

JUDE'S

# HERBAL HOME REMEDIES

Natural  
Health,  
Beauty &  
Home-Care  
Secrets



JUDE C. TODD, C.H., M.H.

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## **ABOUT THE AUTHOR**

Jude Todd lives near Eaton Ohio. She has always been close to nature. She uses every opportunity to spread the word on the importance of learning to live in harmony with our living earth. She believes the growing interest in simple living will guide us to work with nature so that healing for ourselves and our earth can take place.

Her involvement with herbs spans forty years. As a master herbalist with her degree from Dominion Herbal College, she is in demand for lectures and frequently is a guest on radio shows, discussing the topic of herbal medicine.

She divides her free time between family, grandchildren, and long walks in the woodlands in search of wild herbs.

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## DEDICATION

*Be still, and know that I am God.*

*Psalms 46:10*

I have dedicated this book with many thanks to my parents, Erbie and Hilda Todd. Without their love and teaching I would not have the interests that I now have. I was taught a great love of reading and a curiosity about life that came directly from their love and caring. My two daughters, Carly Wall and Cathleen Sams, also deserve many thanks for their support and love. They were there when I needed the m. Thank you to a good friend, Patricia Snowden, who gave me her courage when I needed it. I also have to thank my many other friends that I have made over the years who helped me learn about the lifestyle I love.

I also want to include a poem that my namesake, my granddaughter, gave to me. I think that she shares my love of nature.

I saw a bird

I saw a tree

I saw the grass

and me.

Thank you to my grandson, Joshua Williams, for being who and what he is.

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## **NOTICE**

This book is no substitute for proper medical care. It is not intended to be a medical guide. Consult your doctor for any serious health problems.

Herbs can be very potent and must be used responsibly. Some of them can be poisonous. You are responsible for your health. The publisher assumes no responsibility for the efficacy of these recipes, nor do we promise any cures. Use caution and common sense with the recipes found in this book. Many people are allergic to some plants, so do a skin patch test before using an herb in a recipe, to test for an allergic response.

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## Introduction

A friend once asked me why I was so interested in the use of herbs. The answer came back before I even thought about it: the lifestyle. I got to thinking about that answer and thought, yes, that is what is so interesting about herbs. Once you get curious about the use of herbs, you get into so many different subjects that you never lose interest. The use of herbs got me thinking about the way we live our lives.

I really became interested in herbs about forty years ago and only recently got to study them more formally. I received my Chartered Herbalist degree from Dominion Herbal College in 1990. [She now has her master herbalist degree.—Ed.] Even after these many years, herbs still hold a fascination for me. Just to think that one seed can feed a family still fills me with wonder. One plant can help balance your system so that health can return. Stop and think about how we have lost some knowledge that should be saved and used by future generations.

I used to think I would love to live a completely natural lifestyle. Over the years I realized that the modern conveniences were given to us by our Maker to make our lives easier. We can and should combine the old with the new for our comfort. We simply have to learn how best to utilize the new, so that we don't destroy our earth by living in a throwaway society.

We have caused our young people to lose pride in their heritages by throwing out that which has brought humankind to where it is today. I suppose that I am talking mostly about the young African-Americans and the Native American Indian youth in particular. Their cultures have contributed so much and they have proud histories.

Herbs got me thinking about the insects that are in nature. They, too, have a part to play in the food chain. We must stop using pesticides because they are destroying the insects along with us. We have a chance to help our young people start

thinking of ways to live that are more in balance with nature—otherwise we will not survive. We must start recycling everything we use in order to save our natural environment.

I really feel that you become more spiritual when you become acquainted with nature. I feel that this old world could handle that right now, don't you?

I became aware of how much our society was becoming a nation of consumers forty-five years ago. That's when I decided to change my lifestyle to be more in tune with nature. I have benefited much from that decision. The more I became independent and knowledgeable about doing things for myself, the more I enjoyed it. I grow and can all my own fruits and vegetables.

Every day you can pick up a newspaper or magazine and read how more and more people are coming to realize that quality of life is more important than making a lot of money, and more people are dropping out of the so-called fast lane. All I can say is hooray for them. They are finding out that the new lifestyle they are choosing to lead now has great benefits for their children. They are finding that they receive a great deal of satisfaction and pride in being able to do for themselves. Nothing you learn is ever wasted.

Suppose the world does have a natural or manmade catastrophe. Would you have the knowledge to provide for your family? I appreciate the modern conveniences, but I would be perfectly willing and able to live with a lot less and get a lot of pleasure doing it. I don't advocate giving up convenience for natural living. We can have the best from the past and present—and perhaps the future. The way the world is going we had best have some expertise in coping with the unknown future.

I gave serious thought to becoming a vegetarian. But, after watching the natural chain of events, and through different experiences that I have had, I came to realize that animals are part of the food chain. They are more aware of this than humans are. I am not a hunter. If it came down to me having to

butcher an animal in order to eat, I could be a vegetarian with no problem. But I do feel that if you need to hunt to feed your family, there is nothing wrong with hunting. The wrong comes when it is done for sport. I feel that we should give thanks for any animal that gives its life in order to feed us and our children.

Nature has a lot to teach us about beauty and attraction. The natural order of life is procreation and attraction must be there in order to procreate. When we learn to go with the flow and become much more natural in our attitudes toward attracting the opposite sex, this helps us to stop playing all the mind games that go on with the mating game now. We soon take a more spiritual attitude toward the opposite sex and relationships.

Nature teaches us about seasons. This can be related to our life changes and how everything has its season or time for being. We learn about order from nature. Why can't we bring that order into our life? Everyday living becomes easier if there is order in our life. Even gardening is easier if we learn to work with nature instead of trying to control our environment.

So don't ask me what herbs have to offer, because just about any lifestyle can benefit from learning even a little about our wild gifts.

I really do hope that you find something of value to use from this book. Even if you do not use the recipes, maybe it will start you thinking about how important saving our environment is for the future of humankind.

Most of our modern medicines are derived from the wild herbs; we can at least learn to respect them in their native habitat by protecting our land and forests. We can help save the forests by recycling what we do use. We can start making our lives simpler and rediscover the values that are important to us in order to be happy. We can learn to have respect for the animals and insects that make life possible for us. We can learn to share our time and hobbies with our families and bring

our families closer again. Our value system will change again. Let's hope it uses some of the old values while improving upon them with the new.

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# General Principles of Herbs

Learning to use herbs for yourself and your family's good is a lifelong process. Learning about herbs is a journey that will keep you interested for the rest of your life. It can be rewarding to be able to treat some of your family's illnesses and to learn a preventive way of living. Prevention should be the first thing that you look at when learning to keep you or your family healthy.

Because there are some illnesses that you are not able to prevent, it is good to have a family physician that you can turn to when it becomes necessary. Herbs are not meant to take the place of your family doctor; they are for simple illnesses that you would be able to treat at home.

There are also times in our lives when medical care is not available and we have to deal with certain diseases on our own. By practicing a preventive lifestyle, you will find your family has to cope with less sickness.

Often we need to learn how to handle an emergency situation when our physician is not available. Unfortunately, many of us have also learned to seek a doctor every time we have an upset stomach or a slight cold. We are placing an unfair burden on the medical doctors and hospitals and pricing ourselves right out of medical insurance. We take prescription drugs and keep our systems full of drugs that are totally unnecessary. We would be able to respond more readily to emergency treatment if we learned to care for simple illnesses by a more natural method.

Herbs are a natural way to treat many such illnesses. Most herbs taken for treatment will pass harmlessly through the system if not needed by the body. Can you say the same for

many prescription drugs? Many prescribed drugs are stored in the liver or other organs, and eventually our bodies stop responding to certain drugs that may have been life-savers if used for emergency treatment only.

A healthy, chemical-free diet and lifestyle helps strengthen your immune system and thus allows the body to heal naturally. Also, by keeping the system chemical-free, your body reacts much more quickly and positively to any emergency treatment that your doctor may deem necessary. This means the treatment time will probably be shorter.

Learning to prepare your own herbal remedies involves much more than mixing together herbs. You must become familiar with the properties of the herbs in order to treat an illness successfully. The easiest way to become familiar with the properties of the herbs is to grow them. If you have decided to use herbal remedies, then you must decide which herbs to grow.

Long ago, most of the herbalists and shamans concentrated on just a few herbs and learned all there was to know about those few. This is just about the best advice I can give you. If you try to learn about too many at once, you will waste much time. Most herbs serve more than one purpose and are useful for more than one remedy. Even if you purchase most of your herbs, you still have to get acquainted with the reasons for using one particular herb over another and even substituting one herb for another.

## **SIGNATURES OF HERBS**

Many of the herbs have what are called “signatures,” a system of characteristics that help identify the herb and its functions. It is important to understand what those signatures are in order to know what the herb can be used for. You will become proficient in gathering wild herbs once you have an understanding of the signature of the plants. (I want to mention here that with knowledge comes responsibility. Many of the wild herbs are on the endangered list, so be aware when you do use nature’s bounty.)



Knowing the signatures of the plants will also help you in preparing and creating your own recipes. Certain characteristics can be broken down into categories. These categories indicate what a particular plant can be used for. Here are some general rules to help you understand signatures.

1. The color of the herb's flowers is an important part of the signature. The plants with the yellow blooms are generally used for liver, gallbladder, and all urinary problems and tonics that rid the body of toxins and infections.

The herbs with the reddish flowers are all good blood purifiers and/or alteratives. [See glossary for definitions of terms.—Ed.] The color red indicates the astringency or the healing effect of certain herbs. Herbs with this color can be used to treat skin disorders that are caused by blood impurities. The active ingredient of many of the alterative herbs are considered to be antibiotic in nature.

Herbs that have purple or blue flowers are without exception used as a sedative or relaxant. These are good to add to a recipe when the patient needs to stay calm during an illness, or in treating muscle spasms. Most of our illnesses are caused by stress and most of the herbal remedies would benefit from the addition of a calmative or sedative. They are also considered good blood purifiers, so they have their place as a tonic as well.

2. The growing conditions of the herb is the second thing you look at to ascertain the signature of the herb. Herbs that grow in an area with a lot of gravel indicates that the plant can be used in treating illnesses that have to do with stone or gravel in the body. These herbs help to cleanse and remove harmful accumulations from the alimentary and bronchial systems. They are used to treat kidney stones or gallstones.

So-called stone-breakers are parsley, peppergrass, shepherd's purse, sassafras, and mullein. Mullein will grow just about anywhere. I find it quite often growing in gravel along railways and roadways.

You would not necessarily use the same kind of plants or herbs if you found them growing in other conditions. For instance, milkweed growing in sandy soil has twice as many active ingredients as the same species found growing in a good, rich soil.

Herbs found growing in mucky, swampy, or wet ground are good to use in recipes designed to treat excessive mucous excretions, such as respiratory problems dealing with asthma, colds, coughs, and rheumatic disorders. Willow, verbena, boneset, and elder are examples of this.

Herbs that grow near fast-moving water are good to use as diuretics. These help to clean the alimentary systems of toxins and harmful wastes.

Always be aware of the growing conditions when gathering herbs for a specific treatment. A good example of differences found in the herbs is the sage plant. Sometimes a pink and a blue bloom will be found on the same species of sage growing right next to each other. This would indicate to me that the blue-flowered plant would be used only as a sedative. Because of the astringent nature of sage, both pink and blue-flowered sage can be used as a blood purifier, but I would choose the pink-blossomed plant, because the pink flowers indicate that it has more blood purifying properties.

3. Different textures indicate different uses. Herbs that have a soft texture to them are useful for treating swollen or inflamed areas. They can also be used in so-called wet colds or any chest disorders. No herbal remedy for internal use is considered complete unless one of these emollient herbs is included in the recipe. Horehound, mullein, and hollyhocks are good examples of emollient herbs.

4. Any of the herbs that have thorns or are prickly are used in disorders where there is sharp pain. Thistle is used as a tonic for all the organs. Hawthorn can be used as a tonic for the heart because it has sharp thorns and is indicative of sharp pains in the heart. Hawthorn is also considered a diuretic and that is helpful in any heart treatment. Wild prickly lettuce is

used as a pain reliever and as a sedative. It has blossoms that may be white, yellow, or blue. The prickles are indicative of its usefulness in treating sharp pain.

The epidermal hairs of some of the plants are suggestive of their use in internal problems where there are sharp or stitching pains. Hops, nettle, and mullein are three plants that come to mind immediately.

5. Any herb that clings to itself is believed to cling to and help remove any hardened mucus of the inner systems. Any of the herbs that have a “sticking to” propensity are good to use in ridding the body of toxins and virus germs. Balm of Gilead is used in chest complaints because it has a sticky substance covering it. The ground-covering herbs are also considered good to use in ridding the body of hardened mucus. Examples of this are coltsfoot, sage, thyme, horehound, and mallow.

6. Herbs that are also vines are considered good to use in remedies for the blood system and the nervous system because they resemble them. The blood vessels and the nerve paths throughout the body call to mind the vines. Another way to check whether or not the herb will be useful for these disorders is to check the root system of the plant. If it has a vein-like root system, then the herb may be used to treat disorders dealing with the blood system or nervous disorders.

7. The skin healers have signatures in several different ways. They have thin, threadlike roots and stems. Cinquefoil, gold thread, and septfoil are good examples of this. The roots resemble the structure of the veins in the skin.

8. Fissures in the bark of certain trees are indicative of their use in certain skin disorders. Cherry, white birch, and elder are examples of trees with healing properties for skin ulcers and sores. Balsamic resinous exudations help to heal cuts and ulcers of the skin. Moss, lichens, and molds are good choices when making preparations used to treat skin diseases (such as psoriasis) because these herbs resemble the appearance of these disorders.

9. Sometimes, just the name alone can indicate the use of that particular herb. Heartsease, eyebright, pleurisy root, feverfew, cancer root, and throat root are just a few. Many of the plants, such as eyebright and chamomile, are indicative for eyes because the floral parts resemble eyes.

10. Many of the herbs that have a root structure resembling the human torso are used as aphrodisiacs, or as a way to overcome sterility. Ginseng is an example of this.

Skullcap and walnut have forms that resemble the shape of the human head, and can be used in treatment of headaches and nervous disorders.

11. Another important herbal signature is aroma. The strong-smelling herbs such as cinnamon, cloves, thyme, and rosemary are used as disinfectants. Most of the aromatic herbs are highly antiseptic or germicidal and have antibiotic properties. Sage, pennyroyal, all mints, tansy, and yarrow are good examples.

12. Another good rule to remember: herbs that attract bees can also be used as an antidote for bee and insect bites. Bee balm and basil are good examples of this. Just crush several leaves and rub on the area.

Some of the signatures will not apply in every case. There are some herbs that have no signature. Study the properties of the plant that you plan to use and become familiar with the signatures of that plant (or lack of signatures) before using it in any recipe.

Becoming familiar with the signatures of the herbs is a first step in getting control over our health. When the ancient shamans and healers concentrated on just a few plants and became experts in the use of those few, their remedies were effective. Diet played an important part in their treatments. They realized that a healthy diet was linked to a healthy body and a healthy mind.

We live in a world that has become dangerous to our health and we should start where we can do the most good. Taking care of those we love and teaching them to take care of their

body, spirit, and mind is the most important difference we can make. By studying about the ways mother nature can make our life better, we also become more spiritually-minded. We soon realize that we are all connected and learn ways to deal with our own excesses. We learn to work with nature and not against it. We learn that we are responsible for our own health and take steps to stay healthy.

## **HERBAL HISTORY**

If we are to become knowledgeable about herbs we should have a little history about them. Herbs have always contributed to human health. Their use goes far back into antiquity. One of the first well-known and important books written about herbs is titled *De Materis Medica*, attributed to a Greek physician, Dioscorides, and written about a.d. 60. The manuscript was used as a reference source by many herbalists. It was circulated for hundreds of years throughout the Middle East and the West. It contained the properties of over six hundred plants.

Occasionally, superstition became associated with the use of herbs, but basically the information was founded on sound plant lore and use. Ancient herbalists became familiar with the uses of the herbs through experience. The knowledge was kept and handed down through the ages by people like you and me.

Documents found in the ancient pyramids were passed on to the Greeks, then to the Romans. Many different sources comment on the uses of herbs. Herbs are mentioned in the Bible as well as many of the sacred books of our major religions. The Druids were among the first people to use plants in religious rites.

In Great Britain, monasteries served as early herbal laboratories. The monks grew, collected, and used the herbs. They kept records of their uses. They opened hospitals and were among the first to use the plants in a scientific way. Their herbal knowledge soon became commonplace. Today, we have reached the point where we can again, with increased appreciation, learn to use these natural products.

Many people still think that learning to use herbs is too complex, too involved, so they don't even try to become knowledgeable about how to use them. If they only knew how big a part herbs play in their lives right now. Every tree, shrub, flower, and plant is an herb, and I believe that they are all useful. We just don't know what all the uses are right now.

Modern scientists are studying the uses of herbs; we are getting new products and medicines every day. Herbalists have long known what can be used because that information was passed down to them. Now we will be able to prove or disprove some of the folklore surrounding herbs. Most of the old herbal remedies are proving to be valid and are used today in modern medicines. Digitalin, found in foxglove, is still in use today to treat heart disorders. At least 75 percent of all prescribed medications come from herbs. Even the spices we use daily have their part to play in modern medicinal uses.

Throughout history, people have been healed by using herbal extracts that were not in common use by the medical profession of their time. Some of these spices are still used today by pharmacologists in preparing prescribed medications. Scientists are finding that many of the old herbal remedies have fewer side effects than prescribed drugs and are effective in helping to balance the body's system. Researchers have found, for example, that milk thistle (*Cardus marianus*) contains properties that carry bile from the liver. It was used for centuries for this purpose before modern scientists tested the plant. They found that it does stimulate regenerative growth of liver cells, promoting self-repair in a damaged liver. It is used in treatment of hepatitis and cirrhosis of the liver.

Mint is an example of an old favorite that is used in new ways. It is used extensively for many of our products. We use it in gums, candies, teas, toothpaste, mouthwashes, and as a flavoring or in prescribed medications. It is now a cash crop that yields fifty pounds of oil per acre.

We have learned much about herbs from the American Indians. They taught the first English settlers how to use many different herbs. Milkweed is still used today to treat poison

ivy, ringworm, and a host of other skin ailments. It is also considered to be a food. Early American physicians used the root to treat asthma and other respiratory problems. The down was used to stuff life jackets during World War II. Because the milkweed down has insulating properties, it has been and is still in use today as stuffing for jackets, pillows, and blankets. How much more can be expected from a single plant? It fed us, clothed us, and served as a medicinal remedy—yet few people give the common milkweed any credit for being so useful. It is sprayed, cut down, and destroyed wherever it is found.

The same can be said of cattail. The roots of cattails serve as a food, the pods are crushed and used to insulate jackets, blankets, and such. It serves to insulate, as well as being waterproof. The leaves are used to make baskets, and serve other purposes as well. So, what do we do? We cut it down, spray it, and destroy a natural resource. We still, however, use the pods to enhance fall bouquets and flower arrangements.

Another herb with many uses is tarragon. It is used extensively for food enhancement now, but in ancient times it was called dragon herb because it was used as an antidote for treating the bites of venomous animals. About 1650, tarragon was transported to America where it was used to induce menstruation. As a poultice, it is still used to treat bruises and swellings.

Red clover tea is still in use today to treat colds, fevers, and debilitating diseases. Native Americans used red clover in a salve to treat burns. It was also used as a pot herb. A pot herb is a green, leafy vegetable, often served as a side dish for meals. Red clover is a member of the pea family and has many of the same crucial vitamins and minerals.

Native Americans also used raspberry root bark to treat many illnesses. Pharmacologists today admit that there is value in using the tea for childbirth and painful menstruation because it contains a substance that helps one to relax, as well as another substance that stimulates the uterine muscles.

I must admit that I have an ulterior motive for getting you interested in using herbs. I feel that as you become more aware of the uses of herbs, you will develop a respect for mother nature. If herbs become important to you, you will probably become more protective of our environment and start to practice habits that save our natural resources and gifts. As you become more aware of our environment, you practice better health habits and this leads to a more spiritual lifestyle. This in turn makes you even more aware of your responsibilities to Mother Earth in a spiritual way.

We all have our own paths to take through life. Edgar Cayce said, "First the individual, then to the group, then to the classes, then to the masses." And that's where it all starts. Once we become aware, we teach by example. No one person is exempt from this responsibility. If we are to save our planet, we must start now by taking an interest in nature, in our surroundings.

We have many prophets telling us that the time will come when we have no choices left. I feel that we are on that threshold now. We have no more time to waste. We must all start where we are now, to help in some way to make a difference. By taking a step, even a small step in the right direction, doors will open that will amaze you. When the student is ready, the teacher appears. There are many teachers out there; we just have to learn how to listen. Really we are all teachers, because a person does make a difference with each and every action. Every person you meet will be affected by your practices, beliefs, and actions. Example is and always has been the best teacher. Many of the visionaries of our time are calling out to us, loud and clear. We have to learn to listen. Will we?

Edgar Cayce, the sleeping prophet, said we must become nature-based if we are to survive. Sun Bear, another great prophet of our time, has devoted his life to advocating a simpler lifestyle, one that is nature-based.

A simpler life style does not mean giving up modern conveniences; we must simply learn to use them wisely. Edgar



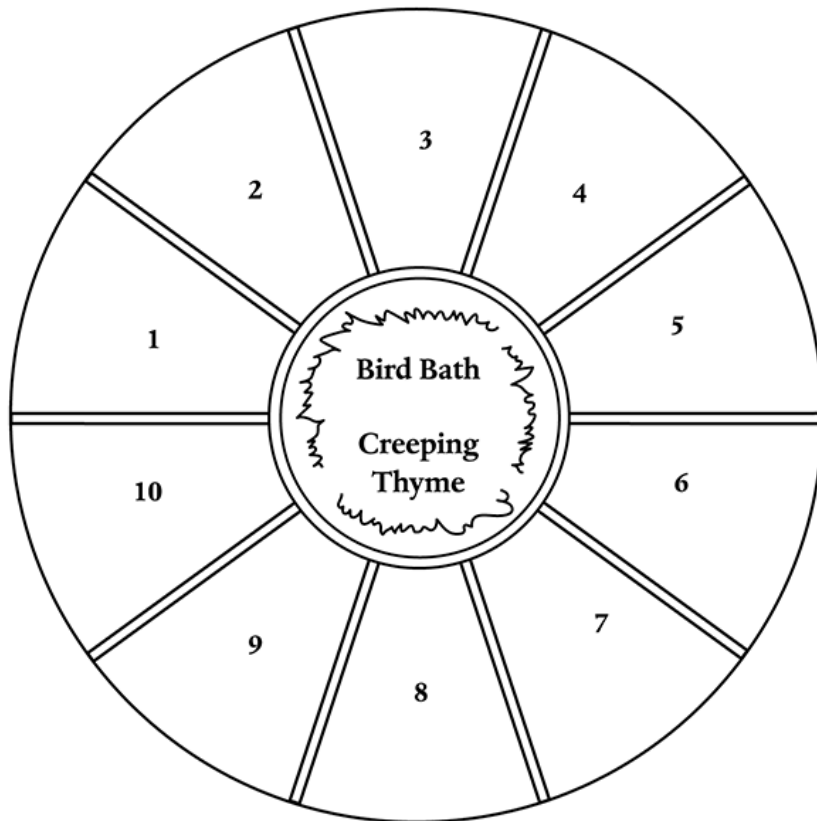
Cayce said that our weaknesses could become our strengths if we knew how to direct those weaknesses. Stubbornness can be transformed into a quality that makes for leadership; anger and hostility can become courage and boldness; deception can become inventiveness; sensuality can lead to healing. If we simply learn to redirect our energies, a bad habit becomes a blessing for ourselves as well as for those around us. We learn to relate our beliefs to our everyday life.

By studying our pathway today, we discover hidden talents. Consider your interests, talents, and hobbies. This will lead you in the correct direction on your path. Talents express the creative energy of each soul. These are to be used, not wasted.

More and more we are becoming aware of the delicate balance on this planet of ours, and we can give thanks to the people that have dedicated their lives to changing prevailing views. So in my small way, I want to introduce you to herbs with the hope that this will help you on your earth-walk. Just keep in mind that for every plant, there is a use. Maybe you will be the one to discover just what that use is as you become more interested in what nature has to offer.

What better way to get acquainted with herbs and mother nature than to grow your own herbs. To begin your herb bed, start with the space you have available. You may be surprised at how much space you have to devote to a useful bed of herbs. Many people think that herbs are not attractive, yet they are unaware of the attractive herbs already growing in their flower beds. Bee balm, calendula, roses, barberry, feverfew, and hollyhocks are just a few that come to mind.

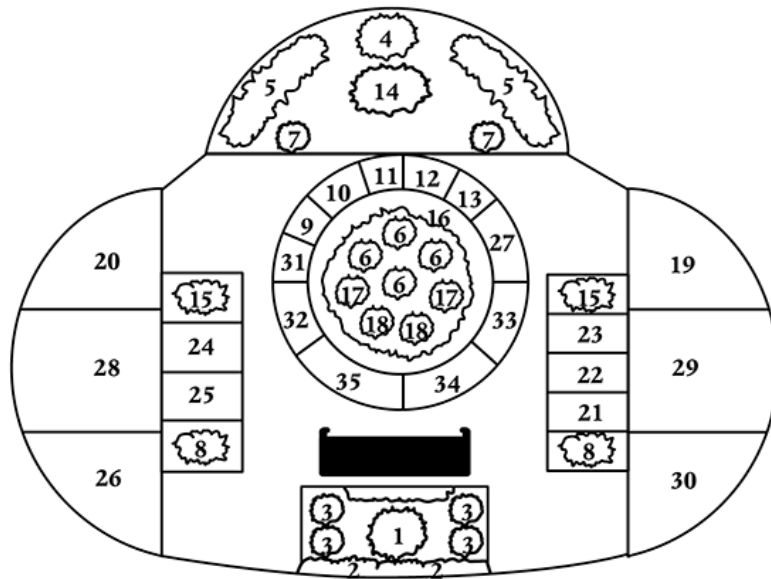
There are many different designs to use when planning your herb bed. The major factor is space. The more formal gardens naturally need more room. If this design appeals to you, you may have to sacrifice some of your yard to your herb beds. Many people plan on using their whole yard as an attractive herb garden. Creating paths and special places to sit make the garden enjoyable to all.



### Simple Wheel Design

- |               |                    |
|---------------|--------------------|
| 1. Holy basil | 6. Lemon balm      |
| 2. Tansy      | 7. Mint            |
| 3. Comfrey    | 8. Roman chamomile |
| 4. Eyebright  | 9. Thyme           |
| 5. Bee balm   | 10. Sage           |

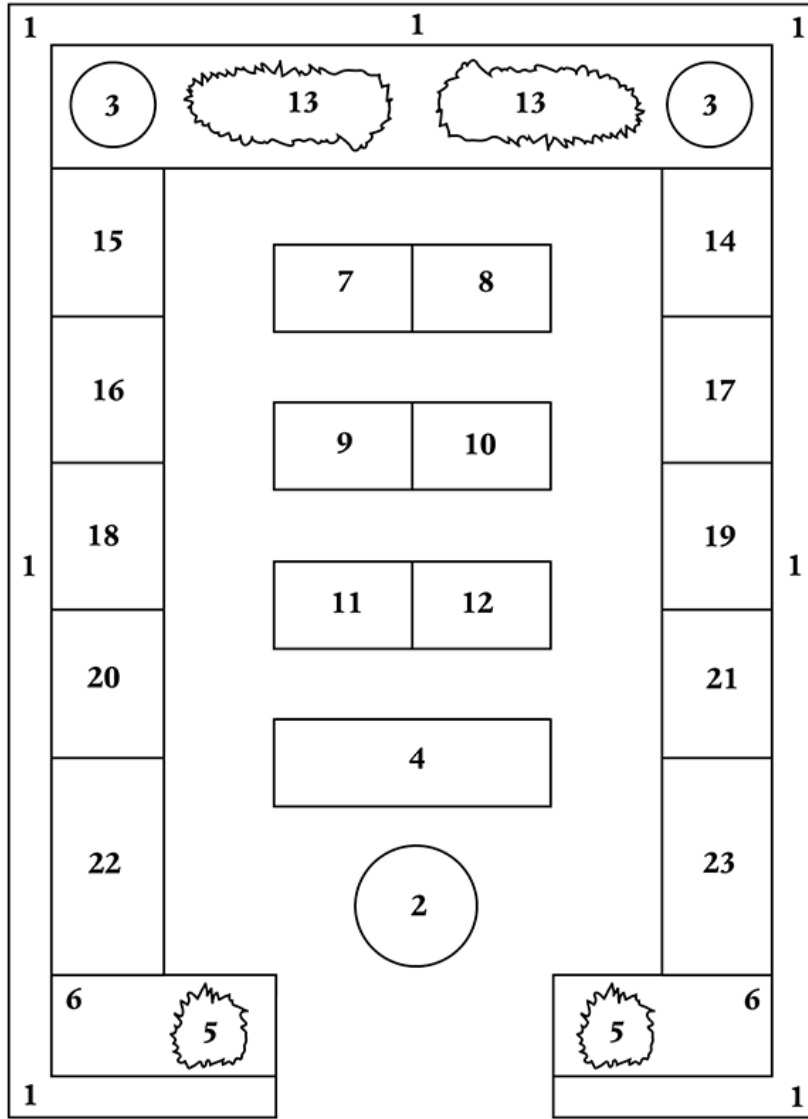




**English Country Garden Design**

- |                      |                   |                            |
|----------------------|-------------------|----------------------------|
| 1. Crab apple tree   | 13. Dill          | 26. Anise hyssop           |
| 2. Mother-of-thyme   | 14. Soapwort      | 27. Sage                   |
| 3. Sweet woodruff    | 15. Costmary      | 28. Mint                   |
| 4. Willow            | 16. Pennyroyal    | 29. Horehound              |
| 5. Red raspberries   | 17. Violet        | 30. Coriander              |
| 6. White roses       | 18. Nasturtium    | 31. Garlic                 |
| 7. Hollyhocks        | 19. Elderberry    | 32. Lemon balm             |
| 8. Broom             | 20. Hyssop        | 33. Lemon thyme            |
| 9. White yarrow      | 21. Chives        | 34. Lemon-scented marigold |
| 10. German chamomile | 22. Garlic chives | 35. Basil                  |
| 11. Holy basil       | 23. Oregano       | 25. Feverfew               |
| 12. Comfrey          | 24. Parsley       |                            |





**Traditional Monastery Healing Garden Design**

- |                    |                     |                 |
|--------------------|---------------------|-----------------|
| 1. Yew hedge       | 9. Eyebright        | 17. Yarrow      |
| 2. Crab apple tree | 10. Horehound       | 18. Lemon balm  |
| 3. Honeysuckle     | 11. St. John's wort | 19. Mint        |
| 4. Sweet woodruff  | 12. Feverfew        | 20. Lamb's ears |
| 5. Broom           | 13. Roses           | 21. Anise       |
| 6. Lavender        | 14. Costmary        | 22. Sage        |
| 7. Soapwort        | 15. Coriander       | 23. Chamomile   |
| 8. Bee balm        | 16. Rue             |                 |

If you want a large garden, you should plan to take several years to complete the project so that it does not become so overpowering and so expensive that you lose interest and give up. Gathering the rocks for your pathways can be a project that includes everyone in your family. The more natural the items that you use to create your garden, the more beautiful the finished project.

Part of my interest in herbs comes from my desire to become more natural in my lifestyle. This does include saving money. You would be surprised at how creative you become when you set a money limit on your materials. Another way to save money is to trade herb starts with other herbalists. Or, if you are successful in starting the herb plants and have the time needed to care for many small plants, you could start the plants and sell them to make your garden pay for itself.

The patterns you can use to create your beds are endless. Study some of the books on garden design to find one that



suits you and your lifestyle. It is good to give some thought to what you want to put in your garden. Once in, it is more difficult to make changes and may cost you a growing season of using your herbs.

Once you have decided which kinds of herbs to plant, look at the growing habits of those selected. You may want to contain a few in the corners of your yard to keep them from taking over your beds. I am thinking in particular of the mints, as they are so sociable that they like to visit all the other herbs, and sometimes move in with them permanently.

I have a particular love of the wild herbs, and fortunately I live surrounded by woods. I am planting and transplanting some of the wild herbs throughout the woods. This week I need to transplant some of the jewelweed because they are growing where we are placing an acre pond. While prowling around looking for a good place to move them, I also found some Solomon's Seal that I will try to transplant.

I have fought tooth and nail to save a blackberry patch. And I won! The drive to the pond will be moved and my berries are saved. The wild yarrow will also have to be moved as they are growing right where the path to the proposed barn is. I guess this will be a never-ending project for me and I'm going to love every minute of it.

Because there are so many different herbs, you may want to concentrate on just a few species. There are so many different flavors in some of the species that you may want to concentrate on just one species, perhaps a bed filled with many varieties of thyme.

There is a saying that when in doubt, use thyme, as there are so many different herb flavors that can be substituted with thyme. The taste of some of the thymes can be amazingly like the taste of other herbs. To name a few, there is lemon thyme, golden thyme, English thyme, nutmeg thyme, woolly thyme, french thyme, caraway thyme, and the list goes on and on. Any of the thymes can be used as an astringent in the herbal remedies. Thyme is also used in cooking, potpourri, and many

hobbies. A round bed with nothing but different kinds of thyme is a very attractive sight.

If you plan on growing large quantities of herbs for home use, perhaps the easiest way would be to grow them in rows in your vegetable garden. Some of the herbs that you use frequently could be planted close to your kitchen door for ease of gathering. If you plan to create a bee colony, there are special herbs to plant near your hives. Some herbs act as a natural herbicide if planted as companion plants for those plants that you wish to protect. Just determine what your needs are and go from there.

It is always good to learn the properties of the herbs as you plant them. This may take more time in getting an established bed, but it is well worth the effort. If you educate yourself about some ways to use each plant, you know you will get full use of your herb garden. As you come to understand that one plant can be used in many different remedies, you may find that a large herb garden is unnecessary.

If you plan on using wild herbs only, please become aware of the plants that are on our endangered list and learn to conserve and save our natural resources. Ginseng was almost totally destroyed early in this century by people who gathered the herb to sell. It was literally worth its weight in gold and was much in demand worldwide. Even Daniel Boone gathered it to sell because it was more profitable than hunting or trapping.

By ordering wild herbs to plant, you will learn to identify the plants and learn about their growing needs too. This is very important when first learning to use the plants for remedies. Never gather wild herbs without being absolutely positive of the identification of the plants. It is a good idea to use several different reference books to help you learn to identify the herbs.

When planting an herb, be aware of the plant's needs. You would not plant an herb that needs a shady area if you can provide no shade. Once you have decided what herbs are important for you to cultivate, it becomes much easier to plan

your garden. This list should help you get started. I've included the height of the plants so you can place the taller herbs in the back of the bed. I recommend that you draw a garden plan before you start planting. Drawing a plan is easy and will save you much effort later on. This list includes some of the more common herbs that you would probably use in making herbal home remedies.

**Aloe Vera** (*Aloe spp.*)

One to two feet tall. Grow in pots for indoor use. Good treatment for burns and skin disorders.

**Angelica** (*Angelica archangelica*)

Five to eight feet tall. Use in remedies to treat digestive and bronchial problems. *Caution:* It may make you more sensitive to the sun and is potentially toxic.

**Anise** (*Pimpinella anisum*)

Two feet tall. Use to treat gastric problems and to increase milk production in nursing mothers.

**Arnica** (*Arnica montana*)

One to two feet tall. Liniments and salves are made from arnica. *Caution:* Not for internal use.

**Basil** (*Ocimum basilicum*)

One to two feet tall. Use it to treat digestive problems and have handy to rub on bee stings to prevent swelling and pain. *Caution:* Can cause allergies and skin irritation.

**Bay Leaf** (*Laurus nobilis*)

Plant in pot for indoor cultivation. Good for indigestion.

**Bee Balm** (*Monarda didyma*)

Three to four feet tall. Use for colds, fevers, coughs, nausea, indigestion, and menstrual cramps.

**Betony** (*Stachys officinalis*)

Three feet tall. Use for asthma, bronchitis, heartburn, and kidney problems. Juice heals cuts; make a poultice for sprains.

**Birch** (*Betula spp.*)

Black birch leaves relieve headaches, rheumatism, fevers, kidney stones, and cramps. They also make a pleasant-tasting beer.

**Blue Cohosh** (*Caulophyllum thalictroides*)

Anyone with high blood pressure should not use blue cohosh. It constricts the blood vessels of the heart. It does stimulate the uterus and is used extensively for female complaints.

**Boneset** (*Eupatorium perfoliatum*)

Two to five feet tall. Add to teas and remedies to treat colds, aches, and pains associated with flu symptoms.

**Borage** (*Borago officinalis*)

Two to three feet tall. Relieves depression; treats fevers and bronchitis. Make poultices from the leaves to reduce swelling and pain. *Caution:* It may cause dermatitis in sensitive people. Prolonged use is not advised.

**Calendula** (*Calendula officinalis*)

One to two feet tall. Great treatment for ulcers of the leg associated with varicose veins. Great salve for cuts and bruises. This herb is a must to plant.

**Cardamom** (*Elettaria cardamomum*)

Six to twelve feet tall. Chew seeds to relieve flatulence and ease indigestion. Natural breath sweetener. Usually grows in the tropics.

**Cayenne Pepper** (*Capsicum annuum*)

Approximately one foot tall. Several plants will provide plenty of peppers. Good treatment for everything from high blood pressure to stomach ulcers. Good tonic for the heart and blood system.

**Chamomile** (*Chamaemelum nobile and matricaria recutita*)

Two to three feet tall. Relaxes; use for everything from reducing depression to sleep disorders. Also relieves

headaches.

**Chervil** (*Anthriscus cerefolium*)

About two feet tall. Considered a diuretic, an expectorant, and a stimulant. Lowers high blood pressure. You can also use it as a wash for skin disorders.

**Chicory** (*Cichorium intybus*)

Three to five feet tall. Root tea is a good tonic. Tea from flowers is a great sedative and is used to treat nervous disorders.

**Chives** (*Allium schoenoprasum*)

One to one and one half feet tall. Lowers blood pressure.

**Clary Sage** (*Salvia sclarea*)

Three to four feet tall. Use leaves to heal wounds, sores, insect bites, and as a tonic for colic or intestinal upsets. Use as a mouth-wash for cankers and for sore throats. Tea from seeds is an effective eye wash.

**Coltsfoot** (*Tussilago farfara*)

Six inches tall when flowering. Great to use in cough syrups and to treat any bronchial problems.

**Comfrey** (*Symphytum officinale*)

Three to five feet tall. Make poultices from comfrey leaves to heal sprains. Wash made from the leaves is great to heal cuts in humans and animals. Destroys harmful bacteria. Also has pain relieving properties. *Caution:* Recently, studies have shown that comfrey has carcinogenic properties. Use sparingly, if at all.

**Coriander** (*Coriandrum sativum*)

Two to three feet tall. Aids digestion. Use as a flavoring in cough syrups and other medicinal mixtures.

**Costmary** (*Chrysanthemum balsamita*)

Three feet tall. Also called bible leaf. Use to keep away silverfish. Make medicinal teas from the leaves as a tonic for

the liver and as a diuretic. You can also use in salves for cuts and sores that are hard to heal.

**Dandelion** (*Taraxacum officinale*)

Six inches to one foot tall. Use in tonics to treat liver disorders, diabetes, and anemia. Also very useful as a diuretic.

**Dill** (*Anethum graveolens*)

Three feet tall. Increases milk production for nursing mothers; also good for flatulence, colic, and stomach disorders.

**Dock** (*Rumex spp.*)

One to four feet tall. Leaves applied to burns, cuts, and scrapes. It also makes an excellent tonic.

**Echinacea** (*Echinacea angustifolia*)

One to two feet tall. Use roots mainly as a blood purifier and wound healer. All parts are useful for strengthening the immune system.

**Elecampane** (*Inula helenium*)

Four to six feet tall. Use root in cough syrups and in any remedy to treat bronchial problems.

**Eyebright** (*Euphrasia officinalis*)

Two to eight inches tall. Use in eye wash. Make sure your wash is sterile if you are going to use it.

**Fennel** (*Foeniculum vulgare*)

Four feet tall. Treatment for gastritis and colic. Increases milk production for both humans and animals.

**Fenugreek** (*Trigonella foenum-graecum*)

One to two feet tall. A good tonic. Tea from flowers is a great sedative. Use to treat nervous disorders.

**Feverfew** (*Chrysanthemum parthenium*)

Two to three feet tall. Use medicinally for fevers.

**Foxglove** (*Digitalis purpurea*)

Two to four feet tall. Grow for curiosity and looks only. Affects the heart rate. *Caution: Do not use for home remedies to treat existing heart diseases.* Leave that treatment to your family physician.

**Garlic** (*Allium sativum*)

One foot tall. Garlic has all-around uses medicinally. In your diet, it keeps colds away and helps your heart stay healthy.

**Germander** (*Teucrium chamaedrys*)

Two feet tall. Treats sore throats, edema, gout, and rheumatism. Has pain killing properties.

**Ginger** (*Zingiber officinale*)

Six to sixteen inches tall. Treatment for vertigo, nausea, and arthritis. It is a heart and blood tonic, and a good all-around herb.

**Ginseng** (*Panax quinquefolius*)

Six to sixteen inches. Ginseng has many uses. Great tonic for the whole body. Use as an aphrodisiac.

**Goldenrod** (*Solidago spp.*)

Six to seven feet tall. Wound healer and diuretic. Goldenrod has many useful properties.

**Goldenseal** (*Hydrastis canadensis*)

Six to twelve inches. Great heal-all and a good tonic.

**Hops** (*Humulus lupulus*)

Twenty to twenty-five feet vine. Great sedative. Use hops to make beer.

**Hollyhocks** (*Althea rosea*)

Six feet tall. Great for chest complaints.

**Horehound** (*Marrubium vulgare*)

Two to three feet tall. Cough syrups and cough drops. Great to use for any chest or throat complaint.

**Horseradish** (*Armoracia rusticana*)

Two to three feet tall in the second year of growth. Many medicinal uses.

**Hyssop** (*Hyssopus officinalis*)

Two to three feet tall. Hyssop is a cleansing herb. Use for colds, fevers, sore throats, and bronchitis. Licorice flavored hyssop makes a good tasting tea.

**Lavender** (*Lavandula angustifolia*)

Up to three feet tall. Good to soothe nervous disorders.

**Lemon Balm** (*Melissa officinalis*)

Two feet tall. Lemon balm is a great all-around herb to have. Great wash for cuts and scrapes and you can use it as a tonic.

**Lemon Verbena** (*Aloysia triphylla*)

Grow indoors where it can reach heights of six feet or more. Great to bring about sweating to break colds, fevers, and flu. Good tonic and good cleanser for cuts and scrapes. Make into cough drops.

**Lobelia** (*Lobelia inflata*)

One to three feet tall. Treatment for chest complaints. *Caution:* Use with great care as an overdose could be fatal.

**Lovage** (*Levisticum officinale*)

Five feet tall. Regulates menstruation.

**Marjoram** (*Origanum majorana*)

One foot tall. Use to treat asthma, rheumatism, and many other ailments.

**Marsh Mallow** (*Althaea officinalis*)

Four to five feet tall. Great treatment for chest complaints. Hollyhock is a substitute for marsh mallow.

**Mints** (*Mentha spp.*)



Two feet tall. Because there are so many different kinds of mints, taste would indicate which to plant for your own use. All the mints are considered to be astringents. Peppermint and spearmint are considered to be the most versatile.

**Mullein** (*Verbascum thapsus*)

Three to six feet tall. Mullein is one of the most versatile of the herbs. You can use every part. Great diuretic and liver tonic. Treat skin disorders, cuts, scrapes, and bruises with mullein. Good to use for chest complaints and asthma.

**Nasturtium** (*Tropaeolum majus*)

One foot tall. Considered a stimulant. Good tea to use as a tonic. Has a nice peppery taste. Use in salads and spreads.

**New Jersey Tea** (*Ceanothus americanus*)

Two to three feet tall. Similar to Chinese green tea. Many uses. Use for respiratory problems and to treat high blood pressure.

**Onion** (*Allium cepa*)

One foot tall. Many uses. If eaten regularly, helps to control blood pressure and heart problems.

**Oregano** (*Origanum spp.*)

One foot tall. Many uses. Olive oil and oregano mixed is a good rub for arthritis.

**Pansy** (*Viola tricolor*)

Also called heartsease. Good for treating bronchial coughs and asthmatic complaints.

**Parsley** (*Petroselinum crispum*)

One to one and a-half feet tall. Parsley is one of the best herbs to treat kidney complaints. Great diuretic to use during weight loss.

**Passion Flower** (*Passiflora incarnata*)

Vine. Passion flower tea has sedative value.

**Pennyroyal** (*Hedeoma pulegioides*)

Four to sixteen inches. Pennyroyal is a gentle stimulant. Relieves nervous stomach. Should not be taken by pregnant women as the oil can cause uterine contraction. Good to drink during menstrual cycle.

**Plantain** (*Plantago major*)

Six to eighteen inches. Plantain is a great tonic. Use mainly for its diuretic effect.

**Poplar** (*Populus spp. salicaceae*)

Ninety feet tall. Gather the buds in the spring for treating chest complaints. The buds are known as balm of Gilead. Use in cough syrups and for asthma complaints.

**Rose** (*Rosa spp.*)

Hips are great to use in preventing colds and for treating colds and the flu bug.

**Rosemary** (*Rosmarinus officinalis*)

Can grow up to five feet tall with proper climate. Native to the Mediterranean coast, rosemary will grow very satisfactorily in pots to be kept indoors. Use rosemary in a cordial to treat heart palpitations. It will also stimulate the urinary organs. Good for headaches and sleep disorders. *Caution:* It can be fatal in excessive amounts.

**Sage** (*Salvia officinalis*)

One to one and one and a half feet tall. Sage is an astringent in nature and can be used for everything from hair rinse to treating nervous disorders. *Caution:* It can cause symptoms of poisoning if taken in excess. Also, do not use if breastfeeding, since it can cause the mammary glands to dry up.

**St. John's Wort** (*Hypericum perforatum*)

Two feet tall. The flowers make a good ointment to use for general skin disorders. The tea is good to strengthen the immune system. Studies are being done on using St. John's wort to fight cancer and AIDS. *Caution:* Can cause photosensitivity if used in excess.

**Savory** (*Satureja spp.*)

One foot tall. Said to be an aphrodisiac. Regulates menstrual cycles and is good to treat stomach disorders.

**Soapwort** (*Saponaria officinalis*)

One to two feet tall. Great to use as a natural shampoo. Also used to wash delicate items such as lace because it is very gentle.

**Sweet Cicely** (*Myrrhis odorata*)

Three feet tall. Use to treat digestive disorders. It is considered to be an expectorant. Use to treat colds and chest complaints. Use as a tonic for elderly people and babies.

**Sweet Woodruff** (*Galium odoratum*)

Eight inches in height. Is considered a calmative, diaphoretic, and a diuretic. Soothes the stomach. Tonic for liver and heart. Use as a base in perfumes.

**Tansy** (*Tanacetum vulgare*)

Three to four feet tall. Tansy is an astringent, so you can use it to treat skin disorders. For external use only.

**Tarragon** (*Artemisia dracunculus*)

Two feet tall. Relieves many gastric disorders.

**Thyme** (*Thymus vulgaris*)

One foot tall. Great astringent. Use internally and also for external remedies. If too much is ingested, it can overstimulate the thyroid gland and lead to poisoning.

**Valerian** (*Valeriana officinalis*)

Three and one and one-half to five feet tall. One of the best herbs to use for home remedies. Great treatment for chest complaints and a wonderful relaxant. It should be used sparingly (only once per day) because extended use may produce poisoning. Discontinue use after 2–3 weeks. Start use again in 1 month if needed.

**Violet** (*Viola odorata*)

Four to six inches. Violets are a wonder plant. All parts can be used. The plant has more vitamin A than any other known plant. Great tea and wonderful relaxant.

**Willow** (*Salix spp.*)

Fifty to eighty feet tall. Willow teas made from the twigs, bark, and leaves are great pain relievers. Originally, aspirin was made from willow bark. Now aspirin is made from petroleum and coal tar products. Use internally and externally to relieve pain and swelling.

**Yarrow** (*Achillea millefolium*)

Three feet tall. Has pain relieving properties similar to willow. Use to clean wounds and cuts. Also antiseptic in nature so it can prevent the infection of wounds and cuts.

The following is a list of the herbs, placed in categories. They are listed as astringents, diuretics, expectorants, nervines (sedatives), or stimulants. Herbs used in tonics will also be listed. You may see the same herb listed under all categories. This is because most of the herbs have more than one property and can be used in many different ways. *Caution: Can cause dermatitis in some people.*

**Astringents**

Astringents are natural cleansers and are antibiotic in nature.

witch hazel	cinnamon	rosemary
thyme	comfrey	eyebright
all the mints	calendula	shepherd's purse
nettle	sage	white yarrow
plantain	bee balm	willow bark
sweet basil	chervil	garlic
hyssop	tansy	lemon balm
borage	mullein	balm of Gilead

### **Diuretics**

Diuretics increase the output of urine, taking harmful substances from the system.

mugwort	corn silk	burdock
plantain	pennyroyal	balm of Gilead
chamomile	dandelion	nettle
parsley	red raspberry	St. John's wort
shepherd's purse	carrot	thyme
water nasturtium	nasturtium	anise
or watercress	elder	garden strawberry
wild strawberry	cramp bark	borage
sage	heartsease	sweet basil
mullein	apples	comfrey
nettle	asparagus	chervil
lemon balm	savory	

### **Expectorants**

These herbs cause the expulsion of mucus and break up congestion.

boneset	coltsfoot	anise
slippery elm	Irish moss	elecampane root
ginger	garlic	horehound
St. John's wort	wild cherry bark	mullein
lobelia	sassafras	lemon verbena
heartsease	prickly lettuce	balm of Gilead
nettle	chervil	betony
comfrey	costmary	hollyhocks
marsh mallow	horseradish	hyssop
sweet cicely	bee balm	lemon balm
borage		

### **Nervines**

Nervines relieve nervous irritation caused by strain and tension.

hops	motherwort	rosemary
chamomile	cramp bark	lettuce
red clover	valerian	violet
basil	blue cohosh	pennyroyal
skullcap	catnip	sage
passion flower	corn flowers	chicory
chervil	comfrey	heartsease
willow	lavender	borage
lobelia	yarrow	

### **Stimulants**

These herbs increase stimuli to the system and will increase blood circulation.



all mints	red clover	ginseng
calendula	ginger root	raspberry
cloves	lobelia	nettle
parsley	white yarrow	pennyroyal
balm of Gilead	caraway seed	cinnamon
anise	valerian	lemon balm
hyssop	yerba santa	cayenne pepper
coriander seed	rosemary	blue cohosh
shepherd's purse	comfrey	chervil
sage	St. John's wort	

### **Tonics**

Tonics benefit the whole body. They strengthen the organs that are affected by the action of the digestive system. They do take time to work, so keep the treatment going until the system has time to adjust.

corn silk	burdock	white yarrow
nasturtium	sassafras	hops
dandelion	lavender	cayenne pepper
comfrey	ginger	ginseng
rosemary	all mints	anise
cinnamon	red clover	nettle
parsley	red raspberry	willow bark
chicory	shepherd's purse	costmary
goldenseal	lemon balm	mullein
heartsease	violet	

There is one small caution that I feel must be added. Most people are already aware of what they are allergic to. People have many different food allergies and they have herb allergies too. If you have a ragweed allergy you would know to stay away from chamomile as it is a member of the ragweed family. In some of the beauty recipes, lanolin is used. If you are allergic to lanolin, you would need to substitute olive oil or almond oil. Just be aware of your personal needs when using the herbs, eating foods, or using anything in excess to your own detriment. If you have an allergic reaction to any of the preparations, stop the treatment immediately and try another remedy. There are so many different substitutions that you need not get discouraged. Because we are all unique, our systems will react differently to the different herbs.

Also be aware that a health problem may be caused by an allergy from common foods such as milk or wheat. Many hyperactive children are simply suffering from a common food

allergy. Withholding these bothersome foods helps the child to return to natural behavior without drug treatment.

Herb preparations can safely be given to children. Small babies, ages 0 to 5 years old, should receive one-third the dose that an adult would receive. Children ages 5 through 12 get half the dose an adult would get.

*Honey should never be given to children under the age of one.* The American Academy of Pediatrics has placed the blame on honey for causing botulism in small children. Use sugar to sweeten any herbal mixture that you plan on using to treat small children.

*Many people get the mistaken notion that if a little bit helps, a lot more is better.* This is far from true. It works the same way that feeding your house plants does. You can burn your plants by adding too much commercial food the same way that you can burn the plants by adding too much manure tea. Even though manure tea is a natural way to feed your plants, too much of a good thing can be harmful. Just be aware of these cautions and you and your herbs will get along just fine.

[contents]

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# Harvesting Herbs and Preparing Your Own Medicine Chest

Most of the time when you mention the word “herb,” it means the part of the herb that grows above ground. Sometimes this means the entire plant growing above ground, but most of the time it means only the top half of the plant.

In general, herbs should be gathered when they are in flower. Never gather your herbs on a wet day. Always wait until there have been several dry days before collecting the herbs. Herbs should be gathered after the dew has dried from the plants, but before the sun gets too hot. They hold most of the essential aromatic oils at this time.

The leaves can be gathered when the plant is flowering. Hang up the stalks to air dry until the leaves are completely dry. You can then crumble the leaves, keeping only those leaves that retain a green color, and store in a dark, tightly closed container. The stems have very little medicinal value, so these need not be kept. Make sure the bunches of herbs hang loosely, so there is a chance for the air to circulate between the leaves. You do not want any mold to form on the leaves.

Some of the herbs need to be oven-dried to ensure that they are dried as quickly as possible. This can keep the leaves from turning black. Basil is one of the herbs that needs to be dried quickly, to prevent it from turning black. Put a thin layer of the herb on a cookie sheet. Place in a very low-heat oven, about 150 degrees. Prop open the oven door with a spoon to release the moisture from the plants (be careful not to touch the spoon with your hand since it will be very hot). Turn the herbs and watch them carefully. Remove when the herb crumbles easily. Store in an airtight container immediately.

Some people are successful in drying their herbs in the microwave. I tried once and started a fire, because they do dry very quickly in the microwave. I never seem to have the time needed to stay close enough to make sure that they are drying correctly, so I use other methods. Maybe I can experiment with using the microwave next year. It would speed things up a bit, I'm sure.

The seeds of the herbs are gathered when they are not quite ripe, before the seed pods are fully opened. I pick the whole head of the plant and place it in a paper bag. I leave these to dry in the bag. When I happen to think of them, I shake the bag every once in a while. Later, I shake the bag to work the seeds loose from the pods. It is an easy matter to then pick out the flower heads, leaving the seeds at the bottom of the bag. I pour the seeds into a container and store them. It's easy.

The flowers of the herbs are collected just as they are beginning to open. These should be placed on a screen to dry. Lay them on the screen in a single layer and turn frequently until they are completely dry. They should retain a natural color, so keep only those that do keep their color.

When drying the fresh elder flowers, please take the precaution of hanging them away from people and living areas. They release a volatile gaseous oil that may cause you to become dizzy or give you a headache.

Most of the roots and bark are collected in the fall with a few exceptions. One exception is the wild ginger root. This should be gathered in the spring. As ginger is so necessary for cooking and medicinal purposes, I thought I would make a special mention of that. After getting a good patch of wild ginger to grow, you will be able to judge how much you can harvest without destroying your whole patch.

We need to preserve the wild plants around us. Never, never gather all of the wild herbs that you find. Always leave plenty for another year's supply. You need to be sure to leave plenty of plants alive to keep the species healthy and able to continue to grow where you found them. When gathering wild seed, it

doesn't hurt to plant a few seeds that you have gathered. I try to leave the stronger and healthier plants where I find them. The stronger plants ensure that there will be a strong healthy patch a few years down the road.

I remember showing a friend the location of a patch of wild ginger. I never gathered from that patch, I was just attempting to teach her to identify the plant. The patch was growing in a protected area. The next time I saw the patch, it had been utterly destroyed. The "friend" thought she would dig up her supply so she dug enough to last for several years.

Since then, I have never attempted to teach anyone to identify herbs again, except for the more common and easily found herbs, such as plantain, shepherd's purse, mullein, and a few that are not in danger of being totally wiped out by someone who just does not have the proper mindset to appreciate these wild gifts.

If you can't find any sources from which to buy bark, or if it is an emergency, gather the bark yourself by pulling it off the tree by hand. The inner bark is the part used, after the rough, outer bark is removed. The inner bark will tend to come off in strips.

Place the bark in a warm, well-ventilated room and dry it as quickly as possible. Low humidity is a must when drying the bark. Place it on a screen or lay it on a clean wooden floor in the attic. Turn the bark daily to ensure even drying.

It must be stored in an airtight container to ensure that it does not develop mold or other harmful bacteria. Here's a way to help keep it free from bacteria and mold: Put several drops of camphor (a preservative) on an absorbent cloth. Place the cloth between two sheets of waxed paper and place it in the bottom of the container.

The attic is an ideal place to dry roots and bark, as that room stays warmer and dryer than the rest of the house. I have not been able to dry roots or bark for the last several years because we were in the process of building our home and there was no attic available. A greenhouse is also a great place to dry the

roots and bark. I hope my little greenhouse will be built and ready for the early spring. When it is ready, I will use it to dry my roots next fall.

The roots are not too difficult to dry. After digging the roots, wash them thoroughly with a small scrub brush to remove all traces of soil. Drain well and slice the roots crosswise or lengthwise. Spread them on a screen in the attic or greenhouse, turning them occasionally to ensure thorough drying. Remember, the roots and the bark need to be dried as quickly as possible to ensure a healthy product.

Always date and label the tins or jars in which you store your herbs. In this way, you can keep track of which herbs you have and how fresh they are. The roots can be kept for 3–4 years. The leaves and flowers can be kept for several years, but will probably need to be replaced yearly, because of frequent use. The fleshy roots, such as dandelion and burdock, should be replaced yearly.

I always run out of the herbs that I use to make the infusions because we drink them quite often, for pleasure and for tonic purposes. I never know how much to preserve as we use what we have and would probably use a wheelbarrow full if we had it on hand. After a time, you soon know what you use in large quantities and make it a point to preserve more of that. The bee balm and licorice mint, as well as the other mints, seem to get used up pretty fast.

I keep my cooking herbs separate from my medicinal herbs. Some of them overlap, but this is handy, because then I don't run out of any one herb as fast as I might otherwise.

If, during the winter, I find I'm using large quantities of some of the herbs, I plan to plant larger beds of them in the spring. I usually plant more of the herbs that I use regularly for medicine, cooking, and beauty preparations. Planning your herb beds and your garden is a wonderful winter pastime, a great way to spend your time while waiting for spring. It also helps to make your greenhouse work a little less hectic, as you know exactly what you need to start planting in early spring

and can prepare the containers needed. I used to always forget to plant several of the plants that I wanted to grow until I started making my lists ahead of time.

## **PREPARING YOUR HERBAL MEDICINE CHEST**

Now that you have grown, harvested, and dried your herbs—and have a basic knowledge of their many uses—you should prepare your own herbal medicine chest. You do not need a large supply of herbs. Your medicine chest may be designed to hold only a few remedies, but it is important that you have a special place for them. I use a large cabinet in my living room to store all the herbs and herbal preparations. They are handy and ready to use. I take a great deal of pleasure from my cabinet.

As you become more familiar with using the different herbal medicines, you will get some idea of which herbs you will need to keep on hand. Also, your family's habits will determine what you keep on hand. It's a personal decision; no one can tell you what you need. If someone in the family has a tendency to get chest colds, you would prepare some of those remedies, or at least have on hand different herbs needed to create those remedies so you can treat them at the first sign of illness. Sometimes, by treating a particular illness before it has a chance to get a good hold, we limit the chances of it becoming a serious illness.

By this time, I know what tonics, salves, and tinctures I need for my family. By keeping some of these available, I can be prepared for just about any illness or accident. Here is a list of some of the remedies that I keep on hand. I find that I use some frequently and others hardly at all. All of the recipes for these remedies are found in this book, just refer to the chapters that correspond to the illness or disorder mentioned.

1. The menthol camphorated oil is the first thing I would use on any strained muscle, soreness, or arthritis. It's also my first choice for easing chest tightness. The recipe makes a pint, so this lasts me for some time.



2. I like to keep a good assortment of the tinctures on hand. I use the valerian tincture the most. I use it to treat different skin rashes, headaches, and nervousness. If I feel a cold coming on, I use the antibiotic tincture and the rosemary tincture. I usually use calendula to clean cuts and scrapes, but almost any of the tinctures are good for that, so I don't worry too much if I run out of calendula tincture.
3. I always have several of the salves on hand. I always keep the balm of Gilead salve ready to treat burns and scratches. My aloe vera grows in several different parts of the house and I always have the fresh leaves handy, so I am not too concerned with making a salve from that. If I had to tend to a more serious burn I would make some aloe salve.
4. I keep an earache tincture ready for use. I don't get earaches, but my grandson does, so I keep it for him. I also use it on my dog, Charley, when he is bothered with ear problems. He is eighteen years old now, so I use quite a few of my home remedies to keep him comfortable. He still gets around really well, so the herbs must be of help to him.
5. I always keep the wild cherry cough syrup on hand, and in the fall I try to keep a supply of cough drops. They are delicious. We suck on those even when we don't have a cough.
6. I keep several kinds of herbal capsules prepared for our home use. I take the "change of life" (menopause) capsules, along with the capsules for poor circulation. To save time, and to have them ready when I need them, I try to make at least a two-month supply of the capsules at one time.
7. In the cabinet, I place all the vitamin supplements that we might need to take during bouts of illness. I also stock herbs to make remedies for other, less common needs. The number of herbs that you keep in stock is not as important as your ability to use what you do have.

The dried herbs found in tea or infusion remedies are effective and easy to use, so just keeping them on hand is enough to enable you to treat many personal illnesses. It

may take a little time to get the supplies you need, but it is well worth the effort.

I keep all the cooking herbs in the kitchen spice cabinet. The other herbal preparations designed for bath or personal care are kept in the linen closet or bathroom. The personal care products are used daily and, of course, are kept where they will be at hand.

It really doesn't take as much time as you might think to make the herbs and herbal products for daily use. Even if they did take a lot of time, I still would keep making them for our health's sake. Besides, I get much pleasure and enjoyment out of being able to make many of the products that are used here at my home. There is a lot of self-satisfaction in using nature's bounty.

## **WHICH PART OF THE HERB IS USED?**

I have listed a few of the herbs that would be used in making some of the recipes. I've also included information on which part of the herb is commonly used to prepare remedies.

### **Acacia** (*Acacia senegal*)

The exudation is the part used. Removes phlegm from the throat and bronchia. Used for conditions of the respiratory and digestive organs.

### **Alkanet** (*Alkanna tinctoria*)

The root is the part used. Used for blood disorders, liver, and gallbladder problems.

### **Allspice** (*Lindera benzoin*)

Fruit, leaves, and twigs are used. Breaks fevers.

### **Angelica** (*A. atropurpurea*)

Roots, seeds, and leaves are used. Expectorant for colds and coughs. Also treats kidney disorders and aids the digestive system. *Caution:* Be careful not to mistake poison hemlock for angelica.

### **Anise** (*Pimpinella anisum*)

The leaves and seeds are used. Anise is good for colds and flu. Licorice or anise hyssop is a great tea to relieve fever. It is used as a digestive aid. It can be added to recipes for teas that include unpleasant-tasting herbs. Anise adds a nice licorice flavor to any tea.

**Apple** (*Pyrus malus*)

The whole fruit is used. Dried apple tea is an excellent diuretic. Aids in elimination of toxins from the system.

**Asparagus** (*Asparagus officinalis*)

The shoots and the roots are used. Warm tea made from asparagus is used as an excellent diuretic. Drink every 2–3 hours.

**Balm of Gilead** (*Populus candicans*)

The closed bud of the poplar tree is the part used. It is an expectorant for chest ailments and bronchial disorders.

**Basil** (*Ocimum basilicum*)

The leaves are used. Basil aids in digestion and is used as a mild laxative. Since it also acts as a mild sedative, it is used to treat headaches. *Caution:* Can cause allergies and skin irritation.

**Bee Balm** (*Monarda didyma*)

All of the plant can be used. Bee balm is used as an antiseptic because it contains thymol and removes impurities from the blood. Also used to stimulate the liver and spleen.

**Blackberry** (*Rubus spp.*)

Leaves, fruit, and roots are used for different illnesses. Dissolves deposits in the alimentary system as well as the kidneys.

**Black Alder** (*Prinos verticillatus*)

Bark and fruits are used. Good treatment for liver and gallbladder problems. Cleans the system of accumulated mucoid toxins.

**Boneset** (*Eupatorium perfoliatum*)

The upper half of the herb is used. Has a cleansing effect on all the organs. Used as a tonic as well as an aid in eliminating mucus from the alimentary, bronchial, bowel, and liver systems. Also a muscle relaxant.

**Borage** (*Borago officinalis*)

Leaves and flowers are used. Borage has a cucumber taste and makes a cooling addition to teas. Borage is often used to relieve depression. The flowers, made into a tea, are used to treat fevers and colds.

**Calendula** (*Calendula officinalis*)

The flowers are used in remedies for many different illnesses. The tea is used internally and externally. It has been used to stop bleeding and has antibiotic properties to heal wounds. Use for chest ailments as well as for cramps, flu, stomach problems, and as an aid to induce sweating to bring down fever.

**Catnip** (*Nepeta cataria*)

Leaves and flowering tops are used to treat colic or flatulence.

**Celery** (*Apium graveolens*)

Tea made from celery eases the stomach and is used as a nervine and sedative. Always use fresh celery. Never use celery that is limp or discolored, even to cook with.

**Chamomile** (*Matricaria chamomila*)

Flowers and the upper half of the plant are used. It is a calmative and sedative. Treats headaches, cramps, and other gastrointestinal disorders.

**Chicory** (*Cichorium intybus*)

The flowers are used as a sedative and general tonic. It is also used as a diuretic.

**Clary Sage** (*Salvia sclarea*)

The leaves and seeds are used. Not only is clary sage used for eye disorders, but it has great properties that help to clear the sediments from the liver and kidneys. The tea is also used to help with stomach and intestinal problems. Good for nausea and colic treatment.

**Cleavers** (*Galium aparine*)

The entire herb is useful. A strong diuretic, it is used to dissolve deposits in the kidneys.

**Coltsfoot** (*Tussilago farfara*)

The leaves are the part used. This herb binds to toxins in the system and helps to eliminate them. Great expectorant.

**Comfrey** (*Symphytum officinale*)

Roots and leaves are used. Great expectorant, demulcent, and emollient. Great tea for internal as well as external use. *Caution:* Comfrey has recently been proven carcinogenic.

**Corn silk** (*Zea Mays*)

Corn silk is a great diuretic. Use to clean the urinary system and as a tonic for the whole system. Dry plenty of it so that you can use it during the winter months for kidney and bladder infections.

**Dandelion** (*Taraxacum officinale*)

Roots and leaves are used. Use as a general tonic, as well as for liver and gallbladder complaints.

**Elder** (*Sambucus canadensis*)

Leaves, fruits, and flowers are used. Elder flower tea is an excellent diuretic. Use for feverish colds, too.

**Eyebright** (*Euphrasia officinalis*)

Use the seeds if you have a tendency toward kidney stones. Use in a rinse for eyes.

**Fennel** (*Foeniculum vulgare*)

All parts are used. Aids digestion and helps calm nervous stomach. Increases milk production.

**Fenugreek** (*Trigonella foenum-graecum*)

Use the seeds. Soothes the lining of the stomach and intestines.

**Ginseng** (*Panax quinquefolia*)

The root is used. For centuries it has been considered a near cure-all. Used as a tonic for all the systems of the body and as an aphrodisiac.

**Goldenseal** (*Hydrastis canadensis*)

The root is used. It helps in ailments of both the stomach and liver.

**Horehound** (*Marrubium vulgare*)

Flowering tops and leaves are used. Use for bronchial and stomach disorders. Good for sore throats and colds. It is an expectorant.

**Hollyhock** (*Althea rosea*)

Roots and leaves are used. Leaves can be used uncooked in salads or cooked as a side dish. It is an emollient and good to use during colds. Use if prone to kidney stones.

**Irish Moss** (*Chondrus crispus, and gigartina mamillosa*)

Dried plant is used. Use in bronchial disorders and for kidney problems. Use in cough syrups.

**Kelp** (*Fucus vesiculosus*)

Kelp contains iodine. Use to purify the blood as well as for goiters.

**Kidney Beans** (*Phaseolus vulgaris*)

Tea made from the beans and pods is considered to be of a diuretic nature. It helps to clean the kidneys and ureters of gravel.

**Lavender** (*Lavandula angustifolia*)

The flowers make a pleasant tea that has sedative properties. Use for releasing tension and headaches.

**Lemon Balm** (*Melissa officinalis*)

The leaves make a tea with a sedative action. Use to induce sweating to reduce fevers. It also regulates menstruation.

**Lemon Verbena** (*Aloysia triphylla*)

The leaves make a tea for upset stomachs; also has a tonic effect upon the intestines. It has a slight sedative effect and can be used to relax as well as reduce the fever of colds and flu.

**Licorice** (*Glycyrrhiza glabra*)

The root is the part used. Has estrogen-like properties, so use during and after change of life. Use also for all blood and bronchial problems.

**Lobelia** (*Lobelia inflata*)

Use the herb after the seed capsule has opened. Used for asthma and bronchial disorders. *Caution:* As little as 50 mg of the dried herb has caused poisoning symptoms.

**Marsh Mallow** (*Althaea officinalis*)

The root is used to soothe inflammations and irritations of the urinary and alimentary systems. Will help to dispel hoarseness and tickling of the throat as well as help in all bronchial disorders.

**Mullein** (*Verbascum thapsus*)

The flowers and leaves are the parts most used. Every part can be used. Used for bronchial problems as well as to inhibit the growth of certain bacteria. It is great to use during colds, as it has antibiotic properties.

**Nettle** (*Urtica dioica*)

The leaves and upper part of the plant are used. Used to relieve arthritis pains. Also frequently used in remedies for losing weight.

**Nutmeg** (*Myristica fragrans*)

Use in small doses to help stomach disorders and digestion. *Caution:* It is a powerful narcotic if used in too large a dose.

**Pansy** (*Viola tricolor*)

The whole herb is used. A mild expectorant. Used for colds and asthma. Good tonic for the heart. Pansy is also known as heartsease.

**Parsley** (*Petroselinum crispum*)

The whole herb is used. Great diuretic. Parsley tea has long been used to treat kidney problems.

**Pennyroyal** (*Hedeoma pulegioides*)

The leaves of the herb is used, most often in remedies combined with other herbs. Relieves upset stomach and is a gentle stimulant. Good to use for menstrual cramps because it stimulates the uterine muscles.

**Peppermint** (*Mentha piperita*)

Leaves and the flowering tops are the parts used. Removes hardened mucus from the alimentary and bronchial systems. Used for discomfort of colds and stomach problems.

**Plantain** (*Plantago major*)

Root and leaves are used. Plantain has antiseptic properties and removes toxins from the system.

**Pokeweed** (*Phytolacca americana*)

The early shoots are used, as are the roots and berries. Pokeweed should be used with caution in any home remedy. I call it the chemotherapy of the herbs, as it is an extremely strong purge. It duplicates the effects of cortisone, which stimulates the entire glandular system. It is used only when drastic measures are called for and when all other natural methods have failed or are not suitable. It serves as a violent laxative and diuretic to clean the whole system. *Caution:* Please keep children away from the berries. They are fascinated by the beautiful berries but it is not a safe plant for children to be around.

**Prickly Lettuce** (*Lactuca virosa, and l. scariola*)



The leaves and gum are used. Use as a strong sedative to treat insomnia. Also removes hardened excretions from the bronchial system.

**Purslane** (*Portulaca oleracea*)

The herb above the ground is the part used. It is a good diuretic and cleanser for the kidneys. I have used it to give to goats that were suffering from scours (diarrhea). Make a tea with the purslane and then force it down their throats. It saved some of my goats from death.

**Raspberry** (*Rubus idaeus*)

The leaves and fruit are used. Raspberry leaf tea stimulates the kidneys. The main purpose of the tea is to relax the uterine muscles, so it is considered a woman's herb. The roots are well known for their astringent properties. Because the root has concentrations of tannic and gallic acids, it has antibiotic value.

**Red Clover** (*Trifolium pratense*)

The flowering tops are used. Great blood purifier and tonic. Most skin disorders are caused by impurities of the blood and this tea should be taken on a regular basis if you suffer from pimples, boils, or other skin eruptions. Some people are allergic to red clover.

**Rose Hips** (*Rosa canina*)

The hips, leaves, and flowers are used. Great tonic for the blood. The hips contain vitamin P, which prevents and heals ruptures of small blood vessels. Treatment of the kidneys is indicated by the citric acids in the hips.

**Rosemary** (*Rosmarinus officinalis*)

The needles are used as an astringent. It does relax the muscles and is used to treat depression, muscle spasms, and headaches.

**Sage** (*Salvia officinalis*)

The leaves are used. Sage is a stimulating herb for the kidneys and helps to remove toxins from the system. The sedative

properties are well known, so it can be used to treat headaches. Also used to treat colds because it removes catarrh in the alimentary and bronchial systems. *Caution:* It can cause symptoms of poisoning if taken in excess. Also, do not use if breastfeeding, since it can cause the mammary glands to dry up.

**Sassafras** (*Sassafras albidum*)

The bark of the root is most commonly used to break up impurities in the blood system, so it is considered a blood purifier and thinner. It has a gentle, cleansing action that is helpful to the kidneys.

**Sheep Sorrel** (*Rumex acetosella*)

The plant above ground is used. Great to reduce fevers. It is used for blood disorders and cleans the urinary system. The word “sorrel” means sour. It is called sorrel for the acidity in the leaves.

**Shepherd’s Purse** (*Capsella bursa-pastoris*)

The entire plant is used. It has a stimulating effect upon the uterine muscles. Also used in cases of diarrhea for humans and animals because of the astringent properties. It has hemostatic properties (stops bleeding), so it is useful for all kinds of hemorrhages affecting the uterus, lungs, stomach, and kidneys. Shepherd’s purse also increases the flow of urine and is helpful in removing mucous matter from the urine.

**Skullcap** (*Scutellaria laterifolia*)

The part above ground is used. The sedative properties are well known. Used for insomnia, nervous disorders, and headaches.

**Slippery Elm** (*Ulmus fulvus*)

The dried inner bark is the part used. A mild expectorant, it soothes irritations of the alimentary and bronchial systems.

**Solomon’s Seal** (*Polygonatum officinale*)

The root is the part used as a diuretic and it also has mucilaginous properties that help with vigorous expectoration during bronchial disorders.

**Spearmint** (*Mentha spicata*)

Leaves and flowering tops are used. Great for treating colic and disturbances of the alimentary system. Used as a diuretic, also.

**Sweet Woodruff** (*Galium odoratum*)

The top part of the herb is used. Sweet woodruff has a very pleasant smell after it starts to dry. It has been used as a blood purifier, and as a tonic for the heart and the liver. It is also used as a calmative, helping to soothe stomach disorders and upsets.

**Tag Alder** (*Alnus serrulata*)

Cones and bark are used as a diuretic.

**Thyme** (*Thymus vulgaris*)

The whole top of the growing herb is used. Has a therapeutic action on the bronchial system. It is a stimulant and has antiseptic properties for use in cleaning the alimentary, urinary, and bronchial systems.

**Valerian** (*Valeriana officinalis*)

The root is the part used. Valerian has a very unpleasant smell, but its influence on the brain and spinal cord are well known. It acts like valium without the side-effects of addiction that you would have with the prescription drug. It is a great calmative and is used extensively for sleeplessness and nervous disorders.

**Vervain** (*Verbena hastata*)

The entire herb is used. The plant has diaphoretic and expectorant properties, so is great to use for chest complaints like feverish colds or pleurisy.

**Violet** (*Viola odorata*)

The flower, leaves, and the roots are used. Violets contain more vitamin A than any other known plant. It's a great tonic and is a mild sedative too. The roots of violets are known to soothe stomach pains and stop diarrhea.

**Watercress** (*Nasturtium officinale*)

The entire plant is used. Cleans the kidneys and is loaded with vitamin C. Contains many important minerals such as calcium, sulfur, copper, iron, and manganese, which strengthen the blood. Great tea to treat anemic conditions as well as being a great all-around tonic.

**Wild Ginger** (*Asarum canadense*)

The root is the part used. Wild ginger is a stimulant and diuretic. The herb acts on the kidneys to eliminate viscous matter. Also a great tonic for the whole body.

**Wild Strawberry** (*Fragaria virginiana*)  
**and Garden Strawberry** (*Fragaria vesca*)

The root, leaves, and berries are used. Drinking a tea made from strawberry leaves is a quick way to add minerals to the blood system. There is iron, potassium, sulfur, calcium, sodium, and the associated acids, such as citric and malic, in the herb. The fruit contains vitamin C, so it is useful to treat scurvy. It is used to treat gout and related disorders. Has great benefits for the alimentary and urinary system. An all-around fantastic tonic.

**Willow** (*Salix spp.*)

The Twigs, Leaves, and bark are used. Contains salicin and salicylates—source of the first aspirin. Good to take for headaches, aches, and pains of arthritic conditions, and to relieve pain during menstruation. Good to use alone or mixed with other herbs to relieve discomfort of colds and flu.

**Woad** (*Genista tinctoria*)

The entire plant has a use. Not only does it supply us with the only natural blue dye (through use of the root), but the leaves

supply us with a remedy for treating obstruction in the gall bladder and liver.

**Wild Yam** (*Dioscorea villosa*)

Root is used. Wild yam is treated by the body as though it is estrogen and so is of great help during menopausal stages. Used in the treatment of asthma and other ailments affecting the bronchial system.

**Yarrow** (*Achillea millefolium*)

The whole herb is used. Great to use for feverish ailments. Contains silicin and salicylates, so it eases feverish aches and pains. Combine with more pleasant tasting herbs to make a tea. The roots are used to treat blood disorders. Yarrow has many minerals in it such as iron, calcium, potassium, sodium, and sulfur. It also contains two substances called achillein and achilleic acid. When ingested, these substances help to reduce the time that it takes for blood to clot. It has external uses as well. It is an astringent and can be used to clean—as well as relieve the pain of—wounds and sores.

[contents]

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## Beauty Preparations

Beauty products are important to our physical and mental health. Many commercial beauty products contain artificial chemicals and these chemical substances do penetrate the skin. Every time we apply commercial products to our body, we are absorbing substances through our skin that we would never dream of putting in our mouth.

By keeping well-groomed, we are also helping our self-esteem and mental health. Mental health is extremely important for physical health. By using natural products we are protecting our health.

The natural recipes are simple to make. Try different ones to find the one that works for you. Just keep in mind that if your skin has a tendency to be dry, you would not want to use too many astringents. And, keep in mind any allergies you might have. Before making any remedy, try each of the herbs in a skin test. You may not be aware of some of the allergies that you have. Each person in your family has different needs, so be aware of this as you make different recipes and preparations that members of your home will be using.

Soap can be harsh to your skin, taking away necessary natural oils, so try bathing without commercial soaps. I know it doesn't sound like very good advice, but try it for one week and see the difference for yourself. I shower most of the time using only a washcloth to scrub the skin and when I do use soap, it is an herbal soap.

Remember, there is beauty and majesty in natural simplicity.

These recipes will make you look ten years younger. (The beeswax and lanolin called for are available at your pharmacy.)

### **Basic Cleansing Cream**

The recipe calls for 2 tablespoons beeswax, 4 tablespoons lanolin, 2 tablespoons herbal infusion water (instructions follow),  $\frac{3}{8}$  cup olive oil, and  $\frac{1}{8}$  ounce scented oil (if desired). Melt lanolin and beeswax in a double boiler over low heat. When melted, add the olive oil. Remove from heat and stir in scented oil. Stir continuously until cool. It will thicken and become creamy. Store in a screw-top jar.

Use this cream to clean your face. Apply a small amount, massage into face. Place a hot cloth over face. As the cloth cools, rinse it in hot water to heat it up again. Do this several times. Remove all traces of cleanser with a clean tissue. Use the herbal infusion to pat on as a skin toner.

### **Basic Herbal Infusion**

Pour  $1\frac{1}{2}$  cups boiling water over herb of your choice. Use 3–4 tablespoons fresh herb or 1 teaspoon dried herb. Use chinaware or earthenware container. Steep 30 minutes and strain. Bottle the mixture in a screw-top container and refrigerate. It keeps about a week. Use cold. This tonic has many beneficial effects, depending on the herb used.

*chamomile*: tones up relaxed muscles

*fennel*: an infusion of the leaves and seeds clears up spots

*lemon balm*: smoothes wrinkles

*mints*: all mints are excellent astringents

*rosemary*: tightens sagging skin

*comfrey*: mix with witch hazel as an excellent tonic to smooth wrinkles

*thyme*: an excellent astringent, it helps to clear acne

Use the infusion at least twice weekly to get best results. You will notice the effects on the first application.

The next few recipes are good for clearing up skin problems.

## **ACNE TREATMENTS**

### **Baking Soda for Acne Treatment**

Make a paste of baking soda and water. Apply to the face and leave on for 5 minutes. Rinse off with apple cider vinegar. Rinse again with clear water. Apply a coating of vitamin E oil to your face and leave on overnight.

### **Blemish Treatment with Strawberries**

Rub the face with a crushed strawberry. Leave it on for about 15 minutes. Rinse thoroughly with warm, then cold water. This will help to clear blemishes. *Caution:* Many people are allergic to strawberries. Try a patch test before proceeding to use the facial treatment.

### **Burdock (*Artium lappa*) Acne Treatment**

Burdock is a great astringent, removing excess oil from the skin. Use it faithfully every day if your skin is oily. It may take several weeks before you notice an improvement. Put 2 handfuls of burdock roots and leaves in 2 cups of water. Bring to a quick boil using a stainless steel or glass pot. Lower heat and simmer 10 minutes. Dip clean cloth into liquid and use as a compress until the cloth cools. Repeat this, keeping the liquid hot, for about 15 minutes.

### **Clogged Pores**

Put a large handful of chopped parsley into an earthenware bowl. Pour 1 cup boiling water over the parsley. Cover, and let steep until it reaches room temperature. Strain and apply the liquid to the face as a compress for about 15 minutes. Use daily. This really clears up the complexion.

### **Onion Juice for Acne Treatment**

Clean face thoroughly. Apply fresh onion juice to the area. Leave on for 15 minutes. Rinse well. Use daily.

### **Soap for Acne Treatment**

Dilute some liquid hand soap and apply a thin layer to the face. Leave on overnight and it will help to dry up eruptions. *Caution:* This can dry the skin out pretty fast, so I wouldn't use it more than once a week. Extra-dry skin can aggravate acne and you do not want to add to the problem.



## **Thyme for Acne Treatment**

Because thyme is such a good astringent, it can be used to help clear up acne. Pour 1½ cups of boiling water over 3–4 tablespoons of dried thyme. Let steep 30 minutes. Strain and bottle the liquid. Keep refrigerated. Teenagers with acne problems could use this daily as a facial rinse.

## **AFTER-SHAVES**

### **After-Shave Lotion**

Add 2 tablespoons dried lavender flowers and 2 tablespoons of sage to 2 cups of witch hazel. Place in a tightly closed jar and let sit for 1 week in a very warm area. Strain and rebottle. Very invigorating and has a nice clean scent.

### **After-Winter Pickup**

Steam the face with peppermint.(Add peppermint leaves to boiling water and make a towel tent over your head to trap the steam.) Then gently massage the face with the following mixture. Mix 1 unbeaten egg white with a few drops of spirit of camphor. Add enough warm milk to make a paste. Put on the face and let dry. Rinse well and blot skin to dry.

### **Stimulating After-Shave**

Mix 1 cup each of peppermint, yarrow flowers, fresh or dried lavender flowers, and 3 cups of sage leaves. Place in a large jar and cover mixture with rubbing alcohol. Let steep for 2 weeks. Strain and add 1 cup of water (distilled is best, but use what you have). If the skin is dry, add 2 tablespoons of glycerin or almond oil. This also makes a wonderful massage for aching muscles.

### **Styptic Lotion for Shaving Nicks**

Mix ½ cup of water, ½ teaspoon of alum, and ½ teaspoon glycerin. Shake well each time you use the lotion. Apply to nicks after shaving to stop bleeding.

## **BATH PREPARATIONS**

### **Apple Bath Addition**

Pour 3 cups of boiling water over 1/2 cup of dried apple slices, 1/2 teaspoon of cinnamon, and 1/2 teaspoon of whole cloves. Steep for 30 minutes. Use in bath water for a very refreshing bath.

### **Bath for Men—Scented**

Mix equal parts of lavender and pine needles. Boil and steep for 15 minutes. Strain and add to bath water. Lavender, verbena, nutmeg, geranium, lemon balm, and thyme are all good to add for a manly scent. If desired, you may add 1 tablespoon (or more) of the herb mixture to enhance the scent.

### **Bath Powders**

Simply add a few drops of scented oil to cornstarch or arrowroot. Apply after bath. Add the same scent that you use to make your perfume. (See page 71 for perfume recipes).

### **Bath Salts**

Mix together 1/2 cup of salt, 1/2 cup epsom salts, and 1/2 cup baking soda. Mix well, adding food coloring and scented oil if desired. Keep tightly closed. Add to bath water by tablespoons to desired strength. It makes a very soothing and relaxing bath, as well as being good for your skin.

### **Herbal Love Bath**

This is to pamper yourself when you're down. Mix 7 cups of lavender, 6 cups of rosemary, 5 cups rose petals, 4 cups of lovage, 3 cups verbena leaves, 1 cup each of thyme, mint, marjoram, and orris powder. Put in a container and keep tightly closed. To use, put 1/4 cup of the mixture in a muslin bag and tie securely. Boil the bath ball in 4 cups of water for 10 minutes. Add to bath water and scrub with the bath ball. Makes a really nice gift.

### **Lavender Bath Mixture**

Crush and mix 2 tablespoons of dried lavender flowers, 2 tablespoons of dried basil, and 2 teaspoons of cinnamon. Add to 2 cups of witch hazel. Steep for 2 weeks and strain. Add 1/2 cup to bath water or use as an after-bath splash.

## Medicine Wheel Bath Salts

The medicine wheel zodiac lists certain flowers and colors that bring good luck to the person of each sign. What better way to give good luck than in something that is used often. I make this to give as a gift and I also use often myself because it is so helpful and relaxing. Many people tell me that they mix the salts to add to a gift bath basket with other bath aids that they have prepared. They grow the luffa sponge and add that along with soap they have prepared as well as bath powders and deodorants. The bath salts not only smell good, but are good for you. Following is a list of the zodiac signs and their corresponding flowers and colors that you can use to make your own mixtures.

*Capricorn:* daisy, green or yellow

*Aquarius:* orchid, gold or red

*Pisces:* narcissis, blue or green

*Aries:* corn flower, violet

*Taurus:* violet, blue

*Gemini:* magnolia, peach

*Cancer:* red rose, yellow

*Leo:* lily of the valley, green

*Virgo:* sunflower, gold

*Libra:* gardenia, red, or violet

*Scorpio:* carnation, all shades of red

*Sagittarius:* dahlia, pink

Even those who make their own essential oils may find it necessary to purchase some of the oils for certain zodiac signs. These can be found at most drug or health food stores. The ingredients can be mixed by hand or in a blender. Mix together 1 cup each of table or sea salt, baking soda, and epsom salt. The salt softens the water, the baking soda balances the natural

pH of the skin and has healing properties for any skin disorder, and the epsom salt relaxes and soothes sore muscles.

If mixing by hand, use the back of a large spoon, mixing thoroughly. Add a few drops of food coloring to desired color and add essential oil to desired strength. Mix until the color is evenly distributed. Store in a plastic bag or airtight container as it has a tendency to harden if exposed to air. Because many of the flowers in the medicine wheel do not have appropriate scents for the bath salts, you may have to make a few compromises.

This is a very relaxing bath for those who suffer from arthritis or other disabling diseases. Many use the salts to treat skin disorders such as poison ivy, hives, and chicken pox.

Peppermint and spearmint scent is nice to use around the holidays. Children love peppermint, and men seem to really enjoy pine. This is a good way to use aromatherapy as an aid during times of stress or illness and it is a fun and relaxing bath aid to use any time.

### **Quick and Easy Potpourri for Your Bathroom**

Mix dried rose buds and petals with basil, thyme, lavender, and other herbs of your choice. Add spices such as ground cinnamon, cloves, allspice, dried lemon or orange peel, ground orris root, and a few drops of scented oil. Age in a tightly closed jar 4–8 weeks. This also makes a nice gift.

### **Scented Bath Lotion**

Use rubbing alcohol or witch hazel. Add 1/2 cup each of mint, lemon balm, rosemary, and lavender to 4 cups of alcohol or witch hazel. (Mix the herbs of your choice to make this bath lotion.) Let steep in the sun for 2 weeks, shaking every day. It will turn a nice herby green. Strain, place in a tightly closed container, and label. Use as a fragrant rub after bathing.

### **Scented Bath Powder**

Mix 2 tablespoons of orris root, 1/2 tablespoon powdered cloves, and 2 tablespoons of powdered sage. Add 4 tablespoons of cornstarch and mix well. To make different

scents, simply add the herb of your choice. Use powdered herbs if possible, otherwise grind as fine as you can. Keep tightly closed to retain scent.

## **COMPLEXION CARE**

### **Astringent Using Peppermint**

Peppermint tea applied to the face is a good astringent. Soak a clean cloth and apply to the face as a compress.

### **Beauty Bag with Elder Flowers**

Gather and dry all the elder flowers you can. Make beauty bags of small terry wash cloths folded in a triangle and sewn on a machine. Stuff with dried elder flowers and use to wash face and hands. It will soften and whiten the skin.

### **Beauty Mask with Sweet Pepper**

Puree 1 red or green sweet pepper in your blender. Apply the mixture to your face. Leave the mask on for 15 minutes. Rinse off with cool water and apply vitamin E oil as an overnight help. The sweet pepper works as a good cleanser. *Caution:* Avoid eyes.

### **Beauty Pack with Sea Salt**

Apply a paste made of sea salt and water. Keep on face for 20 minutes, then rinse thoroughly.

### **Bleach Yellow-tinted Skin with Cranberries**

Crush a handful of fresh cranberries to extract the juice. Rub into neck and face. Leave on overnight and rinse off in the morning.

### **Chicory Complexion Improvement**

Chicory has long been used as a coffee substitute, but the beautiful blue flowers can be used as a tea to help clear the complexion and give it a healthy glow. Pour 1 cup boiling water over a small handful of chicory flowers. Cover and steep 15 minutes. Strain and sweeten. Drink at least 1 cup a day.

### **Dull Skin Color Improvement with Pineapple Juice.**

This recipe dissolves the top layer of dry skin. Saturate a clean cloth with pineapple juice and place on the skin as a compress. Leave on at least 30 minutes. Rinse face gently. Break open a vitamin E capsule and apply to the face. Leave on overnight.

*Caution:* This recipe is not for everybody. My daughter is extremely allergic to pineapple and can not even touch the juice. Please try a skin patch test before applying to the face. It works well for those who can use it, but again, try the test before use.

### **Facial Cleaner with Carrots**

Cook carrots in as little water as possible. When tender, mash thoroughly and apply to the face as a mask. Leave on for 15 minutes and rinse. This is good for treating acne as well. This treatment adds vitamin A to the skin and that helps to prevent wrinkles.

### **Facial Pack with Fennel and Coltsfoot**

This soothes, softens, closes pores, and tones the skin. It also helps to minimize wrinkles and to fight acne. Pour 1/2 cup of boiling water over 2 tablespoons of dried coltsfoot leaves and 1 tablespoon dried fennel leaves. Cover and steep for 10 minutes. Strain well, keeping the liquid. Add the liquid to 1/2 cup of yogurt and a handful of oatmeal to make a paste. Wash face thoroughly and cover face with a hot cloth for a few minutes. Cover eyes with damp cotton pads and spread warmed paste over the face. Leave on for 10 minutes. Wash off with warm water that has a little lemon juice added to it.

### **Facial Scrub with Cornmeal**

To fight blackheads, moisten a handful of finely ground cornmeal and rub into face for about 5 minutes. Rinse the face and apply a moisturizer.

### **Lemon Balm Wrinkle Remover**

Lemon balm is good for getting rid of wrinkles. Pour 2 cups of boiling water over a handful of fresh lemon balm. Let cool. Refrigerate any leftover rinse. Use as a rinse every morning. It tightens the skin if you use it after washing the face.

## **Oil for Complexion Care**

To really improve your complexion, place 1 cup calendula leaves and/or flowers into 1 cup olive oil. You can also use any of the vegetable oils in place of the olive oil. Allow the herb to soak for several days. Strain off the herbs and flowers and smooth the oil gently into the skin at night. This can also be used to heal skin abrasions and cuts. It's good for bruises too.

## **Skin Cleanser—Bracing** *(for men and women)*

Squeeze 1 orange and 3 lemons. Add 1 cup of rose water, the juice of 1 cucumber, and 1 cup of vodka. Apply to the face as a rinse. Men use this as a bracing after-shave splash.

## **FOOT CARE**

### **Birch Bark Foot Bath**

Pour 4 cups of boiling water over 4–5 handfuls of silver birch bark and steep for 30 minutes. Strain off the bark and pour into the foot bath. This can also be used in your bath water as it helps to soothe aching muscles and helps the pain of arthritis.

### **Foot Bath with Herbs**

Soak your tired and aching feet! It really does feel good if you throw in a handful of your favorite herb. Lavender, calendula leaves, and all the mints are very refreshing.

## **FRECKLES**

### **Elder Flower Freckle Remover**

To clear the skin and remove freckles, take 1 handful of elder flowers and leaves and add to 2 cups of boiling water. Let steep 1 1/2 hours. Strain off the leaves/flowers and reheat the liquid. Dip clean cloth in the liquid and use as compress.

### **Lemon Juice Freckle Remover**

Mix equal parts of lemon juice and buttermilk. Rub on the freckled area. Apply daily and leave on for 30 minutes. Rinse and apply almond or olive oil as a moisturizer. Leave the

moisturizer on overnight. Repeat as needed until freckles are gone.

## **LIP CARE**

### **Gum Benzoin Lip Care**

Bring 2 cups of white wine to boiling. Add a small piece of gum benzoin. Boil slowly for 30 minutes. Put 15 drops of this in a glass of water. It will turn milky and have a very good smell. Apply the liquid to the lips. The preparation will bring the blood to the surface and make your lips a natural red. This can also be used as a splash for the face. Splash on and allow it to dry. It gives color and a nice clear complexion. It's also good for freckles, pimples, and skin eruptions.

### **Lip Balm**

To make your own lip balm for chapped lips, simply melt 3 tablespoons of beeswax over hot water (you could use a double boiler). Stir in 2 tablespoons of honey. Beat in 4 tablespoons of olive oil. Continue stirring until cool. Put in a wide mouth jar. Apply as needed to prevent chapped lips.

### **Lip Gloss with Alkanet Root**

Melt 1 tablespoon beeswax over hot water. Add 5 tablespoons olive oil. Add  $\frac{1}{4}$  teaspoon alkanet root. It makes a deep burgundy gloss. Strain and put in glass jar. You can leave out the alkanet root and add leftover commercial lipstick. Create your own colors by mixing several different shades of lipstick into the gloss.

### **Tasty Lip Balm**

This is great to use to protect your lips during cold weather. Young girls like to wear it all the time. Put it in small tins to carry in your purse.

Mix together 1/2 cup almond oil, 1/2 cup cocoa butter, and 1/2 cup of coconut oil. Melt all the ingredients over a low fire. Stir in 1 tablespoon of honey and 2 ounces of beeswax. After the beeswax is melted, add 1 1/2 teaspoons of any natural flavoring. Vanilla, cherry, lemon, orange, coconut, or any of



the flavorings you have in your spice cabinet will do fine. Mix completely and test for firmness. It needs to be firm, so you may have to add more melted beeswax to get the desired consistency.

## **LOTIONS**

### **Dry Skin Lotion**

Put 1 tablespoon castor oil, 1/2 cup mineral oil, 1/2 tablespoon cod-liver oil, and 2 tablespoons lecithin in the blender. Now prepare a gelatin mix by dissolving 1 tablespoon gelatin in 1/2 cup cold water. Then add 1/2 cup boiling water to the gelatin and let it sit until cool. Add 1/2 cup of this gelatin to the blender mix. Blend until thoroughly mixed. (Keep the gelatin water you have left. You will want to make other lotions with it.) This lotion is good for thick, rough, flaking, and chapped skin.

For skin that is wrinkled, add the juice of 1 or 2 leaves of an aloe vera plant and 1 PABA tablet (1000 mg) to the blender mix. (If sensitive to PABA, omit it.) To clear the skin of freckles, add 1/2 cup of lemon juice. If desired, add scented oil to the mix.

### **Flax Seed Skin Lotion**

Soak 4 tablespoons cracked flax seed for 24 hours in 2 cups of warm water. Bring to a boil and simmer 15 minutes. Strain off the flax seed and add 6 tablespoons of glycerin and 2 cups of vinegar. Bring just to boiling point and remove from heat. Several drops of scented oil may be added at this time, if desired. Beat extremely well as the glycerin has a tendency to separate. This is a very good lotion for treating dry skin.

### **Hand Lotion**

I use this all over the body. Melt 1 cup solid vegetable shortening, 2 tablespoons anhydrous lanolin, and 1/2 ounce of beeswax. Remove from heat and add 1/2 cup of olive or almond oil and 1/2 ounce of scented oil. Mix well and let cool. When the mixture has cooled and is solid, stir it well. If too stiff, add more oil. If too soft, add more melted beeswax. One

way to test the texture is to place one tablespoon of the lotion in the refrigerator. After the mixture has cooled completely, check for thickness. Put in attractive jar and use daily.

*Caution:* Please test for allergic reactions to the lanolin. If you have allergic reactions to wearing wool, chances are you will have a reaction to the use of lanolin. If you are sensitive to the lanolin, leave that out of the recipe and substitute almond oil for the olive oil.

### **Oily Skin Lotion**

Take 1/2 cup of your gelatin mix liquid (see “dry skin lotion” recipe), 1 tablet of 500 mg vitamin C, 1 multiple vitamin tablet, 1 teaspoon of glycerin, 1 teaspoon of seaweed, and place in the blender. Add 1 aspirin if you have bags under the eyes. For sagging skin, add 1/2 teaspoon alum (it helps firm up the skin).

### **Rose Water Skin Lotion**

Mix 1/2 cup of rose water, 1/2 cup glycerin, 1/2 cup lemon juice and shake well. Use after your bath. This will help to heal sun-damaged skin. This is a good lotion if you do a lot of outdoor chores.

### **Skin Moisturizer**

Mix 1 egg yolk and 1 tablespoon glycerin. Smooth on face and let dry. Leave on for 5 minutes.

### **Violet Lotion**

This lotion has lots of vitamin A, so you know how good it is for the skin. There is no better oil for our skins than almond oil. It smoothes, softens, and feeds the skin, and it's great for under the eyes. Place 1/2cup of fresh violet leaves and 1/2cup violet flowers in a stainless steel pan. Cover the herbs with almond oil. Place the pan on very, very low heat and leave to steep for about 6 hours, covered. Strain off the flowers/leaves and add 1 ounce of melted beeswax to the almond oil. Stir until mixture is creamy. Test for firmness. If too stiff, add a little more almond oil. Pour into pretty jars and use daily.

## MOUTHWASH

### **Angelica Mouthwash**

This freshens the mouth and sweetens the breath. Use twice daily for most effective action. Pour 2 cups boiling water over 3 tablespoons of angelica seeds. Add peppermint, lemon verbena, caraway, or rosemary for extra strength. Adding a little orris root will perfume the breath with the scent of violets. Cover and steep until cool. Strain and store in tightly closed container. Use as a gargle to rinse the mouth.

### **Basic Mouthwash**

Mix 2 teaspoons sugar, 3 drops peppermint oil, 1/2 teaspoon of boric acid solution, and 4 cups of water. Add food coloring if desired. Put into a quart bottle. Shake to mix well. Use as a mouthwash and breath freshener. *Caution:* Do not drink.

### **Breath Freshener**

Add 1 tablespoon allspice to 1 cup of hot water and use as a gargle.

### **Mouthwash with Lavender**

Mix 1 teaspoon each of peppermint, rosemary, and lavender. Use 1 teaspoon of the mixture to 1 cup of boiling water. Steep 15 minutes. Strain and use as a mouthwash.

### **Spicy Mouthwash**

Add 3 drops of cinnamon oil, 2 drops of clove oil, 2 teaspoons sugar, and 1/2 teaspoon of boric acid solution to 4 cups of water. Put in quart container and shake well. Add coloring if desired.

## NAIL CARE

### **Horsetail Nail Strengthenener**

This is a wonderful herbal way to strengthen brittle or splitting nails. Pour 2 1/2 cups of water over 6 tablespoons of dried horsetail stems. Using a stainless steel pan, allow to infuse for about 4 hours. Place on heat and bring to a boil. Reduce heat

to simmer. Simmer gently, covered, for 30 minutes. Remove from heat and allow to steep another 30 minutes before straining off the horsetail stems. Every two days, soak fingernails in warm sunflower oil for 15 minutes, then in the horsetail mixture for another 15 minutes. Store the infusion in a tightly closed container. It really strengthens the nails.

### **Nail Splitting Prevention**

Eating plenty of cucumbers or drinking the juice of cucumbers seems to help correct this problem.

### **Soften Cuticles with Honey**

To soften cuticles and strengthen the nails, mix together 3 tablespoons of almond oil, 3 tablespoons raw linseed oil, and 3 tablespoons of honey. Massage into nails and cuticles.

## **SKIN CARE**

### **Oily Skin Treatment with Coltsfoot**

Pour 1 cup boiling water over 1 tablespoon of coltsfoot. Allow to steep 30 minutes. Strain and use as a wash for oily skin. Use daily until improvement is noticed.

### **Oily Skin Treatment with White Yarrow**

White yarrow is an excellent astringent. So, if you have oily skin try this. Pour 1 cup boiling water over 1 teaspoon of dried yarrow. Let steep for 15 minutes. Strain. Dip a cloth in the hot yarrow water and apply to the face. Let the cloth stay on your face until it is cool. Reapply as needed, depending on how oily your skin is. Apply up to four times for extremely oily skin. It is also a good cleanser, so you can pour it in your bath water if you like.

### **Sallow Skin Treatment**

Mix 1 teaspoon soya powder and 1 tablespoon of plain yogurt. Apply to face and allow to stay on for about 30 minutes. Rinse well. If dryness occurs, pat on a thin layer of olive or almond oil.

### **Skin Conditioner**

Pound 1/2 cup each pumpkin seeds, gourd seeds, and cucumber seeds until reduced to a powder. Add enough cream to make a thin paste. Add a few drops of lemon oil. Massage into skin and leave on overnight if possible. Wash off with warm water.

### **Skin Discolorations Cleared with Egg**

Separate an egg. Take the egg white and mix it with an equal amount of lemon juice. Beat just until mixed. Place mixture in a custard cup and place in a pan of hot water. Place over low heat. Beat constantly until mixture forms a custard-like consistency. Cool and apply to clean face. Wear overnight.

### **Skin Discolorations Cleared with Yogurt**

Yogurt will bleach the skin. Apply before bed and rinse off the following morning. Yogurt is good for almost everything, so keep plenty on hand to eat and use medicinally.

### **Skin Tightener**

Mix together 2 tablespoons of unbeaten egg whites, 1 tablespoon powdered milk, and 1/2 teaspoon of honey. Beat until well-blended. Apply to face and allow to dry. Rinse with warm water and blot dry. Rinse face with herbal astringent.

### **Sun Spots**

To remove sun spots, apply the juice of aloe vera. This could take several months of use before you get results. Aloe vera also removes old scars and helps prevent new scars if it is put on cuts or burns immediately.

## **SMELLING GOOD**

### **Deodorant Cream**

Melt in a pan together 3 tablespoons each of baking soda, petroleum jelly, and orris root powder (or cornstarch). Add a few drops of scented oil. Apply for underarm protection.

### **Deodorant Spray**

Put 1 tablespoon of powdered alum, 1 tablespoon rubbing alcohol, and 1/2 ounce scented oil in 1 1/2 cups of water. Place

in a spray bottle for use.

### **Essential Oils—Prepare Your Own**

Place 3 tablespoons of your favorite chosen herbs, crushed, into 2 cups of vegetable oil in a quart container. Add 1 tablespoon of plain vinegar, not malt vinegar. Cap jar and try to place in the sun. If done during the winter, place in a very warm spot. Let steep 1 week, then strain and add additional dried herbs. Repeat for 2 more weeks. Strain and bottle. Store in a dark place.

### **Perfume—How to Make Your Own**

Use 1/2 cup of essential oil (any scent or mix), 1/2 cup powdered orris root, 3 cups vodka, and mix well. Pour in pretty bottles and store in cool, dark place. It is really fun to mix scents for gifts. You can also mix a special one for yourself, one that everyone will come to associate only with you.

## **SOME OTHER BEAUTY RECIPES**

### **Aphrodisiac Tea**

This is a good tea to drink after you've thoroughly relaxed with your love bath. Make it out of any of the following herbs: orange blossoms, rose petals, chamomile, bee balm, fennel, licorice, ginseng, or any of the mints. To use, put 1 teaspoon of any of the herbs (or a mixture of these herbs) in 1 cup of boiling water. Let steep 15 minutes. Strain and sweeten with honey. Ginger and lemon (to taste) may be added to the tea.

### **Eye Makeup Remover**

If you feel it necessary to wear eye makeup, remove every day to avoid infection of the eyes. Use safflower oil for a non-allergenic aid.

### **Sage and Violet Cold Sore Cream**

Use this to alleviate cold sores. It also soothes and protects chap-ped lips.

Put 2 tablespoons each of fresh violet leaves and fresh sage in 4 tablespoons of almond oil. Pour mixture into a jar that can be closed tightly. Close and place in a warm, sunny area for 1 month. Shake daily. After 1 month, strain the liquid into an earthenware or glass bowl and add 4 more tablespoons of almond oil. Melt 4 tablespoons of beeswax and add to the almond oil mixture, stirring until mixture is cool and has consistency. Store tightly closed, in a cool place. Apply as needed to treat cold sores or protect lips.

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# Hair Care

Hair styles come and go. The hair has to be healthy to withstand the stress we put it through daily. Diet plays an important part in keeping our crowning glory healthy. Simplify your diet and your hair benefits. Use some of these recipes as a start on getting healthier hair.

## CONDITIONERS AND SHAMPOOS

### **Avocado (*Persa americana*) Conditioner**

Instead of using commercial creme rinses that can do harm, try using this avocado conditioner. Chop an avocado in the blender until very fine. Massage into the hair for 5 minutes. Rinse thoroughly. Leaves the hair shiny and bright.

### **Coarse Hair Shampoo**

Put 2 tablespoons of white oak bark into 1 cup of water. Bring to a boil and reduce heat to simmer. Simmer for 20 minutes. Strain and add to 2 tablespoons of liquid castile soap. Now add 3 tablespoons of the herb soap to 1 teaspoon of honey and 1 beaten egg. Shampoo hair. Rinse well with apple cider vinegar rinse. This one is great for older people to use. My mother used this and her hair was beautiful. It seems to take the coarseness out of graying or silver hair.

### **Hair Rinse**

Pour 4 cups of boiling water over 2 tablespoons of the chosen herb. Cover and let stand 30 minutes. Strain and use as a hair rinse. It is a simple matter to make a hair rinse from any of the following:

*sage*: a good conditioner

*fennel*: also conditions

*parsley*: clears up dandruff



*chamomile*: lightens hair, promotes growth

*rosemary*: darkens hair, leaves a delicious fragrance

*nettle leaves (use dried)*: excellent to treat dandruff

### **Herbal Shampoos**

Put 2 tablespoons dried soapwort, 1 tablespoon chamomile flowers, and 2 teaspoons borax in a large jar or container made out of pottery or chinaware. Pour 2½ cups of boiling water over the herb mixture and cover tightly. Let steep for several days. Shake the container every once in a while. Strain, discarding the herbs. This will not be as soapy as commercial shampoo, but its cleansing qualities are undeniable. Add a few sprigs of lavender or lime blossoms before covering to give a natural delicate fragrance. Soapwort is nothing more than wild sweet William, so it is easy to grab a few handfuls to make the shampoo.

### **Nettle Rosemary Shampoo**

This is a very fragrant stimulant for the scalp. It prevents dandruff and promotes hair growth.

In a small stainless steel pan, place 2 handfuls of soapwort. Pour 1½ cups of water over the soapwort. Bring to a boil, lower heat, and simmer for 10 minutes. Remove from the heat and cover. Allow to steep until cool. Strain into a bottle that closes tightly. Place a handful of young, chopped nettle leaves and 1½ tablespoons of chopped, fresh rosemary in a bowl. Pour 1 cup boiling water over the chopped herbs. Allow to infuse 30 minutes. Cool and strain into the soapwort mixture. Shake the shampoo before using.

### **Oily Hair Rinse**

Use this as a final rinse for oily hair. Put ½ cup of rosemary into 1½ cups of water. Bring to a full boil, then simmer for 15 minutes. Let sit 24 hours, covered. Strain, bottle, and use daily for 1 week. Thereafter, use at least once weekly.

### **Shampoo Substitute**

Beat an egg and massage into scalp twice each week. Rinse with vinegar water, then rinse with plain water. This is a good treatment for your hair. Leaves it shiny and healthy.

### **Wild Chamomile (*Matricaria chamomilla*) Shampoo**

Make an herbal infusion by pouring 4 cups boiling water over 5 tablespoons chamomile flowers. Cover and steep 30 minutes. Strain and add ½ cup castile soap flakes. Makes 4 cups of shampoo. This is the favorite shampoo around our house. You can purchase the castile soap flakes from any of the companies that sell herbs. It's easy to make and easy on the hair.

### **Yucca-root Shampoo (*also called soapweed*)**

Dig or purchase the yucca roots. Chop into small pieces and pulverize into a pulp (using a hammer or blender). When the substance has changed from white to pale amber, it is ready to use. You can dry for later use by spreading the material on a clean surface in the sun until all moisture has evaporated. The pulp should no longer feel sticky.

When using this shampoo, make sure that your hands are free from grease, or the shampoo won't lather. Place a small amount of the root in a cheesecloth bag. Wet and lather to wash hair. Leaves the hair shiny and silky.

If you must use commercial shampoo, then follow this recipe: use a ratio of 2 tablespoons of apple cider vinegar to 2 cups of water to make a final rinse for hair after shampoo. This counteracts the alkaline effect of commercial shampoo.

## **DANDRUFF**

### **Aspirin Dandruff Treatment**

Dissolve 10 aspirins (5 grains each) in 1 cup warm water. Massage into scalp for about 10 minutes. Rinse thoroughly. Add a vinegar rinse as an extra help after rinsing aspirin out completely. Use after every shampoo if necessary for a while.

### **Burdock Dandruff Treatment**

In a separate container, mix 1 cup burdock, 1 cup peach tree leaves, 1 cup chamomile,  $\frac{1}{2}$  cup sage leaves. Pour 8 cups of cider vinegar into a gallon jar. Add the herb mixture to the cider vinegar. Let stand for 2 weeks. Strain and apply morning and evening. Do not rinse off. Let dry on hair. Wait until the next day to rinse it out. There is no need to use any soap or shampoo to rinse out the treatment. Using plain water will wash this treatment along with the dirt from your hair. This works quickly on dandruff. To darken the hair with this recipe, add 1 cup of hop flowers to the herbs before allowing them to steep in the vinegar.

### **Control Dandruff**

This is a great rinse and helps to control dandruff too. Pour 2 cups of boiling water over  $\frac{1}{2}$  cup of chopped parsley. Let stand 30 minutes. Massage into scalp and allow to stay on 15 minutes. Use as a final rinse.

### **Dried Nettle Dandruff Treatment**

Add 4 tablespoons of dried nettle to 2 cups boiling water. Steep overnight. Strain and add 1 cup of apple cider vinegar. Massage into the scalp. Can also be used as a face rinse to get rid of oily skin. Apple cider vinegar is great to use for scalp treatments, facial treatments, or simply to add to your bath. It helps to keep the skin clear if you drink a little vinegar water a couple times a week. Add honey and you keep your whole body toned up.

## **HAIR COLOR**

### **Blond Hair Rinse**

To prepare the rinse, pour 4 cups of boiling water over  $\frac{1}{2}$  cup of chamomile flowers. Let steep 30 minutes. Add the juice of 2 lemons to really lighten hair and add highlights. Have a basin ready to catch the rinse as you will need to repeat the rinsing. Pour directly onto clean hair as a rinse. Continue pouring over hair at least 20 times.

### **Dark Hair Rinse**

Pour 1 cup of boiling water over 3 tablespoons of rosemary. Let stand overnight. Strain and use as a final rinse. This also enhances curly hair. As a bonus, it really makes the hair glossy and leaves a nice smell.

### **Darken Gray Hair**

To darken gray hair, pour 1 cup boiling water over 4 tablespoons of dried sage. Let steep overnight. Combine with 1 cup commercial tea and work into hair every night until desired color is reached. A male friend swears by this treatment. We teased him for years about his premature gray hair until he started using this treatment. Native Americans have used sage tea as a treatment for gray hair for centuries.

### **Hair Coloring for Brunettes**

Mix together  $\frac{1}{4}$  cup of powdered chamomile and  $\frac{1}{2}$  cup of powdered henna. Add just enough boiling water to make a paste along with 1 tablespoon of vinegar. Allow the paste to cool. Put on rubber gloves before massaging into clean wet hair. Be sure to comb the paste through the hair and apply it evenly. Pile up the hair and cover it with a plastic bag. Wrap a thick towel over the plastic to hold in the heat. Leave on at least 30 minutes. Remove towel and rinse hair until the water runs clear. Allow to dry in sunshine. Any stains on face or hands can be removed with lemon juice. This mixture has a tendency to add red overtones to the hair, so you might want to first test it. Do not use if you have white, blond, or gray hair as it will turn those colors a brassy orange. It does add nice highlights to dark brunette hair.

### **Hair Rinse for Redheads**

There is no better rinse for red hair than pot marigold (calendula). Have a basin ready to catch the rinse as you pour it over your hair, because you will need to repeat the rinse. To prepare the rinse, pour 2 cups boiling water over  $\frac{1}{2}$  cup of calendula flowers. Let stand 30 minutes. Strain off the flowers and use the liquid as a final rinse after shampooing. Repeat rinse at least 20 times. Dry in the sun. It really makes the hair gleam.

## **Lighten Hair**

To lighten hair, mix several tablespoons of lemon juice to 1 cup of water. Apply as final rinse. Let hair dry in the sun if possible. This is great for natural blondes and it will add highlights to darker hair.

## **THINNING HAIR**

### **Bald Patches**

Rub the bald areas with apple cider vinegar, using a soft toothbrush, 2 times daily. It will stimulate new hair growth.

### **Brewer's Yeast for Thinning Hair**

Dietary supplements can help with thinning hair. It helps to take a multi-vitamin and mineral supplement that contains 25 mg of each of the major B vitamins. Along with the vitamin capsule you should be taking about  $\frac{1}{2}$  cup of brewers yeast in any form you can get. Add it to the liquids you drink and sprinkle on the foods that you eat but make sure you have at least  $\frac{1}{2}$  cup per day. This is especially true if you are recovering from an illness.

If loss of hair is a natural condition for you due to hereditary conditions (as it is for many men), then I would advise you to keep your diet healthy, so as to have the best looking scalp in the neighborhood. If you are a woman whose hair is starting to thin due to loss of estrogen production, there are herbs you can take to simulate estrogen in your system and to stimulate the adrenal glands. Mix equal parts of wild yam root, licorice, mother wort, black cohosh, chamomile, valerian root, and skullcap. Take 2 daily. I have taken this mixture for years, ever since I had a hysterectomy at the age of 28. After taking prescription estrogen for several years and putting up with the side-effects, I knew I could do better. And I did.

### **Garlic**

Garlic treatment for bald spots: rub a  $\frac{1}{2}$  clove of garlic over bald or thinning areas of the scalp. Repeat at least three times

daily. Allow the area to dry before rinsing off. You should notice results in a few weeks.

### **Hair Growth**

Mix 2 teaspoons of cayenne pepper with 1 cup of olive oil. Massage into the area that is thinning on a daily basis. Continue treatment. You will get results in a few days. I know of several men who have been using this treatment and it does seem to help. But when the treatment stops, so does the hair growth. Keep up the treatment if you do obtain good results with use.

### **Onions for Thinning Hair**

Rub the scalp with a freshly cut onion until the scalp is red. Massage in a small amount of vitamin E oil or honey and rinse off with rosemary tea. Towel dry the hair. This should be done every morning and evening.

### **Shampoo Treatment for Baldness**

This shampoo will stimulate the scalp and promote hair growth. Pour 1 cup boiling water over 1 tablespoon of dried rosemary. Let steep 24 hours. Strain and add  $\frac{1}{2}$  cup castile shampoo. Shake well before using. Should be used every other night and allowed to stay on the scalp for 15 minutes before rinsing off. If your hair is thinning, stay away from commercial shampoos. This has been used with success by a friend and seemed to help a lot. It could have been the fact that no commercial shampoo was used along with the stimulation from the rosemary.

### **To Speed Hair Growth**

Boil  $\frac{1}{2}$  cup of peach seeds (these are found inside the pit) in 2 cups of vinegar until thick. Strain and massage into scalp. Rinse well. This seems to stimulate the scalp. Many times changing your diet will promote hair growth, if it is not a hereditary condition. Also, if medication is being taken, people have a tendency to lose hair at an alarming rate. Get your diet back to normal as fast as possible after an illness and try to ingest as few chemicals as possible. A simple, natural diet

does more to get your body back into good condition than any other action.

### **Treatment for Baldness**

Mix together 1 teaspoon oil of rosemary, 5 drops oil of lemongrass, and  $\frac{1}{2}$  cup of olive oil. Rub a small amount into the scalp every night for 1 week. Do not shampoo until the end of the week.

### **Treatment for Thinning Hair**

Place 1 large, sliced onion in 2 cups of brandy. Steep for 2 weeks. Strain and add 1 cup of water. Rub on the scalp twice daily.

### **Vodka for Thinning Hair**

Mix  $\frac{1}{4}$  cup of cayenne pepper with 1 cup of vodka. Steep for about 2 weeks. Strain and rub into the scalp morning and night. *Caution:* Do not get near the eyes. This seems to help as much as the olive oil and cayenne mixture. Again, the hair growth slows down and stops if treatment is stopped. It is not as greasy as the olive oil treatment and seems to suit some people better than the olive oil.

## **TONICS**

### **Hair Tonics**

Massage diluted lemon juice into the scalp at least once a week before shampooing. This lightens hair and conditions the scalp. It's also good to use if you suffer from dandruff.

### **Mint Tonic**

Before you shampoo your hair, massage in the following herbal tea. Put 3 tablespoons of dried mint into 1 cup of water and  $\frac{1}{2}$  cup of vinegar. Simmer for 15 minutes. Steep until cool. Strain and massage the tea into scalp. Stimulates the scalp.

### **Witch Hazel Hair Tonic**

Mix 2 tablespoons of lemon juice with  $\frac{1}{2}$  cup of witch hazel. Massage into the scalp after a shampoo.

## VARIOUS HAIR RECIPES

### **Hair Setting Lotion** (*good for light hair*)

This lotion adds body as well as setting the hair. Add 1 teaspoon of powdered milk to ½ cup of warm water. Apply to hair and set. To achieve a stiffer set, add more powdered milk. This works just as well if you add orris root powder instead of using powdered milk.

### **Setting Gel**

Aloe vera makes a very good hair setting gel. It dries quickly and leaves the hair shiny. This works well with curly hair. It adds a shine as well as working as a setting gel.

### **Vinegar Rinse**

Vinegar is a good treatment for almost any scalp condition. You should use it as a final rinse regardless of hair type. Keep a shampoo bottle filled with vinegar and water mixture in the shower to have handy at all times. It can be a pain to have to mix a rinse every time you need it. Just use as a final rinse after shampooing.

I remember growing up and using homemade soap as a shampoo. There is nothing better than that homemade soap. It leaves the hair shiny and squeaky clean. The recipe that I call a “miracle soap” is in the following chapter and contains olive oil, coconut oil, and shortening, so you can see that it would be a wonderful treatment for normal or dry hair. My daughter, who has oily hair, also uses it and it seems to help.

What could be easier than using the same soap to wash and shampoo with? It seems to give the hair body, leaves it shiny and healthy looking, and you can add any scent you want.

[contents]

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# Skin Care

Taking care of our skin is very important. The skin, intact, is our first defense against any invasion of foreign matter that can be harmful to our system. The skin is considered a third kidney because we excrete toxins through the pores just as we do through the kidneys. We also ingest many chemicals and toxins through the skin, so it is important that we pay attention to what we use to clean, soothe, and heal it. The skin also plays an important part in regulating our body temperature.

Most injuries to our skin are simple and taking care of them is easy. Cleaning any wound or puncture immediately following an injury should be the first step. Seek medical help if necessary. Keeping the area clean during healing prevents many problems from developing later on.

Some skin problems are indicative of internal problems, such as an improper diet. Diet plays an important part in caring for our skin. If we stick to a simple, natural diet and use only natural products to clean or protect us, we will have a much healthier immune system; one that is better able to deal with the viruses or bacteria that we come into contact with daily. Keeping the immune system healthy should be the major goal in seeking a healthy lifestyle.

One of the first ways you can begin to live a healthy lifestyle is to make your own soap. Many people would like to, but think that it is a difficult thing to do. The whole procedure takes about 1½ hours from start to finish. I make it as I need it and only have to do so a couple of times yearly.

There are no artificial chemicals in this homemade soap and that really is the first step in being chemical-free. The ingredients are simple and there are only a few tools involved. You will need a wooden spoon; a wide-mouth, glass, half-gallon jar; several flat containers that you can line with plastic

wrap (you could use several shoe boxes if desired); an enamel or iron pot in which to “cook” the soap; and a photography or dairy thermometer. The temperature is important when making soap, so get a good thermometer that registers as low as 95–98 degrees.

There are several rules to follow when making your soap:

1. Get your containers ready by either greasing them or lining them with plastic wrap. Do this first so that they are ready when needed.
2. Never use aluminum to prepare your soap. Always use enamel, stainless steel, or iron containers. You use the wide-mouth glass container to mix your lye solution in, but you will need a container of enamel or iron to “cook” your soap.
3. Never allow your curing soap to sit in a drafty area as this will make your finished product hard and flinty. I cover mine with several thicknesses of newspaper and then cover with a folded blanket for several days.
4. Make sure your molds are at least 1½ to 2 inches thick. If the mold is too thin, it will cause the soap to curl. If it is too thick, it will make the soap too big and it will be difficult to hold. To add scent to your soap, add the scented oil right before you pour the soap into your molds. Any of the scented oils will do. I like to use the vanilla scent for my own personal use, but any that you prefer will do great. Try using a fruity or flower scent. Sometimes kids like the smell of peppermint and this works great too.

You will need to add about 2 tablespoons of the scented oil to each batch. Add more if stronger scent is desired. The scented oils that you add can be of help in treating skin disorders. Lavender oil is an excellent astringent. Adding olive or almond oil is great for dry skin. Thyme oil acts as a deodorant aid. If you prefer, you don’t need to add any oils. The plain soap alone is great for your skin because it has no artificial additives in it.

5. When adding the lye to the cold water, please do so slowly and carefully. I never would make it when the kids were around because I was afraid that they would get into the solution when my back was turned. I have since learned that kittens are very curious and you need to watch your pets when you make it. I had a very close call with one of my kittens, so please take certain precautions. Wear rubber gloves and do not breathe in the fumes. The mixture will heat up when you are pouring the lye in the water so be sure to use very cold water. Stir very slowly to avoid splattering and burning yourself. The splatters will also cause damage to countertops so you may want to do this procedure outdoors. Making the soap outdoors will also cut down on the fumes.

If you happen to splash any of the solution on your skin, rinse off immediately with water and then rinse the area with vinegar. Vinegar will neutralize the lye somewhat. Continue stirring until the lye crystals are completely dissolved. You will need to place the jar in a pan (or sink) filled with cold water to bring the temperature of the lye solution back down to 90–95 degrees. After that temperature is reached, slowly add the lye solution to the oil.

### **Basic Soap**

This recipe is for the basic soap. To make your lye solution, add 1½ cups of lye to 5 cups of cold water in your wide-mouth jar, stirring until your lye crystals are completely dissolved. The lye heats the water up. Place jar in cold water to bring the temperature down to about 90–95 degrees. In an enamel pan, slowly melt 6 pounds of lard. Place that enamel container in cold water and bring the temperature down to about 120–130 degrees. When temperatures for both solutions are right, slowly add the lye solution to the melted lard, stirring constantly with a wooden spoon. Keep stirring continuously for about 30 minutes. Add the scented oil and pour into greased molds. Cool overnight.

If you use just one container for a mold instead of individual molds, you need to cut the soap into bars the next morning. Remove the soap from the mold after several days. Age the soap for about 2 weeks before using. Remember that aging only improves your soap.

### **Miracle Soap**

This recipe is great for dry skin. It lathers up wonderfully. I call it my miracle soap because I use it to wash my hair with too and it is great for the skin. This soap does not get hard fast, so don't feel that you have failed if it does not harden quickly. The temperature is important for this recipe and so are the measurements and weights. You might fail if either is incorrect. Make sure you have an accurate scale to weigh your ingredients. If you don't have one, you need to add one to your equipment list. This recipe makes about 7 pounds of soap.

Ingredients needed are:

- 10 $\frac{3}{4}$  ounces of lye crystals
- 4 cups cold water
- 27 ounces of coconut oil
- 34 ounces of olive oil
- 3 cups of vegetable shortening  
(not lard or butter or margarine)
- 1 tablespoon scented oil
- 1 wide-mouth jar
- 1 enamel or stainless steel pan
- 1 wooden spoon

Measure 10 $\frac{3}{4}$  ounces of lye in a plastic container. Slowly and cautiously add the lye to 4 cups of cold water in the wide-mouth jar. (see rule number five on previous page.) Stir until lye crystals are completely dissolved. Place the jar in a shallow pan of cold water to start bringing the temperature of the lye water down between 95–98 degrees. The temperature cannot be hotter or colder than this for the recipe. Use the

thermometer to continue taking the temperature until the proper temperature is reached.

This cooling process takes a little time, so place your shortening in the enamel pan and melt that. Add the olive oil and the coconut oil after you have melted the shortening. You may need to place this in cold water to bring the temperature to between 95–98 degrees. If either solution is too hot or too cold, you may have to heat it up or cool it down to proper temperatures. When both solutions are ready, slowly add the lye solution to the oils in a steady stream, stirring constantly.

Keep stirring until the mixture traces. This means that the spoon lifted from the soap mixture will be able to trace a design on the creamy soap. This design will stay visible for several seconds before disappearing. If you have stirred for about 30 minutes and the soap does not trace well, it is still able to be used. It will just take a little more time to harden after you pour it into the molds.

Before pouring into the molds, add the scented oils. Cover your molds with a folded blanket and place them on a level surface, sheltered from any drafts. Allow to set for 24 hours. Uncover and allow to set another 24 hours. If your scale and thermometer read correctly, you should have a batch of beautiful soap. Carefully following instructions and having equipment that reads correctly always ensures a good batch.

This recipe makes soap that is pliable when removed from the molds. At that time, you would be able to make it into different shapes, designs, and sizes. It will have the consistency of soft cheese and be easy to roll into balls or shape into animals for the kids. You can become quite artistic in design. A friend of mine even makes hers into suggestive shapes for her husband's personal use. The soap may be easier to carve into shapes after it has had a chance to set more firmly.

In addition to carving, there are many ways to make your soaps more attractive. You can make "soap on a rope" by forming the soap around a knotted cord. To make the soap

prettier, select a glass with an attractive design on the bottom and press the bottom of the glass into the soap.

Wrap the seasoned soap in pretty tissue paper, tie with a bright cord or ribbon, and then store it or give it as gifts. I like to line a small box with tissue paper and place three to a box. It's handy to have around if you need to unexpectedly give a gift.

If you plan on using your own herbs to make the soap, you would need to make a strong tea from the herb desired and cool it completely after straining. You can make it the night before and store in the refrigerator overnight. It will not make as strong a scent as the scented oils will. And the scent does disappear completely while you are using the soap.

For a coarser texture, try adding cornmeal or oatmeal that has been ground in the food processor, or grains of pumice to the mixture. This is good for people working on cars, or others who need a grainy soap to remove oils from their hands. Try adding powdered herbs or spices to the soap mixture. This creates interesting colors and textures. Soap-making can be fun. If you keep records of your soap-making recipes, you will be able to re-create a good idea.

To create a wonderful gift for yourself or others, put together a basket with homemade soap, a bath salt or oil mixture, and then add a luffa sponge that you have grown yourself. Sources to purchase the seeds for luffa sponges are as close as your favorite seed company or store.

Luffas are a relative of the squash family and would need a trellis to climb on. The fruit is fast-growing and great to use. Right before the autumn rains start, bring the luffa indoors to dry. You might want to wipe the outer gourd with a weak bleach solution to keep black spots from forming on the outer shell. When completely dry, soak the gourd in warm water overnight so the shell will be easy to peel away. If you wish to whiten the fiber of the sponge, soak the gourd in a weak bleach solution. This will also soften the outer shell.

To soften the sponges, use them for household tasks, such as wiping down counter tops or scrubbing out sinks. When the sponge has been softened by this hard work, it will be soft enough to use for your bath. These sponges last forever and you need never buy another sponge. They are a handy gift from mother nature, if we but take the time to plant them.

### **Easy Herbal Soap**

Place 2 tablespoons finely chopped lemon verbena or lavender into 2 tablespoons warmed glycerin. Place in a warm area for several days. Strain and finely grate 12 tablespoons of unscented soap or soap flakes and melt in top of a double boiler. Remove from heat and add the scented glycerin to the melted soap. Add 1 tablespoon of honey. Mix well. Pour into greased molds. Allow to set until the soap is cool and hardened.

Now that we've taken the steps needed to care for our skin properly, here are some recipes that will take care of special problems and needs.

## **BOILS**

### **Boil or Sore Treatment**

It is my belief that boils are caused by blood impurities and certain minerals missing from the diet. If you are prone to boils, look at your diet and take steps to remedy that. It is important that you have a good balanced diet that includes plenty of vegetables. Drinking plenty of water daily aids the body in flushing toxins from your system. Try mixing equal parts of cayenne pepper, powdered lecithin, butchers broom, and apple pectin. Place in #00 capsules. Take two daily along with a multiple B vitamin tablet to improve circulation and flush the body of toxins. To help heal a boil or sore, hold a plantain leaf under very hot running water. Crush the leaf until limp. Place over the inflammation. This is a very good astringent.

### **Bring a Boil to a Head**

To bring a boil to a head, place a small piece of fatty bacon over the boil and bandage it. Leave on overnight. The head should be ready to remove by the next morning.

### **Heartsease Boil Treatment**

Native Americans used wild heartsease (pansy) to draw boils. It was ground up and placed on the boil, bandaged and left on overnight.

### **Lemon Juice Boil Treatment**

Soak a piece of bread in lemon juice and apply to the boil. Cover with a loose bandage and try to leave on overnight.

### **Parsley Boil Treatment**

Take a handful of crushed parsley and wrap in cheesecloth. Apply to the boil and wrap a hot cloth around the area. Repeat, covering the area with the hot cloth for about 15 minutes.

### **Soften Boils**

Apply linseed oil to the boil to soften and aid in healing.

## **BURNS**

### **Aloe Vera for Burns**

Cut open the leaf of aloe vera and apply immediately after a burn occurs, to relieve the pain and prevent scarring.

### **Apple Butter Burn Treatment**

After cooling the burn with cold water, add a paste of apple butter. Reapply as the apple butter dries. Keeps the burn from leaving a scar and promotes healing.

### **Burn Salve**

Make a salve using 1 cup solid vegetable shortening,  $\frac{1}{2}$  ounce beeswax, 2 tablespoons each of Irish moss, white oak bark, and marsh mallow root. Simmer for 15 minutes. Strain immediately and keep stirring while the mixture is cooling. Add several drops of tincture of benzoin to the salve. This keeps the salve free of bacteria. Where burns are concerned, you need to keep the area as clean as possible to prevent



infection and permanent scarring. Apply the salve directly to the burned area.

### **Raw Potato Burn Treatment**

Scrape a raw potato and apply to the burn. Reapply as the potato dries. This tends to start cooling the burn immediately. Get help if burn is severe. Until help arrives, you can use the potato to cool the burn.

### **St. John's Wort Burn Treatment**

Put 2 tablespoons of St. John's wort in 1 cup of boiling water. Allow to steep until cool. Strain. Apply as a wash to the burn to relieve pain and speed healing.

### **Vinegar Burn Treatment**

Put the burned area in apple cider vinegar if possible. After soaking until the pain is relieved, you may apply a loose bandage that has been soaked in vinegar. Prevents scars and speeds healing while relieving pain.

### **White Yarrow Burn Treatment**

Grind up the whole white yarrow plant. Place in pan and cover with cold water. Allow to steep for several hours. Use this to cool the burn and aid healing.

### **Yogurt Burn Treatment**

Yogurt relieves the pain of a burn fast. Apply to the burned area as soon as possible to relieve the pain.

## **CHAPPED SKIN**

### **Calendula Petals for Chapped Skin**

Pour 2 cups boiling water over 5 tablespoons of calendula petals. Steep 30 minutes. Strain and use as a compress. Very soothing. Also good for minor cuts and scrapes.

### **Chamomile for Chapped Skin**

Children and adults who spend a lot of time outdoors can be prone to chapped hands. Make a tea, pouring 2 cups boiling water over 2 tablespoons dried chamomile. Steep overnight.

Strain and refrigerate. Use on face and hands as you would a lotion.

## **FOOT SKIN CARE**

### **Athlete's Foot Prevention**

Athlete's foot is caused by a fungus infection of the outer "dead" layer of the skin. Prevention is the best treatment. Careful attention to hygiene is important. Ventilation of the feet is very important. Going barefoot a lot at home helps the feet to stay dry. When going into public showers or pool areas, wear thongs to prevent infection. When you do wear shoes, lightly dust the feet and shoes with powdered alum to prevent moisture. Wear cotton socks to absorb moisture.

### **Athlete's Foot Remedy Using Apple Cider Vinegar**

Put plenty of apple cider vinegar all over the feet. Soak a cotton ball in the vinegar and place these between the toes. Put on socks and leave on overnight.

### **Athlete's Foot Remedy Using Flower of Sulfur**

Flower of sulfur can be dusted on the feet and shoes to treat or prevent the fungi from taking hold. Flower of sulfur can be purchased at your drugstore.

### **Athlete's Foot Remedy Using Lemon Juice**

Rub lemon juice on the feet and allow to dry. Try to go barefoot as much as possible. Reapply the lemon juice several times daily.

### **Athlete Foot Remedy Using Red Clover**

Put 2 tablespoons of red clover in  $\frac{1}{2}$  cup of boiling water. Steep until cool. Add enough cornstarch to make a paste. Spread this paste on feet and put socks on. Leave the paste on overnight.

### **Athlete's Foot Remedy Using Sea Salt**

Add  $\frac{1}{2}$  cup of sea salt to a basin of very hot water. Soak the feet daily in this mixture for 30 minutes until improvement is noticed.

## **Foot Odor Remedy Using Baking Soda**

Sprinkle baking soda in your shoes to eliminate odor. Soaking your feet in baking soda and water will eliminate strong odor and is restful for tired feet as well.

## **Ivy Corn Treatment**

Soak bruised ivy leaves in vinegar overnight. Soak a small piece of bread in the vinegar mixture and apply to the corn. Bind up and leave on during the day. Replace with fresh application at night. Continue treatment until corn is gone.

## **Lemon Corn Treatment**

Bind a fresh lemon slice to the corn and leave on overnight. Soaking the feet in baking soda and water will also dissolve the corn.

## **Onion Corn Treatment**

Place a slice of raw onion over the corn each night and bandage. Removes the corn in 3–4 weeks. Pulverized garlic cloves will also work.

## **To Remove Corns**

Corns are caused by ill-fitting shoes. It really is good to go barefoot as much as possible. I think the Asian practice of removing shoes as you enter a house is an excellent habit. I always allowed my children to go barefoot indoors and outdoors as much as possible while their feet were forming. None of them have foot problems. They seemed to learn to walk earlier and have stronger foot and leg muscles. I never wear shoes unless I have to. Besides being good for my feet, it feels so good!

If you are diabetic you need to seek help from your physician immediately for any foot problem and that is the one exception I make to going barefoot. Diabetics should wear shoes at all times to protect their feet from accidental cuts.

If you already suffer from corns, try these remedies to get rid of them and then make a practice of going barefoot and getting

proper-fitting shoes. It may cost a little more, but your health is the most important asset you have.

### **Turpentine Corn Treatment**

Remove soft corns by dipping a clean cloth in rectified turpentine and wrapping it around the area. Continue treatment until the corn is gone. Apply rectified turpentine a couple times a day by pouring it on the cloth. Rectified turpentine is safe to use externally.

## **FROSTBITE**

### **Frostbite Treatment**

Put  $\frac{1}{4}$  ounce of alum in a pan of hot water. Allow water to cool until warm. Soak the hands or feet in the liquid for 15 minutes. Cover with socks or gloves to keep warm.

### **Frostbite Treatment with Kerosene**

Massage kerosene on the affected parts. Kerosene has long been used to treat many different injuries. Then apply warmed olive oil and keep warm. Drink a cup of warm cinnamon tea. Add 1 teaspoon of cayenne pepper to 1 cup of warm water to stimulate circulation. Drink several cups about an hour apart.

## **INSECT BITES**

### **Bee Stings and Insect Bite—Basil Relief**

Bruise fresh basil leaves and apply directly to the insect sting or bite. I have been stung by accidentally stepping on a bee only twice in my life and I guarantee this worked for me. It takes a very short time to relieve the pain and reduce the swelling. It also stops the itching that often occurs when a sting is healing. Really, you could use any plant that bees are attracted to as an antidote for bee stings. Basil seems to work best for me.

### **Insect Bite—Ammonia Relief**

Apply spirits of ammonia to the bite. Should relieve itching immediately.

### **Insect Bite—Honeysuckle Relief**

Rub the area affected with the juice from a honeysuckle vine.

### **Insect Bite—Meat Tenderizer Relief**

Make a paste of commercial meat tenderizer and place on bite. Neutralizes the poison in just a few minutes.

### **Insect Bite—Parsley Relief**

Apply fresh crushed parsley directly to the insect bite. It neutralizes the poison and stops the pain.

### **Insect Bite Preventive**

Before going to an area that you know has many insects, take 1 tablet of 100 mg thiamine. If you are going to be out several days, hiking or camping, take several tablets a day. Insects stay away.

### **Insect Bite—Swelling Remover**

Mix PABA with alcohol and apply to the swollen area. Swellings disappear overnight.

### **Insect Bite—Toothpaste Relief**

Apply a dab of toothpaste to the area. Stops itching fast.

### **Mosquito Bites**

Itching should stop immediately if you apply table salt to the moistened area. You can help to control the population of mosquitoes by keeping the area around your home clean. Get rid of any open containers that hold water. They become quite prolific if allowed a place to propagate. Prevention is the better policy. Apply pennyroyal oil if you are in an area where there is a large population of mosquitoes. This keeps them away.

### **Spider Bites**

Apply equal parts salt and baking soda mixed with enough water to make a paste. Apply to the spider bite. Will relieve the pain and itching.

## **RASHES**

## **RASHES**

### **Cradle Cap and Diaper Rash**

Cradle cap is a seborrheic dermatitis of the scalp that causes lesions of the scalp and sometimes the face. Shampoo daily, using a mild, natural shampoo. Prepare the following rinse and use it after shampooing. Put  $\frac{1}{2}$  cup of calendula and  $\frac{1}{2}$  cup chamomile flowers in 2 cups of boiling water. Steep for 30 minutes. Strain and use as a rinse after shampooing. Leftover liquid can be added to the bath water. It's very soothing and helps to control cradle cap. Make sure the baby drinks plenty of water as this helps to keep the system flushed of toxins and also helps to clear cradle cap.

### **Diaper Rash**

Diaper rash can be caused by too much acid in the system. Give the child plenty of water and try giving cranberry juice in the bottle. Kids love it and it does neutralize the acids in urine.

Also, external factors such as laundry soap may cause a severe diaper rash. Try washing the diapers in a mild, homemade lye soap. I know that disposable diapers are the easiest to use, but please give consideration to the environment before making a decision to use them. Perhaps you could use them for outings only and use cloth diapers at home.

If diaper rash is already evident, try this lotion to soothe baby and speed healing. Pour 1 cup of boiling water over 1 tablespoon chamomile. Let steep, covered, until cool. Strain and add 2 tablespoons cod-liver oil to the herb water. Shake well and apply to diaper rash after gently washing the area.

### **Eczema and Rash Treatment**

The leaves of sheep sorrel (*Rumex acetosella*) are good in curing disorders such as rashes and eczema. Pound a handful of the leaves and apply as a poultice.

### **Eczema Treatment Using Heartsease**

Eczema can be caused by an allergic reaction. The cause is a combination of external as well as internal conditions. No

class, age, or sex is exempt. It can be brought on by contact with certain chemicals. A balanced natural diet plays a large part in treating eczema. If you suffer from eczema, look carefully at your eating habits and the chemicals you ingest daily, either through the skin or digestion. The condition can be caused by psychological factors and stress can make the condition worse.

Heartsease is one treatment that has been used by Native Americans for centuries. Add 2 tablespoons of heartsease (pansy) to 2 cups boiling water. Steep until cool. Use as wash.

### **Eczema Treatment Using Lemon Juice**

Apply lemon juice to the area and allow to dry before bed. Leave on overnight. Helps the skin to heal. This can dry the area and promote healing. It acts as an antiseptic if the area is inflamed.

Many times you may be using a remedy that you may not think classifies as an herb, but every tree, plant, or flower is an herb. The by-product of a lemon tree is a lemon and is therefore classified as an herb. Any natural remedy that comes from a tree, flower, shrub, vine, or spice is considered an herbal remedy.

### **Eczema Treatment Using Raw Potato**

Grate a raw potato and apply as a poultice to relieve the itching. This is good to use for instant relief from itching.

### **Eczema Treatment Using Valerian**

Another treatment that seems to work is to use tincture of valerian. I have had some success with certain people using the valerian tincture applied with a cotton ball and allowing it to dry naturally. The recipe for making the tincture is in chapter 11. I use this tincture to successfully treat many itching and scaling skin conditions. Most people do not like the smell of valerian, but if it works, who cares?

### **Impetigo Treatment Using Aloe Vera**

Children are highly susceptible because impetigo is very contagious. It is caused by a bacterial infection—staphylococcal or streptococcal—or a combination of the two infections. Generally it appears around the nose or mouth. Make sure that you keep the area as dry and clean as possible. Be careful when you are cleaning the area because it is very contagious. Keep away from other children until the lesions are healed. If the area is kept clean, there should be no secondary infections. Split open a leaf of aloe vera and apply the gel directly to the areas affected. Repeat often and keep the area clean.

### **Impetigo Treatment Using Apple Cider Vinegar**

Mix 1 cup of water with  $\frac{1}{4}$  cup of apple cider vinegar. Use as a wash for impetigo. This may burn if the lesions are open, but it will help to heal the sores.

### **Impetigo Treatment Using Mulberries**

This is also good to treat ringworm. Mash a handful of mulberries. Place on area needed and bandage. Mulberries act as an astringent and are good for the treatment of impetigo.

### **Impetigo Treatment Using Rosemary and Thyme**

Put  $\frac{1}{4}$  cup of rosemary leaves and  $\frac{1}{4}$  cup of thyme in 2 cups of water. Simmer for 15 minutes. Strain, cool, and use to clean the area several times daily. Make fresh daily. Use cotton balls to clean the area and dispose of the cotton balls after use. This is a good astringent to use as a wash.

### **Nettle Rash**

Nettle rash can be very painful. The juice of nettle will neutralize its own sting. Apply as a tea. This tea is also good to treat sunburn. Put 1 teaspoon of dried nettle in 1 cup of boiling water. Remove from heat. Cover and steep until cooled. Strain. Apply freely on sunburn or nettle rash.

### **Nettle Rash—Mullein Relief**

Rub the leaves of mullein on the nettle rash to remove the discomfort and pain from the rash. Crush the leaves until juicy



and rub on the rash. This should provide immediate relief.

I have a patch of nettle near my house and my grandchildren have been in contact with it several times. I found several plants of mullein that I could transplant close to the house so I would have it handy for any nettle rashes. It does not transplant very easily, so you may have to try several times. Try to find plants that grow in soil similar to your soil. I know for a fact it will not live if transplanted from soil that is totally different from the area you plan to move it to. Mullein is handy for many different treatments, so even if you are not close to nettle, there are many other ways to use it. It is an attractive plant. Sometimes it can reach majestic heights of six feet or more, with yellow blooms that are refreshing to see.

### **Faciei Seborrhea Treatment**

Faciei seborrhea is a condition resulting from a functional disease of the sebaceous glands, which cause an increase in the amount of sebaceous secretion. It can cause elevated patches with red borders, covered with scars and crusts. Consult with your physician for treatment if severe. He or she would probably want you to use a hydrocortisone cream. If the scalp is affected, use a shampoo that contains selenium sulfide or sulfur. If the condition is not too severe, apply apple cider vinegar directly to the face daily for 10–15 days.

### **Heat Rash**

Combine 2 tablespoons each of powdered chamomile and powdered calendula. Add 1 tablespoon of cornstarch. Mix well and use to soothe heat rash.

### **Poison Ivy Treatment Using Baking Soda**

Apply paste of baking soda and water to the affected area liberally. This will stop itching. This works as well as calamine lotion.

### **Poison Ivy Treatment Using Buttermilk**

Mix equal parts of buttermilk, vinegar, and salt. Rub on the affected area. Use this after the rash has appeared. Helps stop

the itching and soothes the area. I do not get poison ivy, but have used this treatment on friends and family with success.

### **Poison Ivy Treatment Using Green Tomato**

Cut open a green tomato and squeeze the juice on the area affected. This works if you use the juice as soon as you come into contact with the poison ivy. Rinse the area immediately with water, than apply the juice from the tomato.

### **Poison Ivy Treatment Using Willow Leaves**

Put 4 cups of willow leaves in 4 cups of water. Boil for 15 minutes. Strain and cool. The liquid should turn a dark brown. If it doesn't, let it sit until color comes. Rub on the affected area after it cools.

### **Poison Oak Treatment**

If possible, apply the juice from crushed jewelweed stems to the area immediately. Also, you can put a large handful of jewelweed into 4 cups of water and boil for 15 minutes. Strain and apply to the area affected. We have poison oak in our woods, so I have several jewelweed plants that I plan to transplant to use for remedies. We are putting in an acre pond and the jewelweed is growing right where the pond will be. I would still try to save the plants even if I did not have a use for them as they are attractive and interesting.

### **Psoriasis Treatment Using Aloe Vera**

Psoriasis is genetically determined and consists of reddish lesions that have characteristic silvery scaling. The lesions may come and go but generally are chronic. There is a specific type of arthritis that is associated with psoriasis. Check with your physician for treatment if the condition is severe. For home treatment of the scaling and itching of psoriasis, split open an aloe vera leaf and rub on the area affected. The skin absorbs the gel rapidly, so apply plenty and apply often. This stops the itching, and if used regularly seems to help psoriasis. It's also good to use for sunburn. You can purchase aloe gel juice by the gallon and you may want to use the juice as a daily lotion to help control psoriasis.

### **Psoriasis Treatment Using Burdock**

Place 1 cup burdock root in 2 cups water and bring to a boil. Reduce heat and simmer for 30 minutes. Strain and apply to the affected area several times daily and you should see results.

### **Psoriasis Treatment Using Oil of Avocado**

Try using oil of avocado rubbed sparingly on affected areas. It works for quite a few people.

### **Scaly Skin Treatment**

Mix together 4 tablespoons each of lemongrass, rose petals, and corn meal. Add to 4 tablespoons of witch hazel. Add 2 tablespoons of the mixture to 4 cups of boiling water. Steep for 30 minutes. Add to bath water. Soak in bath 10–15 minutes.

### **Skin Infections**

Pour 1 cup of baking soda in your bath water and soak for 15 minutes. Baking soda helps to balance the pH of your skin and allows it to heal naturally.

### **Skin Rash Remedy**

Add 1 cup of red clover blossoms and leaves to 2 cups of boiling water. Allow to steep until cool. Strain, apply to skin rash, and allow to dry naturally. Reapply as often as needed.

### **Sores that Won't Heal**

Boil a small handful of elder leaves in 2 cups of milk until the leaves are soft. Strain off the leaves and return milk to a boil until the herb mixture thickens. Apply as a wash on the hard-to-heal sore or wound. Repeat frequently until wound loses that angry look. I have had several friends report that this is a great remedy for open ulcers on the legs that are hard to heal. *Please note:* sometimes these sores are warning signs of a more serious condition. Don't hesitate to consult your doctor.

## **SHINGLES**

### **Aspirin Shingle Relief**

Shingles can be a very serious disorder. It is an eruption of acute, inflammatory, herpetic vesicles along a peripheral nerve. You should seek help from your physician, as it can be very painful. Until you are able to reach help, try this to relieve the pain. It really works. Crush 2 aspirins and add 2 tablespoons of clear nail polish. Apply to the affected area. Will give up to 10 hours relief.

### **Shingle Treatment**

Aloe vera leaf, applied to the area and repeated often, along with 500 mg of vitamin C given every hour, will help. Could take 5–6 hours to obtain relief. Continue treatment until shingles are gone.

## **SUNBURN**

### **Sunburn Prevention**

Taking a PABA tablet of at least 100 mg a day should stop you from burning. Apply PABA lotion also.

### **Vinegar for Sunburn Relief**

Apply vinegar directly to the sunburn. Relieves pain quickly. Make several applications and apply as soon as possible.

## **WART REMOVAL**

### **Cashew Nut Wart Remover**

Apply the juice of a cashew nut directly on the wart and then bandage. Reapply several times daily.

### **Castor Oil Wart Remover**

Apply warm castor oil to a bandage and apply to the wart. Replace 3 times a day until wart dissolves. It shouldn't take more than 1 week.

### **Dandelion Wart Remover**

Apply the milk from a dandelion stem several times daily. This is said to work well.

### **Milkweed Wart Remover**

Rubbing the milk from milkweed onto the wart several times daily is also good treatment. This was a popular remedy used by Native Americans.

### **To Remove Warts**

My father had the gift of rubbing warts to make them go away overnight. I well remember people coming to him to have their warts rubbed. I honestly can't remember one time where it failed. Several people have mentioned that rubbing castor oil on the warts also helps to dispel them.

[contents]

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# Asthma, Chest Complaints, and Colds

Herbs used for medicinal purposes are made in many different ways. Many times we can use a simple tea to treat an ailment that is not serious enough to seek help from our physician.

## **PREPARING INFUSIONS AND DECOCTIONS FOR HOME REMEDIES**

When an herbal tea infusion (steeped), or decoction (boiled) is used, it is best taken on an empty or near-empty stomach. They are generally taken 1 hour before a meal unless the recipe says differently.

When preparing an infusion, you need to prepare a fresh cup for each dose. Sip the dosage slowly, never gulp it down. You really should swish it around the mouth before swallowing. This helps the liquid to mix with the enzymes in the saliva and rapidly assimilates the herbs into the blood stream. Generally the dosage would be 3–4 cups per day. The herb chosen for an infusion should be allowed to steep for anywhere from 10–25 minutes covered. Strain and drink warm, not hot, unless the recipe tells you to drink the tea hot.

When preparing an infusion, 1 teaspoon of the herb mixture to 1 cup of boiling water is the general recipe. Sometimes the recipes will call for more of the herb. Follow the instructions of each specific recipe because there are exceptions to every rule.

A decoction is a concentrate. The usual recipe for a decoction is 1 tablespoon of the herb's bark or roots to 4 cups of water. The liquid is boiled (covered) until half of it has evaporated. It is then strained and placed in the refrigerator until needed. When preparing a decoction dose, you would add 1–3

tablespoons of the liquid to a cup of warm water. Then it is ready to drink.

Most of the recipes in this chapter are for infusions (teas) but there are some decoctions included.

## **ASTHMA, COLDS, AND CHEST COMPLAINTS**

While we all get colds at one time or another, we can minimize the severity and length of the illness by the condition we keep our system in. Some of the herbs we will be using in this chapter are called demulcents, diaphoretics, and expectorants.

**Demulcents** soothe irritated and inflamed areas, thus allowing the body to heal.

**Diaphoretics** cause the patient to perspire and increase blood circulation, thus helping the system to rid itself of accumulated poisons and toxins in the body.

**Expectorants** can and do help the body in dispelling mucus from the system.

Put the patient on a light diet during the illness and while recuperating. If the patient is in a weakened condition, do not use a strong stimulant. Give clear broths and tonics to build the strength back up.

## **ASTHMA**

No age is exempt from asthma, although it occurs more frequently in childhood or early adulthood. The wheezing is caused by a spasm of the bronchial tubes or swelling of the mucous membranes. Recurrence and severity of attacks has many different causes. Mental or physical fatigue; exposure to fumes or chemicals; inhaled allergens; foods; infections of the upper and lower respiratory tracts; and emotional situations can bring on attacks that can last from several hours to several days. Try several of these home treatments to help control asthma attacks.

### **Aids Breathing for Asthmatics at Bedtime**

Take 1 tablespoon of sunflower or corn oil before retiring for the night. Helps you to breathe easier during the night.

### **Asthma Tincture**

Place 4 tablespoons of lobelia leaves and 4 tablespoons of lobelia seed (crushed) in 4 cups of raspberry vinegar. Let sit for 2 weeks. Strain and take by the tablespoon during asthma attacks. If needed, take every 10 minutes until relief is obtained. *Caution:* Overdoses of lobelia can cause low blood pressure, respiratory depression, and even coma, followed by death.

To make the raspberry vinegar, mash 8 cups of fresh or canned raspberries and add to 8 cups of cider vinegar. Let sit 2 days. Strain. For every 4 cups of liquid add 1¼ cups of sugar. Bring to a boil, removing the scum as it comes to the top. The longer you boil, the thicker the syrup. You can add this to other cough syrups or teas if desired.

### **Asthma Treatment with Aloe Vera**

If you suffer from asthma, boil some of the aloe vera leaves in a pan of water and inhale the vapors. Put a towel over the head and pan to get the full effects of the vapors.

### **Asthma Treatment with Coltsfoot**

Add 1 tablespoon each of coltsfoot, mullein, thyme, and lobelia to 2 cups of water. Simmer at least half hour, covered. Strain and add 2 cups of honey. Take by the tablespoon until relief is obtained. Flavoring, such as oil of peppermint, may be added if desired.

### **Asthma Treatment with Cranberry Juice**

Cranberry juice is very good for treating asthma attacks, as it contains an ingredient that dilates the bronchial tubes.

Cook and mash cranberries. Place in a tightly closed glass container and refrigerate. When needed during an attack, add 3 teaspoons of the mashed cranberries to a cup of hot water. Sip while the water is hot.

### **Asthma Treatment with Herbal Smoke**



This was once used as a smoking tobacco for asthma: mix 1 cup each of rosemary, coltsfoot leaves, eyebright, thyme, and lavender. Crush and mix well. Roll into cigarettes or place mixture in a pipe for smoking. I don't know anyone who has tried this recipe, but it is said to have been used quite often by Native Americans.

### **Asthma Treatment with Honeysuckle Tea**

Many people drink honeysuckle tea to help with chronic asthma. Put 1 tablespoon of the grated root of honeysuckle in 1 cup of water. Boil gently for 10 minutes. Strain and sweeten. Drink daily.

### **Asthma Treatment with Horseradish**

Add several tablespoons of freshly grated horseradish to 1 cup of milk. Simmer for 10 minutes and strain. Drink as necessary to obtain relief.

### **Asthma Treatment with Irish Moss**

Mix 1 tablespoon each of boneset, