Bergamot
Horsemint
Violet, Sweet

Traditional Medicine & Herb Collector's Garden
Angelica
Basils
Bee Balm
Betony
Blue Flag
Boneset
Borage
Burdock, Giant
Butterfly Weed Calendula
Catnip

Chamomile
Columbine
Comfrey
Coneflower
Coriander
Dill
Daylily Elecampane
Evening Primrose
Fennel
Feverfew
Hops
Horehound
Horsemint
Hyssop
Lady's Bedstraw Lady's Mantle
Lady's Thumb
Lamb's Ear
Lavender
Lemon Balm
Lemon Bergamot
Lily of the Valley
Lovage
Lungwort Marjoram, Wild
Mints
Motherwort
Mugwort
Mullein
Nasturtium
Periwinkle
Rue
Sages Self heal
Skullcap

Speedwell
Squawvine
St. Johnswort
Tansy
Valerian
Violet, Sweet
Yarrow

Herbs and Oils

* **ACACIA:** (*Acacia senegal*) Also known as gum arabic, gum senegal and gum acacia; produced by a tree that grows in North Africa. The species of acacia that produces gum arabic and gum acacia are so closely related that one can be used for the other.
Parts Used: flowers, leaves, stems, root, bark, resin, seeds, and essential oil

* **AGRIMONY:** (*Agrimonia eupatoria*) The dried herb has an apricot scent and is used in sachets and potpourri. Also called "Church Steeples".
Parts Used: flowers, leaves, stem, and root

* **ALLSPICE:** (*Pimenta dioica*) Tropical evergreen with aromatic bark, leaves, and berries and bunches of greenish white flowers with a pervading scent. The berries, picked when mature but still green, are dried and ground to create the familiar spice.
Parts Used: leaves, fruit and essential oil

* **ALMOND:** (*Prunus dulcis*) The Sweet Almond tree has dark-colored bark, rose to white flowers in early spring, and dry-fleshed

fruit with a pitted stone containing the nut. Almonds flavor many dishes. Almond oil is a fixed oil pressed from the Sweet Almond seeds and is used in cosmetics, massage oils, and medicines.

Almonds must be chewed well and slowly. The whole raw almond had been described as a cancer preventative. Arabs crossing vast deserts live on only almonds, dates and water. One ounce of almonds can be soaked overnight in four ounces of water and blended in the morning to make a milk substitute. Peeled almonds can relieve heartburn. Ground almonds make a wonderful facial scrub. The oil relieves coughs and hoarseness. Almonds have very little starch, and the butter and flour of the nuts is recommended for diabetics.

Caution: Almonds contain hydrocyanic acid and can be toxic if eaten in large amounts (over 50 kernels for an adult, ten for a child)

Parts Used: Seed and wood

Aromatherapy Uses: (Oil) Great base for massage, bath, body and skin-care products. Sweet Almond oil is scentless and nourishing to the skin.

* ALOE: Aloe vera or Aloe ssp.) This plant has remarkable qualities. Two parts are used: the clear, gel-like central leaf pulp, and the yellow-green juice from the green part of the leaf. The gel is used in creams to soothe, heal, and moisturize the skin, and in shampoos for dry, itchy scalps. It cools the skin, protects it from airborne infections and fungi, and reduces scarring. It speeds cell regeneration, and so treats radiation burns, coral wounds, and dermatitis. It can be scraped from split leaves for first aid treatment of small burns, cuts, chapped skin, sunburn, eczema and Poison Ivy rash. Compounds in the leaf juice are added to sunscreens for protection against UV rays and have shown anticancer activity.

Part Used: Pulp or juice from the leaves

Aromatherapy Uses Aloe vera gel is used in cosmetic recipes where a cream or lotion isn't appropriate.

***ANGELICA:** (*Angelica archangelica*) Also called "Angel's Food". This three-year "biennial" has a taproot, divided leaves, and umbels of green-white flowers in its third year, then it seeds and dies. Crushed leaves in car interiors reduce travel nausea. The oil is distilled from the root or seeds.

Used in infusion or tincture, the root raises body temperature and promotes digestion, making it an ideal herb for older folks. It also helps bring down the menses. Use it for colds and flu, to induce a sweat and warm the body. The decoction of the dried root is said to remove the taste for alcohol. Simmer two teaspoons of the root in two cups of water for twenty minutes; take one cup twice a day.

Caution: Do not exceed the indicated amounts, or the heart, blood pressure, and respiration can be affected.

Use the root in salves for skin problems and rheumatic pains. The tincture can be used in doses of ten to thirty drops, four times a day.

Parts Used: Root, essential oil and seeds

Aromatherapy Uses: Coughs, Colds, Fevers, Flatulence, Indigestion, Skin Care, Circulation. Do not use during pregnancy or if diabetic.

*** ANISE:** (*Pimpinella anisum*) Anise has sweetly, aromatic leaves, rounded at the base and narrower on the stem, with umbels of flowers followed by aromatic fruits. The flowers and leaves are used in fruit salads, the stem and roots in sweet soups. In cooking or infused as a tea, the seeds aid digestion, quell nausea, and ease flatulence and colic. Anise is used in cough mixtures, as it is expectorant and soothes spasms of irritant coughs and bronchial problems. It promotes estrogen production and is used to encourage breast milk, ease childbirth, and stimulate libido. Tiny amounts of the essential oil, produced from the seeds, are added to toothpaste, perfumes and mouthwashes, and are used to mask bitter medicines, but in large amounts Anise is highly toxic. The seeds are carminative

(they move gas out of the intestinal tract). Used in tea or as lozenges, they soothe a hard cough. For the tea, steep one teaspoon of the seeds in one cup of boiled water for ten minutes. Take up to one and half cups a day. The seeds can also be tinctured using two ounces of seed per on-half quart of brandy and some lemon peel. Let the mixture sit for twenty days. The dose is one teaspoon as needed. The seeds are make into a liqueur called anisette, which is mixed with hot water as a remedy for bronchitis and asthma. Anise seed tea is sweetened with honey and given to children with lung colds.

Epilepsy, colic, and smoker's cough are treated with anise. For colic, simmer one teaspoon of the seed in one-half pint of mild for ten minutes, strain, and take it hot. Oil of anise is a natural insecticide.

Parts Used: Seeds and essential oil

Aromatherapy Uses: Muscular aches and pains; Rheumatism; Bronchitis; Colds and coughs; Colic, Cramps, Flatulence; Indigestion.

*APPLE: (*Malus* spp.)

Apples clean the liver, cure constipation, and tone the gums. When baked they can be applied as a warm poultice to sore throats and skin inflammations. The cooked apple is especially laxative. The peeled raw apple helps with diarrhea. The cider corrects intestinal flora, reduces stomach acidity, corrects gas, and helps the kidneys; take three or four cups a day.

Apple cider vinegar and water make a rinse to restore hair, scalp and skin; use equal parts of vinegar and water. Blondes should use white vinegar. Apple cider vinegar, water, and honey aid digestion when taken with meals; use two teaspoons of vinegar to a glass of water, add honey to taste. This was one of my great-grandmothers favorite cures for a sore throat.

Parts Used: Whole fruit (cooked or raw, apple cider, apple cider vinegar, and wood

***ASAFETIDA:** *Ferula asafoetida* Also called Stinking Gum. The pungent gum is extracted from the living rootstock by notching the plant at soil level. It was a popular Roman condiment. (If you can imagine that!) Research suggests the plant is anticoagulant and lowers blood pressure. Used to treat stomach ailments such as intestinal flu, gas, and bloating. Add a pinch to beans as they cook. The herb is good in cases of *Candida albicans*. Has been used for asthma, bronchitis, and whooping cough because of its antispasmodic properties and is a good herb for croup and colic in babies (newborns should get it through their mother's milk). Another method is to give it to infants via the rectum - make an emulsion with four parts asafetida to one hundred parts water and insert. It has been used as a sedative for hysteria and convulsion.
Please Note: This herb tastes awful and is perhaps best taken in capsule form, one hundred milligrams to one gram being the dose.
Parts Used: Resin of the root

* **ASH TREE:** (*Fraxinus americana* or *excelsior*) A Druid sacred tree. This spring-flowering deciduous tree has smooth gray bark and showy, scented flowers, although the scent is unpleasant to some. The bark of the ash can be used as a substitute for quinine in intermittent fevers. It is reputed to clear obstructions from the spleen and liver. Simmer two tablespoons of bark for twenty minutes in one cup water; take a quarter-cup four times a day. The leaves are laxative and can be used as a substitute for senna (tree leaves are always gathered before midsummer). Steep two tablespoons of the leaf in one cup of water for twenty minutes; take one quarter cup four times a day.
Parts Used: Bark and Leaf

* **BASIL:** (*Oncimum basilicum*) The warm, spicy taste of this

popular herb's leaf combines well with garlic, tomatoes, eggplant, and Italian dishes; Basil flavors vinegar, pesto sauce, and oil. The essential oil flavors condiments and liqueurs, and scents soaps and perfumes. Inhaling the essential oil refreshes the mind and stimulates a sense of smell dulled by viral infection. The infusion relieves gas and stomach pains. Reputedly abortive, it can help expel the placenta. A warming herb, it is used for colds and flu, constipation, vomiting, headaches, and menstrual cramps. Steep two teaspoons per cup of water for twenty minutes; take up to one and a half cups per day.

Parts Used: Leaf and stem

Aromatherapy Uses: Bronchitis; Fatigue; Colds; Loss of Concentration; Migraine; Gout; Aches and Pains; Insect bites; Insect Repellent; Coughs; Migraine; Insomnia; Anxiety; Depression; Infectious Disease. Key Qualities: Restorative; Tonic; Antidepressant; Refreshing; Uplifting; Fortifying; Purifying; Clearing; Warming; Cephalic; Stupefying in excess.

* **BAY LAUREL:** (*Laurus nobilis*) The culinary leaves may be slightly narcotic, and aid digestion when added to Bouquet garni, marinades, pâte, soups and stews. The wood is used to give an aromatic tang to smoked foods, and oil of Bay, from the fruit, flavors some liqueurs. A leaf decoction added to bath water will relieve aching limbs, and diluted leaf essential oil can treat sprains and rheumatic joints but may irritate the skin. The leaf and berry are used in salves for itching, sprains, bruises, skin irritations, and rheumatic pain. The fruit and leaf are simmered until soft and made into a poultice with honey for chest colds. Bay leaf and berry tea makes a bath additive that helps the bladder, bowel, and female reproductive organs. Use two tablespoons per cup and steep for forty-five minutes; add to bath water.

Parts Used: Leaf and berry

Aromatherapy Uses: Sprains; Colds; Flu; Insomnia; Rheumatism.

***BENZOIN:** (*Styrax benzoin*) Benzoin is a shrubby tree with gray bark, simple leaves, and short racemes of small, fragrant, bell-shaped white flowers. The scented yellowish resin is thought to be created in response to injury, so it is tapped by making hatchet incisions in the trunk. The resin, called benzoin or gum benjamin, is used as incense, a fixative in perfumes, and is added to cosmetics to prevent fats turning rancid. The tree resin is used externally, diluted with water, as an antiseptic skin wash. Taken internally, it relieves intestinal gas and is antiseptic to the urinary tract. Take ten to twenty drops in water or tea four times a day. Put it in vaporizers or use it as an inhalant for bronchitis, and laryngitis. A simple method is to place it, along with a few drops of the oils of peppermint and eucalyptus, in a bowl of boiling hot water. Put your face as close to the bowl as you can and cover your head, and the bowl, with a towel. Inhale the steam. Tincture of benzoin is often added to salves as a preservative; (one pound of benzoin to about one and a half quarts of salve.)

Benzoin is used in Aromatherapy but may cause allergic reactions.

Parts Used: Resin

*** citrus BERGAMOT:** (*Citrus bergamia*) Bergamot has aromatic flowers and fruits. The thin, smooth peel yields Bergamot oil for "true" eau de Cologne and Earl Grey Tea.

Parts Used: Flower and fruit

Aromatherapy Uses: Boils; Cold Sores; Insect Bites; Spots; Varicose Ulcers; Colds; Flu; Fevers; Acne, Tension, Wounds; Coughs; Stress; as an Antidepressant; as an Insect Repellent; Depression; Cystitis; Infectious Diseases; Tonsillitis; Halitosis, Flatulence; Loss of appetite. Key Qualities: Reviving; Refreshing; Calming; Soothing;

Uplifting; Sedative; Regulating; balancing; Anti-Depressant.

* bergamot mint BERGAMOT MINT: (*Mentha x piperita* 'citrate') This herb is sometimes confused with the Citrus of the same name. Bee Balm is also called bergamot at times. This is a hairless mint with thin smooth leaves and purple runners, it has purplish flowers. In full sun it develops a strong citrus scent and the whole plant is tinged purple. In shade the color is more coppery. Use it as an aromatic herb in potpourri or to make a honey-sweetened drink. The flavor is not so good for cooking. Also called Eau De Cologne Mint. Parts Used: Leaf and Essential Oil

*BETONY: (*Stachys officinalis* or *Stachys betonica* or *Betonica officinalis*) Also known as Bishopwort, Wood Betony or Purple Betony. Wood betony has fairly pungent, scalloped, hairy leaves and spikes of pale magenta summer flowers. A Druid sacred herb. The aerial parts provide a tea substitute and are added to tonics and herbal cigarettes. An infusion is mildly sedative and cleansing and is a nerve and circulation tonic for migraine, anxiety, indigestion, drunkenness, and difficult labor. Wood Betony was an Anglo-Saxon protective charm
Parts Used: Leaf, flower, stem and root

* BIRCH: (*Betula alba*) A Druid sacred tree. Also known as Lady of the Woods, Paper Birch or White Birch. The antibacterial leaves give a diuretic tea used to treat gout and rheumatism, to dissolve kidney and bladder tones and to lower cholesterol. Steep two teaspoons of leaf per cup of water for twenty minutes. The dose is one to one a half cups over a day. Birch twigs and leaves are simmered and added to the bath for itchy skin conditions and falling hair. Taken before bed, the tea is sedative. The young shoots and leaves make a tonic laxative. The inner bark is simmered and used in fevers. Twigs and

bark are simmered using two teaspoons of plant per cup of water for twenty minutes. The dose is one-fourth cup four times a day. The twigs of *B. lutea* (Yellow birch) and *B. lenta* (black birch) are gathered in spring and simmered gently for twenty minutes to make a delicious beverage. Please note: the leaves must be used fresh, and not after Midsummer, as they will then contain natural insecticides. The white birch has no real flavor and does not make a good beverage tea. The bark and bud oil are used in medicated soaps.

Parts Used: Leaf, bark and twigs

Aromatherapy Uses: Gout; Rheumatism; Eczema; Ulcers.

***BLACKBERRY: (*Rubus villosus*)** A Blackberry leaf decoction is a blood and skin tonic, and a poultice treats eczema. The juicy purple-black fruit are rich in fiber and Vitamin C. The root is a classic remedy for diarrhea and is reputed to clean the kidneys and urinary tract of stones and gravel. Simmer two teaspoons for the root per cup of water for twenty minutes, and take a quarter cup four times a day. The buds and leaves are used fresh in poultices for wounds, burns, mouth sores, and sore throats. Chew the leaves or make a poultice. The berries are slightly binding (as is blackberry wine) and are useful in diarrhea, as are the leaves.

Parts Used: Root, leaf, bud, and berry

***sloe berries BLACKTHORN: (*Prunus spinosa*)** Also known as Sloe, Mother of the Wood, or Wishing Thorn. This tree has small, serrated, oval leaves on dark, thorny branches with purple blooms and black fruit. The leaves yield a mouthwash. The astringent fruits make Sloe gin. Traditionally, the wood was used to make clubs.

Parts Used: Leaf, twig, fruit

***BORAGE: (*Borago officinalis*)** The flowers decorate salads and cakes and are frozen in ice cubes. The cooling, mineral-rich leaves

flavor drinks, dips, and salt-free diets. A leaf and flower infusion is an adrenaline tonic taken for stress, depression, or cortisone and steroid treatment. It reduces fevers, dry coughs, and dry skin rashes. Pressed seed oil can be used like Evening Primrose for menstrual and irritable bowel problems, eczema, blood pressure, arthritis and hangovers.

Parts Used: Flower, leaf, stem and seeds

* dogrose BRIAR ROSE: (*Rosa rubiginosa*) Also known as Wild Rose, Sweet Briar, Hop Fruit, or Briar. Regular scented roses may be substituted. See also ROSE.

Parts Used: Flower and fruit

* BROOM: (*Genista scoparius* syn. *Cytisus scoparius* and *Sarothamnus scoparius*) Also known as Scotch Broom, and Irish broom. A Druid Sacred Tree, it is a many-branched erect shrub with simple or trifoliate leaves, and golden "sweet-pea" flowers. A flowering sprig of Broom was a heraldic battle device of Henry II of England who is said to have taken the family name Plantagenet from this medieval "planta genista".

Flowering broom tips are gathered in spring (before Midsummer) and are later used fresh or dry. The seeds are as useful as the tops. Both are soluble in water and alcohol. The infusion is used to treat cardiac edema. Simmer one teaspoon of the herb or seeds per cup of water for twenty minutes. The dose is one-half cup a day in one-fourth cup doses. Broom is combined with dandelion root, uva ursi, and juniper berries to treat bladder and kidney ailments. Take one part broom, one half part uva ursi, and one half part dandelion root. Simmer until the liquid is reduced to half the original quantity. Add one-half part juniper berry and cool. A pinch of cayenne is sprinkled into each one-eighth cup dose. Caution: Acute kidney problems

contraindicate this herb. Broom is a heart tonic. Use one teaspoon of the herb per cup of water, and do not exceed more than one-half cup per day. One to ten drops of tincture may be given as a dose.

Parts Used: Flowering twig and seed.

* CAMPHOR: (*Cinnamomum camphora*) This white, intensely scented, crystalline substance is distilled from a tree native to China and Japan. The essential oil is steam-distilled from wood, rootstumps, and branches. For many years true camphor wasn't sold in the U.S. All "camphor blocks" and mothballs were made of synthetic camphor which is extremely poisonous. Both the leaf and crystallized extract are used for wet lung conditions such as asthma and bronchitis. Camphor is useful in depression, exhaustion, and stomach cramps and to improve circulation. Use about two teaspoons of leaf per cup of water and steep for twenty minutes. Take one-fourth cup four times a day. Alternatively, use one teaspoon of the crystallized extract per two cups of water. Take it in one-teaspoon doses four times a day. The tincture is also available and is used in doses of five to ten drops four times a day. Camphor is incorporated into salves for external use to kill parasites and treat ringworm, scabies, and itch. The oil opens the lungs, making breathing easier, and helps with muscular and joint pain, arthritis, and bruises (not for open wounds). The salve functions as a "smelling salt," and the herb has been used internally to revive those in coma or delirium. Camphor can be burned to purify the air or inhaled to open lung passages.

Caution: Do not use this herb if you are pregnant or if you are very weak and debilitated. Only natural plant extracts should be used, as chemical camphor is contaminated with industrial poisons.

Parts Used: Crystallized extract and leaf

Aromatherapy Uses: Coughs; Colds; Fevers; Rheumatism; Arthritis.

* **CARAWAY:** (*Carum carvi*) Caraway is a hardy biennial with finely cut feathery leaves, umbels of small flower heads in midsummer and capsules containing two curved narrow seeds. The seeds are a popular spice, especially in Central Europe. They enhance port, goulash, sauerkraut, cheese, and pickles and are added to cooking cabbage to reduce the smell. They flavor brads and cakes and are eaten raw or sugar-coated as Caraway comfits after a spicy meal. They sweeten the breath, aid digestion, and relieve flatulence. Chopped leaves are added to soups and salads, and the root is cooked as a vegetable. Essential oil, distilled from the seeds, flavors gin, candy, the liqueur K umel, and mouthwashes, and scents soaps, and aftershaves. The seeds are antiseptic and a vermifuge. Caraway seeds have been used in cooking since the Stone Age.

The powdered seeds are taken in doses of one-fourth to one teaspoon to promote digestion and relieve gas. Caraway tea also relieves menstrual cramps, as it helps to bring on the menstruation. Caraway increases breast milk. To make the tea, steep three teaspoons of the ground seeds in one-half cup of water for twenty minutes (use a kitchen blender to lightly crush the seed). Take up to one and a half cups a day in one-fourth cup doses, or simply chew the seeds. One to four drops of the essential oil may be taken as a digestive aid. For colicky babies, soak one ounce of the ground seed in a pint of cold water for about six hours. The dose is from one to three teaspoons of the infusion, or boil three teaspoons of seed in one-half cup of milk for a few minutes, then steep for ten minutes. The powdered seeds are moistened to make a poultice for bruises and earaches.

Parts Used: Seed, leaf, root and essential oil

. Pigeons are very fond of it too!

* **CARDAMOM:** (*Elettario cardamomum*) This perennial bears

violet-striped white flowers and aromatic green fruits on erect or trailing racemes. The seed pods are an expensive spice, sold as whole green, bleached, or sun-dried cardamom. The seeds are digestive, stimulant, and antispasmodic, and rhizome is given for fatigue and fever. The essential oil from almost-ripe fruits is used in liqueurs and perfumes. Cardamom seeds are a symbol of hospitality.
Parts Used: Seed

Aromatherapy Uses: Nausea; Coughs; Headaches; Aches; as a Digestive and Tonic; Dyspepsia; Mental Fatigue; Nervous Strain; Halitosis; Anorexia; Colic. Key Qualities: Cephalic; Aphrodisiac; Warming; Comforting; Refreshing; Uplifting; Penetrating; Soothing.

* CARNATION: (*Dianthus caryophyllus*) Also called Pink , Clove Pink or Gilly Flower. This short lived perennial has blue-green grass-like foliage and spicy, fragrant long-lasting flowers in the summer. This "Flower of Divinity" and symbol of betrothal, woven into garlands is the parent of cultivated carnations, although is seldom available in its true form. Fortunately, the petals of any clove-scented Pink, with the bitter white heel removed, can be added to fruit dishes, sandwiches, soups, and sauces, or used to make floral syrup, vinegar, liqueur, or wine. This was Chaucer's "sops in wine" and is still enjoyed as a nerve tonic today. The strong-sweet spicy scent is used in soaps and perfumes. Worn during Elizabethan times to prevent coming to an untimely death on the scaffold.

Parts Used: Flower petals

* CATNIP: (*Nepeta cataria*) A Druid sacred herb. The root and leaf scent, minty with cat pheromone overtones, intoxicates cats and repels rats and flea beetles. The tender leaves are added to salads and flavor meat. They can also be brewed as tea and were used before China tea was imported. The leaves and flowering tops treat colds,

calm upset stomachs, reduce fevers, and soothe headaches and scalp irritations. When smoked, leaves give mild euphoria with no harmful effects.

Parts Used: Leaf

* CASSIA: (*Cinnamomum aromaticum* var. *cassia*) This is the highest grade of Cinnamon.

Aromatherapy Uses: See cinnamon

* CEDARWOOD: (*Cedrus libani* or *Cedrus* spp.) The wood of the Atlas Cedar subspecies is distilled to produce the essential oil. Yellow cedar is used by herbalists to treat bloody cough and heart weakness. Simmer two teaspoons per cup for twenty minutes and take it cold in one-tablespoon doses, three to six times a day. It is used internally and externally as an antifungal (the dry powder is excellent for Athlete's foot).

Parts Used: Twig and leaf

Aromatherapy Uses: Bronchitis; Catarrh; Acne; Arthritis; as a Diuretic; Sedative;

Antiseborrhoeic.

* CHAMOMILE: (*Chamaemelum nobile* or *Anthemis nobilis*) Also called Roman chamomile, English chamomile, Perennial Chamomile, Wild Chamomile, and Ground Apple. A Druid Sacred Herb, this aromatic evergreen has feathery, apple-scented leaves and white flowers with conical golden centers. The flowers make a digestive, soothing and sedative tea, which is used for soothing restless children, helps prevent nightmares and insomnia, and suppresses nausea. The flower compounds have shown anti-tumor activity in laboratory tests. In the garden it is a "physician plant"

reviving nearby ailing plants. The essential oil is a beautiful blue color turning yellow as it ages.

This herb has an affinity for the solar plexus area of the human body. Colic, upset stomachs, and fevers are benefitted by the tea of the fresh or dried flower. Use two tablespoons per cup, steep for twenty minutes, and take a quarter cup four times a day. Women with menstrual cramps can try adding a few thin slices of fresh ginger root to the tea. Chamomile is an antibacterial. Sores, wounds, itches, and rashes respond to external applications. Use the tea as a wash or add the herb to salves and poultices. The oil is rubbed into swollen joints. Chamomile calms the nerves and brings on sleep. Use it in baths and gargles. Add the tea to a vaporizer to help asthmatic children. The classic tea for cranky, teething babies, it is given in the bottle or through a mother's breast milk.

Parts Used: Flower

Aromatherapy Uses: Nerves; Migraine; Acne; Inflammation; Insomnia; Menstrual Problems; Dermatitis; Analgesic; Tension Headache; Stress.

* chokecherry CHERRY: (*Prunus serotina*) A Druid sacred tree, chips of the wood or bark were burned at Celtic festivals especially Sabbats. Also known as Black Cherry, Wild Cherry or Chokecherry (*P. virginiana*). Chokecherry bark tea is used to clear the throats of singers and public speakers, the powdered berries were once used to improve the appetite. If you've never tried chokecherry jelly, you've missed a real treat. CAUTION: The stone is poisonous.

Parts Used: Fruit, bark and wood

*CINNAMON: (*Cinnamomum verum* or *zeylanicum*) A tropical evergreen tree up to 50 feet tall. Cinnamon sticks are quills from the inner bark and the essential oil is distilled by water or steam from the leaves and twigs.

Parts Used: Bark

Aromatherapy Uses: (Oil)Lice; Scabies; Wasp Stings; Poor Circulation; Childbirth (stimulates contractions); Anorexia; Colitis; Diarrhea; Dyspepsia; Intestinal Infection; Sluggish Digestion; Spasm; Flu; Rheumatism; Warts; Coughs; Colds; Viral Infections; Frigidity; Infectious Disease; Stress Related Conditions; Tooth and Gum Care; Nervous Exhaustion. Key Qualities: Warming; Reviving, Tonic; Strengthening; Aphrodisiac; Restorative; Uplifting.

*CINQUEFOIL: (*Potentilla reptans*) Also called Five Fingered Grass, Creeping cinquefoil, and Five Leaved Grass. The rootstock was cooked as a vegetable by the Celts and Native Americans. Applied to sore areas, the fresh plant relieves pain. A root decoction is used in anti-wrinkle creams. A wash reduces skin redness, freckles, and sunburn.

The powdered root and leaf are used to stop internal hemorrhaging. The powder also makes an astringent for mouth sores and treats diarrhea. Taken with honey, it relieves sore throats, coughs, and fever. Take one-quarter to one-half teaspoon at a time, or twenty to forty drops of the tincture. The leaves can be steeped using two teaspoons per cup of water for twenty minutes, or one ounce of the root can be simmered in one and a half cups of water for twenty minutes. The dose is a quarter cup four times a day.

