

Herbal First Aid

With: Tommy Priester

This class will cover the use of plants and plant medicines as first aid. Plants have been treating the human race since their beginning. We wouldn't be here without them. These are some of the issues we will cover: Stings, bites, hives, colds-flu's, fever, eye and ear infections, colic, bleeding, sprains, etc...

Medicine kit: The idea is to have a few items that can cover most issues.

- 1- **Healing Salve:** Ingredients: Oils of plantain, self heal, goldenseal, st johns wort, yarrow and chickweed. A salve of arnica (topical use only, with no broken skin).
Uses: Minor cuts, bruises, burns, scrapes, mouth sores, sprains and strains. Apply 3 to 4x's daily.
- 2- **Liniment:** Ingrédients: 2oz. Myrrh gum powder, 1oz. Goldenseal powder, 1oz. Cayenne powder combined and placed into a qt. Size jar, fill with 80 proof vodka. Shake and pray 2x's daily for 3 to 6 weeks.
Uses: Boils, sores, sprains, strains, bruises, puncture wounds, mouth sores, abscesses, tooth aches, etc...
- 3- **Herbal Powders:** Single or in combination; cayenne, goldenseal, myrrh, yarrow, comfrey rt., plantain, black walnut, ginger or slippery elm and vegetable activated charcoal. I like to store in old film containers.
Uses: Cuts, stings, boils, psoriasis, eczema, athletes foot, mouth ailments, cancers, diarrhea, gangrene, etc...
- 4- **Tinctures:** Yarrow, Solomon seal, black cohosh, goldenseal, plantain and jewelweed. A great wound wash formula is: 3pts. Calendula, 2pts. st. johns wort, 2pts. echinacea, 4pts. comfrey rt. and 1pt. usnea in 80 proof vodka.
Uses: Cuts, bruises, strains, sprains, broken bones, tooth aches, traumas, fevers, ear-aches, boils, etc...
- 5- **Essential oils:** Lavender, tea tree, frankincense, thyme, eucalyptus, and rosemary.
Uses: Shock, anxiety, cuts, bruises, scrapes, funguses, etc... Use mixed with a salve or tincture. Actions: Anti microbial, sedative, and stimulating.
- 6- **Homeopathics:** Potencies of 6x or 6c or 12x or 12c are for more acute issues: Arnica Montana, carbo-vegetabilis, synphytum, belladonna, lachesis, sulphur, arsenicum album and urtica-urens. Antidotes (stop the actions of the remedy): Coffee, tea, peppermint, camphor and other essential oils.
Uses: Puncture wounds and cuts (hypericum), strains, sprains, injuries and shock (arnica Montana), broken bones (symphytum), food poisoning (carbo vegetabilis). Poisoning Arsenicum album.
- 7- **Flower Essences:** Rescue Remedy.
Uses: Traumas of every kind: Auto accidents, shock, injuries, abuses, sexual- abuse, anxiety, fear, etc...
- 8- **Drawing agents:** Plantain, comfrey, violet, chickweed and yarrow (fresh, powdered or blended into ice cubes), castor oil and green clay.
Uses: Draw out infections, splinters, swellings, inflammations, boils, bites, stings, ear infections, mouth infections, vertigo, etc... Formula: 2pts, comfrey lf., 2pts. Plantain lf., 1 pt. Violet lf., used for serious infections.
- 9- **First aid supplies:** Gauze, razor, scissors, tape, bandages, tunicate, rubber gloves, stick matches, tweezers, a bar of natural soap, thermometer, small bottle of vodka or yarrow tincture instead of rubbing alcohol, washing pads and an eye cup.

Applications

Poultice: Is a hot or cold application of herbs applied directly to the skin to draw out, relax, stimulate or heal the skin.

How to: Use dried, powdered or fresh herbs. 1 oz. herb to 2 oz. boiling water, simmer for 15 min. to make a wet paste and apply it directly to the skin, (caution don't apply too hot) cover with a pure clean cloth and keep it wet and warm or hot for 30 minutes to 1 hour. Uses: thorns, boils, burns, rashes, bruises, infections, etc.

Compress: Is used for the same issues as above. It is the hot tea soaked into a cloth then applied to the skin.

How to: Use dried, powdered or fresh herbs. Take 1 tbsp. Herb to 6 oz. boiled water infuse for 15 min. then apply hot tea soaked into a pure clean cotton cloth for 30 min. to 1 hour (don't burn your client or your self).

What to do for:

Scraps, burns, bruises, cuts, etc... Apply a small amount of Healing salve, poultice, compress or liniment to affected area and apply a band aid if you like (remember don't bandage after 48 hours).

Stings, swellings, bites, splinters, boils, welts: Apply healing salve, plantain salve, poultice of fresh chewed plantain, chickweed, or dock leaf, apply wet and hold in place for 15 min. Can apply tea tree oil directly also.

Strains, sprains, traumas to joints: 1st take arnica Montana 6x homeopathic every 15 min. for 1st hour then take it every 30 min. for the next 2 hours then take it 3x's a day for the next 3 days. Stop taking the remedy when the symptoms stop.

Apply arnica oil/salve to area and or take and apply: tinctures of Solomon seal 3 drops 3x's daily, black cohosh 3 drops 3x's daily and yarrow 60 drops 3x's daily internally then apply 15 drops of each to effected area. Apply St. johns wort oil after tinctures.

Apply Liniment after the oil 3x's day. Note: Do not use ice right away it causes a severe stagnation that is hard to clear later. After 24 hours you can alternate hot and cold in 20 min intervals to increase circulation. Always finish with cold and then apply some Kloss's liniment, tiger balm, wintergreen or White flower oil after treatment.

Poison Ivy, oak or sumac: If you are aware of coming in contact with these plants, (ASAP) wipe fresh mashed (rolled in hands) plantain, jewelweed or burdock leaves (and other docks) all over any exposed areas (This is an antidote).

If there are already blisters use a spray of plantain and jewelweed tea or tincture with a little wild geranium to dry it up. Also take Homeopathic remedy of Rus-Tox.

You can also treat burns, herpes and shingles with these remedies.

Fevers: Make a bath with 1 qt. of hot tea of: 2 heaping tbsp. Each, elder fl. and yarrow fl. and peppermint leaf: Drink one cup then pour the rest into hot bath. You can add 1/2 tsp. cayenne and or ginger to the bath.

No more than 18 min. of soaking in tub. Bundle up and get in bed with lots of covers and sweat it out. There is no better way.

Caution: If fever starts to go over 103-104 degrees make a paste of tofu (medium to soft) and apply it to the head to protect the brain from damage. You can apply cold wet towels to keep the plaster cool.

Shock: Use rescue remedy, arnica homeopathic or cayenne tincture: 15 drops or 1/2 tsp cayenne powder in the mouth for severe bodily traumas.

Wounds with bleeding: Use powders, tea or tinctures of any one or all together: Yarrow, cayenne and goldenseal applied to open wound and taken internally (take cayenne 15 drops and or yarrow 60 to 120 drops 3 to 4x's daily). This will arrest all bleeding.

To stop the bleeding: Hold, tape or wrap wound and take 1/4 tsp. cayenne powder or 15 drops tincture rite away, get to professional help ASAP

If there is dirt in wound clean it out with natural soap then apply herbs. If you have the necessary first aid tools (powders: goldenseal, cayenne or yarrow), apply the powders to the open areas. This will cause the wound to heal from the inside out. (Similar to cauterizing it).

Broken bones and bad sprains: Simple breaks can be set by finding fresh leaves of the mullein plant and wrapping the area up tight with the leaves. This will realign the bones with little or no outside help. After they have been set, treat area 3-4x's daily with poultices of: 1/2 pt. Comfrey rt., 1 pt. yarrow, 1pt. mullein, 2pts. boneset, and 2pts. Solomon seal or take synphytum homeopathic 6x-12x or c.4x's 1st day then 3x's daily 3-4 days to a week.

Tinctures: Yarrow, boneset, Solomon seal, cayenne and comfrey lf.

Liniments: Apply: liniment to area or apply cayenne tincture or tea.

Stop all intake: coffee, alcohol, chocolate, caffeine and sugar. Drink teas: Alfalfa, nettles, oats, horsetail, comfrey rt. and fenugreek (they re-mineralize bones).

Heart attaches, strokes, low blood pressure and low body temp, diabetic comas, no pulse, bullet wounds, etc... Make sure help is on the way. Have no doubt that cayenne will awaken the life force energy. Start with single drop doses every 3-5 min. and you can use as much as 15 drops at 1/2 hour intervals. You may use strait cayenne powder, 1/4 - 1/2 tsp. Every 30 min.

Ear infections and vertigo: Mullein fl. and garlic ear oil (Add 10 drops of tea tree oil to 1/2 oz. bottle of ear oil): Use 4 drops or more just to cover the ear drum. Treat both ears. Apply a poultice of ginger, garlic and cayenne to draw out infection or apply hot castor oil (compress), treat for 3 days minimum. Treat fever if present.

Diarrhea: Wild geranium rt. 5 – 15 drops tincture, raspberry lf. tea, plantain tea, peach lf. tea, blackberry lf. and/or rt. tea, slippery elm bk. 2 – 4 capsules 3x's daily or goldenseal 2 capsules 3x's daily.

If it's more serious like cholera, dysentery or ulcers: Combine wild geranium tincture 30-60 drops with goldenseal tincture 60 drops 3x's daily. Follow with slippery elm, turmeric and plantain leaf: 2 – 4 capsules 3x's daily.

Colds/flu's: Treat all mucous membranes. Do sinus washes (using a netti pot) with golden seal and calendula mild tea, if acute blockage sniff a few grains of cayenne and or steam with herbs or essential oils of eucalyptus, peppermint, oregano, tea tree or thyme (use just a few drops in a pot with 4oz. steaming water).

For acute flu/cold: drink hot tea of elder fl, yarrow fl, and peppermint lf. Bundle up and get under lots of covers to break the fever by sweating: Keep bowels Intestines clear: bayberry bk.

Lungs and throat: Cayenne, comfrey rt, elecampane, yerba santa or coltsfoot. **Anti-microbials:** Garlic, thyme, oregano, goldenseal, elderberry, white pine and echinacea. **Diaphoretics:** Elder fl., yarrow, boneset, ginger and pleurisy rt. **Mucilaginous:** Coltsfoot, Irish moss, marshmallow, licorice and comfrey rt. **Stimulate the digestion and the bowels:** cayenne, ginger, angelica and bayberry. A strong tea of several cloves garlic, equal parts ginger rt. 1/2 tsp. cayenne and 1 squeezed lemon to 3 cups boiled water (drink hot).

Asthmatic attack: Strong decoction of blue vervain with a pinch of cayenne and add 10 – 15 drops lobelia. This will expel mucus and relax the nerves. Use Lavander ess. oil and Rescue remedy to calm the fight or flight response.

Acute HBP: 3-15 drops cayenne tincture in mouth or in 1 oz. water or a pinch of powder in the mouth. Use 30-60 drops of yarrow tincture as a vasodilator.

Colic: Decoction of dandelion, fennel, marshmallow, sweet flag (Calamus) and a pinch of cayenne and ginger. Tea infusion: catnip, chamomile, alfalfa and stinging nettle.

Convulsions and seizures: 1 drop of liquid chlorophyll on tongue will stop a seizure (keep in fridge). If from fright: 15 drops cayenne tincture or a pinch of powder. If from Poisoning: 15 drops lobelia as an emetic (only if applicable call poison control), If from impacted bowels use an enema of catnip tea at body temp.

Cramps: Stomach cramps: 15 drops turkey rhubarb. Uterine: Cramp bk. or black haw, squawvine or wild yam. Most other cramps: 1 tsp. ginger in hot water and take a pinch of Celtic Sea salt. Other herbs: Lobelia, black cohosh, cayenne, skunk cabbage, valerian, linden. Essential oils: Peppermint, clove, nutmeg, lobelia and wormwood.

Gangrene: Drink tea and soak area in strong tea of plantain, cayenne, myrrh powder, marshmallow or use Klosses liniment (topically). Get the bowels moving and cleanse the liver. Dust area with cayenne, plantain and yarrow powders and/or apply a poultice of plantain, cayenne, calendula, goldenseal, myrrh and chickweed or a poultice of 2 parts comfrey lf. 2 parts plantain lf. 1 part violet lf.

Hemorrhages: ASAP 1 tsp. Cayenne to 1-cup hot water (drink hot) Will stop internal and external bleeding of any kind. Tea or tincture equal parts of: Yarrow and shepherds purse for uterine fibroids.

Hives: Use a healing salve, or teas (internally) and as a wash with plantain, elder fl And/or chickweed. Drink celery seed tea. Apply tea tree oil.

Inflammation: Healing salve, plantain salve, liniment, arnica oil, st johns wort oil or salve. Use fresh plant poultices of burdock lf. chickweed, arnica, lobelia or mullein lf. Use bromelain capsules 2–4 caps 3x's daily 1 hour before meals. **Joints and cartilage:** Eat chicken cartilage, take glucosimine and apply solomon's seal tincture and klosses liniment.

Kidney infections: Tea or tinctures in a formula: Juniper berries, marshmallow, parsley rt, watermelon seed, goldenseal and cornsilk. Stones: Formula: gravel rt, lobelia, linden and agrimony.

Vomiting: Teas of: peach lf. peppermint, raspberry (alone or as a formula), 1 cup tea 3-4x's daily. Or chew a clove of garlic or candied ginger. A tea of turkey rhubarb is great. If pregnant it is safe to use peach lf. and/or red raspberry lf.

Migraines: Detoxify bowels and cleanse the liver/gallbladder: Use strong tea of agrimony, 1 tsp. of herb to 1 cup of hot water 3x's daily. Chew one leaf of Feverfew daily.

Always consider the issue you are facing and get the E.M.T.s on the way.

References:

Teachers:

Kim Issacs in Va.,

Gale Ulrich in Ma.

Margi Flint in Ma.

Mathew Wood in Min.,

David Dalton in N.H.

Books:

School of Natural Healing by Dr. Christopher,

Encyclopedia of herbal medicine by Thomas Bartrum,

Back to Eden by Jethro Kloss,

Herbal antibiotics by Stephan H. Buhner,

Lectures by: Eva Graf.