Parts Used: Root and leaf

* CLOVE: (*Syzygium aromaticum*) Cloves are the sun-dried unopened flower buds of a dense evergreen tree, they have a strong spiciness that flavors foods and prevents nausea. The flowers are used to soothe aching eyes. Clove oil, from the distillation of leaves and flower buds, is an antiseptic numbing agent for toothache and indigestion. It is added to cosmetics, perfumes, and cigarettes. There

are now Clove-based anesthetics.

Parts Used: Leaf and flower bud

Aromatherapy Uses: Nausea; Flatulence; Asthma; Bronchitis; Arthritis; Rheumatism; Toothache; Diarrhea; Infections; as an Analgesic and Antiseptic; Insect Repellent (Mosquitoes). Key Qualities: Tonic; Stimulating; Revitalizing; Aphrodisiac; Warming; Comforting; Purifying; Active.

***CLUB MOSS:** (*Lycopodium selago* or *clavatum*) Also called Selago, Foxtail, Lycopod, Vegetable Sulphur, Wolf Claw or Stag's Horn Moss. This toxic, evergreen, mosslike herb has trailing stems, upright branches and developing cones encasing the ripe spores. The spores were once used for gastric and urinary disorders, as an antispasmodic sedative and to coat pills. Blackfoot Indians knew of the spores' blood-stanching, wound-healing and moisture-absorbing properties and inhaled them for nosebleeds and dusted them on cuts. They are still used on wounds and eczema. The spores are explosive when set alight, and used to create theatrical lightening and added to fireworks. Magicians once used them to create "lightening flashes" and other pyrotechnics as needed. These effects were originally intended as a form of sympathetic magic -of evocation by emulation - not simply (or deceptively) as stage effects.

The club mosses are found in North America, northern Europe, Asia, and the southern hemisphere. The plants are several inches in height and resemble moss. They creep by means of prostrate stems, which branch upward at intervals, with crowded, linear, simple leaves.

Large two valved spore cases product the medicinally active spores. While the whole plant was used by the ancients as a cathartic, the spores were used as a diuretic in edema, a drastic (a forceful agent of cure) in diarrhea and dysentery, a nervine for rabies and spasms, a mild laxative in cases of gout and scurvy, and a corroborant (strengthening agent) for rheumatism. The dose is ten to sixty grains

of the spores.

The spores also make a dusting powder for skin diseases and diaper rash.

CAUTION: Selago can be an active narcotic poison when overused. For this reason it is probably better to use only the spores, which are non-toxic. The whole plant can be used externally, however, as a counter-irritant - made into a poultice, it will keep blisters open and kill lice.

Parts Used: Above-ground portions of the herb, and spores.

* **COMFREY:** (*Symphytum officinale*) Also known as Slippery Root, Knitbone or Blackwort. Teas, tinctures and compresses of comfrey roots or leaves speed healing of cuts, rashes, and broken bones.

Parts Used: Root and leaf

* **COPAL:** (*Bursera odorata*) Copal is a white, pale yellow or yellowish-orange gum resin. When smoldered on charcoal it produces a rich, delicious, piney-lemony fragrance. Copal is North America's equivalent of Frankincense. While it lacks some of frankincense's bittersweet odor, it is a fine substitute. When frankincense is left smoldering on charcoal for some time it eventually emits a very bitter scent. Copal, however, never varies as it burns. It is native to Mexico and Central America, and has been used as incense in religious and magical ceremonies for untold hundreds of years, beginning, perhaps, with the Mayans or even prior to the days of that fables people.

The finest copal is a pale to dark yellow color with an intense resinous-citrus odor. It is usually sold in chunks and may contain leaf fragments.

Parts Used: Resin

* **CORIANDER:** (*Coriandrum sativum*) The whole of this annual is pungently aromatic. The seed is a mild sedative, aids digestion, reduces flatulence, and eases migraines. The spicy essential oil, distilled from the seeds, is used in perfumes and incense, flavors medicines and toothpaste, and is added to massage oil for facial neuralgia and cramps.

The seeds are strengthening to the urinary system. The leaf and seed are infused to treat bladder infections. The tea helps with stomach problems such as gas and indigestion. Steep two teaspoons of the dried seed per cup of boiled water for twenty minutes, and take up to one cup a day. The powdered seed and the oil are used to flavor other herbal preparations and to ease griping in laxative formulas. Use one-fourth to one-half teaspoon at a time. Coriander is a common ingredient of Indian curries.

Parts Used: Seed and leaf

Aromatherapy Uses: Eating Disorders; Colic; Diarrhea; Dyspepsia; Measles; Migraine; Neuralgia; General Infections; Indigestion; Influenza, Fatigue; Rheumatism; Flatulence; Nervousness; as an Analgesic, Stimulant, Aphrodisiac. Key Qualities: Aphrodisiac; Stimulating; Soporific (In excess); Refreshing; Warming; Comforting; Revitalizing; Strengthening; Purifying; Soothing; Active.

* **CYPRESS:** (*Cupressus sempervirens*) This tall evergreen tree has gray-brown bark, and tiny, dark green leaves. It bears yellowish male cones and green female cones, which ripen to brown. Cypress Oil, distilled from the leaves, branches, and cones, has a refreshing, camphor-resinous scent.

Parts Used: Leaf, twigs, fruit, bark, wood, resin and essential oil.

Aromatherapy Uses: Skin Care; Perspiration; Wounds; bruises; Hemorrhoids, Varicose Veins; Cellulitis; Muscular Cramps; Edema;

Poor Circulation; Rheumatism; Asthma; Bronchitis; Spasmodic Coughing; Dysmenorrhea; Menopausal Problems; Nervous Tension; Stress-related Conditions; Treats inflamed/bleeding gums; Insect Repellent. Key Qualities: Refreshing; Purifying; Relaxing; Warming; Reviving; Restorative; Comforting; Protective; Soothing.

* DILL: (*Anethum graveolens*) Uniquely flavored, Dill offers culinary "seeds" and leaves, but the choicest flavor is in the fresh immature green seed heads. They give character to dill pickles, vinegar and potato salad. Distilled seed oil is colorless to pale yellow, with a light, fresh, warm-spicey scent and flavors drinks, food and infant gripe water for colic. The seeds aid digestion, and their infusion reduces flatulence, hiccups, stomach pains, and insomnia. A seed decoction gives a nail-strengthening bath.

Parts Used: Flower, leaf, stem, fruit, seeds, and essential oil.

Aromatherapy Uses: (Oil) Colic; Constipation; Dyspepsia; Flatulence; Headaches; Indigestion; Nervousness; Amenorrhea.

*DRAGONS BLOOD: (*Draceana draco* spp.) Dragon's blood is the resin of the *Draceana draco* species. The common name of this plant is "dragon tree" hence the name.

Parts Used: Resin

* ELDER (*Sambucus canadensis* or *nigra*) Also known as Ellhorn, Elderberry, Lady Elder, and Black Berried Elder. A Druid Sacred Tree. Sacred to the White Lady and Midsummer Solstice. The Druids used it to both bless and curse. In Chinese medicine, the leaves, stems, and roots are used to treat fractures and muscle spasms. The flowers treat colds, sore throats, hay fever, and arthritis, and act as a mild laxative. Named the "country medicine chest" for its many health uses, the Elderberry is also rich in European folklore. The black elder (*S. nigra*) can be used as an insecticide in the garden or to repel insects from the face and body. A simple infusion of the

fresh leaf is made for this purpose. It can also be poured down mouse and mole holes. The berries are used for jam, wine, pies, and syrups. Medicinally, they help coughs, colic, diarrhea, sore throats, asthma, and flu. A pinch of cinnamon makes the tea more warming. The leaves are added to salves for skin conditions. The flowers are infused for fevers, eruptive skin conditions such as measles, and severe bronchial and lung problems. A classic flu remedy is a mixture of elderflower, yarrow and peppermint teas. Keep the patient well covered, as the flowers promote sweating. Use two teaspoons of the herbs per cup of water, steep for twenty minutes, and take up to three cups a day.

Parts Used: Leaf, flower, and berry

* **EUCALYPTUS:** (*Eucalyptus* spp.) Perhaps the ultimate healing oil. The *Eucalyptus* genus comprises over 500 species of aromatic trees and shrubs with deciduous bark. The most common species, Tasmanian Blue Gum (*Eucalyptus globulus*) has a blue-gray trunk, blue-green juvenile leaves, green adult leaves, and white flower stamens. *Eucalyptus* leaves, scented of balsamic camphor, are used by aboriginals to bind wounds; the flower nectar gives honey; and the oil, distilled from the leaves and twigs, is used in medicines, aromatherapy, and perfumes. *Eucalyptus* oil is antiseptic, expectorant, and anti-viral, treats pulmonary tuberculosis, lowers blood sugar levels, and is useful for burns, catarrh and flu. The roots of *Eucalyptus* trees secrete a poisonous chemical, inhibiting the growth of nearby plants.

Parts Used: Leaf, twigs, wood, sap and essential oil

Aromatherapy Uses: Blue Gum: Burns; Blisters; Cuts; Herpes; Insect Bites; Lice; Skin Infections; Wounds; Muscular Aches and Pains; Poor Circulation; Rheumatoid Arthritis, Sprains; Asthma; Bronchitis; Catarrh; Cough; Sinusitis; Throat Infections; Chicken Pox; Colds; Epidemics; Flu; Measles; Cystitis; Leukorrhea; Nervous

Debility; Headaches; Neuralgia; Insect Repellent. Key Qualities: Stimulating; Refreshing; Clearing; Purifying; Balsamic; Regulating.

Lemon Eucalyptus: (*E. citriodora*) Athlete's Foot and other Fungal Infections (such as Candida); Cuts; Dandruff; Herpes; Infectious Skin Conditions (such as Chicken Pox); Asthma; Laryngitis; Sore Throat; Colds; Fevers; Infectious Diseases; Insect Repellent. Key Qualities: Invigorating; Active; Stimulating.

* EYEBRIGHT: (*Euphrasia officinalis*) It has tiny oval leaves and small, scallop-edged, white flowers with yellow spots and red veins, resembling a bloodshot eye. The slightly bitter leaves have been used in salads. A whole plant infusion or strained juice from crushed, fresh stems is a general eye tonic treating strain and infections, and is a popular cosmetic wash, giving sparkle to eyes. Its antiseptic, mildly astringent, inflammation-and phlegm-reducing properties ease the irritated eyes and runny nose of hay-fever and sinusitis. Parts Used: Flower, leaf, and twigs

* FENNEL: (*Foeniculum vulgare*) This biennial or perennial herb has finely cut feathery foliage, umbels of midsummer flowers, curved, ribbed seeds and a thick root, all with a fresh anise seed flavor. The seeds are chewed to allay hunger and ease indigestion. They are brewed for constipation, to increase breast milk and regulate menstruation; with root extract, they are detoxifying and diuretic. Research indicates Fennel helps repair the liver after alcohol damage. Seed and leaf steam aids deep skin cleansing, and the essential oil is used in a muscle-toning massage. Fennel oil should not be used by epileptics or young children. To help with indigestion and gas, pour boiling water over crushed fennel seeds (one teaspoon seed to a pint of water). The seeds are

simmered in syrups for coughs, shortness of breath and wheezing. Powdered fennel seeds repel fleas from pets' sleeping quarters. Place fennel inside a fish when you cook it to make it more digestible. The seeds and root help clean the liver, spleen, gall bladder, and blood. The leaves and seeds when boiled with barley increase breast milk. The tea and broth of this herb are said to help in weight loss programs. Fennel is eaten in salads, soups, and breads. Fennel oil mixed with honey can be taken for coughs, and the tea is used as a gargle. The oil is eaten with honey to allay gas and it is applied externally to rheumatic swellings. The seeds are boiled to make an eye wash: use one half teaspoon of seed per cup of water, three times a day, and be sure to strain carefully before use.

Parts Used: Leaf, root and seeds

Aromatherapy Uses: Bruises; Dull, Oily, Mature Complexions; Cellulitis; Obesity; Edema; Rheumatism; Asthma; Bronchitis; Anorexia; Colic; Constipation; Dyspepsia; Flatulence; Hiccoughs; Nausea; Menopausal Problems; Insufficient Milk in Nursing Mothers. Key Qualities: Stimulating; Balancing; Restorative; Revitalizing; Purifying; Cleansing.

* polypody fern FERNS: Especially Male Fern (*Dryopteris filixmas*), Maidenhair Fern (*Adiantum pedatum*), Bracken (*Pteridium aquilinum*), Lady Fern, Polypody, or Oak Fern (*Polypodium vulgare*).

Male Fern: The fall gathered root is a remedy for tapeworm. A few hours after it has been ingested, a purgative is given. Begin the vermifuge process by eating fresh garlic. Take one to four teaspoons of the liquid extract of the root, or of the powdered root, on an empty stomach and follow several hours later with castor oil. Caution: do not ingest alcohol while taking this herb. Overdose can result in blindness and death.

The roots are added to healing salves for wounds and rubbed into the

limbs of children with rickets.

Parts Used: Leaf and root

* **FEVERFEW:** (*Tanacetum parthenum*) Also known as Featherfoil or Flirtwort. Semievergreen Feverfew has pungent, divided, medium to yellow-green leaves and white daisy flowers appearing in summer. The leaves add a bitter tang to food and are found in digestive apéritifs. They relax blood vessels, reduce inflammation and are mildly sedative. Feverfew's importance lies in its success in reducing some migraines. Chewed daily its accumulative effect is to reduce headache pains and inhibit the secretion of a compound implicated in migraine and arthritis; infused flowering tops are applied to ease headaches and arthritic swellings. A tea is taken for tinnitus and irregular periods. Warning: Fresh leaves can irritate the mouth.

Parts Used: Leaf, flower, essential oil

* **FIR, SILVER:** (*Abies alba*) Also known as Birth Tree. The Silver Fir grows to a height of 180 feet. This was the original Christmas tree from central Europe, chosen for its long lasting, aromatic needles. The bark resin is distilled to make Strassburg turpentine. The buds and leaves are distilled to make the expectorant and antiseptic Silver Pine needle oil, which is used in cough drops and asthma inhalations, and to give pine scent to toiletries.

Parts Used: Leaf tips, bark, wood, seeds, and sap

***FLAX:** (*Linum usitatissimum*) Also called Linseed. Annual Flax has slender stems with linear green leaves, beautiful, flat blue flowers, and oily brown seeds.

A teaspoon of the seed is placed in a quart of water and gently simmered down to one-half quart. The resulting liquid is given for constipation, for ulcerated sore throat, and as an exectorant for

bronchitis in one-fourth cup doses throughout the day. To pass a gallstone, take one and a half to two tablespoons of linseed oil and lie on your left side for a half hour. The whole seeds (about two tablespoons) can be taken with plenty of water to relieve constipation. Follow with stewed prunes or prune juice. The cooked seeds are added to fresh grated carrots, and the mix is warmed to make a poultice to rheumatism and swellings.

Parts Used: Seed

*FOXGLOVE: (*Digitalis purpurea*) Also known as Fairy Gloves, Fairy Fingers, or Dead Men's Bells. A Druid sacred herb associated with the "little people".

Caution: This plant is poisonous

* FRANKINCENSE: (*Boswellia carteri*) A small tree or shrub, with pinnate leaves, and white or pale pink flowers. It yields a natural oleo-resin gum, which is used to make a healing incense, which induces a meditative state. Frankincense essential oil is also useful in promoting spirituality and meditative states. Dilute before applying to the skin as it may be irritating. Pliny claimed that Frankincense was an antidote to hemlock poisoning. Avicenna advocated its use for tumors, fevers, vomiting, and dysentery. Chinese herbalists use it in powder form and in teas for rheumatism and menstrual pain, and externally as a wash for sores and bruises. The dose is three to six grains in a glass of wine; or twenty drops of the tincture.

Frankincense is highly antiseptic and the scent is said to calm and clear the mind.

Caution: Prolonged use of resins can damage the kidneys.

Parts Used: Resin

Aromatherapy Uses: (Oil) Blemishes; Dry and Mature Complexions; Scars; Wounds; Wrinkles; Asthma; Bronchitis; Colds; Coughs; Flu; Laryngitis; Cystitis; Anxiety; Nervous Tension; Stress-related

Conditions. Frankincense has the ability to slow down, and deepen the breath.

***GALANGAL:** (*Alpinia officinalis* or *A. galanga*) Also known as Low John the Conquerer or Siamese Ginger. Galangal has dark green, sword-shaped leaves, white flowers with pink veins, round red seed capsules, and a rhizomous rootstalk that smells of ginger and camphor. The rhizome has a spicy, gingerlike flavor used in Southeast Asia soups and curries. The young shoots and flowers are eaten raw and the flowers can be boiled or pickled. The rhizome yields an essential oil, essence d'Amali, used in perfumes.

***GARDENIA:** (*Gardenia jasmenoides*) This evergreen shrub or small tree has exquisitely scented white double flowers and orange-red fruits, with glossy, dark green leaves.

Parts Used: Flower

***GARLIC:** (*Allium sativum*) Garlic has a clustered bulb made up of several bulblets (cloves) enclosed in a papery tunic. It has a single stem with long, thin leaves and an umbel of edible, rose-tinted white summer flowers and a bulb whose flavor increases the more it is sliced or crushed. Cooking with fresh ginger prevents the slight nausea some experience with Garlic. Garlic repels insects and can be applied to their bites and stings. The cloves add flavor to savory dishes, especially in hot countries where the plants develop the best flavor. Garlic purifies the blood, helps control acne, and reduces blood pressure, cholesterol, and clotting. Tests confirm antibiotic activity against samples of candida, cholera, staphylococcus, salmonella, dysentery, and typhus: and a mild antifungal action. Garlic clears phlegm, thus providing treatment for colds, bronchitis, pulmonary tuberculosis, and whooping cough. New tests suggest it

has a role in treating lead poisoning, some carcinomas and diabetes. It's said that growing garlic around potatoes reduces potato blight. The garlic bulb is one of the great herbal "polycrests" - herbs of many uses. Fresh garlic is a preventative and a cure for intestinal worms. It is generally taken in one-teaspoon doses, three to six times a day, with some grated fresh ginger root. Garlic is a natural antibiotic for internal and external use. Mash it and use as a wound dressing. For a sore throat, lightly roast unpeeled cloves in a dry frying pan, peel them when they grow soft, and eat them. For pinworms, a slightly smashed fresh clove can be inserted into the rectum with olive oil. For vaginal infections, smash a few cloves and wrap them in cheese cloth. Insert directly into the vagina. Fresh raw garlic is more effective than the powdered and extracted forms available for sale. Garlic has been shown to be more effective than tetracycline as an antibiotic.

CAUTION: Pregnant women and persons with "hot and fiery" temperaments should avoid overuse of garlic.

Parts Used: Bulb

***GINGER:** (*Zingiber officinale*) Ginger has an aromatic rhizome, erect stems of two ranks, lance-shaped leaves, and spikes of white flowers. The rhizome is used fresh, dried, pickled and preserved. Essential to Asian dishes. Crystalized or infused Ginger suppresses nausea. Ginger tea eases indigestion and flatulence, and reduces fever.

the root is warming to the body, is slightly antiseptic, and promotes internal secretions. Chop about two inches of the fresh root, cover with one cup of water, and simmer for about twenty minute, or one-half teaspoon of the powdered root can be simmered in one cup of water. Add lemon juice, honey, and a slight pinch of cayenne. A few teaspoons of brandy will make and even more effective remedy for colds. This preparation treats fevers, chest colds, and flu. A bath or a

foot-soak in hot ginger tea is also beneficial. The tea without additives helps indigestion, colic, diarrhea, and alcoholic gastritis. Dried ginger in capsules or in juice is taken to avoid carsickness and seasickness. Use about one half teaspoon of the powder. It works well for pets and children!

Parts Used: Root

Aromatherapy Uses Arthritis; Fatigue; Muscular Aches and Pains; Poor Circulation; Rheumatism; Sprains; Strains; Catarrh; Congestion; Coughs; Sinusitis; Sore Throat; Diarrhea; Colic; Cramp; Flatulence; Indigestion; Loss of Appetite; Nausea; Travel Sickness; Chills; Colds; Flu; Fever; Infectious Disease; Debility; Nervous Exhaustion. Key Qualities: Tonic; Aphrodisiac; Stimulating; Warming; Cephalic; Comforting

*GINSENG: Oriental(*Panax ginseng*) or North American Ginseng (*Panax quinquefolium*) roots older than two years are a famous yang stimulant (North American less so than Oriental). Rather than treating specific problems, Ginseng strengthens the body by increasing the efficiency of the endocrine, metabolic, circulatory, and digestive systems. It reduces physical, mental, and emotional stress by increasing oxygen-carrying red blood cells and immune strengthening white blood cells and eliminating toxins. Warning- Ginseng should not be taken continuously.

Parts Used: Root

*HAWTHORN: (*Crataegus* spp.) Also known as May Tree, May Blossom, or White Thorn. The flowers consist of five white petals, sacred to the Goddess. During World War I, young Hawthorn leaves were used as substitutes for tea and tobacco, and the seeds were ground in place of coffee.

The berry is a superior heart tonic, useful for almost any heart

condition. Cholesterol problems and valvular diseases are benefited. The berries also strengthen the appetite and digestion. Extended use lowers blood pressure. Hawthorn berry is a good remedy for the nerves and for insomnia. The berries are simmered or tinctured. Simmer two teaspoons of berries per cup of water for twenty minutes. The dose is a quarter cup four times a day. Take ten to twenty drops of tincture four times a day. The flowers are taken as a tea to benefit the heart. Steep two teaspoons of flowers per cup of water for twenty minutes; the dose is a quarter cup four times a day. Parts Used: Berry and flower

* HAZEL: (*Corylus avellana*) Also called European Filbert. A Druid sacred tree, Hazel is a deciduous, suckering shrub with pendulous male catkins in spring and clusters of nuts in autumn. The leaves have served as a tobacco substitute.

Hazel nuts are rich in phosphorus, magnesium, potassium, and copper. Culpeper says that hazel nuts with mead or honey will cure a chronic cough. These are made into an "electuary". Grind the nuts in an electric blender, then add mead or honey or form a past, which is eaten several times a day in tablespoon doses. Add pepper to discharge phlegm.

Parts Used: Nut

*HEATHER: (*Calluna vulgaris*) A Druid Sacred Herb, there are more than a thousand cultivars from this low-growing, evergreen species, which has scale like leaves and crowded racemes of flowers. Heather provides a support system for rural farmers, who use it for fuel, thatch, fodder, tea, and as a dye. Growing the plants increases the soils fertility.

The flowering shoots of heather are used for insomnia, stomach pains, coughs, and skin problems. Heather, used fresh or dry, strengthens the heart and slightly raises the blood pressure. Heather

is slightly diuretic. Fresh or dried heather shoots are simmered, four teaspoons to a cup of water; the dose is one-half cup a day.

Parts Used: Flowering shoot

***HOLLY:** (*Ilex aquifolium*) The American variety is *Ilex opaca*. A Druid sacred tree. Sacred to the Winter Solstice, when it is used for decorating. The leaf is dried and used as tea for fevers, bronchitis, bladder problems, and gout. Steep a half ounce of the chopped leaf in boiled water for twenty minutes; take up to one cup a day. The juice of the fresh leaf is helpful in jaundice; take one tablespoon per day.

CAUTION: the berries are poisonous!

Parts Used: Leaf

***HONEYSUCKLE:** (*Lonicera japonica*) This evergreen or semi-evergreen vine has hairy leaves and fragrant spring to summer flowers that open white and turn yellow, followed by poisonous black berries.

Properties cited are for the common flower that grows wild, rather than the ornamental varieties. The flowers have a broad spectrum antimicrobial effect against salmonella, staphylococcus, and streptococcus. Chinese herbalists have long recognized honeysuckle as an antibiotic herb for colds, flus, and fevers. Sore throats, conjunctivitis, and inflammations of the bowel, urinary tract, and reproductive organs have been treated with it. It is said to be useful in treating cancer. Combine it with seeds of *Forsythia suspensii*, the well-known yellow flowering shrub, or *Echinacea augustifolia* or *E. purpurea* for maximum antiviral and antibacterial effect. Steep two teaspoons per cup for twenty minutes. The dose is a quarter cup, four times a day.

Parts Used: Flower

***HOPS:** (*Humulus lupulus*) Also known as Beer Flavor. The young shoots are eaten as a vegetable and the leaves blanched for soups, but Hops are cultivated mainly for the brewing industry. The ripe, female flowers, called "strobiles," are added to beer to flavor, clarify, and preserve it. A pillow stuffed with dried hops aids sleep and healing.

Parts Used: Flower

***HOREHOUND:** (*Marrubium vulgare*) Horehound is a woolly herb with a faint scent of wormwood, crinkled hairy leaves, and flowering stems with whorls of small white blossoms. Navajo mothers were given a root decoction before and after childbirth. Horehound's woolly leaves were once used to clean milk pails, and the dried flower remains were floated on oil as candle wicks. The leaves are used in tonics, liqueurs, and ales, and are made into expectorant and antiseptic cough drops. An infusion relaxes muscles, and helps expel mucus, treating bronchitis, croup, and asthma. It destroys intestinal worms, and acts as a digestive and liver tonic and a laxative. The tea is used internally and externally to treat eczema and shingles.

Parts Used: Leaf

***HYSSOP:** *Hysopus officinalis* Hyssop is a semievergreen shrub or subshrub with aromatic leaves and spikes of blue, two-lipped, late-summer flowers. The leaf is added to liqueurs, adds bit to sweet and savory dishes, and aids in the digestion of fatty meat. Once used for purifying temples and cleansing lepers, the leaves contain an antiseptic, antiviral oil. A mold that produces penicillin grows on the leaves. An infusion is taken as a sedative expectorant for flu, bronchitis, and phlegm. A leaf poultice treats bruises and wounds. The antiseptic, antiviral, but hazardous essential oil is used in perfumes and to treat cold sores, disperse bruises, and heal scars. Hyssop is added to potpourri and laundry rinses. Hyssop is used in

companion to distract cabbage butterflies and planted near vines to increase yield. It should be avoided when pregnant and by those with hypertension and epilepsy.

The herb is used (often in combination with sage, which has similar properties, or horehound) for respiratory tract infections. Flu, sore throats, lung complaints, asthma, chronic bronchitis, gas, and bloating are treated by it. Externally, it is used as a wound herb for bruises, injuries, and rheumatism. The green tops of the herb can be added to soups to benefit asthmatics. Hyssop baths are useful for rheumatic complaints. Make a standard infusion of the herb using two teaspoons per cup of water and steeping for twenty minutes. The dose is one-fourth cup four times a day.

Parts Used: The above ground portions of the herb

Aromatherapy Uses Bruises; Cuts; Dermatitis; Eczema; Inflammation; Wounds; Low or High Blood Pressure; Rheumatism; Asthma; Bronchitis; Catarrh; Cough; Flu; Sore Throat; Tonsillitis; Whooping Cough; Colic; Indigestion; Amenorrhea; Leukorrhea; Anxiety; Fatigue; Nervous Tension; Stress related Conditions. Key Qualities: Tonic; Cephalic; Nervine; Warming; Calming; Purifying; Cleansing; Aphrodisiac; Mental Stimulant; balancing.

*IVY: (*Hedera helix*) Its toxic leaves are used as a poultice to soothe neuralgia, rheumatism, and sciatica, and in a tincture for toothache and whooping cough. They reduce fevers, expel worms and in a compress, reduce cellulite. They contain saponins and in solution, darken hair, blacken silk and taffeta. Ivy leaves kill some amoebas, fungi and mollusks.

Tender ivy twigs are simmered in salves to heal sunburn; follow the standard instruction for salves. The leaves are used as a douche for vaginal infections. Externally, ivy is used in poultices to heal nerves, sinews, ulcers, enlarged glands, boils and abscesses.

Parts Used: Twig and leaf

*JASMINE: (*Jasminum officinale*) Common Jasmine is a deciduous shrub with strongly scented, white summer flowers. The flowers make a tea that calms the nerves and increases erotic feelings. Steep two teaspoons of flowers per cup of water for twenty minutes. The dose is a quarter cup,, four times a day. The oil of the leaf is rubbed on the head to heal the eyes. A syrup of jasmine flowers and honey will help with coughs and lung complaints. The essential oil of jasmine is said to help menstrual pain and lung problems.

CAUTION: The berries are poisonous.

Parts Used: Flower

Aromatherapy Uses Aphrodisiac; Dry, greasy, irritated skin; Muscular spasms; sprains; Coughs; Hoarseness; Laryngitis; Frigidity; Labor Pains; Uterine Disorders; Depression; Nervous Exhaustion; Stress Related Conditions. Key Qualities: Intoxicating; Uplifting; Anti-depressant; Euphoric; Balancing; Warming; Tonic.

* JUNIPER: (*Juniperus communis*)Juniper is an evergreen tree or shrub with needle-like leaves in threes and berrylike cones that ripen to blue-black in their second or third year.

Primarily a diuretic, the berries help digestive problems, gastrointestinal inflammations, and rheumatism. The berries are taken as a tea (simmer two teaspoons per cup of water for ten minutes; take up to one cup four times a day), or taken as jam or syrup in water, mild, or herb tea. The dry berries can be chewed; three a day is sufficient.

CAUTION: Pregnant women and people with weak kidneys should not use juniper berry.

Parts Used: Berry and young twig

Aromatherapy Uses Acne; Dermatitis; Eczema; Hair Loss; Hemorrhoids; Wounds; Tonic for Oily Complexions; Accumulation of Toxins; Arteriosclerosis; Cellulite; Gout; Obesity; Rheumatism; Colds; Flu; Infections; Anxiety; Nervous Tension; Stress Related Conditions. Key Qualities: Aphrodisiac; Purifying; Clearing; Depurative; Nerve Tonic; Reviving; Protective; Restorative.

***LAVENDER:** (*Lavandula* species) Also called Elf Leaf; Nard; Nardus; Spike. There are 28 species of these aromatic, evergreen, shrubby, perennials, all with small, linear leaves and spikes of fragrant, usually purple or blue, two-lipped flowers. The best-quality essential oil is from *L. stoechas* and *L. angustifolia*. Aromatic oil glands cover all aerial parts of the plants but are most concentrated in the flowers. The flowers flavor jams, vinegar, sweets, cream, and Provençal stews, and are crystallized for decoration. Dried flowers add long-lasting fragrance to sachets and potpourri. Flower water is a skin toner useful for speeding cell renewal and is an antiseptic for acne. Flower tea treats anxiety, headaches, flatulence, nausea, dizziness, and halitosis. The essential oil is a highly valued perfume and healer. It is antiseptic, mildly sedative, and painkilling. It is applied to insect bites, and treats burns, sore throats and headaches. Queen Elizabeth I is said to have consumed up to 10 cups of lavender water a day to relieve migraines. The oil is used for intestinal gas, migraine, and dizziness. Being antiseptic, lavender is added to healing salves. A tea of the leaf allays nausea and vomiting. Use two teaspoons per cup of water and steep for twenty minutes. The dose is one-fourth cup four times a day. Steep lavender blossoms in white wine and strain to make a natural antidepressant beverage. Lavender and rose petal vinegar is applied to the temples and brow to ease headache. Lavender oil is added to footbaths, eases toothaches and sprains, and is used as a rub for

hysteria and palsy.

Parts Used: Flower and leaf

Aromatherapy Uses Abscess; Acne; Allergies; Athlete's Foot; Boils; Bruises; Burns; Dermatitis; Eczema; Inflammation; Insect Bites and Stings; Lice; Psoriasis; Ringworm; Scabies; Spots; Sunburn; Wounds; Lumbago; Rheumatism; Sprains; Asthma; Bronchitis; Catarrh; Flu; Halitosis; Throat Infections; Whooping Cough; Colic; Dyspepsia; Flatulence; Nausea; Cystitis; Dysmenorrhea; Leukorrhea; Depression; Headache; Hypertension; Insomnia; migraine; Nervous Tension; Stress. Key Qualities: Soothing; Sedative; Antidepressant; Calming; Relaxing; Balancing; Restorative; Cephalic; Appeasing; Cleansing; Purifying.

*LEMON: Citrus limon The fruit, juice, and peel of citrus fruits flavor food and drink and provide vitamin C. Essential oils from the peel scent food, cosmetics and perfume. The seed oils are used in soaps.

Aromatherapy Uses Acne; Anemia; Brittle Nails; Boils; Chilblains; Corns; Cuts; Greasy Skin; Herpes; Insect bites; Mouth Ulcers; Spots; Throat Infections; Warts; Arthritis; Cellulitis; High Blood Pressure; Nosebleeds; Obesity; Poor Circulation; Varicose Veins; Rheumatism; Asthma; Bronchitis; Catarrh; Dyspepsia; Colds; Flu; Fever; Infections. Key Qualities: Refreshing, Mental Stimulant; Cephalic; Purifying; Reviving; Strengthening; Soothing.

*LEMON BALM: *Melissa officinalis* This bushy herb has square stems, lemon-scented foliage, and late-summer flowers that mature from white or yellow to pale blue. Fresh leaves add a delicate flavor to many dishes, oils, vinegars, and liqueurs, provide a relaxing bath, soothe insect bites, and make a sedative and tonic tea.

Parts Used: Leaf and Flower

* LEMONGRASS: (*Cymbopogon citratus*) This aromatic grass has clumped, bulbous stems becoming leaf blades and a branched panicle of flowers. The stem and leaf, used widely in Thai cuisine, have a distinct lemon flavor. Leaf tea treats diarrhea, stomachache, headaches, fevers, and flu, and is antiseptic. The essential oil is used in cosmetics, food and aromatherapy.

Parts Used: Leaf, stem and oil

Aromatherapy Uses Acne; Athlete's Foot; Excessive Perspiration; Open Pores; Pediculosis; Scabies; Tissue Toner; Muscular Pain; Poor Circulation and Muscle Tone; Slack Tissue; Colitis; Indigestion; Gastroenteritis; Fevers; Infectious Diseases; Headaches; Nervous Exhaustion; Stress-Related Conditions; Insect Repellent (fleas, lice and ticks). Key Qualities: Refreshing; Active; Stimulating; Soothing.

*LEMON VERBENA: (*Aloysia triphylla* syn. *Lippia citriodora*)

Lemon Verbena has strongly lemon-scented whorls of three or four leaves along its stems and panicles of tiny, pale summer flowers. The leaves are used to flavor drinks and fruit and sweet dishes, and to make herb tea. The tea is refreshing and mildly sedative. The leaves also yield a green coloring and essential oil.

The leaves and flowering tops are used to lower fevers and to relieve gas and indigestion. Lemon Verbena is calming, a sedative for the nerves. Steep two teaspoons per cup of water for twenty minutes and take one-fourth cup four times a day. Stimulating to the skin, lemon verbena makes a good facial scrub for pimples and blemishes. To make the scrub, grind the dry herb or use the powder and mix in a little natural clay and ground oatmeal, add water to make a paste.

Parts Used: Leaf and flowering top

* LILAC: (*Syringia vulgaris*) Lilac is a deciduous, twiggy shrub or small tree with a mass of heart-shaped leaves and showy panicles of small, waxy, spring flowers. The perfume is extracted from the

flowers and used commercially. The flowers were once used to treat fever. In the language of flowers, Lilac symbolizes the first emotions of love. If inhaled too deeply, however, the strong flower fragrance can cause nausea.

Parts Used: Flower

* citrus LIME: (*Citrus limata*) A small evergreen tree, up to 15 feet, with stiff, sharp soines, smooth ovate leaves, and small white flowers. The bitter fruit is a pale green color, about half the size of a lemon. The essential oil is extracted from the fruit peel.

Parts Used: Fruit

Aromatherapy Uses: Antirheumatic, antiscorbutic, antiseptic, antiviral, aperitif, bactericidal, febrifuge, restorative, tonic. Use for Acne, anemia, brittle nails, boils, chilblains, corns, cuts, greasy skin, herpes, insect bites, mouth ulcers, spots, warts, arthritis, cellulitis, high blood pressure, nosebleeds, obesity, poor circulation, rheumatism, asthma, bronchitis, catarrh, dyspepsia, colds, flu, fever, throat infections, and other infections. Key Qualities: Refreshing, Uplifting; Active.

*LINDEN: (*Tilia spp.*) Linden have small highly fragrant flowers, and can be hard to identify, since they hybridize freely. The flowers are brewed to make a tea, the classic digestive end to a continental meal, and a treatment for insomnia, nervous tension, and overwrought children. The world's most valued honey is made from Linden blossoms and is used in liqueurs and medicines. The inner bark treats kidney stones, gout and coronary disease.

Parts Used: Flower, leaf, twigs, bark and wood

* LOOSESTRIFE: (*Lythrum salicaria*) Purple Loosestrife has a creeping rootstock, angled stems with lance-shaped leaves, and spikes of purple-red flowers. The leaves are eaten as an emergency

vegetable and fermented into a mild alcohol. The flowering plant is an intestinal disinfectant, treating diarrhea and food poisoning. It acts as a typhus antibiotic, a sore throat gargle, and is given for fever and liver problems.

Parts Used: Flower, leaf and stem

***LOTUS:** (*Nelumbo nucifera* or *Nymphaea lotus*) This aquatic herb's waxy leaves rise high above the water its long-stalked fragrant flowers open at dawn and close at sunset. Lotus stalks, leaves, petals, seeds and rhizome are all eaten. The flowers are a religious offering in many cultures and are planted for devotional reasons.

The leaf of *Nelumbo nucifera* is used for fever, sweating, irritability, dysentery, diarrhea, and scanty urine. It is a styptic (stops bleeding) and has been used to antidote alcohol and mushroom poisoning. It affects the liver, heart, and spleen energies. The nodes of the root are used to stop bleeding and to break down blood clots. All types of internal bleeding are affected. The plumule (bud) affects the heart, kidney, and spleen. It is used to calm mental agitation and worry, relieve insomnia, and lower fevers. The seed affects the kidney, heart, and spleen. It is used for agitation, insomnia, palpitations, dry mouth, dark urine, and chronic diarrhea. It strengthens the heart and kidneys.

The leaf is steeped, and the bud, root, and seed are simmered, using two teaspoons of herb per cup of water, for twenty minutes. The dose is one-fourth cup, four times a day.

Parts Used: Leaf, node of the root, buds, and seeds

***MACE:** (*Myristica fragrans*) This bushy evergreen has scented leaves and tiny yellow flowers. The fruits hold the seed -nutmeg- and its aril, a red, lacy shell coating -mace. Nutmeg and Mace are culinary spices used in sweet and savory dishes in a variety of cuisines. Nutmeg increases the intoxicating and soporific effect of

alcoholic drinks and is claimed to be an aphrodisiac. It is prescribed for flatulence and nausea. The essential oil is added to perfumes, soaps, hair oils, tobacco, and fumigants. The nuts yield an oil, nutmeg butter, used in skin creams. Large doses of nutmeg are toxic, because of the presence of the hallucinogen myristicin.

Aromatherapy Uses: Indigestion; General Weakness; Bacterial Infections; Gout; Rheumatism; Arthritis; As an aid to Circulation.

* calendula MARIGOLD: (*Calendula officinalis*) Also known as Calendula, Holigold, Pot Marigold and Bride of the Sun. A Druid sacred herb, this cheerful annual or perennial has hairy leaves and golden-orange daisy flowers. The leaves are added to salads and garnishes of flowers color rice and fish dishes. Calendula is antiseptic and antifungal and contains hormone and vitamin A precursors. Essential oil is extracted from the petals but is extremely expensive.

This is the "pot marigold" not the African variety so common in American gardens. The flowers are a healing agent. Added to fomentations, poultices and salves, they speed healing of wounds and of nerve damage. The infusion is given for intestinal problems and to clean lymph and blood. Useful in fevers, the herb can be used fresh, dry, or in tincture. For tea, steep two teaspoons of flowers per cup of water for twenty minutes; take one teaspoon per hour. Using tincture, take five to twenty drops four times a day.

Parts Used: Flower and leaf

* sweet marjoram MARJORAM: (*Origanum majorana*) Also known as Sweet Marjoram, Wintersweet, and Pot Marjoram (*O. onites*). Sweet Marjoram leaves have a sweeter, spicier taste than the leaves of Oregano and Pot marjoram. It is a popular culinary herb used in salads, sauces, cheese, and in liqueurs and as part of herbes de

Provence. As an aromatic tea, Sweet Marjoram aids digestion, relieves flatulence, colds and headaches, soothes nerves and encourages menstruation. Marjoram essential oil is distilled from the leaves and flowering tops. It is antioxidant, reduces skin aging, antiviral, eases spasms, and stimulates local circulation.

Parts Used: Leaf and flower

Aromatherapy Uses: Chilblains; Bruises; Tics; Arthritis; Lumbago; Muscular Aches and Stiffness; Sprains; Strains; Asthma; Bronchitis; Colds; Coughs; Colic; Constipation; Dyspepsia; Flatulence; Amenorrhea; PMS; Headache; Hypertension; Insomnia; Migraine; Nervous Tension; Stress Related Conditions. Key Qualities: Anaphrodisiac, stupefying on large doses; Cephalic; Sedative; Nervine; Restorative; Warming; Comforting.

* mastic tree MASTIC: (*Pistachia lentiscus*) Also known as Gum Mastic. This aromatic, evergreen shrubby tree has scented pale green spring flowers in clusters and red to black berries. The bark is tapped for mastic, its resin, which chewed in the eastern Mediterranean as a breath freshener and employed as a flavoring for bread, pastries, and the liqueur Mastiche. This resin can be difficult to find, if unavailable try substituting a combination, equal parts of gum arabic and frankincense.

Parts Used: Magical Uses: Love; Magical Power; Psychic Awareness; Adds potency and power to any incense.

* MEADOWSWEET: (*Filipendula ulnaria*) Also known as Queen of the Meadow, Gravel Root, and Meadowwort. One of the three most sacred Druid herbs, (with Mint and Vervain), this herb has upright stems of wintergreen-scented, divided leaves, topped by frothy umbels of almond-scented cream flowers. The stems grow up to four feet tall and are sometimes purple. The leaves smell like almonds

and the flowers give an almond flavor to mead, herb wines, jam and stewed fruit. Dried flowers scent linen and yield an astringent skin tonic. Flower buds contain salicylic acid, a chemical from which aspirin was synthesized (not from Filipendula but from Spirea, a related herb), but the herb as a whole is gentler on the stomach. Herbalists use flower tea for stomach ulcers and headaches, as an antiseptic diuretic, and for feverish colds, diarrhea, and heartburn. Meadowsweet was a favorite stewing herb of Elizabeth I.

Traditional herbalists simmered the flowers in wine to treat fevers and to cure depression. The fresh flower tops, taken in tea, promote sweating. Steep two teaspoons of the herb in one cup boiled water for twenty minutes. Take one-quarter cup four times a day. A distilled water of the flowers makes an eyewash to treat burning and itching. Meadowsweet is a classic for diarrhea, especially valued for children. The leaf is added to wine to bring a "merry heart", that is, to treat depression. Meadowsweet contains methyl salicylate, making it a good herb for rheumatic complaints and flus. It is astringent and helps with indigestion. It has diuretic properties, which make it helpful in edema. The tea has been used for respiratory tract infections, gout, and arthritis. It can help bladder and kidney problems, epilepsy, and rabies.

The whole plant is used - roots, flowers, and leaves - with the root being more useful for fevers. To prepare the root, simmer two tablespoons of the dried root in one cup of water for twenty minutes. Take one cup a day. The leaf is placed in claret wine to enhance the taste, and it was at one time added to mead.

Parts Used: Root, leaf and flower

* spearmint MINT: (*Mentha spicata*, *sativa*, *aquatica*, and others) A Druid sacred herb, most mints are creeping plants that hybridize easily, producing infinite variations. They have erect, square branching stems, aromatic foliage and flowers in leaf axils. Mints

are stimulant, aid digestion, and reduce flatulence. They flavor candy, drinks, cigarettes, toothpastes, and medicines.

The infusion of the herb has been used for diarrhea and as an emmenagogue (it brings down the menses). It is a classic for colds and influenza, especially when mixed with elder flower-but be careful, as this remedy will make you sweat, and you must take care to keep well covered with blankets and woolens. Stomach flu is helped by a mint, elderflower, and yarrow combination in a standard infusion of two teaspoons per cup steeped for twenty minutes and taken in quarter-cup doses.

Mint is helpful in stomach complaints, but a strong infusion will be emetic (it makes one throw up). Mint tea eases colic and eases depression. It relieves earaches when the fresh juice of a few drops of the essential oil are placed in the ear. A few drops of the oil in water, applied with a cloth, help burning and itching, heat prostration, and sunburn. Apply it directly to an itchy skin condition or sunburn. For heat prostration place the cool fomentation on the forehead and wrists.

Mint tea with honey soothes a sore throat. A classic cold remedy that will unblock the sinuses is two drops of mint essential oil, two drop eucalyptus essential oil and the juice of half a lemon in a cup of hot water. The mix is first inhaled and then drunk when warm.

CAUTION: No more than two drops of the essential oils should be taken at any time, and no more that two cups a day of the above mixture. Larger doses can be toxic to the kidneys.

Parts Used: The above ground protions of the herb.

Aromatherapy Uses: (Peppermint) Acne; Dermatitis; Ringworm; Scabies; Toothache; Neuralgia; Muscular Pain; Palpitations; Asthma; Bronchitis; Sinusitis; Spasmodic Cough; Colic; Cramps; Dyspepsia; Flatulence; Nausea; Colds; Flu; Fevers; Fainting; Headache; Mental Fatigue; Migraine; Nervous Stress; Vertigo; Halitosis; Insect Repellent. **Key Qualities:** Refreshing; Restorative; Nerve Tonic;

Cephalic; Aphrodisiac; Mental Stimulant.

***MISTLETOE:** (*Viscum album*) Also known as Birdlime, All-Heal, Druid's Herb, and Golden Bough. It is the most sacred "tree" of the Druids and rules over Winter Solstice. The berries are poisonous. Mistletoe is thought to be most powerful if growing on an oak tree. The leafy twigs, toxic in volume, are a heart tonic, reduce blood pressure, slow heart rate, strengthen capillary walls, stimulate the immune system and inhibit tumors.

Mistletoe grows from northern Europe to northwest Africa and east to Asia and Japan. Different varieties are found on hard-wood and softwood trees, which include apple (the most common), elm, oak, spruce, pine, and poplar. Druids considered that the mistletoe found on oak was the most potent and sacred. V The berries ripen in midwinter and have a further peculiarity in that the ripe berries, open flowers, green berries, and immature leaves can all be found on the same plant. Mistletoe does not adhere to the linear logic of most plants, with their budding, flowering, and seed production sequence. It also seems to ignore heliotropism and geotropism, it will grow upside down, sideways, or in any direction it "chooses". Another unique feature is that it germinates only in the light, unlike most plants, which require darkness to germinate. The flower buds form in May but do not open until February. The berries ripen the following winter. The entire process, from flower to fruit, can take almost two years! Even its name mistle (different) tan (twig) (from the Anglo-Saxon) reminds us of its peculiarities.

Mistletoe is a semi-parasitic plant, generally spread by bird droppings. It forms a globular mass that can reach up to three feet in diameter. There are male plants and female plants, and both derive their water and minerals from the host tree and produce their own carbohydrates via photosynthesis.

Mistletoe seems to hold itself aloof from the rhythms and laws of the earthly seasons, and in this way parallels the illogical and uncontrolled growth of cancerous cells in the body. As early as 1961, laboratory studies demonstrated that mistletoe, along with other immunostimulant plants (such as eupatorium, astragalus, echinacea, acathopanax, chamomilla, and sabal), inhibited tumors in mice. Fermented mistletoe taken from oak trees was shown to stimulate the activity of killer cells and showed an especially strong effect on rat hepatomas (liver cancers). Unfermented mistletoe showed a strong effect on human leukemia (Molt 4) cells. Korean mistletoe (*Viscum coloratum*) was found to be more active in inhibiting the growth of leukemia L1210, especially when used fresh.

Mistletoe extracts have been shown to possess significant antitumor activity, not only against murine tumors but also in cases of Lewis' lung carcinoma, a colon adenocarcinoma 38 and C3H adenocarcinomas of the breast. The extracts are not toxic and may be administered in high doses. Twenty drops four times a day is the average dose.

Many nervous conditions such as convulsions, delirium, hysteria, neuralgia, urinary disorders, and heart conditions have benefitted from the activity of mistletoe. It has also been used to temper the spasms of epilepsy. Mistletoe strengthens the heart and has been used as a heart tonic in cases of typhoid fever. It strengthens the glandular system and has helped with inflammation of the pancreas. It promotes hormonal balance when taken daily for six months.

Mistletoe is recommended for use after a stroke or when hardening of the arteries is suspected. It will stop pulmonary and intestinal bleeding caused by dysentery and typhoid. It helps to lower high blood pressure and raise low blood pressure, and it has been used to ease heavy menstrual flow, heart palpitations, hot flashes, and the anxiety associated with menopause. The fresh juice has been said to increase fertility in barren women.

The green plant can be simmered using a standard concoction of two teaspoons of the herb per cup of water and taken in tablespoon doses several times a day.

CAUTION: Large doses have been known to induce convulsions in children. The berries should not be used for internal consumption.

They are used in salves and washes for wounds.

Parts Used: Twig and leaf

* **MUGWORT:** (*Artemisia vulgaris*) Also known as Sailor's Tobacco, Witch Herb, and Old Man. A Druid sacred herb, this aromatic perennial Its wood is a good choice for wands and ritual implements. The plant has medium green leaves with silver, downy undersides and red-brown florets.

The classic herb for premenstrual symptoms, used in tea and the bath. Use a standard infusion of two teaspoons per cup of water steeped for twenty minutes, take one-fourth cup four times a day. It makes a good foot bath for tired feet and legs. Cleansing to the liver, it promotes digestion. Mugwort in an emmenagogue, especially when combined with pennyroyal, blue cohosh, or angelica root. It is helpful in epilepsy, palsy, and hysteria and is useful for fevers. When laid among clothing, mugwort repels moths.

Parts Used: Leaf and stem

* **MULLEIN:** (*Verbascum thapsus*) Also known as Hag's Taper, Candlewick Plant, Aaron's Rod, Velvet Plant, and Shepherd's Club. This biennial has a rosette of woolly leaves and a tall, thick, downy, resinous stem of bright yellow flowers, followed by many-seeded capsules. The honey-scented flowers flavor liqueurs and yield skin-softening mucilage. The expectorant, soothing, and spasm-sedating properties of the leaf and flowers are used to treat raspy coughs and are added to herbal tobacco. Woolly leaf wraps preserve figs and are used as tinder and emergency bandages. The powdered leaves are

sometimes called "Graveyard Dust", and can be substituted for such. The leaf is a classic remedy for bronchitis (as well as other coughs) and burning urination. Simmer two teaspoons per cup and take a quarter cup four times a day. A tea of the flowers taken before bed brings on sleep. A poultice of the leaves helps wounds and sores. The leaves steeped in vinegar and water will soothe inflammations, painful skin conditions, and hemorrhoids when used externally as a poultice. They may be used in tincture form, fifteen to forty drops every two to four hours.

Parts Used: Leaf and flower

*MYRRH: (*Commiphora myrrha*) An ancient and sacred incense, the antiseptic, anti-inflammatory oil of Myrrh was used for embalming. It is now found in toothpaste and perfume. Myrrh was burned to Ra at noon in Ancient Egypt and was also fumed in the temples of Isis.

Especially valued as a disinfectant, myrrh is used as a wash for wounds. Use as a wound wash only after the wound has been well cleaned. It has the tendency to seal wounds once it is placed on them. Use the alcohol tincture in water or the tea as a wound wash. Myrrh promotes circulation and increases heart rate and power. Said to move stagnant blood through the uterus, it has been used for menopause, menstrual irregularities, and uterine tumors. Myrrh benefits diabetes and obesity; the dose is one to fifteen grains. Combined with echinacea and mullein to one quarter part myrrh; steep two teaspoons per cup of water for twenty minutes; take a quarter cup every four hours. Myrrh, goldenseal, arnica, and cayenne can be soaked in rubbing alcohol for a few weeks to make a liniment for bruises and sprains.

CAUTION: Prolonged internal use of myrrh (longer than a few weeks) can lead to kidney damage.

Parts Used: Resin

Aromatherapy Uses: Athlete's Foot; Chapped and Cracked Skin; Eczema; Ringworm; Wounds; Wrinkles; Mature Complexions; Arthritis; Asthma; Bronchitis; Catarrh; Colds; Coughs; Sore Throats; Voice Loss; Diarrhea; Dyspepsia; Flatulence; Hemorrhoids; Loss of Appetite; Thrush; Pruritus; Treats Gum Infections and Mouth Ulcers. Key Qualities: Purifying; Uplifting; Revitalizing; Sedative, Restorative; Soothing.

*MYRTLE: (*Myrtus communis*) This dense, evergreen shrub has aromatic leaves and flower buds, creamy white flowers, and blue-black berries. The flowers are made into toilet water called eau d'ange, added with the leaves to acne ointment, and dried for potpourri. Leaf essential oil is the source of myrtol, given for gingivitis.

Aromatherapy Uses: Acne; Hemorrhoids; Oily Skin; Open Pores; Asthma; bronchitis; Catarrhal conditions; chronic Coughs; Tuberculosis; Colds; Flu; Infectious Disease. Key Qualities: Mildly stimulating; Nerve Tonic; Antiseptic; Clarifying; Cleansing; Uplifting; Aphrodisiac; Refreshing.

*NUTMEG: (*Myristica fragrans*) See Mace.

Aromatherapy Uses: Arthritis; Gout; Muscular Aches and Pains; Poor circulation; Rheumatism; Flatulence; Indigestion; Nausea; Sluggish Digestion; Bacterial Infection; Frigidity in Women; Impotence in Men; Neuralgia; Nervous Fatigue. Key Qualities: Aphrodisiac; Analgesic; Narcotic; Tonic (nerve and heart); Comforting; Soothing; Calming; Elevating; Cephalic; Euphoric.

* oak and acorn OAK: (*Quercus alba* or spp.) Also known as Tanner's Bark, White Oak, and Common Oak. Oak bark and galls are astringent and antiseptic. Oak bark provides tannin and as leather tanners seemed immune to tuberculosis, the bark was used for

treatment of the disease.

The white oak (*Q. alba*) is the best for internal use. Infuse the inner bark or young leaf (before Midsummer) for douches and enemas. Internal rectal problems, hemorrhoids, leukorrhea, menstrual irregularities, and bloody urine are also benefitted. Take internally as a tea a appl externally in fomentation, to shrink varicose veins. The tea brings down fevers, treats diarrhea, and makes a wash for sores. Up to three cups a day may be safely taken. As a gargle, it treats mouth sores and sore throats. Being an astringent, it stops internal bleeding. Black oak (*Q. tinctoria*) and red oak (*Q. rubra*) can be used externally. English oak (*Q. robur*) can be used both externally and internally.

Oak leaves are prepared in infusion for douches to treat vaginal infections; gather them before Midsummer. To prepare, steep one tablespoon per quart of water for thirty minutes. A tea of the buds is a valuable tonic for the liver; steep two teaspoons per cup of water for twenty minutes. Simmer the bark in salves to make a remedy for hemorrhoids.

Parts Used: Inner bark (cambium) and young leaf; for the leaf, use two teaspoons per cup and steep for twenty minutes; for the bark, use one tablespoon per cup and simmer for twenty minutes.

* OAKMOSS: (*Pseudevernia prunastri*) Oak Moss is a whitish blue to green, shrubby lichen. A lichen is an alga (which photosynthesizes) and a fungus operating together in a symbiotic relationship. The Arabs use ground Oak Moss to leaven bread. It is collected as a violet-scented fixative and an oleo-resin, extracted for perfumes and soap. Native Americans used it when binding wounds; it is a stomach tonic and an expectorant, and soothes coughs. Oak Moss yields a purple wool dye, but air pollution has made it scarce.
Parts Used: Whole Plant

* citrus ORANGE, SWEET: (*Citrus sinensis*) See Lemon
Magical Uses Use Peels in incense for love, good fortune, divination, balance, healing, harmony, peace, money and riches, Psychic awareness, Luck. A highly Solar scent, add essential oil to purification blends.

Aromatherapy Uses: Dull and oily complexions; Obesity; Palpitations; Water Retention; Bronchitis; Chills; Colds; Flu; Constipation; Dyspepsia; Spasm; Nervous Tension; Stress-Related Conditions; Used to treat Mouth Ulcers. Key Qualities: Tonic; Refreshing; Warming; Uplifting; soothing; Sedative; Comforting.

*ORRIS ROOT: (*Iris germanica* var. *florentina*) Orris root has a stout rhizome, swordlike leaves, and large, scented flowers in early summer that range in color from pale blue to white.

Parts Used: Root

*PARSLEY: (*Petroselinum sativum* also *crispum*) Parsley is a taprooted biennial with solid stems, triangular, toothed and curled leaves divided into three segments, umbels of tiny cream summer flowers, and aromatic "seeds". Grown near roses, it improves their health and scent. Leaf infusions are a tonic for hair, skin and eyes. The leaves and root, are diuretic, scavenge skin-aging free radicals, and reduce the release of histamine. The second-year roots, the leaf, and the seed are used. Parsley is diuretic and helpful for gravel and stone as well as for edema, jaundice, and kidney problems. The root is the most powerful part. The oil of the seed (five to fifteen drops) has been used to bring on menstruation. The seed, when decocted, has been used for intermittant fevers. Steep one teaspoon of leaf per cup for twenty minutes or simmer one teaspoon of the root or seed for twenty minutes. The dose is one-fourth cup, four times a day.

Parsley leaves (with violet leaf and figwort herb when possible) are used in poultices for cancer. A parsley poultice will help insect bites, stings, and sore eyes. Parsley tea is used for asthma and coughs.

CAUTION: Persons with weak kidneys should avoid this herb.

Parts Used: Root, leaf and seed

Aromatherapy Uses: Accumulation of toxins; Arthritis; Broken Blood vessels; Cellulitis; Rheumatism; Sciatica; Colic; Flatulence; Indigestion; Hemorrhoids; Amenorrhea; Dysmenorrhea; To aid Labor; Cystitis; Urinary Infection. **Key Qualities:** Refreshing; Stimulating; Warming. Avoid during Pregnancy.

***PATCHOULI:** (*Pogostemon patchouli* or *heyeanus*) This tender, aromatic herb has upright, square stems with soft oval leaves and whorls of whitish flowers on spikes. The leaves, placed among clothes to deter insects, give Indian shawls their characteristic fragrance. Patchouli gave the distinctive scent to original India ink and Chinese red ink paste.

Parts Used: Leaf

Aromatherapy Uses: Acne; Athlete's Foot; Cracked and Chapped Skin; Dandruff; Dermatitis; Eczema; Fungal Infections; Hair Care; Impetigo; Sores; Oily Hair and Skin; Open Pores; Wounds; Wrinkles; Frigidity; Nervous Exhaustion; Stress Related Conditions. **Key Qualities:** Stimulant in small amounts; Sedative in large doses; Aphrodisiac; Nerve Tonic; Appeasing; Calming; Uplifting.

***PEPPERMINT:** (*Mentha piperita*) See Mint.

Aromatherapy Uses: See Mint

***PINE:** (*Pinus* spp.) Sacred to the Druids, the pine was known as one of the Seven Chieftain Trees of the Irish. Dry distillation of

Scotch Pine (*Pinus sylvestris*) needles, twigs, and cones gives the best quality pine oil for perfumes and for expectorants in inhalations for bronchitis and colds. The root tar is included in some hair growth stimulation products.

The needles and young twigs of the white pine (*Pinus strobus*, *Pinus alba*) are made into infusions for coughs and as an antiscorbutic; use two teaspoons per cup of water and simmer for twenty minutes.

High in vitamin C, they helped our ancestors get through the long winters. The knot of the wood is boiled with angelica, acathopanax, quince, and mulberry branches to make a bath for arthritis and rheumatism. Pine needles are simmered into massage oils. The oil is used externally to relieve rheumatic pain, chronic bronchitis, sciatica, pneumonia, and nephritis. Simply cover the needles with a good quality olive oil and simmer at low heat for twenty minutes, or place in a low (180°) oven overnight. The resin heals the kidneys, liver and lungs. The scent is calming to the lungs and nerves.

Parts Used: Needle, twig, and knot of the wood

Aromatherapy Uses: (Scotch Pine) Cuts; Lice; Excessive Perspiration; Scabies; Sores; Arthritis; Gout; Muscular aches and pains; Neuralgia; Poor Circulation; Rheumatism; Asthma; Bronchitis; Catarrh; Colds; Coughs; Flu; Sinusitis; Sore Throat; Cystitis; Urinary Infection; Fatigue; Nervous Exhaustion; Stress Related Conditions. Key Qualities: Strengthening; Cleansing; Restorative; Reviving; Refreshing; Stimulant; Soothing.

*ROSE: (*Rosa* spp.) The Rose has aromatic, cosmetic, medicinal, culinary, and craft uses. Fresh petals and rosewater flavor sweet and savory dishes and are crystallized for decoration. Rosewater revives tired skin and eyes. Dog Rose (*Rosa canina*) is the major source of hips for jam, syrup, tea and wine. Associated with pure love and femininity, it is valued by aromatherapists for its rejuvenating qualities.

Rose petal syrup can be made by adding twice the petals' weight of sugar and infusing in hot water. Alternatively, the fresh petals can be ground with a little boiling water and strained, and the liquid combined with honey. The resulting liquid is a natural laxative and a tonic for the stomach. The rose hips should be gathered after the first frost. They will be red and ready for drying or making into jam. The jam or jelly is used for coughs. The dried hips are opened, the seeds and hairs removed, and the skins used for an excellent sore throat tea; use two teaspoons per cup of water and simmer for ten minutes. An infusion of the petals, one ounce to one pint of water, makes a soothing eye lotion; strain it first through cheesecloth.

Parts Used: Flowers and hips

Aromatherapy Uses: Thread Veins; Dry, Mature and Sensitive Skin; Wrinkles; Eczema; Herpes; Palpitations; Poor Circulation; Asthma; Coughs; Hay Fever; Cholecystitis; Liver Congestion; Nausea; Irregular Menstruation; Leukorrhea; Menorrhagia; Uterine Disorders; Depression; Impotence; Insomnia; Frigidity; Headache; Nervous Tension; Stress Related Conditions. Key Qualities: Aphrodisiac; Soothing; Comforting; Antidepressant; Sedative; Uplifting; Appeasing; Regulating; Heart Tonic.

***ROSEMARY:** (*Rosmarinus officinalis*) Rosemary leaves are an ancient savory herb, especially popular in Italian dishes, and with shellfish, pork and lamb. The antiseptic, antioxidant leaves help preserve food, aid digestion of fat, and are included in several slimming compounds. The flowers can be used fresh as a garnish or crystallized as decoration. Distilled flower water makes a soothing eyewash.

The leaf and flowers are stimulating to the liver and the digestion. For this reason, rosemary is a classic herb for migraine headache when associated with liver or stomach torpidity. Rosemary increases

the circulation and slightly raises blood pressure. To make the tea, steep two teaspoon of the dried flowering tops in one cup of water for twenty minutes. Take one-fourth cup four times a day. Use rosemary in salves for eczema, wounds, and sores. The tea makes a mouthwash for bad breath. The oil benefits stomach and nerves. Steep the herb in white wine for a week and strain. Rub the rosemary wine into gouty or paralyzed limbs. Taken internally, the wine quiets the heart and stimulates the kidneys, brain, and nervous system. Rosemary tea relieves depression. Rosemary and coltsfoot are smoked as an herbal tobacco to relieve asthma and lung conditions. CAUTION: When rosemary is used as a tea, the dose should not exceed one cup per day. Overdose can cause fatal poisoning.

Parts Used: Leaf and flower

Aromatherapy Uses: Acne; Dermatitis; Eczema; Lice; Scabies; Hair; Scalp; Arteriosclerosis; Fluid Retention; Gout; Muscular Pain; Neuralgia; Palpitations; Poor Circulation; Varicose Veins; Rheumatism; Asthma; Bronchitis; Whooping Cough; Colitis; Dyspepsia; Flatulence; Hepatic Disorders; Jaundice; Dysmenorrhea; Leukorrhea; Colds; Flu; Infections; Headaches; Hypotension; Nervous Exhaustion; Stress Related Conditions. Key Qualities: Stimulant (nervous and mental); Analgesic; Tonic; Strengthening; Restorative; Purifying; Protective; Reviving; Refreshing.

*ROWAN: (*Sorbus aucuparia*) Also known as Mountain Ash, Witchwood, Witchbane, and Sorb Apple. A Druid sacred tree and sacred to the goddess Bride/Bridgit, Rowan bears clusters of spring flowers and bright red berries in autumn, when the leaves may turn red. The berries, rich in vitamin C, can be made into a tart jelly, Ground into flour, fermented into wine, or distilled into spirit. The seeds should be removed as they can contain hydrocyanic acid and are considered poisonous. Rowan is a traditional country charm against witchcraft.(!)

Rowan is a close relative of *Sorbus americana* (American mountain ash) and can be used in the same way herbally. The bark is decocted for diarrhea and for vaginal douches; simmer two teaspoons of the bark per cup of water for twenty minutes. The bark is tinctured in alcohol for eight days to treat fevers (especially intermittant fevers). The berries are gathered when ripe and then dried or made into jam. The berries are very high in vitamin C and are useful for sore throats and tonsillitis. Take one teaspoon of the fresh berry juice or a quarter cup of the tea made by simmering one teaspoon per cup of water for twenty minutes. The ancient Welsh made an ale from rowan berries.

Parts Used: Fruit

*RUE: (*Ruta graveolens*) Also known as Herb of Grace. This evergreen subshrub has yellow summer flowers and deeply divided, bluish, aromatic leaves. Rue is a stimulant and abortifacient and strengthens capillaries. Its antispasmodic action treats high blood pressure, epilepsy and colic. A leaf wash treats tired eyes and was used by da Vinci and Michelangelo. Rue's round-lobed leaves inspired the symbol for the suit of clubs.

CAUTION: Some people may experience skin irritation when picking the fresh plant.

The whole herb is used, fresh or dry. It is taken warm to bring on menstruation. The infusion benefits coughs, cramp, and colic. Steep two teaspoons of the dried herb in a cup of water for twenty minutes. Take no more than one-half cup per day. The leaves are used in poultices and salves to relieve sciatica, gout, and rheumatic pains. The fresh eaves are placed on the temples to relieve headache. Fomentations of the tea are placed ont he chest to help bronchitis. The juice or oil is placed in the ear to relieve earaches.

CAUTION: This is a strong herb. Use in dosages only as indicated. Overdose will lead to vomiting.

Parts Used: Above-ground portions of the herb

*SAFFRON:(*Crocus sativus*) The stigmas and style tops flavor and color liqueurs and many dishes, especially rice. Saffron is considered an aphrodisiac, but too much may be narcotic. It is given to reduce fevers, cramps, and enlarged livers, and to calm nerves, and is applied externally for bruises, rheumatism, and neuralgia. In India saffron is used ceremonially. Although water soluble, it is used cosmetically and as a sacred dye. Turmeric is mistakenly called saffron in Asia.

Parts Used: Stamens

*SAGE: (*Salvia officinalis*) Sage leaf has a strong taste that increases when dried. Used sparingly to flavor and aid the digestion of fatty meats, it is popular in poultry stuffing and combines well with strongly flavored foods. The flowers are tossed in salads and are brewed for a light, balsamic tea, while the leaf tea is an antiseptic nerve and blood tonic. Sage contains hormone precursors that help irregular menstruation and menopause symptoms.

Sage is a drying agent for the body. The tea of the leaf will dry up night sweats, breast milk, and mucous congestion. It benefits the nerves and the menstrual cycle as well. Being astringent, it helps with diarrhea. Use it as a sore throat gargle and as a poultice for sores and stings. Use two teaspoons of the herb per cup of water, steep for twenty minutes and take a quarter cup four times a day. Tincture; fifteen to forty drops, up to four times a day.

Parts Used: Leaf

*ST. JOHN'S WORT: (*Hypericum perforatum*) A Druid sacred herb, the Celts passed it through the smoke of the Summer Solstice fire, then wore it in battle for invincibility. This herb has woody-based stems, with pairs of small, balsamic-scented leaves and clusters of

lemon-scented, yellow summer flowers. The leaves are used in salads and to flavor liqueurs. Extract of the flowering tops is antiviral, astringent, and sedative; it treats inflammation, wounds, and diarrhea. Taken internally, it calms nerves and treats depression. It is under research for AIDS treatment. The flowers yield yellow and red dyes.

The herb is the part used for lung problems, bladder complaints, diarrhea, dysentery, depression, hemorrhages, and jaundice. Steep two teaspoons of the herb per cup of water for twenty minutes. Take one-half cup in the morning and one-half cup at bed time.

Bedwetting is helped by a nightly cup of the tea. The oil and fomentation are applied externally to the injuries, especially when nerve endings are involved (i.e. fingers and toes) and to soften tumors and caked breasts.

To make the oil, cover the flowers with good cold-pressed olive oil and leave the sealed preparation in the hot sun for twenty-one days or until it becomes a rich red. The oil is excellent for massages, as it affects the spine directly. Varicose veins, mild burns, inflammations, neuralgia, and rheumatism are helped by a poultice of it.

CAUTION: Malignant tumors must be treated with care. Never rub or massage a malignant growth, as cells may become detached and travel to other parts of the body.

Parts Used: Flower, leaf, and stem

***SANDALWOOD:** (*Santalum album*) Sandalwood is one of the most valuable woods in the world. All parts yields Sandalwood oil, particularly the heartwood and the roots, which yield about 6 percent essential oil. Recorded in Ayurvedic medicine and Egyptian embalming, the oil is now used as an inhalant for its expectorant and sedative effect on coughs and as a powerful antiseptic for lung and urinary tract infections. Sandalwood makes a popular incense, as its calming effect aids meditation. It is commonly used for funeral pyres

in India, where devotees believe the scent protects places from evil spirits.

The fragrant heartwood is a classic for bladder infections. It is taken to help in the passing of stones, in kidney inflammations, and in prostatitis. The oil is cooling to the body and useful for fevers and infections when used as a massage. The scent is calming to the mind. Sandalwood has been used internally for chronic bronchitis and to treat gonorrhea and the urethral discharge that results. Simmer one teaspoon of the wood per cup of water for twenty minutes, and take up to two cups a day in quarter-cup doses.

Parts Used: Heartwood

Aromatherapy Uses: Acne; Dry, Cracked, Chapped Skin; After Shave; Greasy Skin; Moisturizer; Bronchitis; Catarrh; Coughs (dry, persistent); Laryngitis; Sore Throat; Diarrhea; Nausea; Cystitis; Depression; Insomnia; Nervous Tension; Stress Related Conditions.

Key Qualities: Aphrodisiac, Soothing; Relaxing; Uplifting; Purifying; Warming; Grounding; Opening; Elevating; Sedative.

***SPEARMINT:** (*Mentha spicata*) Also called Garden Mint, Our Lady's Mint, Sage of Bethlehem, Erba Santa Maria and Lamb Mint. Spearmint is the most generally cultivated of the culinary mints. The leaves are almost or completely stalkless, lance-shaped bright-green and hairless. Mice hate the smell of mint and will avoid any place where the herb is scattered.

Aromatherapy Uses: See Mint

***STAR ANISE:** (*Illicium verum*) All parts of this small, evergreen tree are aromatic; the smooth, gray-white bark, narrow to elliptic shiny green leaves; solitary yellow flowers; and glossy brown seeds. The distinctive seeds and pods are used as a spice in Asian

cookery, notably as an ingredient of Chinese five-spice powder. The fruits and foliage yield an essential oil, used as a substitute anise seed flavoring, or, medicinally to relieve chest complaints, rheumatism, and flatulence. The oil appears in soaps, hair oils, and Asian perfumes.

Chew the seeds after a meal to help the digestion. Simmer the seeds to make a tea for colic and rheumatic complaints. Steep one teaspoon of the crushed seed in one cup of boiled water for twenty minutes and take up to two cups a day. Often added to other brews to improve taste, the tea of the seed will help cramps and nausea, promote menstruation, and increase breast milk. It also relieves insomnia. The seeds are simmered into salves for scabies and lice. The oil is a stomach tonic. The seeds can be tinctured in brandy (rather than the usual vodka, whiskey, or grain alcohol) with some lemon peel; the dose is one-fourth to one-half teaspoon.

Parts Used: Seed

Aromatherapy Uses: Couldn't find any reference to it's use in Aromatherapy, though it is widely used in homeopathy.

* **SUNFLOWER:** (*Helianthus annuus*) This fast-growing annual has a thick, tall, hairy stem, heart-shaped leaves, and large yellow flower heads in late summer. The nutritious seeds are eaten raw, roasted, and ground into meal or nut butter and were used by Native American warriors as "energy cakes." The flower buds give a yellow dye and are cooked like artichokes. The pressed seeds yield an all-purpose oil with culinary, cosmetic, and industrial uses. Medicinally, the seeds are used as a diuretic and expectorant and treat coughs, dysentery, and kidney inflammation. The root is a laxative and treats stomach pain. The stem pith yields potash and fibers for textiles and paper, and its cellular lightness is used for microscope slide mounts.

The seed heads provide food for birds in winter.
Parts Used: flower, leaves, stalk, root and seeds

*TEA TREE: (*Melaleuca alternifolia*) Tea tree oil has huge healing potential. It is a powerful antiseptic and immunostimulant, active against bacteria, viruses, and fungi such as athlete's foot and thrush. It helps treat colds, flu, lesions, warts and acne. Tea Tree is the best remedy for yeast infections!

Aromatherapy Uses: Abscesses; Acne; Athlete's Foot; Blisters; Burns; Bruises; Chicken Pox Rash; Cold Sores; Dandruff; Herpes; Insect Bites; Oily Skin; Spots; Rashes; Warts; Wounds (infected); Asthma; Bronchitis; Catarrh; Coughs; Sinusitis; Tuberculosis; Whooping Cough; Thrush; Vaginitis; Colds; Fever; Flu; Infectious Illnesses; Cystitis; Pruritis. Key Qualities: Penetrating; Medicinal; Stimulating; Refreshing.

*THYME: (*Thymus vulgaris*) Also known as Common Thyme, Mother of Thyme, and Garden Thyme. A Druid sacred herb, culinary Thyme aids the digestion of fatty foods and is part of bouquet garni and Benedictine liqueur. Thyme oil is distilled from the leaves and flowering tops and is a stimulant and antiseptic. It is a nerve tonic used externally to treat depression, colds, muscular pain and respiratory problems. The oil is added to acne lotions and mouthwashes. Research has confirmed Thyme strengthens the immune system.

Thyme is an excellent lung cleanser. Use it to dry up and clear out moist phlegm and to treat whooping cough. It makes a good tea for the mother after childbirth, as it helps expel the placenta. Steem one-half teaspoon fresh herb or one teaspoon dried herb in one-half cup of hot water for five minutes. Take up to one and a half cups a day in

quarter-cup doses. A natural antiseptic, thyme is often used in salves for wounds, swellings, sciatica, and failing eyes. The tea relieves gas and colic (as does the oil, taken in one- to five-drop doses). The tincture can be used in ten- to twenty-drop doses, taken three times a day. Use thyme for headaches and hangovers.

Parts Used: Above-ground portions of the herb.

Aromatherapy Uses: Abscess; Acne; Bruises; Burns; Cuts; Dermatitis; Eczema; Insect Bites; Lice; Arthritis; Gout; Muscular Aches and Pains; Obesity; Edema; Poor Circulation; Rheumatism; Sprains; Asthma; Bronchitis; catarrh; Coughs; Laryngitis; Sinusitis; Tonsillitis; Diarrhea; Dyspepsia; Flatulence; Chills; Colds; Flu; Infectious Diseases; Cystitis; Urethritis; Headaches; Insomnia; Stress Related Conditions. Key Qualities: Stimulating; Restorative; Warming; Reviving; Refreshing; Purifying; Antidepressant.

***TOBACCO:** (*Nicotiana tabacum*) This annual or biennial has large, long leaves and green-white to rose tubular flowers. The cured, dried leaves are smoked as a narcotic, but the poisonous nicotine they contain causes heart and lung disease and cancer. North and South American tribes smoke the leaves in ceremonies and apply poultices to sprains, to infected cuts and bites, and to problem skin. The juice is applied externally to relieve facial neuralgia, and wet leaves offer a quick cure for hemorrhoids. Research has revealed a chemical in the leaves that inhibits tumors.

Parts Used: Leaf

VALERIAN: (*Valeriana officinalis*) Also known as Garden Heliotrope, Vandal Root, and St. George's Herb. Valerian has compound leaves with a fresh pea pod scent, and clusters of honey scented flowers in midsummer. Both have unpleasant fetid

undertones. Their musky root is used in stews and perfumes and unskinned root is a tranquilizer. The herb treats headaches, muscle cramps and irritable bowel syndrome and is used topically for wounds, ulcers, and eczema. Laboratory tests show anti-tumor activity. Composted leaves are rich in minerals. Do not take large doses or continuously. Although the root of the herb has a strong pungent scent, some cats love it more than catnip. (Mine do!!)

Parts Used: Root

Aromatherapy Uses: Insomnia; Nervous Indigestion; Migraine; Restlessness; Tension States. Key Qualities: Sedative; Depressant of the Central Nervous System; Mildly Hypnotic; Regulator; Calming; Soothing; Grounding.

*VERVAIN: (*Verbena officinalis*) Also known as Enchanters Herb, Holy Herb, Verbena, Blue Vervain, and Holy Wort. A Druid sacred herb, common in their many rites and incantations, this hardy perennial has deeply cut lower leaves and smooth upper leaves with small dense spikes of pale lilac-pink flowers. An ancient sacred herb of purification, visions, and love potions, it was included in liqueurs and aphrodisiacs. Vervain was so highly regarded by the Druids that offerings were placed on altars.

"Vervain" is a derivative of the Celtic *fer* (to drive away) and *faen* (stone), given to it because of its ability to purge calculi (gravel) from the bladder. A tea of the herb helps to increase breast milk and is helpful in lowering fever, especially of the intermittent type. It will benefit eczema and other skin eruptions, as it is a kidney and liver cleanser. Jaundice, whooping cough, edema, mastitis, and headaches fall under its sphere. To make the tea, steep one tablespoon of the herb per cup of water for twenty minutes.

Externally, vervain is used in poultices for ear infections, rheumatism and wounds. Vervain is an emmenagogue (brings down the menses) and soothes the nerves. It is reputed to have aphrodisiac

properties. It is a powerful lymphatic detoxifier and has a cleansing effect on the female organs.

Blue Vervain (*Vervena hastata*), the American variety, is a natural tranquilizer and is helpful with colds and fevers, especially when the upper respiratory tract is involved. It will eliminate intestinal worms and is used externally for wounds. It is distinguished from the European vervain by its deeper blue flowers and denser, bristly flower spikes. Blue vervain is also prepared in a standard infusion or tinctured in alcohol.

Parts Used: Above ground portions of the herb.

***VETIVER:** (*Vetivera zizanioides*) Also called Khus-khus. This perennial grass grows in dense clumps of stout stems with long leaves and has an aromatic rhizome and roots. The distilled root essential oil flavors Asian sherbets and sweets, fixes perfumes, and scents quality soaps, cosmetics and aftershaves. The scent is a deep yet refreshing, woody, resinous mixture of myrrh and violets.

Parts Used: Root

Aromatherapy Uses: Acne; Cuts; Oily Skin; Wounds; Arthritis; Muscular Aches and Pains; Rheumatism; Sprains; Stiffness; Debility; Depression; Insomnia; Nervous Tension. Known as the "Oil of Tranquillity". Key Qualities: Sedative; Soothing; Calming; Tonic; Grounding; Uplifting; Protective.

*** VIOLET:** (*Viola odorata*) Also called Heartsease, Little Faces, and Viola. This stemless perennial has scalloped, heart-shaped leaves and violet or white, sweetly scented flowers from winter to spring. The crystallized flowers flavor sweets and liqueurs and are tossed in salads with the leaves. The root treats bronchitis. The leaves are a folk remedy for breast and lung cancer. The flower syrup is antiseptic and a mild laxative, and with the leaves treats coughs, headaches, and insomnia. Ancient Greeks wore the violet to calm

tempers and to induce sleep

The whole plant is used, fresh or dry. The leaves can be eaten as a type of wild spinach, and the flowers are used in salads and desserts. High in iron, the fresh leaf is used internally and externally for cancer, especially of the colon, throat, and tongue. For this purpose, the fresh leaves should be infused daily and taken as tea; using one teaspoon of plant parts to a half cup of water, steep and take a quarter cup four times a day. The tea can be applied externally as a fomentation. The flowers are laxative; the roots and stems are emetic and purgative. The fresh leaves are used in salves and poultices for wounds.

Parts Used: Whole Plant

***WILLOW:** (*Salix alba*) Also known as White Willow, European Willow, Tree of Enchantment, and Witches Aspirin. One of the Seven Sacred Trees of the Irish. A Druid sacred tree, the willow is a Moon tree sacred to the White Lady. Its groves were considered so magical that priests, priestesses and all types of artisans sat among these trees to gain eloquence, inspiration, skills, and prophecies. The stem bark is a painkiller, a fever-reducer, and an original source for salicylic acid for aspirin. The infused leaves make a tea for nervous insomnia and are added to baths to ease rheumatism. The *Salix* species provide the best-quality artists' charcoal, branches are used for weaving, and the White Willow var. *caerulea* is the source of wood for cricket bats. The genus name *Salix* comes from the Celtic *sal-lis*, "near water".

Black willow (*S. nigra*) bark is used to treat gonorrhea and ovarian pain. The white willow contains salicin, the active constituent from which Aspirin was first synthesized. White willow bark is used for rheumatic complaints, arthritis and headaches as well as diarrhea and dysentery. Fevers, edema, and the aftereffects of worms are treated with willow bark. To make the tea, steep three teaspoons of the bark

in on cup of cold water for two to five hours, boil for one minute, and strain. Willow is also available as a powder. The dose is one teaspoon, three times a day in tea or capsules. The tincture can be taken in ten- to twenty-drop doses four times a day.

Parts Used: Bark, collected in the Spring.

* WITCH HAZEL: (*Hammamelis virginiana*) Also called Spotted Alder, and Winter Bloom, Witch Hazel, a distillation from the leaves and flower-bearing twigs, is included in skin products for its disinfectant and astringent properties. It is used on chapped and sunburned skin, bruises, swellings, and rashes; to stop bleeding; and to reduce varicose veins and hemorrhoids. The seeds are edible and the leaves can be brewed for a warming tea. Commercially distilled witch hazel contains 14 percent alcohol. It must not be confused with tincture of Witch Hazel, which may be much more astringent and could disfigure skin.

Parts Used: Leaf and young twigs

Aromatherapy Uses: Distilled witch hazel is one of the basics in any home first aid kit. It is useful for stings, bruises, cuts, scrapes, sprains, tissue swelling, and many other minor conditions. It is also useful in skin care regimes.

*WOOD ALOE: (*Aquilaria agallocha*) The prized elusive scent of Wood Aloe exists only in resin-saturated diseased wood.

Magical Uses: Wood Aloe possesses high spiritual vibrations. Will bring love if worn. Use in incense for Love, Protection, Money and Riches, and Spirituality.

*WORMWOOD:(*Artemisia absinthium*) Also known as Absinthe. A Druid sacred herb, Wormwood is very magical and sacred to Moon deities. An accumulative poison if ingested. Wormwood is a bitter

herb used to flavor vermouth and the now-banned liqueur absinthe. A leaf and flowering top infusion is a tonic for the digestive system, liver, gallbladder, and blood, reducing inflammation and clearing impurities. The plant treats fever, expels worms, and reduces the toxicity of lead poisoning. As a companion plant, it acts as a deterrent against several insect pests. Toxic in high doses! The leaves and flowers are used in a light infusion to help digestion, flatulence, and heartburn. Wormwood improves circulation and stimulates the liver. The tea is said to relieve labor pains. Use one teaspoon per cup and steep for twenty minutes; take a quarter cup up to four times a day; or use as a tincture, eight to ten drops in water up to three times a day. A fomentation of the leaves and flowers soothes bruises and sprains. The oil relieves arthritis. CAUTION: The oil is for external use only! Prolonged use of wormwood can lead to nerve damage. Parts Used: Leaf and flower

***YARROW:** (*Achillea millefolium*) Also known as Seven Year's Love, Milfoil, and Woundwort. The flowering tops are a digestive and cleaning tonic and a diuretic and are used to reduce high blood pressure. Fresh leaves arrest bleeding and are applied as a poultice to wounds or are placed on shaving cuts. One of the true treasures of the earth, Yarrow essential oil is naturally blue and possesses an incredible scent. The oil treats colds, flu, and inflamed joints. This is a classic herb for flu, especially the intestinal variety. Try a mixture of elderflower, peppermint, and yarrow to bring down a fever and induce perspiration. The tea benefits the kidneys. Yarrow is used in salves for hemorrhoids and in poultices to stop bleeding and help heal wounds. Cramps and rheumatism are treated with the tea, as are intestinal gas, diarrhea, anorexia, and hyperacidity. Parts Used: Above-ground portions of the herb Aromatherapy Uses: Acne; Burns; Cuts; Eczema; Hair Rinse;

Inflammation; Rashes; Scars; Wounds; Arteriosclerosis, High Blood Pressure; Rheumatoid Arthritis; Thrombosis; Varicose Veins; Constipation; Cramps; Flatulence; Hemorrhoids; Indigestion; Amenorrhea; Colds; Fever; Flu; Cystitis; Hypertension; Insomnia; Stress Related Conditions. Key Qualities: Balancing; Restorative; Tonic; Strengthening; Opening; Grounding; Revitalizing; Mildly Stimulating.

* YLANG-YLANG: (*Cananga odorata*) Ylang-ylang has glossy leaves and masses of perfumed, greenish-yellow (sometimes mauve or pink) flowers with narrow petals that resemble witch hazel flowers but appear during two flowering periods. The essential oil is distilled by steam from freshly picked flowers and is featured in many perfumes, soaps, skin lotions, and to balance sebum in Macassar hair oil. Use in moderation, since the oil's heady scent can cause headaches or nausea. Ylang-Ylang means "flower of flowers".
Aromatherapy Uses: (Oil) Acne; Hair Growth; Hair Rinse; Insect Bites; Irritated and Oily Skin; General Skin Care; High Blood Pressure; Palpitations; Depression; Frigidity; Impotence; Insomnia; Nervous Tension; Stress Related Disorders. Key Qualities: Powerfully Sedative; Soothing; Calming; Regulating; Euphoria-inducing; and narcotic when used in large quantities; Aphrodisiac.

REMEDIES

Gallbladder Disorders

Definition

The gallbladder is a small organ located directly under the liver. It acts as a bile reservoir, concentrating the bile that the body uses to digest fats. Bile contains cholesterol, bile salts, lecithin, and other substances. Cholecystitis is the inflammation of the gallbladder. It may be acute or chronic. Cholelithiasis is the formation or presence of calculi or bilestones (gallstones) in the gallbladder or common duct of the gallbladder.

Causes

Acute cholecystitis is almost always caused by gallstones. Other causes may include bacteria or chemical irritants. Chronic cholecystitis can occur with or without stones. But not all patients with gallstones experience cholecystitis.

Gallstones are concretions formed in the gallbladder or bile ducts. Traditionally gallstones have been classified according to their composition. This information was then used to demonstrate the cause of the stone formation. This is no longer considered valid. Generally the core of all gallstones contains a mixture of cholesterol, bilirubin, and protein.

Symptoms

In acute cholecystitis there is fever, gradually developing or sudden pain in the upper abdomen, nausea, vomiting, visible jaundice in about 25% of patients. Frequently pain is referred to back or right shoulder. Approximately 10% of the patients do not have pain. In chronic cholecystitis symptoms are usually less severe than in acute cases, but recurring stones may or may not be present.

Gallstone symptoms include digestive disturbances, heaviness in right upper abdomen, and tenderness on pressure over the gallbladder. Gallstone colic occurs when a stone obstructs the bile duct. Jaundice is flow of bile is obstructed. Pain may be associated with vomiting and sweating. If distended, the gallbladder is palpable. Treatment may include surgery. See the doctor, whether acute or chronic condition.

Stones may remain dormant and give little distress unless inflammation and distention of the gallbladder take place or unless it enters and is unable to pass through the biliary ducts, when colic ensues. The pain usually starts several hours after eating and when the stomach is empty (often after eating fried or fatty foods). Flatulence is a common symptom. If left untreated, the inflammation of the gallbladder can be life threatening.

Often a patient with gallstones will have no symptoms.

Treatment

Nutrients

Alfalfa- 10 tablets 3 times per day, is a liver cleanser, rich in vitamins and minerals.

Lecithin 1 tbsp. before meals or capsules as directed on the label, aids fat (cholesterol) digestion and is a fat emulsifier. Multienzymes (containing ox bile), taken with meals (Caution: if heartburn is present, use pancreatin after meals. **Do not use products containing hydrochloric acid (HCL)**. Unsaturated fatty acids, taken as directed on the label. Vitamin A, 25,000 IU capsules daily (emulsified vitamin A is more easily assimilated. Vitamin B complex with B12 and choline, 500 mg. per day, is important in cholesterol metabolism and liver and gallbladder function. Inositol, 500 mg. per day, usually comes added to the vitamin B complex. Vitamin C, 3,000 mg. per day (a lack of vitamin C can cause gallstones). Vitamin D, 400 IU per day (gallbladder malfunction interferes with vitamin D absorption. Vitamin E, 600 IU per day, prevents fats from becoming rancid.

Recommendations

For inflammation: Eat no solid food for a few days, only distilled or spring water. Then begin to drink juices such as pear, beet root juice, and apple juice for 3 more days. Then add solid foods: shredded raw beets with 2 tbsp. of olive oil, fresh lemon juice, and freshly made uncooked applesauce.

For gallstones

Use 3 tbsp. olive oil with the juice of a lemon before retiring and upon awakening. Many stones pass in the stool with this technique. Look for them! Grapefruit juice can be used instead of lemon juice. Try a Castor oil pack on the gallbladder area. Soak a multi folded cotton flannel cloth in Castor oil; heat to very warm but not hot enough to burn the skin. Place the pack on the gallbladder area, cover with plastic and a light towel and apply a heating pad to retain warmth. Leave in place for one hour. Apply pack twice a day or more if desired.

With gallbladder diseases, *do not overeat*. Obesity and gallbladder disease are related. The female who is forty and overweight and who has had children is more likely to suffer from these disorders.

Eat 75% raw foods. Include each day in the diet: applesauce, eggs, yogurt, cottage cheese, broiled fish, fresh apples, and beets. Avoid sugar and products containing sugar. Avoid all animal fat and meat, fried foods, spicy foods, margarine, soft drinks, commercial oils, coffee, chocolate, and refined carbohydrates.

For 5 days consume as much pure apple juice as possible, pear juice occasionally and beet juice (beet juice will cleanse the liver). Rapid weight change may cause gallbladder problems.

Suggestions

For gallbladder problems the following tea is recommended:

Alder buckthorn bark (1 part)

Restharrow root (5 parts)

Yellow gentian root (5 parts)

Peppermint leaves (10 parts)

Steep 1 tsp. in 1/2 cup boiling water. Take 1 to 1 1/2 cups a day, in mouthful doses.

For gallstones, here is a tea to assist in passing small stones and gravel:

St. Benedict thistle

Birch leaves

Witch grass

Speedwell

Chicory

Mix in equal parts. Steep 1 tsp. in 1/2 cup boiling water. Take 1 to 1 1/2 cups per day, unsweetened, in mouthful doses.

Lavender Oil Cold Compress for Burns

Blend for treating burns

Lavender 10 drops,

Chamomile 10 drops

The antibiotic action of the lavender helps protect against infection.

Soak a clean piece of gauze or bandage in ice cold water, apply 1 drop of blend for each square inch of skin affected

If you don't have both on hand, either oil will work on its own as well.

Poultices for Burns

Herbal poultices are another good home remedy for cooling and soothing minor burns, skin irritations, and rashes particularly when associated with dryness and itching.

Apply fresh mashed leaves moistened with vinegar to the burned area.

Plantain's juice is in fact antibacterial and quite soothing when applied to a burn

.Like comfrey, it contains allantoin, an anti-inflammatory photochemical that speeds wound healing, stimulates the grow of new skin cells, and give the immune system a lift. Slippery elm poultices are also used for treating inflamed, or irritated skin and minor burns. Chickweed is also a good choice for minor burns.

HOW TO MAKE ROSE OIL.

For rose oil... Gather fresh rose petals and cover with a good oil (pure olive oil is fine). Bruise the petals and leave them in the oil for at least twenty-four hours, then press the petals to remove all the oil. Strain the oil. Repeat the pressing and straining procedures, adding fresh petals each time, for at least six or seven times. The end product will be a wonderfully fragrant oil that works well in soaps.

To make rose water... Pour boiling water over rose petals. Cover the container until the liquid cools, then strain, and if it is not going to be used within a few days, it should be frozen. Start with about a pint of water to a cup of petals and adjust the amount of petals according to the depth of scent you want.

Pain Relief Salve

1 tablespoon Chickweed powder

1 tablespoon Wormwood Powder

10 drops Tea Tree oil

2 Pints Sweet Olive oil

3ounces Beeswax

Mix together chickweed, wormwood powder, add the mixed herbs to sweet olive oil and simmer 3 hours. Strain and add beeswax and Tea Tree oil. Pour into salve containers

Bladder Infection

An inflammation of the lining and the wall of the bladder. The main herbs used in dealing with this condition are Bearberry, Cornsilk, Couch grass and Marshmallow.

INFUSION

Combine equal amounts of marshmallow root, corn silk, couch grass, horsetail, with half as much bearberry. Steep 1 tsp of mixture in a cup of water just off the boil for 10 to 15 minutes. Drink hot 4 to 5 times a day.

Cuts and Scratches

This is one of my favorites and gets ALOT of use in my house. You know those little cuts and scratches you get from almost anything..they drive you nuts, well here what you can do for them.

Tumarac

That's right Tumarac. Make a paste with tumarac and water spread over the cut or scratch allow to dry and gently wipe away the excess. Instant cooling and pain relief. Aids in healing. Works on bruises also.

Cold and Flu, Sore Throat and Bronchial Remedies

Body Toner Formula

These herbs are useful to take for a period of 8 weeks during the spring and fall seasons as a supplement. It is also helpful during periods of stress to provide extra vitamins and to assist the body in not depleting itself.

- 1 C. red clover
- 1/3 C. blue violet leaves
- 1/3 C. dandelion leaves or root
- 1/4 C. plantain
- 1/8 C. nettle
- 1/8 C. chickweed
- 1/8 C. selfheal (optional)

Combine the herbs. Remove and crush just enough for one batch at a time. Use 1 heaping teaspoon per cup, pour water just off the boil over the herbs and steep for 7 to 10 minutes. Use a teaball, or strain the herbs from the infusion.

(Iron-close teabags simplify herbal tea and are available from herbal ware suppliers)

Bronchial Formula

Although there are many formulations relying on a variety of different herbs to clear bronchial passages, some of those herbs such as ephedra and licorice should not be taken over a long period of time and especially by those who are susceptible to high blood pressure or similar circulatory problems. They should certainly not be used by children for long periods, or by pregnant woman at all.

NOT ALL HERBS ARE SUITABLE FOR CHILDREN!

I would caution parents who regularly dose their children with over-the-counter products containing pseudo-ephedrine to be aware of the long term ill effects to their children's organs. It does no good to get them comfortably through their childhood only to have them succumb to some serious health problem in early adulthood.

This recipe is intended for occasional complaints. For chronic problems, see a doctor.

You will notice that many of the same herbs are again used in this recipe and that a few new ones are introduced as being more specific to a respiratory problem. Use as a tea or an extract.

1 C. red clover
1/3 C. blue violet leaf
1/3 C. dandelion leaf or root
1/8 C. nettle
1/4 C. plantain
1/8 C. selfheal
1/8 C. mullein leaf or flowers
1/8 C. chickweed
1 Tbsp Elecampane root

Crush herbs and combine. Begin with 1 heaping teaspoon per cup of water just off the boil steeped for 7 to 10 minutes. 1 cup twice daily for several days should break up congestion.

Cold and Flu

If one of those pug-ugly viruses is making the rounds, it helps to boost the immune system with Echinacea extract or to begin taking extra Vitamin C.

If it feels as though the virus is attempting to make a full scale attack on your body, then the extra Vit. C. will make it back off somewhat and perhaps lessen the severity of the ailment.

If you think you're coming down with 'something', this is the time to take a day off and get plenty of rest and drink plenty of juices. Nipping this sort of common illness in the bud will prevent a more serious infection.

Elderberry extract, available at health food stores can help lessen the severity and length of the illness.

The following recipe when taken as an infusion twice a day at the beginning and for the duration along with other commonsense measures should make it all a bit easier.

1/2 C. rose hips (extra Vitamin C)

1/4 C. dandelion leaf or root

1/4 C. mullein leaf or flower

1/8 C. lemon peel

1/8 C. selfheal

Combine and remove enough to make 1/2 Tbsp of ground herbs (use a coffee mill or blender). Steep for 10 minutes.

For sore throats and coughs a soothing remedy is 1 to 2 Tbsp of lemon juice (or the juice of 1/2 of a lemon) in a 8 oz. glass of very warm water to which 1/2 tsp of honey is added. You can sip on this all through the day.

An old cough remedy is to place 5 or 6 cloves of garlic in a jar with 1 C. of whiskey and allow this to steep for a minimum of several days before using, but is allowed to continue to steep for some time. When needed, a teaspoon of the whiskey and a small amount of sugar are added to the warm water.

For stuffy head and breathing fill the sink or a wash basin with hot, steaming water and add 2 to 3 drops of essential oil of Eucalyptus. Place a bath towel around the head to use as a tent over the sink. Breathe in the steam. (Use CAUTION around hot water!). Or you can add a few drops of the Eucalyptus oil to the dispenser of a steam vaporizer.

Another way to clear stuffed-up sinuses is with a Salt Water Snuffle. Add 1/4 tsp of sea salt to 4 oz. of warm water. Pour a small amount into the palm of the hand and snuffle up the nose - one side at a time. Continue until the liquid comes out the back of the throat. Nettie pots are an oriental device used to keep the sinuses clean on a daily basis and are another way to deliver a snuffle

The Ultimate Bird Flu Remedy....Reprinted with Permission

Machinegunmomma was kind enough to allow me to reprint her remedy for Bird Flu here. I thank her very much. You should check out her group How to Survive Disasters, lots of great and useful information and it just may save your life!

The Ultimate Bird Flu Remedy

All Natural Spices and Ingredients:

- 4 heaping tablespoons tumeric
- 2 heaping tablespoons cayenne pepper
- 2 heaping tablespoons dried/powdered garlic
- 2 heaping tablespoons powdered ginger
- 2 heaping tablespoons powdered cloves
- 1 cup lemon juice (or cider vinegar)
- 1 cup honey
- 1 cup dark rum
- 4 cinnamon sticks
- 2 heaping tablespoons black pepper
- 2 heaping tablespoon horseradish
- 1 heaping tablespoon each of marjoram, thyme and oregano.

Bring all ingredients to a boil, then simmer for 2 hours in a large saucepan. Stir regularly (Don't worry, all of the alcohol in rum will boil off). FYI: Dark rum minus the alcohol has molasses and brown sugar. Then sweeten mixture with as much honey a necessary to make draught tolerable. Mixture will be full of lumps...keep them...just add them in...cool and store in well-sealed jars, like mayonnaise or peanut butter jars. Keep at room temperature.

Adults: 2 Tbsp in a cup of tea every 4-6 hours, daily... until well.

12-16: 1 Tbsp in a cup of tea every 4-6 hours, daily... until well.

Under 12: take 1 tsp mix in a cup of tea as hot as can stand every 6-8 hours until well.

Be prepared, and have some ingredients on hand. Print this recipe so that you have it available (especially in the event of a cyber-attack or prolonged power outage).

Simple Oil Compress

Dilute 2 drops of lavender,

2 drops of tea tree and 3 drops of chamomile in a bowl of warm water.

Dip a clean piece of cloth or bandage in the water, wring out the excess and apply to the area of swelling 2 or 3 times a day

Remedies for Fibromyalgia

Do's and Don't for Fibromyalgia

- Take balanced diet including plenty of roughage, cabbage, salads, carrot, reddish, etc. Patient should also take plenty of fluid like plain water and freshly prepared juice in the diet.
- Coconut water and coconut milk is also good for fibromyalgia.
- Restrict your intake of sweets and sugar containing foods.
- Exercise and meditation are very important for the fibromyalgia patients.
- Try to live a stressful life.
- Take proper sleep of at least 7-8 hours.
- Prepare a mixture of olive oil and kerosene oil in equal quantity and massage gently 2-3 times a day for a month.
- Apply warm vinegar over the affected muscles.
- Avoid excess intake of oily or junk food.
- Radish and cranberry are some of the effective fruits for treating fibromyalgia. Take freshly prepared cranberry or

radish juice. This will help in fighting with severe muscular pain.

- Raw papaya is also commonly used in treating fibromyalgia. Grind 8-10 papaya seeds and mix it in a glass of water. Bring it to boil and later drain it and take 2-3 times a day for one month. This is very useful home remedy for fibromyalgia.

- Patient suffering from fibromyalgia should take plain fresh orange juice, or mix cod liver oil into it.

- Cook ripe cherry in jaggery and butter. It is very useful in treating fibromyalgia. Take frying pan and add 2-3 tablespoon of butter or ghee. Add 10-12 cherries into it, after some time add 2-3 tablespoon of jaggery to it and cook for some time. Allow it to cool. Take this mixture 2-3 times in a day.

- You can also try this simple and effective home remedy for fibromyalgia. Cook 4-5 tablespoon of oatmeal in milk and add cherry and jaggery to it. Mix it well and allow it to boil till oatmeal is cooked completely. Take this food to patient 3-4 times a day.

- Vegetables like cabbage, carrot, beat, etc., helps in fibromyalgia natural cure. Take a glass of freshly prepared juice of these raw vegetables 2-3 times a day. These juices are very effective and healthy not only for fibromyalgia but for overall health.

- Patient should also be given freshly prepared lemon juice with honey. Take 2-3 teaspoons of honey and lemon juice each and mix it in a glass of lukewarm water.

- Ginger is another natural home remedy that is very effective for the treatment of fibromyalgia. Patient should take 2-3 tablespoon of ginger juice 2-3 times a day.

- Turmeric is very effective home remedy for the treatment of fibromyalgia. Take 1-2 teaspoon of turmeric powder in a glass of water 2-3 times a day. This will give fast relief from muscular pain.

INTERMITTANT CLAUDICATION

A condition caused by narrowing of the arteries of the legs. Taking garlic daily as a supplement is believed to be helpful. The following tincture has been used to offer general support for this

condition:

Combine equal amounts of hawthorn, horse chestnut, ginkgo, prickly ash and cramp bark.

Measure out 1/4 oz of the mixture and powder them in a coffee mill.

Combine the powdered herbs with 2 oz of 100 proof vodka, cap securely, and allow to steep out of direct light for 2 weeks.

Strain and use 1 tsp 3 times a day. While waiting for the tincture you can make a tea of these same herbs using 2 tsp per cup of boiling water, steeped 8 to 10 minutes and taken 3 times a day.

STAPH INFECTION

Must be treated with antibiotics. Check with your doctor if no medical help is available, the following can be used to assist. Make a poultice of plantain leaves to which 20 drops of echinacea and 10 drops of usnea tinctures have been added. The poultice should be changed every few hours. Fresh plantain leaves contain the natural antibiotic aucubin.

INTERNAL INFECTIONS/INFLAMMATIONS

See your doctor. Antibiotic and antiviral agents available through your doctor will knock out an infection far more surely than the herbal alternative. Herbs can help, but the infection would be of a much longer duration and a far greater danger to the life of the sufferer.

2. If medical help is unavailable, combine 3 parts echinacea, 1 part marshmallow root, 1/4 part cayenne pepper and fill size 00 capsules with the powdered mix. Take 2 capsules every 2 hours.

OR

1 part powdered goldenseal

2 parts powdered chaparral
3 parts powdered echinacea

Fill size 00 capsules with the powdered mix. Take 4 every 4 hours. As symptoms subside, the dosage should be reduced to 3 times a day for one week.

NICOTINE-FREE HERBAL TOBACCO

1 lb coltsfoot leaves
½ lb each of eyebright and buckbean
4 oz wood betony
2 oz rosemary
1½ oz thyme
1 oz lavender
(rose leaves and chamomile flowers can also be added)

Rub herbs to a coarse powder with the hands. For a milder tobacco, the coltsfoot can be increased to ½ the total formula.

If you are trying to kick the habit, but aren't ready to give up puffing, make half the mixture with tobacco, then with each successive batch, cut back more until there is none.

Herbs historically used in smoke mixtures

Allspice (adds fragrance to pipe tobacco)
August flower (loosens nasal congestion due to head colds)
Bearberry leaves (combine with tobacco to stretch the supply and a component of Kinnikinnik)
Buckbean (used in place of tobacco)
Chervil
Cistus creticus
Corn silk (used as filler)
Cubeb berries (used for nasal congestion)

Deer tongue (used for fragrance)
Dittany (substitute for tobacco)
Ginseng root (substitute for chewing tobacco)
Licorice (used for flavor)
Life everlasting (substitute for pipe tobacco)
Marjoram (used in smoking and snuff mixtures)
Master-of-the-Woods (adds aroma to pipe tobacco)
Mullein (leaves smoked like tobacco for nasal congestion and minor throat irritation)
Rosemary (smoked as pipe tobacco)
Sage
Sassafras bark (used as pipe tobacco)
White or Yellow sweet melilot or Sweet clover (used to flavor tobacco and cheese)
Crushed tonka beans (used for a sweet aroma and also added to snuff)
Yerba santa

SEIZURES

The following remedy is indicative of the types of emergency measures that were available in times past and as such are of historical value. Seizures indicate a life threatening situation and immediate medical help must be sought. If no medical help is available you can try this:

1 oz lobelia seed, powdered
1 oz skullcap, powdered
1 oz skunk cabbage, powdered
1 oz black cohosh, powdered
½ oz cayenne, powdered
1 pint boiling water
1 pint apple cider vinegar

Simmer herbs in the water for ½ hour, then strain and add the apple vinegar and bottle for use when needed. It is used both internally and externally for spasms and cramps. If there is difficulty in getting it behind the teeth and onto the tongue, bathe the neck and jaws with it frequently till relief is obtained.

Scarlet Fever

Scarlet fever is a life threatening disease which must be under the supervision of a medical professional.

Consult your doctor and discuss any alternatives you wish to introduce into the therapy. **If no medical help is available you can try this:**

FORMULA

2 parts Echinacea tincture

1 part Garlic syrup

1 part Peppermint tincture

1 part Astragalus tincture

1 part Cleavers tincture

1 part Skullcap tincture

½ part Catnip tincture

½ part Elderflower tincture

Give ½ to 1 tsp 4 times a day.

Liver Problems 7 Different Teas

Remedy #1

Chicory flowers (1 part)

Woodruff (1 part)

Dandelion root (2 parts)

Speedwell (2 parts)

Steep 1 tsp. in 1/2 cup boiling water. Take 1 cup a day, unsweetened, in mouthful doses.

Remedy #2

Alder buckthorn bark (1 part)

Restharrow root (5 parts)

Yellow gentian root (5 parts)

Peppermint leaves (10 parts)

Steep 1 tsp. in 1/2 cup of boiling water. Take 1 to 1-1/2 cups a day, in mouthful doses.

Remedy #3

Alder buckthorn bark (2 parts)

Woodruff (2 parts)

Rosemary (3 parts)

Celandine (6 parts)

Steep 2 tsp. in 1/2 cup of boiling water. Take 1/2 cup before breakfast and 1/2 cup before going to bed, in mouthful doses.

Remedy #4

Sticklewort

Cleavers

Woodruff

Mix in equal parts. Steep 1 tsp. in 1/2 cup boiling water. Take 1-1/2 cups a day.

Chicory flowers (1 part)

Woodruff (1 part)

Dandelion root (2 parts)

Speedwell (2 parts)

Steep 1 tsp. in 1/2 cup boiling water. Take 1 cup a day, unsweetened, in mouthful doses.

Remedy #5

Alder buckthorn bark (1 part)

Restharrow root (5 parts)

Yellow gentian root (5 parts)

Peppermint leaves (10 parts)

Steep 1 tsp. in 1/2 cup of boiling water. Take 1 to 1-1/2 cups a day, in mouthful doses.

Remedy #6

Alder buckthorn bark (2 parts)

Woodruff (2 parts)

Rosemary (3 parts)

Celandine (6 parts)

Steep 2 tsp. in 1/2 cup of boiling water. Take 1/2 cup before breakfast and 1/2 cup before going to bed, in mouthful doses.

Remedy #7

Sticklewort

Cleavers

Woodruff

Mix in equal parts. Steep 1 tsp. in 1/2 cup boiling water. Take 1-1/2 cups a day.

Basic Liniment

Oil of camphor (7 parts)

Oil of cloves (2 parts)

Oil of wintergreen (3 parts)

Oil of eucalyptus (3 parts)

Oil of origanum (3 parts)

Mix thoroughly. Use for soreness, swelling, pain, stiffness, colds, etc. Shake the bottle well before using each time.

Insomnia 7 Different Tea Remedies

Tea To Help You Sleep

Fragrant valerian (1 part)

St. Johns Wort (2 parts)

Hops (3 parts)

Lavender flowers (5 parts)

Primrose flowers (10 parts)

Steep 1-1/2 tsp. in 1/2 cup boiling water for 10 minutes. When cool enough to drink, add 1 tsp. honey. Take before going to bed.

Remedy #2

Hops (3 parts)

Fragrant valerian root (2 parts)

Steep 1 tsp. mixture in 1/2 cup boiling water. Take 1/2 to 1 cup a day, unsweetened, in mouthful doses. Do not take for more than 2 or 3 weeks without interruption.

Remedy #3

Lavender flowers

Primrose flowers

St. Johns Wort

Fragan valerian root

Mix in equal parts. Steep 1 heaping tsp. in 1/2 cup boiling water. take shortly before going to bed, a mouthful as a time.

Remedy #4

This mixture is especially good for nervous insomnia

Dill seed (2 parts)

Anise seed (2 parts)

Chamomile (1 part)

Hops (1 part)

Use 1/2 cup of boiling water. When lukewarm, add 1 tsp. honey. Sip just before retiring. More info on insomnia.

Remedy #5

Dill seed

Fennel seed

Peppermint leaves

Mix in equal parts. Steep 1 tsp. in 1/2 cup boiling water. Take 1/2 cup warm, sweetened with raw sugar or honey, before going to bed. More info on insomnia.

Remedy #6

Fragrant valerian root

Balm

Lavender

Milfoil

Mix in equal parts. Steep 1 to 2 tsp. in 1/2 cup boiling water for a short time. Take warm.

For Insomnia Due To Overexhaustion or Neurasthenia

Balm

Hops

Fragrant valerian root

Mix in equal parts. Steep 1 tsp. in 1/2 cup boiling water

Gastrointestinal Problems

Remedy

Juniper berries

Wormwood

Chamomile

Mix in equal parts. Steep 1 tsp. in 1/2 cup of boiling water. Take 1/2 to 1 cup a day, in mouthful doses.

To Strengthen the Gastrointestinal System

Peppermint leaves (2 parts)

Lavender flowers (4 parts)

Thyme (5 parts)

Steep 2 tsp. of the mixture in 1/2 cup boiling water for 3 to 5 minutes. Take 1 to 1-1/2 cups a day, in mouthful doses.

Gall Stones

Tea To Assist In Passing #1

St. Benedict thistle

Mallow flowers

Calendula

Pansy

Alder buckthorn bark

Milfoil

Steep 1 to 2 tsp. of the mixture in 1/2 cup boiling water. Take 1/2 to 1-1/2 cups a day

Remedy #2

St. Benedict thistle

Mallow flowers

Calendula

Pansy

Alder buckthorn bark

Milfoil

Steep 1 to 2 tsp. of the mixture in 1/2 cup boiling water. Take 1/2 to 1-1/2 cups a day

Colic

Chamomile

Balm

Fragrant valerian

Buck bean

Mix in equal parts. Steep 1 tbsp. in 1 cup boiling water for 10 minutes. Drink warm.

Colic In Infants

Fennel seed (4 parts)

Water mint leaves (3 parts)

Chamomile flowers (2 parts)

Fragrant valerian (1 part)

Steep 1/2 tsp. mixture in 1-1/2 cups boiling water for 5 inutes, then strain. Give in 5 or 6 doses during the day, in warm milk or by itself.

A Tea For Relief

Juniper berries

Wormwood

Chamomile flowers

Milfoil

Mix in equal parts. Steep 1 tsp. in 1/2 cup boiling water. Take 1/2 cup, unsweetened.

Galactagogue, A Tea For Nursing Mothers

Anise seed

Dill seed

Sweet marjoram

Mix in equal parts. Steep 1 tsp. in 1/2 cup boiling water. Take 1 to 1-1/2 cups a day, sweetened with honey, in mouthful doses. On the subject of successful nursing: Antiseptics should not be used for either mother's breast or for baby's mouth. **Ordinary cleanliness is all that is essential.** It has been conclusively proven that baby consumes 2/3 of the entire nursing during the first 5 minutes. It is then that he suckles hard and quickly. It is then also that he takes in considerable quantities of air which often cause distress.

When baby has nursed 4 to 5 minutes he should be taken from the breast and placed over mother's shoulder, abdomen down, then gently patted for a few moments in order that he may bring up whatever gas is within. This should be repeated 2 or 3 times during a 20 minute feeding.

Dysentery

A Tea For Relief

Black pepper (1 part)

Coriander (2 parts)

Sweet flag root (powdered) (30 parts)

Boil 2 oz. of the mixture in 1 pint of water until 1 cup liquid remains. Strain immediately. Take 1 tsp. 3 times a day.

Diarrhea, Tea To Control It

Remedy #1

- # Pomegranate (6 parts)
- # Spotted cranesbill (4 parts)
- # Colombo root (4 parts)
- # White oak bark (4 parts)
- # Black birch bark (4 parts)
- # Ginger (3 parts)
- # Wild sage (3 parts)

Boil 1-1/2 tsp. mixture in 2 cups water for 2 to 3 minutes, covered; let stand for 10 minutes and strain. Take 1 cup, morning and evening. Sweeten with honey if desired.

Remedy #2

- # Milfoil herb
- # Pansy herb
- # St. Benedict thistle
- # German chamomile flowers
- # American senna leaves
- # Peppermint leaves

Mix in equal parts. Steep 1 tbsp. in 1/2 cup boiling water for 10 minutes. Take warm.

Remedy #3

- # Oak bark
- # Horse chestnut bark

Mix in equal parts. Boil 2 tsp. of the mixture in 1/2 cup water for a short time. Take unsweetened, in mouthful doses.

Remedy #4

- # Tormentil root
- # European mistletoe
- # Shave grass

Boil 1 tsp. tormentil root briefly in 1/2 cup water and steep for 1 to 2 minutes. In this tea, parboil 1

tsp. each of the other plants. More info on diarrhea.

Diabetes, Tea To Improve Sugar Tolerance

Diabetes, Tea To Improve Sugar Tolerance #1

Pumpkin seeds, peeled

Fragrant valerian root

Bilberry leaves

Mix in equal parts. Steep 1 tbsp. in 1 cup boiling water. Take 1 cup in the course of a day, unsweetened, in mouthful doses. More info on diabetes.

Diabetes, Tea To Improve Sugar Tolerance #2

Mix bilberry leaves in equal parts with 1 or 2 of the following:

Bean pods

Nettle

Milfoil

European centaury

Dandelion

Blackberry leaves

Parboil 1 tbsp. in 1/2 cup water for 10 minutes. Take 1 to 1-1/2 cups a day, unsweetened, in mouthful doses, but not within an hour of meals (before or after).

Whooping Cough Adult and Children Remedies

Whooping Cough...Good for children

Licorice root (2 parts)

Sundew leaves (2 parts)

Lance-leaf plantain (2 parts)

Mother of thyme (5 parts)

Steep 1 tsp. of mixture in 1/2 cup boiling water. Take 1 cup a day, sweetened with honey, in mouthful doses.

Whooping Cough

Oil of broom pine (80 parts)

Oil of eucalyptus (5 parts)

Oil of pine needles (5 parts)

Camphor (5 parts)

Oil of cloves (2 parts)

Mix and shake until the camphor is dissolved. Add 2 tsp. mixture to slowly boiling water and inhale the vapors, or let evaporate in patient's room.

Whooping Cough

Sage (5 parts)

Anise (8 parts)

Primrose (10 parts)

Althea root (15 parts)

Elder flowers (15 parts)

Thyme (15 parts)

Soak 1 tbsp. in 1/2 cup cold water for 3 hours, then bring to a boil and steep 10 minutes. Take 1/2 cup a day, in tablespoon doses.

Whooping Cough

Elecampane root

Thyme

Nettle leaves

Mix in equal parts. Steep 10 minutes in boiling water. Strain. Sweeten with honey.

Whooping Cough

Mother of thyme

Mouse ear

Coltsfoot

Licorice root

Mix in equal parts. Steep 2 tbsp. mixture in 3 cups of boiling water for 30 minutes, covered. Strain and sweeten with honey. Take 1 to 4 tbsp. 4 times a day between meals, *dose depending on age*.

Whooping Cough

Sundew

Elder flowers

Lance-leaf plantain

Pansy flowers

Mix in equal parts. Steep 1 tsp. in 1/2 cup boiling water. Take 1/2 to 1 cup daily, sweetened with honey, in mouthful doses.

Whooping Cough

Sundew

Horehound

Black currant leaves

Sage

Garden violet flowers

Mix in equal parts. Steep 1 tsp. in 1/2 cup boiling water. Take 1/2 to 1 cup daily, sweetened with honey, in mouthful doses.

Whooping Cough

Sundew (1 part)

Fennel (1 part)

Primrose flowers (3 parts)

Thyme (5 parts)

Steep 1 tsp. in 1/2 cup boiling water for 3 to 5 minutes, then add 1 tsp. honey. Take 1 to 1-1/2 cups

a day, in mouthful doses.

Whooping Cough

European mistletoe

Sage

Soak 2 tsp mistletoe in 1/2 cup cold water for 6 to 8 hours. Then steep 2 tsp. sage in 1 cup boiling water, strain and let cool to drinking temperature. Add to mistletoe tea. Take the mixed tea, unsweetened, in mouthful doses as needed.

To Relieve Bronchial Cough

Licorice (16 parts)

Lungwort (10 parts)

Spotted cranesbill (8 parts)

Aniseed (8 parts)

Wild cherry bark (8 parts)

Oswego tea (5 parts)

Irish moss (4 parts)

Lobelia (3 parts)

Boil 1-1/2 tsp. mixture slowly in 2 cups water, in a covered pot, for 2 to 3 minutes; then let stand for 10 minutes. Strain and take 1 cup, morning and evening. Sweeten with honey or raw sugar if desired.

For Bronchial Cough in Small Children

Coltsfoot (2 parts)

Horehound (2 parts)

Cherry bark (1 part)

Simmer 5 tbsp. mixture in 2-1/2 cups water for 20 minutes and strain. Add honey to sweeten. The dose is from 1 to 4 tbsp. 4 times a day, depending on age.

Arnold Ehret's Herbal Intestinal Broom

Note: All "ground" ingredients should be about as coarse as loose tea, the "powdered" ones about as fine as powdered sugar.

Ground senna leaves (6 parts)

Ground buckthorn bark (3 parts)

Ground psyllium seed husks (1 part)

Powdered sassafras root bark (1/10 th part)

Ground dark anis seed (1/2 part)

Ground buchu leaves (1/10 th part)

Ground blonde psyllium seed (1/2 part)

Powdered Irish moss (1/8 th part)

Granulated agar-agar (1/8 th part)

Ground dark fennel seed (1/2 part)

Mix the first 3 ingredients thoroughly. Then combine the remaining 7 real well, and add this to the mixture. If you have a blender, it makes an ideal mixer for preparing the formula. Use low speed.

The "Intestinal Broom" is easy to use. Usually a small amount, about the quantity that fits on half a teaspoon, or less, swallowed with a glassful of water, is sufficient for adults. It may be increased or decreased according to your own reaction.

It may also be used sprinkled over salads, or brewed as a tea: 1/2 tsp. to a cup of boiling water. Remove from heat and allow to steep for 10 or 15 minutes. Strain and enjoy. It has a fascinating flavor.

Hedge hyssop leaves

Milfoil

American senna leaves

Caraway

Mix equal parts. Add 1 tsp. to 1/2 cup simmering water, bring to a boil, and let cool. Take 1/2 cup, morning and evening.

For Lung Hemorrhage

This is for when medical help is NOT available...

Shepherd's purse

Knotgrass

European mistletoe

Tormentil root

Mix in equal parts. Steep 1 tsp. in 1/2 cup boiling water. Take every 4 hours.

Chest & Lung Problems..Teas to Relieve Congestions & Inflammation

Chest & Lung Problems #1

Lande-leaf plantain (1 part)

Mullein flowers (1 part)

Lungwort (1 part)

Speedwell (2 parts)

Steep 1 tsp. in 1/2 cup of boiling water. Take 1 to 1-1/2 cups a day, sweetened with raw sugar or honey, in mouthful doses.

Chest & Lung Problems #2

Milfoil (1 part)

Coltsfoot leaves and flowers (1 part)

Lungwort (2 parts)

Nettle leaves (2 parts)

Lande-leaf plantain leaves (4 parts)

Steep 2 level tsp. in 1/2 cup boiling water. Take 1 to 1-1/2 cups a day, sweetened with 2 tsp. honey per cup, in mouthful doses.

Chest & Lung Problems #3

Knotgrass

Shave grass

Hemp nettle

Primrose flower

Boil equal parts of knotgrass and shave grass lightly, then steep equal parts of hemp nettle and primrose flowers in the decoction for 5 minutes. Add 1 tsp. honey per cup. Take 1 to 1-1/2 cups a day, in mouthful doses.

Chest & Lung Problems #4

Shave grass

Witch hazel

Hemp nettle

Mix in equal parts. Add 1 heaping tsp. to 1/2 cup cold water. Bring to a boil and boil for 1 minute, then steep for 1 minute and strain. Take 1 to 1-1/2 cups a day, in mouthful doses, sweetened with 2 tsp. honey per cup, if desired.

Bronchitis, Healing and Soothing Teas 5 different ways

Tea #1

Althea leaves (1 part)

High mallow (1 part)

Licorice root (1 part)

Flax seed (2 parts)

Bring 1 tsp. in 1/2 cup water to a boil. Sweeten with honey; take 1/2 cup, 2 or 3 times a day, as hot as possible.

Tea #2

Anise

Licorice root

Lance-leaf plantain leaves

Fennel seed

Coltsfoot leaves

Mix in equal parts. Bring 1 tsp. in 1/2 cup water to a boil. Sweeten with honey or brown sugar; take 1/2 cup, 3 times a day, as not as possible. More info on bronchitis.

Tea #3

Mallow leaves and flowers

Mullein leaves and flowers

Coltsfoot leaves

Mix in equal parts. Steep 1 tsp. in 1/2 cup boiling water. Sweeten with honey; take 1/2 cup, 3 or 4 times a day, hot. More info on bronchitis.

Tea #4

Mullein

Licorice

Althea root

Althea herb

Coltsfoot leaves

Mix in equal parts. Steep 1 tsp. in 1/2 cup boiling water. Take 1/2 cup hot, sweetened with honey, 3 or 4 times a day.

Tea #5

Elecampane root

Thyme

Nettle leaves

Lungwort

Mix in equal parts. Steep 1 tsp. in 1/2 cup boiling water. Take 1/2 cup hot, sweetened with honey, 3 or 4 times a day.

Arthritis Poultice and Liniment

Poultice

- (for swollen joints) Mullein leaves (6 parts)

Slippery elm bark (9 parts)

Lobelia (3 parts)

Cayenne (1 part)

Add 3 oz. mixture to boiling water to make a paste. Spread the paste on a cloth and apply to the affected area. More info on arthritis.

Limiment

Wintergreen

Yerba santa

Mix in equal parts. Put any amount of mixture in enough olive oil to cover. Simmer for 30 to 60 minutes. Strain, and apply to affected parts when cool

Arteriosclerosis

Fragrant valerian root (1 part)

Shave grass (1 part)

European mistletoe (4 parts)

Hawthorn (4 parts)

Soak 1 tbsp. chopped plant parts in 1/2 cup cold water for 8 hours. Take 1/2 cup a day, spaced out in 3 or 4 doses.

Lack Of Appetite

Lack Of Appetite #1

Juniper berries

Balm leaves

European centaury

Nettle leaves

Mix in equal parts. Steep 1 tsp. in 1/2 cup boiling water. Take 1/2 to 1 cup a day, sweetened with honey, in mouthful doses. More info on poor appetite.

Lack Of Appetite #2

Watercress (2 parts)

Fresh horseradish (3 parts)

Soak 3 oz. of the mixture in 2 qt. white wine for several days. Strain. Take 1/2 cup daily, before breakfast. More info on poor appetite.

FIRST AID FOR PSYCHOLOGICAL REACTIONS

This applies to all, as well as soldiers. This is an excerpt from a text book I thought it was important.

INTRODUCTION

During actual combat, military operations continue around the clock at a constant pace, and often under severe weather conditions. Terrible things happen in combat. During such periods the soldier's mental and physical endurance will be pushed to the limit. Psychological first aid will help sustain the soldier's mental/physical performance during normal activities, and especially during military operations under extremely adverse conditions and in hostile environments.

Explanation of Term "Psychological First Aid"

Psychological first aid is as natural and reasonable as physical first aid and is just as familiar. When you were hurt as a child, the understanding attitude of your parents did as much as the psychological effect of a bandage or a disinfectant to ease the pain. Later, your disappointment or grief was eased by supportive words from a friend. Certainly, taking a walk and talking things out with a friend are familiar ways of dealing with an emotional crisis. The same natural feelings that make us want to help a person who is injured make us want to give a helping hand to a buddy who is upset. Psychological first aid really means nothing more complicated than assisting people with emotional distress whether it results from physical injury, disease, or excessive stress. Emotional distress is not always as visible as a wound, a broken leg, or a reaction to pain from physical damage. However, overexcitement, severe fear excessive worry, deep depression, misdirected irritability and anger are signs that stress has reached the point of interfering with effective coping. The more noticeable the symptoms become, the more urgent the need for you to be of help and the more important it is for you to know HOW to help.

Importance of Psychological First Aid

First aid can be applied to stress reactions of the mind as well as to physical injuries of the body. You must know how to give psychological first aid to be able to, help yourself, your buddies, and your unit in order to keep performing the mission. Psychological first aid measures are simple and easy to understand. Improvisation is in order, just as it is in splinting a fracture. Your decision of what to do depends upon your ability to observe the soldier and understand his needs. Time is on your side, and so are the resources of the soldier you are helping. Making the best use of resources requires ingenuity on your part. A stress reaction resulting in poor judgment can cause injury or even death to yourself or others on the battlefield. It can be even more dangerous if other persons are affected by the judgment of an emotionally upset individual. If it is detected early enough, the affected soldier stands a good chance of remaining in his unit as an effective member. If it is not detected early and if the soldier becomes more and more emotionally upset, he may not only be a threat to himself and to others, but he can also severely affect the morale of the unit and jeopardize its mission.

Situations Requiring Psychological First Aid

* Psychological first aid (buddy aid) is most needed at the first sign that a soldier cannot perform the

mission because of emotional distress. Stress is inevitable in combat, in hostage and terrorist situations, and in civilian disasters, such as floods, hurricanes, tornadoes industrial and aircraft catastrophes. Most emotional reactions to such situations are temporary, and the person can still carry on with encouragement. Painful or disruptive symptoms may last for minutes hours, or a few days. However, if the stress symptoms are seriously disabling, they may be psychologically contagious and endanger not only the emotionally upset individual but also the entire unit. In such situations, you may be working beside someone who cannot handle the impact of disaster. Even when there is no immediate danger of physical injury, psychological harm may occur. For instance, if a person is unable to function because of stress, it may cause that person to lose confidence in himself. If self-confidence cannot be restored, the person then may become psychologically crippled for life.

* Sometimes people continue to function well during the disastrous event, but suffer from emotional scars which impair their job performance or quality of life at a later time. Painful memories and dreams may recur for months and years and still be considered a normal reaction. If the memories are so painful that the person must avoid all situations which arouse these memories or if he becomes socially withdrawn, or shows symptoms of anxiety, depression, or substance abuse, he needs treatment. Experiences of police, firemen, emergency medical technicians, and others who deal with disasters has proved that the routine application of psychological first aid greatly reduces the likelihood of future serious post-traumatic stress disorders. Thus, applying psychological first aid as self-aid and buddy aid to all the participants, including those who have functioned well, is beneficial.

Interrelation of Psychological and Physical First Aid

Psychological first aid should go hand in hand with physical first aid. The discovery of a physical injury or cause for an inability to function does not rule out the possibility of a psychological injury (or vice versa). A physical injury and the circumstances surrounding it may actually cause an emotional injury that is potentially more serious than the physical injury; both injuries need treatment. The person suffering from pain, shock, fear of serious damage to his body, or fear of death does not respond well to joking, indifference, or fearful-tearful attention. Fear and anxiety may take as high a toll of the soldier's strength as does the loss of blood.

Goals of Psychological First Aid

The goals of psychological first aid are to--

- * Be supportive; assist the soldier in dealing with his stress reaction.
- * Prevent, and if necessary control, behavior harmful to him and to others.
- * Return the soldier to duty as soon as possible after dealing with the stress reaction.

Respect for Others' Feelings

a. Accept the soldier you are trying to help without censorship or ridicule. Accept his right to his own feelings. Even though your feelings, beliefs, and behavior are different, DO NOT blame or make light of him for the way he feels or acts. Your purpose is to help him in this tough situation, not to be his critic. A person DOES NOT WANT to be upset and worried; he would "snap out of it" if he could. When he seeks help, he needs and expects consideration of his fears, not abrupt dismissal or accusations. You may be impressed with the fact that you made it through in good condition. You have

no guarantee that the situation will not be reversed the next time.

b. Realize that people are the products of a wide variety of factors. All persons DO NOT react the same way to the same situations. Each individual has complex needs and motivations, both conscious and unconscious, that are uniquely his own. Often, the "straw that breaks the camel's back" the one thing that finally causes the person to be overloaded by the stressful situation is not the stressor itself, but some other problem. Thus, an injury or an emotional catastrophe will have a personal meaning for each individual. Even though you may not share the reactions or feelings of another person and even though the reactions seem foolish or peculiar, you must realize that he feels as he does for a reason. You can help him most by accepting this fact and by doing what you can for him during this difficult time. He is doing the best he can under the circumstances. Your positive assistance and trust may be what he needs to do better.

Emotional and Physical Disability

a. Accept emotional disability as being just as real as physical disability. If a soldier's ankle is seriously sprained in a fall, no one (including the injured man himself) expects him to run right away. A soldier's emotions may be temporarily strained by the overwhelming stress of more "blood and guts" than he can take or by a large-scale artillery attack. DO NOT demand that he pull himself together immediately and carry on without a break. Some individuals can pull themselves together immediately, but others cannot. The person whose emotional stability has been disrupted has a disability just as real as the soldier who has sprained his ankle. There is an unfortunate tendency in many people to regard as real only what they can see, such as a wound, bleeding, or an X-ray of a diseased lung. Some people tend to assume that damage involving a person's mind and emotions is just imagined, that he is not really sick or injured, and that he could overcome his trouble by using his will power.

b. The terms "it's all in your head," "snap out of it," and "get control of yourself" are often used by people who believe they are being helpful. Actually, these terms are expressions of hostility because they show lack of understanding. They only emphasize weakness and inadequacy. Such terms are of no use in psychological first aid. A psychological patient or a physical patient with strong emotional reactions to his injury does not want to feel as he does. He would like to be effective, but he is temporarily overcome with either fear, anxiety, grief, guilt, or fatigue. He feels lost and unable to control his emotions. Reminding him of his failure to act as others do only makes him feel worse. What he needs is calm, positive encouragement, such as reminding him that others have confidence in his ability to pull together and are also counting on him. Often this reassurance combined with explicit instruction and encouragement to do a simple, but useful task (that he knows how to do), will restore his effectiveness quickly.

Emotional Reaction to Injury

Every physically injured person has some emotional reaction to the fact that he is injured.

a. A minor injury such as a cut finger causes an emotional reaction in most people. It is normal for an injured person to feel upset. The more severe the injury, the more insecure and fearful he becomes, especially if the injury is to a body part which is highly valued. For example, an injury to the eyes or the genitals, even though relatively minor, is likely to be extremely upsetting. An injury to some other part of the body may be especially disturbing to an individual for his own particular reason. For example, an injury of the hand may be a terrifying blow to a baseball pitcher or a pianist. A facial disfigurement may be especially threatening to an actor.

b. An injured person always feels less secure, more anxious, and more afraid not only because of what has happened to him but because of what he imagines may happen as a result of his injury. This fear and insecurity may cause him to be irritable, stubborn, or unreasonable. He also may seem uncooperative, unnecessarily difficult, or even emotionally irrational. As you help him, always keep in mind that such behavior has little or nothing to do with you personally. He needs your patience, reassurance, encouragement and support. Even though he seems disagreeable and ungrateful at first, ensure that he understands you want to help him.

Emotional Reserve Strength of Distressed Soldiers

Realize that distressed soldiers have far more strength than appears at first glance. An injured or sick person may not put his best foot forward. The strong points of his personality are likely to be hidden beneath his fear, anguish, and pain. It is easy to see only his failures even though he worked efficiently beside you only a short time ago. With your aid he will again become helpful. Whatever made him a good soldier, rifleman, or buddy is still there; he is needed.

Battle Fatigue (and Other Combat Stress Reactions [CSR])

Battle Fatigue is a temporary emotional disorder or inability to function, experienced by a previously normal soldier as a reaction to the overwhelming or cumulative stress of combat. By definition, battle fatigue gets better with reassurance, rest, physical replenishment and activities which restore confidence. Physical fatigue, or sleep loss, although commonly present, is not necessary. All combat and combat support troops are likely to feel battle fatigue under conditions of intense and/or prolonged stress. They may even become battle fatigue casualties, unable to perform their mission roles for hours or days. Other negative behaviors may be CSRs, but are not called battle fatigue because they need other treatment than simple rest, replenishment and restoration of confidence. These negative CSRs include drug and alcohol abuse, committing atrocities against enemy prisoners and noncombatants, looting, desertion, and self-inflicted wounds. These harmful CSRs can often be prevented by good psychological first aid; however, if these negative actions occur, these persons may require disciplinary action instead of reassurance and rest.

Reactions to Stress

Most people react to misfortune or disasters (military or civilian, threatened or actual) after the situation has passed. All people feel some fear. This fear may be greater than they have experienced at any other time or they may be more aware of their fear. In such a situation, they should not be surprised if they feel shaky, become sweaty, nauseated or confused. These reactions are normal and are not a cause for concern. However, some reactions, either short or long term, will cause problems if left unchecked. The following are consequences of too much stress:

a. Emotional Reactions.

(1) The most common stress reactions are simply inefficient performances, such as:

- o Slow thinking (or reaction time).

- o Difficulty sorting out the important from all the noise and seeing what needs to be done.

o Difficulty getting started.

o Indecisiveness, trouble focusing attention.

o A tendency to do familiar tasks and be preoccupied with familiar details. This can reach the point where the person is very passive, such as just sitting or wandering about not knowing what to do.

(2) Much less common reactions to a disaster or accident may be uncontrolled emotional outbursts, such as crying, screaming, or laughing. Some soldiers will react in the opposite way. They will be very withdrawn and silent and try to isolate themselves from everyone. These soldiers should be encouraged to remain with their assigned unit. Uncontrolled reactions may appear by themselves or in any combination (the person may be crying uncontrollably one minute and then laughing the next or he may lie down and babble like a child). In this state, the person is restless and cannot keep still. He may run about, apparently without purpose. Inside, he feels great rage or fear and his physical acts may show this. In his anger he may indiscriminately strike out at others.

b. Loss of Adaptability.

(1) In a desperate attempt to get away from the danger which has overwhelmed him, a person may panic and become confused. In the midst of a mortar attack, he may suddenly lose the ability to hear or see. His mental ability may be so impaired he cannot think clearly or even follow simple commands. He may stand up in the midst of enemy fire or rush into a burning building because his judgment is clouded and he cannot understand the likely consequences of his behavior. He may lose his ability to move (freezes) and may seem paralyzed. He may faint.

(2) In other cases, overwhelming stress may produce symptoms which are often associated with head injuries. For example, the person may appear dazed or be found wandering around aimlessly. He may appear confused and disoriented and may seem to have a complete or partial loss of memory. In such cases, especially when no eye witnesses can provide evidence that the person has NOT suffered a head injury, it is necessary for medical personnel to provide rapid evaluation for that possibility. **DO NOT ALLOW THE SOLDIER TO EXPOSE HIMSELF TO FURTHER PERSONAL DANGER UNTIL THE CAUSE OF THE PROBLEM HAS BEEN DETERMINED.**

c. Sleep Disturbance and Repetitions. A person who has been overwhelmed by disaster or some other stress often has difficulty sleeping. The soldier may experience nightmares related to the disaster such as dreaming that his wife, father, or other important person in his life was killed in the disaster. Remember that nightmares, in themselves, are not considered abnormal when they occur soon after a period of intensive combat or disaster. As time passes, the nightmares usually become less frequent and less intense. In extreme cases, a soldier, even when awake, may think repeatedly of the disaster, feel as though it is happening again, and act out parts of his stress over and over again. For some persons, this repetitious reexperiencing of the stressful event may be necessary for eventual recovery; therefore, it should not be discouraged or viewed as abnormal. For the person reexperiencing the event, such reaction may be disruptive and disturbing regardless of the reassurance given him that it is perfectly normal. In such a situation, a short cut that is often possible involves getting the person to talk extensively, even repetitiously, about the experience or his feelings. This should not be forced; rather, the person should be given repeated opportunities and supportive encouragement to talk in private, preferably to one person. This process is known as ventilation.

d. Other Factors. In studies of sudden civilian disasters, a rule of thumb is that 70 to 80 percent of

people will fall into the first category (a above). Ten to 15 percent will show the more severe disturbances (b and c above). Another 10 to 15 percent will work effectively and coolly. The latter usually have had prior experience in disasters or have jobs that can be applied effectively in the disaster situation. Military training, like the training of police, fire, and emergency medical specialists in civilian jobs, is designed to shift that so that 99 to 100 percent of the unit works effectively. But sudden, unexpected horrors, combined with physical fatigue, exhaustion, and distracting worries about the home front can sometimes throw even well-trained individuals for a temporary loss.

e. Psychiatric Complications. Although the behaviors described (a through c above) usually diminish with time, some do not. A person who has not improved somewhat within a day, even though he has been given warm food, time for sleep, and opportunity to ventilate, or who becomes worse, deserves specialized medical/psychiatric care. Do not wait to see if what he is experiencing will get better with time.

8-12. Severe Stress or Battle Fatigue Reactions

You do not need specialized training to recognize severe stress or battle fatigue reactions that will cause problems to the soldier, the unit, or the mission. Reactions that are less severe, however, are more difficult to detect. To determine whether a person needs help you must observe him to see whether he is doing something meaningful performing his duties, taking care of himself, or behaving in an unusual fashion or acting out of character.

Application of Psychological First Aid

The emotionally disturbed soldier has built a barrier against fear. He does this for his own protection, although he is probably not aware that he is doing it. If he finds that he does not have to be afraid and that there are normal, understandable things about him, he will feel safer in dropping this barrier. Persistent efforts to make him realize that you want to understand him will be reassuring, especially if you remain calm. Nothing can cause an emotionally disturbed person to become even more fearful than feeling that others are afraid of him. Try to remain calm. Familiar things, such as a cup of coffee, the use of his name, attention to a minor wound, being given a simple job to do, or the sight of familiar people and activities will add to his ability to overcome his fear. He may not respond well if you get excited, angry, or abrupt.

a. Ventilation. After the soldier becomes calmer, he is likely to have dreams about the stressful event. He also may think about it when he is awake or even repeat his personal reaction to the event. One benefit of this natural pattern is that it helps him master the stress by going over it just as one masters the initial fear of jumping from a diving board by doing it over and over again. Eventually, it is difficult to remember how frightening the event was initially. In giving first aid to the emotionally disturbed soldier, you should let him follow this natural pattern. Encourage him to talk. Be a good listener. Let him tell, in his own words what actually happened (or what he thinks happened). If home front problems or worries have contributed to the stress, it will help him to talk about them. Your patient listening will prove to him that you are interested in him, and by describing his personal catastrophe, he can work at mastering his fear. If he becomes overwhelmed in the telling, suggest a cup of coffee or a break. Whatever you do, assure him that you will listen again as soon as he is ready. Do try to help put the soldier's perception of what happened back into realistic perspective; but, DO NOT argue about it. For example, if the soldier feels guilty that he survived while his teammates were all killed, reassure him that they would be glad he is still alive and that others in the unit need him now. If he feels he was responsible for their deaths because of some oversight or mistake (which may be true), a nonpunishing,

nonaccusing attitude may help him realize that accidents and mistakes do happen in the confusion of war, but that life, the unit, and the mission must go on. (These same principles apply in civilian disaster settings as well.) With this psychological first aid measure, most soldiers start toward recovery quickly.

b. Activity.

(1) A person who is emotionally disturbed as the result of combat action or a catastrophe is basically a casualty of anxiety and fear. He is disabled because he has become temporarily overwhelmed by anxiety. A good way to control fear is through activity. Almost all soldiers, for example, experience a considerable sense of anxiety and fear while they are poised, awaiting the opening of a big offensive; but this is normally relieved, and they actually feel better once they begin to move into action. They take pride in effective performance and pleasure in knowing that they are good soldiers, perhaps being completely unaware that overcoming their initial fear was their first major accomplishment

(2) Useful activity is very beneficial to the emotionally disturbed soldier who is not physically incapacitated. After you help a soldier get over his initial fear, help him to regain some self-confidence. Make him realize his job is continuing by finding him something useful to do. Encourage him to be active. Get him to carry litters, (but not the severely injured), help load trucks, clean up debris, dig foxholes, or assist with refugees. If possible, get him back to his usual duty. Seek out his strong points and help him apply them. Avoid having him just sit around. You may have to provide direction by telling him what to do and where to do it. The instructions should be clear and simple; they should be repeated; they should be reasonable and obviously possible. A person who has panicked is likely to argue. Respect his feelings, but point out more immediate, obtainable, and demanding needs. Channel his excessive energy and, above all, DO NOT argue. If you cannot get him interested in doing more profitable work, it may be necessary to enlist aid in controlling his overactivity before it spreads to the group and results in more panic. Prevent the spread of such infectious feelings by restraining and segregating if necessary.

(3) Involvement in activity helps a soldier in three ways:

o He forgets himself.

o He has an outlet for his excessive tensions.

o He proves to himself he can do something useful. It is amazing how effective this is in helping a person overcome feelings of fear, ineffectiveness, and uselessness.

c. Rest. There are times, particularly in combat, when physical exhaustion is a principal cause for emotional reactions. For the weary, dirty soldier, adequate rest, good water to drink, warm food, and a change of clothes, with an opportunity to bathe or shave may provide spectacular results.

d. Group Activity. You have probably already noticed that a person works, faces danger, and handles serious problems better if he is a member of a closely-knit group. Each individual in such a group supports the other members of the group. For example, you see group spirit in the football team and in the school fraternity. Because the individuals share the same interests, goals, and problems, they do more and better work; furthermore, they are less worried because everyone is helping. It is this group spirit that wins games or takes a strategic hill in battle. It is so powerful that it is one of the most effective tools you have in your "psychological first aid bag." Getting the soldier back into the group and letting him see its orderly and effective activity will reestablish his sense of belonging and security

and will go far toward making him a useful member of the unit.

Reactions and Limitations

- a. Up to this point the discussion has been primarily about the feelings of the emotionally distressed soldier. What about your feelings toward him? Whatever the situation, you will have emotional reactions (conscious or unconscious) toward this soldier. Your reactions can either help or hinder your ability to help him. When you are tired or worried, you may very easily become impatient with the person who is unusually slow or who exaggerates. You may even feel resentful. At times when many physically wounded lie about you, it will be especially natural for you to resent disabilities that you cannot see. Physical wounds can be seen and easily accepted. Emotional reactions are more difficult to accept as injuries. On the other hand, will you tend to be overly sympathetic? Excessive sympathy for an incapacitated person can be as harmful as negative feelings in your relationship with him. He needs strong help, but not your sorrow. To overwhelm him with pity will make him feel even more inadequate. You must expect your buddy to recover, to be able to return to duty, and to become a useful soldier. This expectation should be displayed in your behavior and attitude as well as in what you say. If he can see your calmness, confidence, and competence, he will be reassured and will feel a sense of greater security.
- b. You may feel guilty at encouraging this soldier to recover and return to an extremely dangerous situation, especially if you are to stay in a safer, more comfortable place. Remember though, that if he returns to duty and does well, he will feel strong and whole. On the other hand, if he is sent home as a psycho, he may have self-doubt and often disabling symptoms the rest of his life.
- c. Another thing to remind yourself is that in combat someone must fight in this soldier's place. This temporarily battle fatigued soldier, if he returns to his unit and comrades, will be less likely to overload again (or be wounded or killed) than will a new replacement.
- d. Above all, you must guard against becoming impatient, intolerant, and resentful, on one hand, and overly solicitous on the other. Remember that such emotion will rarely help the soldier and can never increase your ability to make clear decisions.
- e. As with the physically injured soldier, the medical personnel will take over the care of the emotionally distressed soldier who needs this specific care as soon as possible. The first aid which he has received from you will be of great value to his recovery.
- f. Remember that every soldier (even you) has a potential emotional overload point which varies from individual to individual, from time to time, and from situation to situation. Because a soldier has reacted abnormally to stress in the past does not necessarily mean he will react the same way to the next stressful situation. Remember, any soldier, as tough as he may seem, is capable of showing signs of anxiety and stress. No one is absolutely immune..

Mild Battle Fatigue PHYSICAL SIGNS* EMOTIONAL SIGNS*

1. Trembling, tearful
2. Jumpiness, nervous
3. Cold sweat, dry mouth
4. Pounding heart, dizziness
5. Nausea, vomiting, diarrhea
6. Fatigue

7. "Thousand-yard stare" 1. Anxiety, indecisive
2. Irritable, complaining
3. Forgetful, unable to concentrate
4. Insomnia, nightmares
5. Easily startled by noises, movement
6. Grief, tearful
7. Anger, beginning to lose confidence in self and unit
8. Difficulty thinking, speaking, and communicating

SELF AND BUDDY AID

1. Continue mission performance, focus on immediate mission.
2. Expect soldier to perform assigned duties.
3. Remain calm at all times; be directive and in control.
4. Let soldier know his reaction is normal, and that there is nothing seriously wrong with him.
5. Keep soldier informed of the situation, objectives, expectations, and support. Control rumors.
6. Build soldier's confidence, talk about succeeding.
7. Keep soldier productive (when not resting) through recreational activities, equipment maintenance.
8. Ensure soldier maintains good personal hygiene.
9. Ensure soldier eats, drinks, and sleeps as soon as possible.
10. Let soldier talk about his feelings. DO NOT "put down" his feelings of grief or worry. Give practical advice and put emotions into perspective.

*Most or all of these signs are present in mild battle fatigue. They can be present in any normal soldier in combat yet he can still do his job.

More Serious Battle Fatigue

More Serious Battle Fatigue PHYSICAL SIGNS* EMOTIONAL SIGNS*

1. Constantly moves around
2. Flinching or ducking at sudden sounds and movement
3. Shaking, trembling (whole body or arms)
4. Cannot use part of body, no physical reason (hand, arm, legs)
5. Cannot see, hear, or feel (partial or complete loss)
6. Physical exhaustion, crying
7. Freezing under fire, or total immobility
8. Vacant stares, staggers, sways when stands
9. Panic running under fire 1. Rapid and/or inappropriate talking
2. Argumentative, reckless actions
3. Inattentive to personal hygiene
4. Indifferent to danger
5. Memory loss
6. Severe stuttering, mumbling, or cannot speak at all
7. Insomnia, nightmares
8. Seeing or hearing things that do not exist
9. Rapid emotional shifts
10. Social withdrawal
11. Apathetic
12. Hysterical outbursts
13. Frantic or strange behavior

TREATMENT PROCEDURES**

1. If soldier's behavior endangers the mission, self or others, do whatever necessary to control soldier.
2. If soldier is upset, calmly talk him into cooperating.
3. If concerned about soldier's reliability:

- * Unload soldier's weapon.
- * Take weapon if seriously concerned.
- * Physically restrain soldier only when necessary for safety or transportation.

4. Reassure everyone that the signs are probably just battle fatigue and will quickly improve.
5. If battle fatigue signs continue:

- * Get soldier to a safer place.
- * DO NOT leave soldier alone, keep someone he knows with him.
- * Notify senior NCO or officer.
- * Have soldier examined by medical personnel.

6. Give soldier tasks to do when not sleeping, eating or resting.
7. Assure soldier he will return to full duty in 24 hours; and, return soldier to normal duties as soon as he is ready.

*These signs are present in addition to the signs of mild battle fatigue reaction.

**Do these procedures in addition to the self and buddy aid care.

Preventive Measures to Combat Battle Fatigue

Preventive Measures to Combat Battle Fatigue

1. Welcome new members into your team, get to know them quickly. If you are new, be active in making friends.
2. Be physically fit (strength, endurance, and agility).
3. Know and practice life-saving self and buddy aid.
4. Practice rapid relaxation techniques (FM 26-2).
5. Help each other out when things are tough at home or in the unit.
6. Keep informed; ask your leader questions, ignore rumors.
7. Work together to give everyone food, water, shelter, hygiene, and sanitation.
8. Sleep when mission and safety permit, let everyone get time to sleep.

- * Sleep only in safe places and by SOP.
- * If possible, sleep 6 to 9 hours per day.
- * Try to get at least 4 hours sleep per day.
- * Get good sleep before going on sustained operations.

- * Catnap when you can, but allow time to wake up fully.
- * Catch up on sleep after going without.

Here's a Herbal Bath That Takes the Bite Out of a Mild Sun Burn

To make enough for 1 bath

- * 4 tea bags
- * 16 tablespoons dried mint (double if fresh)
- * 1 pint 12 floz/910ml water

Place all the ingredients in a medium-size saucepan and bring to the boil over a high heat. Reduce the heat to low and simmer for 5 minutes. Remove from the heat and leave the mint to infuse for 15 minutes. To use, strain the liquid into a jar, discarding the tea and mint leaves, and allow it to cool. Dab the mixture onto sunburned areas with cotton balls or a washcloth. Or pour the liquid into warm bath water; you can also add the tea from the bags and the mint tied in a piece of cheesecloth and dropped into the bath. Soak in the mixture for 10-15 minutes. Repeat as necessary.

Poultice for Bruises and Pain Relief

This natural poultice may help to fade bruises and relieve any pain and inflammation.

To make 1 treatment

- * 1oz/30g comfrey root
- * 1 oz/30g dried wintergreen leaves
- * 1 pint 12 floz/900ml water

In a medium-size saucepan, combine the herbs and water and bring to the boil over a high heat. Reduce the heat to low and simmer for 5 minutes. Drain off the water, reserving the herbs.

Dampen a 12in/300mm square towel in warm water and place the herbs in the center. Fold the towel over the herbs and place the poultice on the bruise. Leave until the herbs have cooled. Reheat and use once a day until symptoms subside.

Peppermint Lotion to Relieve Itching

Here is a recipe for a light lotion which will relieve itching.

To make 8 floz/225ml

- * 4 floz/115ml water
- * 4 floz/115ml rubbing alcohol
- * 3-4 drops peppermint oil

Pour the water and alcohol into a bottle and add the oil. Close the bottle tightly and shake well. Apply the lotion to sensitive spots with a clean cloth, but test it on a small patch of your skin before using; dab a little on the inside of your wrist and wait a few hours to see if it causes a reaction. If not, use as needed.

Pain Relief Salve

- 1 tablespoon Chickweed powder
- 1 tablespoon Wormwood Powder
- 10 drops Tea Tree oil
- 2 Pints Sweet Olive oil
- 3ounces Beeswax

Mix together chickweed, wormwood powder, add the mixed herbs to sweet olive oil and simmer 3 hours. Strain and add beeswax and Tea Tree oil. Pour into salve containers

Bladder Infection

An inflammation of the lining and the wall of the bladder. The main herbs used in dealing with this condition are Bearberry, Cornsilk, Couch grass and Marshmallow.

INFUSION

Combine equal amounts of marshmallow root, corn silk, couch grass, horsetail, with half as much bearberry. Steep 1 tsp of mixture in a cup of water just off the boil for 10 to 15 minutes. Drink hot 4 to 5 times a day.

First Aid and General Herb Care For Your Pets

Dogs and cats are a lot like us, at least when it comes getting sick. They get tummy aches and diarrhea, itchy skin and minor infections and are affected by the health hazards of modern living. Pollution, poor nutrition, stress and unhealthy lifestyles can lead to a variety of illnesses and conditions that are very similar to those experienced by humans. All pets from the daintiest poodle to the toughest ally cat have one thing in common. The unconditional love and support they give us. They are intelligent, curious creatures, who suffer emotional and psychological problems like depression, anxiety, ADHD and behavioral problems. Similarly, physical ailments such as diabetes, arthritis, chronic fatigue, digestive disorders, cystitis, kidney and liver disease, skin disorders, obesity, thyroid dysfunction and other problems are becoming more and more common in domesticated animals.

The good news is that many of the same herbs we use for our own health, can be used for our animal companions too. You need look no further than your own backyard for some of the most useful ones, especially those of you that have a home herb garden.

Cayenne to Stop Bleeding

Cayenne pepper blocks pain, and stops bleeding. Just sprinkle organic cayenne powder on cuts, scrapes and abrasions to stop bleeding.

Contrary to what you might think, it does not burn!

Just sprinkle cayenne powder on cuts, and paw punctures and abrasions to stop bleeding.

Rosemary Pain Relief for Pets

Use the diluted essential oil of rosemary or a rosemary infused oil to make a good massage treatment for stiff arthritic joints in dogs and other pets. Rosemary is a pain reliever, fights infections for wounds, minor cuts and burns.

Essential oil, rosemary tincture or the herb infused oil can be diluted and used in sprains, sciatica, muscular and nerve pain.

Yarrow for animals

A poultice of dried or fresh yarrow is useful for treating lacerated foot pads or other cuts and scrapes in companion animals.

Yarrow is also useful for subcutaneous blood clots of the ears and the skin, especially when internal doses of the tincture are used in conjunction with external application of an oil infusion.

Dandelion flower pain relief for cats

Dandelion flowers are high in lecithin and have weak but useful analgesic qualities

This makes them a safe and gentle pain reliever for cats, who cannot tolerate salicylates, the alkaloid compounds found in aspirin.

To use the flowers, infuse a generous handful in near-boiling water. When the water has darkened, it can be cooled and administered with a dropper.

Kennel Cough

Coltsfoot is used as a respiratory disinfectant, expectorant, and cough suppressant in a wide variety of different animals-

we find it particularly useful trachemobronchitis in dogs (specifically kennel cough) especially when combined with antiviral herbs such as licorice.

Arthritic Dog Treatment

Arthritis is as painful to dogs as to people, so be careful when treating them. Having said that, however, dogs generally love to be massaged and a dog with arthritis will both enjoy and benefit from the following treatment. Massage into affected joints by working through the coat and into the skin:

- * 4 drops Rosemary
- * 2 drops Lavender
- * 3 drops ginger
- * in a base of 2 tablespoons vegetable oil

Don't worry about this being messy. Your dog will soon lick off much off the oil, but by then the correct amount will have penetrated the skin and got to the affected tissue and bone.

For ringworm infections, thoroughly soak your animal companion with a strong, cooled sage tea twice daily.

Borage Oil

Makes a good supplement for your animal companion, this natural plant based oil helps to correct EFA deficiencies that can lead to a dull coat, excessive shedding, itchy skin and conditions like eczema and other inflammatory skin disorders.

Topically, borage may be applied to relieve minor skin irritations.

Marsh Mallow Tea

Marsh mallow alone, or blended with other herbal teas, is soothing to upper respiratory tract irritations, provides a soothing, lubricating barrier in urinary tract infections compounded by gravel, and combats bacteria. Very helpful in relieving sore throats and dry, raspy coughs.

Use marsh mallow in much the same way for pets for coughs and UTIs. Add 1/4 teaspoon of marshmallow tea to food or water for lubricating and expelling fur balls in cats. Marsh mallow powdered root added to pet food provides bulk to relieve constipation.

Dog Ear Wax Removal

Animals often suffer from ear wax. Gently massage the ear with the 4 drops of the following formula in each ear daily to soften the wax.

It then can be removed with a cotton swab.

- * 3 drops lavender
- * 1 teaspoon witch hazel

Flea Brush

Pull an old piece of towel, or other thick material down over a steel bristle brush until it is about 1 inch from the base, depending on the length of your pets coat.

Prepare an bowl of warm water and mix 6 drops of the following oils

- * cedarwood
- * or pine
- * or lavender
- * or 2 drops each

Brushing will collect the fleas and eggs in the material, which should be rinsed out thoroughly several times during the brushing.

If infestation is serious, put the essential oils directly on the material first, rub the material together to disperse, and rinse with plain warm water.

Make your own homemade Skunk odor remover

If your pet has had a run in with a skunk then this recipe will help you remove the smell:

- * 1 quart of 3% Hydrogen Peroxide
- * 1/4 cup Baking Soda
- * 1 teaspoon liquid soap / dishwashing detergent

Mix all the above in a bucket or bowl. Thoroughly wet your pet with the solution. Knead it well into his coat being careful to keep the formula out of the eyes, nose and mouth.

You can use a sponge to carefully wipe it onto his face. Once finished rinse the animal thoroughly with clean water. Do not forget to give the pet lots of love as they will be feeling pretty sorry for themselves. Not only have they been sprayed by a skunk but mom or dad has just given them a bath.

Calming Mist for Pets

pet remedy

60 drops sweet majoram,

40 drops lavender,

20 drops orange.

Dilute in 4 fluid ounces of pure water and spray as needed.

Neem Leaf Oil

Neem oil is one of the most prized oils from India and is used extensively in Ayurvedic medicine. For use in skin care for bacterial and fungus infections, acne, eczema, psoriasis, scabies, and athlete's foot dilute with coconut oil, or other vegetable oil in a 10 to 20 percent solution.

To treat parasites like mites, scabies and lice apply full strength to the affected area 2 to 3 times daily. Neem does not irritate the skin, but has a distinctly earthy smell some will find unpleasant.

Neem Oil is a natural insect repellent against mosquitoes, flies and garden pests, and kills fleas and

ticks on pets. Just add a small amount to your pet's shampoo.

Skullcap is especially effective for general excitability, restlessness, nervous twitching and nervous tension in dogs and cats. Unlike valerian and other sedatives, skullcap by itself does not cause drowsiness, or dull the reflexes or interfere with motor coordination.

This makes it especially suitable for high strung cats who need to retain their survival reflexes outside the house.

Pennyroyal for fleas

Pennyroyal is excellent for getting rid of fleas, rub the crushed leaves on your pet.

Fresh leaves are best, however if you don't grow this herb substitute a few drops of essential oil. **Do not use the essential oil directly on cats**

Use a few drops of a glycerin tincture, or diluted tea in water or food.

Remedies for Malaria

Do's and Don't for Malaria

Following are some of the simple tips for malaria:

- Do not allow water to stagnate anywhere. This will allow Anopheles mosquito to spread. Water bodies should be sprayed with mosquito repellent sprays.
- Keep your home airy, clean, dry, and hygienic. By this mosquitoes are discouraged from entering your house. Use detol, phenyl, etc. for cleaning house and toilets.
- Wear long pants and full-sleeved shirts while traveling in a tropical area.
- Use mosquito repellents while sleeping. In case you are allergic to the mosquito repellent, then you can use bed nets or mosquito nets.
- Take a light diet without much cooking and without much oil and spices.
- Include green leafy vegetables in your diet.

- Eat protein foods as they provide the energy required for your body's repair.
- Use old rice instead of new rice.
- Don't eat any lentils during malarial fevers. They take a long time to digest and also produce gas in the body; thus aggravating symptoms.
- Soft drink, chocolates, etc. should strictly be avoided.
- Do not include cold foods in the diet such as cucumber, orange, papaya, bananas, watermelons, etc.
- Do not consume any nuts during malarial fevers, especially groundnuts as they contain a lot of oil.

Following are some of the effective home remedies for malaria:

- Lemon juice is very useful in the treatment of malaria. Take 2-3 tablespoon of lemon juice and mix in half cup of water. Take this mixture during the initial stage of fever.
- Grapefruit (chakutra) is another useful remedy for malaria. Patient should be given raw grapefruit or its juice.
- Other fruits that are beneficial for patient suffering from malaria are apple, orange, etc. If patient cannot eat these fruits, freshly prepared fruit juice should be given.
- Give liquid foods to the person suffering from malaria. Boiled rice, with boiled vegetables, rice cooked with pulse (khichdi) should be given. These are easily digestible.
- Ginger is commonly used for the treatment of malaria. Take a small piece of ginger and 2-3 teaspoon raisins. Add this to a glass of water and boil it till the constituent become half. Allow it to cool and give to the patient.
- Basil (tulsi) leaves are an effective home remedies for malaria. Take 12-15 basil leaves and extract its juice. Add 1-2 tablespoon of black pepper powder to it. Patients who are in initial stage of malaria find very much relief with this mixture. The medicinal property of basal leaves kills the malarial effect and reduces its severity. You can also give basil leaves extract with honey to the patient. This has also a very strong effect in curing malaria.
- Cinnamon and clove powder are useful remedies for the treatment of malaria. Take 2-3 teaspoon of finely powdered cloves and cinnamon and mix in a glass of water. Boil this until the constituent become half. Allow it to cool and add little amount of black pepper or honey to it. Give this mixture 2-3 times a day to the patient.

Remedies for Prostrate Disorders

Do's and Don't for Prostrate Disorders

Following are some of the simple tips for prostrate disorders:

- Eat foods that are rich in zinc such as meat, eggs and all kinds of seafood.
- Patient suffering from prostate problems must avoid sour and fried food items. These are difficult to digest and will exert pressure on the prostate.
- Foods recommended for patient with prostate problems are ghee made from cow's milk, butter, ginger, garlic and asafetida.
- Never suppress the urge to urinate. This leads to prostate complications.
- Do not sit on a hard stool for long periods of time. If you do a desk job, then get a soft and comfortable chair to sit on.
- Avoid alcoholism and smoking as they invite prostate problems.
- Men should remain sexually active, but do not indulge in excessive sex.
- Do regular walks and other forms of mild exercise.
- Pumpkin is very useful vegetable and must be taken in any form. You can take pumpkin juice, or finely ground pumpkin seeds mixed in water, or chapatti prepared from grated or boiled pumpkin mixed in wheat flour.
- Carrot is another useful vegetable for treating prostrate disorders. Take freshly prepared carrot juice 2-3 times a day.
- Prepare fresh tomato juice or eat 1-2 raw tomatoes. It is good for curing prostrate disorder.
- Garlic is very effective for patients suffering from prostrate disorder. Patient should at least take 3-4 seeds of garlic a day.
- Eat green vegetables such as spinach, carrot, etc. They are beneficial for patients suffering from prostrate disorder.
- Prickly lettuce leaves are very effective in the treatment of enlargement of the prostate gland.
- Salep orchid (shalaba mishri) is also prescribed in prostate problems brought on by vata vitiation.

- Hog weed is prescribed in all urinary problems that are caused due to prostate ailments.
- Gokshura is another useful herb used in treatment of urinary complications caused due to prostate problems. Its fruit is effective in such cases. It is grind roughly and boiled in two cups of water till it is reduced to half the amount. This is drunk along with sugar.

Remedies for Kidney Stones

Do's and Don't for Kidney Stones

Following are some of the simple tips for kidney stones:

- Drink plenty of water. This in fact is the best way to keep kidney stones under control. Fruit juice is also good for those suffering with kidney stones.
- Do not take excess milk or milk products, as these are rich in protein.
- Coconut water is helpful in passing off small stones through urine. Coconut water also keeps the body cool, reduces the toxic substance found inside the body.
- Include green leafy vegetable, whole grain wheat in your diet.
- Avoid some vegetables like cauliflower, peas, carrots, etc., and fruits like strawberries, parsley.
- Avoid oily, fried and protein rich food.
- Do not eat anything which cause acidity.
- Say a strict no to alcohol, pickles, chocolates and pastries.
- Take proper rest and 7-8 hour sleep is a must for patient suffering with kidney stones.
- Regularly go for a morning walk, mild exercise and yoga. There are some yoga asanas like pavana mukta asana that are quite effective for kidney stones patients.

Following are some of the effective home remedies for kidney stones:

- Pomegranate (anar) is commonly used home remedy for kidney stones. Take its juice or grind its seed into fine paste. Cook horse gram (kulthi) in water and mix 1-2 tablespoon of this paste to it. Drink this mixture 2-3 times a day.
- Drink one glass of fresh tomato juice the first thing in the morning. Add a pinch of salt and pepper to this.

- Radish and lady fingers are very beneficial in treating kidney stones. Take radish extract 3-4 times a day. For lady fingers extract, cut 3-4 raw lady fingers into small pieces and soak it in a bowl of water. After keeping it overnight, press the lady fingers and take out all its extract. Drain the mixture and drink it 2-3 times a day.
- Fruits like apple, watermelon and figs are highly beneficial for kidney stones. Eat 3-4 apples every day. Similarly, raw watermelon or watermelon extract is also very good for health. Take figs extract by boiling 2-3 figs in a glass of water. Take this in an empty stomach. Continue this for 1-2 months.
- Vitamin A is good for treating kidney stones. It helps in strengthening the urinary system and thus prevents the formation of stones inside the body. It also controls the growth of protein within the body.
- Basil is also used in curing kidney stones. Take 4-5 basil leaves, extract its juice and mix in a tablespoon of honey. Take this mixture every morning for 4-6 months. This is natural and effective home remedy for kidney stones.
- Onion extract is another effective remedy for kidney stones. Take 2-3 small onions and boil it in a glass of water for 10-15 minutes. Drain the mixture and allow it to cool, add little sugar and salt to it. Take this mixture 2-3 times a day.

Remedies for Food Poisoning

I'm sure most of you know these basic do's and don'ts regarding food storage, but I included them anyway just in case.....

Do's and Don't for Food Poisoning

- Cook mutton, chicken, fish at temperature at which all the germs are killed. Also preserve these food items at appropriate temperature inside refrigerator.
- Always wash your hands before cooking, serving, and eating food.
- Do not use the oil which is left out in the pan after cooking something. Harmful chemical reaction takes place in between.
- Keep your refrigerator properly clean. See the temperature of the freezer and other sections are set at right temperature.

- Keep your house, especially kitchen and utensils, plates, napkins, vegetable knives, etc., clean. Use dish washers containing lemon.

- Never keep the food items at room temperature for more than 2-3 hours.

- Do not preserve milk products, cakes, breads etc., for more than a day.

- Check the manufacturing and expiry date of any eatable before buying it.

- Also check the seal of the canned food.

- Do not use rusted knife or chopper. Use good quality cutting board and wash it thoroughly after use.

- Always eat fresh and well-cooked food. If the food is left, keep it in refrigerator, and heat it before eating.

- Do not eat fried food outside, you don't know oil is of good quality or not.

- Always take lemon water before going to bed. This helps in easy digestion and will also keep the bowel movement correct.

Following are some of the effective home remedies for food poisoning:

- For treating food poisoning prepare a mixture by adding 1 tsp poppy seeds, 1 tsp edible gum, 1 tsp cardamom powder, 1/2 tsp nutmeg (jaiphal) powder, and 2 tsp sugar, and grind to powder form. Take this powder every 2 hours.

- Ginger is very useful home remedy for treating food poisoning. Take small piece of ginger and make its paste by mixing buttermilk. Take this 2-3 times a day. Patient suffering from food poisoning may also take ginger extract along with lemon juice to get fast relief from vomiting, nausea, etc. Take 2-3 tablespoon of ginger and lemon extract each and add little amount of black pepper powder into it. Take this mixture 3-4 times a day.

- You can also take this immediate step for treating food poisoning like give warm water to the patient immediately after vomiting. This would sooth his stomach and gives relief from abdominal pain.

- Papaya is also taken for treating food poisoning. Take a raw papaya, grate it or cut it into small cubes. Take 1-2 glass of water and add papaya to it. Allow it to boil for 15-20 minutes, drain the mixture and drink it. Take this mixture 2-3 times a day. It is natural and very effective in food poisoning.

- Prepare an herbal tea of mint, raspberry, chamomile and blackberry for treating food poisoning.

- Take 10-15 seeds cumin (jeera) and fenugreek (methi) seeds each and powder it. Add these powders in a glass of water. Drink the mixture. This gives much relief from vomiting and abdominal pain. You can also take these powders with a half cup of fresh curd in place of water.
- Mix 2-3 tablespoon of basil leaves extract in a half cup of fresh curd. Add little amount of black salt and black pepper to it. Take this 3-4 times a day. This will give you fast relief from vomiting, weakness, and body pain.

Home Remedies for Ear Infection

Following are some of the effective home remedies for ear infection:

- Mango is also used in earache. Grind mango leaves and boil it. Put 2-3 drops of lukewarm mango leaves extract in the infected ear. This is natural and effective remedy for reducing ear pain and infection.
- You can also try onion juice for getting relief from ear infection. Put onion juice in the infected ear.
- Try this easy and effective remedy for earache. Applying warm heat using pads over infected and aching ear gives comfort. Warm cloth containing boiled garlic pieces or warm onion pieces when gently positioned over paining ear gives relief from ear aches.
- Olive oil is also commonly used for getting relief from ear infection. Put few drops of olive oil in the infected ear. It will helps in moving out earwax.
- Prepare a mixture of warm olive oil and few pieces of garlic. Put few drops of this in the infected ear. It provides relief in ear infections and aches.

Herbal Remedies for Ear Infection

Following are some of the effective herbal remedies for ear infection:

- Garlic is very beneficial in ear infection. Take garlic juice and pour 2-3 drops of it into the infected ear. Use ear dropper for this. This gives relief in ear pain and infection.

- Another simple and effective home remedy for ear infection is holy basil. Using ear dropper, put 2-3 drops of basil juice in the infected ear. This will give you relief from ear infections and aches.

TRAUMA TINCTURE

Hypericum (fresh plant tincture).....3 parts

Calendula (fresh flower tincture).....2 parts

Arnica (fresh plant tincture)..... 1 part

Make by mixing tinctures, or if fortunate in timing, from the fresh plants, using the volumes of compressed herbs for the parts. Useful in acute conditions, such as sprains, contusions, hyper extensions and muscular-skeletal trauma. It should be applied topically and taken internally, (10-20 drops) both modalities every two hours for three or four rounds. Taken internally it will also help for faintness and light-headedness resulting from parasympathetic or vagus discharge caused by physical manipulation or trauma.

Muscle Balm

Poplar Bud Oil (steeped).....2 ounces

Arnica Oil (steeped).....2 ounces

Hypericum Oil (steeped)...2 ounces

Oil of Wintergreen.....30 drops

Olive Oil.....6 ounces

A Topical oil, used as an analgesic, counterirritant, and anti-inflammatory: 30-60 drops rubbed into the area aids dispersal and resolution of exudates. It is strong for a true massage oil.

HYPOTENSION FORMULA (Kidney deficient)

Kola Nuts.....4 parts
Gotu Kola.....3 parts
Licorice Root2 parts
Korean red Ginseng.....2 parts
Lily-of-the-Valley Root.....1 part
Tincture 1:4, 50% alcohol
1/2 teaspoon AM and midday.

IMMUNE STIMULANT

Echinacea Root..... 4 parts
Red Root.....3 parts
Osha Root.....2 parts
Myrrh Gum.....2 parts
Ocotillo.....2 parts
Stillingia.....1 part
Aristolochia.....1 part
Baptisia.....1 part
Arnica.....1 part
Capsicum.....1 part

Mix from the separate tinctures. Use 30-60 drops in 2 to 4 ounces of hot water every 3 hours during acute infections in adrenal stress folks or those with a tendency to cold hands and feet and who seldom break a sweat when sick. Best taken in hot water.

ANTISEPTIC WASH

Take a handful of lavender flowers and boil in 1 pint of water for 10 minutes. Strain through a coffee filter and allow to cool. Used for gargle for sore throats or sore and infected gums. Used as a wash in the sick room. Also used to relax the nervous system.

Altitude Sickness

A more serious condition than most people realize. Just ask any doctor or emergency medical worker in Denver, Colorado. Strictly speaking it is due to the lower oxygen level in the air at high altitudes. Symptoms can be as mild as feeling as though you're coming down with the flu or can be life threatening and include lack of coordination, stumbling, bad headache, nausea and vomiting, confusion, shortness of breath without any activity, coughing, and cough with blood-tinged sputum.

Herbs which improve oxygenation are Ginkgo and Reishi taken for several days in advance of travel to a high altitude destination. Ginkgo has been taken at the dosage of 80 mg per day of the tincture or capsules containing 40 to 50 mg of standardized extract per day (1 capsule 3 times daily), or according to the manufacturers label instructions. Reishi has been taken at the rate of 2 tsp tincture 3 times per day. Siberian Ginseng is another herbal choice that can help. And Ginger is useful as an anti-nausea remedy taken at the rate of 10 to 20 drops of tincture in a glass of water, although should not be taken if gallbladder disease is present.

Other precautions to be taken are: Keep hydrated; drink plenty of water; dehydration occurs more quickly at high altitudes. Do not drink alcohol! which increases dehydration and depresses breathing. Ditto on the sedatives and sleeping pills.

LINEAMENTS & OINTMENTS

1. One pint of apple cider vinegar, 6 drops oil of pine, 1 tsp cayenne pepper. Mix all these together and check on the inner fold of an elbow for skin sensitivity. If there is no problem, then apply to affected areas.
2. Combine 20 drops tincture of lobelia and 20 drops tincture of cramp bark to 1 oz of purchased natural skin lotion. Apply to affected areas. Especially useful with cramping muscles.
3. 2-oz myrrh gum, 1-oz goldenseal, ½-oz cayenne, 1 quart of apple cider vinegar. Combine in a wide-mouthed jar, cap and set aside to steep for one week, shaking well each day. Then strain and use as liniment. These same herbs can be steeped in 100 proof vodka and used as a liniment. This can also be done with equal amounts of rubbing alcohol and distilled water, but you must label the container very carefully as "external use only" to avoid accidents.
4. Fill a 1 pint wide-mouthed jar with arnica flowers and cover with 100 proof vodka (or you may

substitute 8 oz of rubbing alcohol and 8 oz of distilled water, but must be careful to label the contents on the final product to avoid accidents) and cap tightly. Allow to steep for 2 weeks, shaking daily. Then strain and bottle. Straining is easily done if you pour the contents through a paper coffee filter. This product must NOT be used on broken skin! Label as "unbroken skin only - external use only!"

5. Fill a 1 pint wide-mouthed jar with the flowering tops of St. Johnswort and cover with 100 proof vodka (see #4 above for alternative methods). Allow to steep for 2 weeks, shaking daily. Then strain and bottle. Label as "unbroken skin only - external use only!"

6. Combine equal amounts of #4 and #5 above. Label for unbroken skin only as before.

7. The same herbs used in #4 through #6 can also be made into an ointment. You will need the oils of St. Johnswort and Arnica rather than tinctures. Combine 3 oz of olive oil with 1½ oz of beeswax, 1 oz of oil of Arnica, 1 oz oil of St. Johnswort, and 1 tsp oil of cayenne. Combine the olive oil and beeswax in the top of a double boiler and heat over the bottom portion (the water bath) until the wax is melted and the two combined; remove from heat and add oils. Combine well. Place a drop or two in the bottom of your salve/ointment jar to see if the consistency is correct. If not solid enough add up to ½ oz more of beeswax and warm the liquid over the water bath again until it melts. Then pour into a jar. If too solid, add a bit more oil.

8. 1 oz Camphor U.S., 4 oz olive oil. Dissolve the camphor in the oil and use as liniment. Check for skin sensitivity first on the inner fold of an elbow before using.

ANTISPASMODIC TEA

Used for shock, cramps, and hysteria. May also be useful for poisonous stings and bites. Can also be used to treat pyorrhea and mouth sores.

1 oz. lobelia

1 oz skullcap

1 oz myrrh gum

1 oz black cohosh

½ oz licorice

½ oz ginger root

Steep in 1 pint of boiling hot water for 30 minutes. Strain and add one pint of apple cider vinegar.

Use 15 drops in a half glass of hot water every hour as needed for internal applications.

HEALING SALVE

Useful for skin rashes, swellings, wounds and eruptions.

1 part calendula flowers

½ part plantain leaves

½ part mugwort

½ part comfrey leaves

Simmer the herbs in lard (1 lb lard for each 4 oz of herbs) till leaves are crisp. Strain and store in appropriate jar. Can also be made with oil and beeswax.

COLITIS/COLONPROBLEMS

A standard remedy is aloe. Ginger capsules or the juice can also aid in healing. For ulcerative colitis eating one clove of raw garlic daily and sipping on a warm tea of chamomile or vervain throughout the day can help the healing process. Also, purchase or make tinctures of the following: bayberry, wild yam, valerian, agrimony and chamomile. Combine 2 parts bayberry and 2 parts wild yam with 1 part valerian, 1 part agrimony and 1 part chamomile. Combined product of tinctures is taken 1 tsp 3 times daily.

Asthma

I didn't write this article..had it stuck away in my files. Medical professionals are nice when you can get to them. This is something to try in case you are cut off from professional medical assistance.

A serious condition which needs to be under the direction of a medical professional. Of interest is the increasing percentage of this condition in children especially, but in the overall population as well. Without a doubt those currently alive in this country have been exposed to more chemical pollutants than at any other time in history. From home heating fuels with "additives" unknown to most of us, to plastics with a veritable soup of chemical ingredients, to electro-magnetic radiation and - I could type all day just running these items down. However, I have noticed that when we switched to catalytic converters with their sulphur emissions, this sudden rise in respiratory difficulties began in earnest. It's an area of inquiry rarely discussed in the media, but I believe it bears serious investigation. We may

have substituted lead in the air for an even more threatening problem.

The anti-oxidant vitamins A, C and E are important supplements with this condition along with B6. Another important substance is magnesium as some asthma has been related to deficiency of this mineral. A diet of fresh fruits and vegetables and no sugars is recommended. To some degree herbs can be helpful but cannot substitute for medications during severe attacks. During an asthma attack, extract of Lobelia can help to curtail the spasms. Eight ounces of mullein tea sipped throughout the course of the day can help soothe bronchial tracts. An over-the-counter commercial product called "Breathe-Easy Tea" by the Traditional Medicinals company contains Ma Huang and assorted respiratory effective herbs and can be used to assist. For dry types of asthma the herbs Coltsfoot, Marshmallow root, Mullein and Licorice are better suited. Accompanied by white sputum the herbs Grindelia and Yerba santa along with those mentioned previously are helpful. Wild plum bark could be included to assist with the coughing. Elecampane is another very useful respiratory herb. Eucalyptus and Tea Tree are helpful as inhalant therapy to clear and soothe the passages and quiet any bacterial elements.

Historically, herbs such as Dragon turnip, Ephedra, Lobelia, Cypripedium, Quillaya bark, Cinnamon, Licorice, Elecampane and Comfrey have been combined and powdered and combined in capsules to be taken that way. Other methods involved the use of powders to be burned and the smoke inhaled. One such recipe called for Stramonium leaves, Henbane leaves, Lobelia leaves, Belladonna leaves, Cascarella bark, and nitrate of potash. Some of these are quite poisonous thus their use as inhalation therapy rather than internal dose. A variation of this same powder called for dissolving nitrate of Potash in water and saturating the herbs with this solution and then drying them in moderate heat. The treated herbal mix was then rolled into cigarettes to be smoked in an effort to relieve the asthma attack.

For Chronic Asthma and Emphysema: Create a tincture by combining the tinctures of Gumweed (5 parts), Wild cherry bark (2 parts), Lobelia (1 part), Licorice (1 part), Motherwort (1 part), Ma Huang (1 part), Thyme (1/4 part). Dose is 1 tsp taken 3 times daily.

Another useful recipe is to purchase "Breathe Easy" tea by Traditional Medicinals and make a tincture combining the herbs with 100 proof vodka in a 1:8 ratio. Allow to steep 2 weeks, shaking daily, then strain and bottle. Dose is 5 up to 10 drops in liquid (coffee preferable).

Anti-viral herbs

Astragalus

Dragon's blood (Croton lechleri)

Echinacea

Elderberry (syrup)

Eucalyptus

Forsythia (F. suspensa)

Garlic Ginger

Goldenseal

Honeysuckle (Lonicera japonica)

Juniper

Lemon balm
Licorice
Shitake mushroom

OSHA TINCTURE

Fresh Osha (*Ligisticum porteri*) root
180 to 190 proof alcohol

Fill a 1 pint wide-mouth jar with freshly gathered and cleaned Osha root which has been finely chopped. Cover with alcohol to the top of the jar. Cap tightly and shake well. Keep in a spot out of direct light and shake daily for 2 weeks. Strain and press out as much liquid as possible, then filter the liquid through a coffee filter and store in a tincture bottle.

Antiseptic Herbs

Agave
Alpine Cranberry
Bilberry
Birthroot (*Trillium pendulum*)
Clove
Cubeb (*Piper cubeba*)
Echinacea
Eucalyptus
Feverweed (*Gerardia pedicularia*)
Garlic
Goldenseal
Guaiac (*Guaiacum officinale*)
Heather
Iceland Moss
Lavender Myrrh
Nasturtium
Olive
Onion
Sandalwood
Sassafras
Sweet Gum (*Liquidambar styraciflua*)
Tormentil
White mustard
White Pond Lily (*Nymphaea odorata*)
Wild indigo
Willow, White
Willow, Black

Willow, Goat
Wormwood

A strong sage tea or lavender tea is used to disinfect sick rooms.

ANTISEPTIC WASH = Take a handful of lavender flowers and boil in 1 pint of water for 10 minutes. Strain through a coffee filter and allow to cool. Used for gargle for sore throats or sore and infected gums. Used as a wash in the sick room. Also used to relax the nervous system.

ANTISEPTIC CREAM = 1 cup sweet almond oil, 2/3 cup distilled water, 1/4 oz beeswax, 1/2 tsp essential oil of lavender. Melt waxes and oils in top of double boiler, remove from heat and add lavender oil. Place water in blender and begin blending on "high" setting. Slowly drizzle in the melted oils and waxes.

ANTISEPTIC SALVE #1

(NOTE: only used on closed wounds due to the presence of wax which is occlusive)

1 oz powdered Goldenseal
1 oz powdered Myrrh gum
4 oz. olive oil
1/4 oz beeswax
any essential oils if desired

Place oil and herbs into the top of a double boiler. Center the pan in an electric skillet to which 1/2-inch of water has been added to protect the finish. Clip a cooking thermometer to the inside edge of the double boiler pan, then begin to "fiddle" with the skillet dial until the temperature of the oil remains at a steady 100°F (this is usually half way between the "off" and "warm" settings) Allow to steep at this temperature for 12 to 14 hours or until the herbs lose their color and look "used up".

Strain the contents of the double boiler and press hard to release as much oil as possible from the dregs. Strain again through several layers of cheesecloth or muslin until there are no herb particles. Clean the double boiler pan and return the clean oil to the pan. Place the pan back in the center of the skillet and add the beeswax. Raise the temperature until it is at a steady 150° F (beeswax melts at 148.4 F). When the wax is melted, remove from heat and stir in 1 drop of tincture of Benzoin (or 1 drop of Grapefruit seed extract) per ounce of product. This will be 3 or 4 depending on how much oil you were able to squeeze out. Antiseptic properties can be enhanced with the addition of a few drops of tea tree oil or lavender oil after the wax is melted and you are ready to pour into a suitable container.

ANTISEPTIC SALVE #2:

1/2 oz. Chickweed
1/2 oz Calendula
1/2 oz Comfrey leaves

6 oz sweet almond oil (or olive oil)

¼ oz beeswax

Tincture of Benzoin or Grapefruit seed extract as a preservative

(add at the rate of 1 drop per finished ounce of product)

6 drops tea tree oil (optional)

800 IU of vitamin E

Follow directions as in Antiseptic Recipe #1 and add the vitamin E at the end when adding any essential oils as described. Yield 3 oz.

ANTIBIOTIC

An agent which destroys or arrests growth of micro-organisms. Some herbs are: Aloe, Garlic, Withania and Usnea (actually a lichen which is not available in the wild in the Eastern US. It is not water soluble to much of a degree, so purer alcohol is required for extraction purposes).

USNEA TINCTURE: You will need freshly gathered Usnea lichen and 1 pint of 180 to 190 proof alcohol. Rinse the Usnea and shake dry. Place in a wide-mouthed jar and pack down. Add the alcohol, cap tightly and allow to steep for two weeks, shaking well each day. Strain off the liquid (press out as much as you can from the material) and filter through a coffee filter. Store in a tincture bottle (available through herbalware suppliers) out of direct light and heat.

MORE KIDNEY REMEDIES

GENERAL PROBLEMS

1. Combine 1 part Rhubarb root, 1 part Restharrow and 2 parts Sticklewort. Steep 1½ tsp in ½ cup of boiling hot water for 8 minutes and take ½ cup before breakfast and 1 cup more during the remainder of the day.
2. Combine 1 oz of Bearberry leaves, ¾ oz couch grass, ¾ oz Buchu, ½ oz Button snakeroot, ½ oz Pipsisewa, ½ oz Juniper berries, 1/8 oz celey seed, 1/8 oz lovage root.

Simmer 1½ tsp of the mixture in 2 cups of water for 2 to 3 minutes. Let stand for 10 minutes more and strain. Take 1 cup, morning and evening, sweetened if desired.

3. Combine 1 oz Birch leaves, ¾ oz Bearberry leaves, ½ oz Dandelion root and leaves, ½ oz Rose hips, ½ oz Goldenseal, ½ oz Kidney bean pod, 1/8 oz Hibiscus flowers (NOT to be used longer than 3 months at most). Use 1 tsp per cup of boiling water steeped 10 minutes.

INFECTIONS

Combine equal parts of Plantain, Parsley root, Marshmallow root and ½ part Echinacea.

Make a tea using 1 tsp per cup of boiling water steeped 10 minutes. Taken ½ cup every 2 hours.

STONES

1. Combine ½ oz Gravel root, ½ oz Parsley root, ½ oz Marshmallow root, 1/8 oz Lobelia, 1/8 oz Ginger root. Place in a wide-mouthed jar with 2 cups of 100 proof vodka and allow to steep for 2 weeks. Strain and bottle. Dose is 15 drops, 3 times daily.

2. Drink Rose hip tea regularly.

3. Combine equal parts of Stone root, Gravel root, Corn silk, Wild yam and Black haw. Use 2 tsp to 1 cup of boiling water steeped for 10 minutes. Taken 1 cup 3 times daily.

WEAKNESS

1 oz Dandelion root

1 oz Parsley root

½ oz Marshmallow root

¼ oz Ginger root

Combine herbs. Simmer 1 oz of the herbs in 1 pint of water for 30 minutes. Dose is 1 cup taken 3 times daily.

TONIC

(and diuretic)

½ oz Buchu

½ oz Bearberry

½ oz Parsley root

½ oz Cleavers

½ oz Juniper berries

½ oz Marshmallow root

1 tsp Ginger

Combine herbs. Simmer 1 oz of the herbs in 1 pint of distilled water for 20 minutes. Dose is 1/2 cup of the tea 4 times a day, after meals and before going to bed.

HELPFUL LINKS-

[Pictures of Herbs A-Z](#)

[Survivalistseeds-Without a long term food solution you will become property of the NWO](#)

[Sand Mountain Herbs](#)

[Bouncing Bear Botanicals](#)

[Infowars.com-The Truth](#)

[The Infowarrior Manual-A how to guide for fighting and winning the Infowar](#)

[Snardfarker-Get in touch with the Author and editor here](#)

[Alternative place to contact us](#)

["Don't Tread on Me" With Big John Limpscomb](#)

[www.youcantshutmeup.info- TweekJones's Podcast and Blog](#)

[Corbett Report-Highly Recommended Podcast](#)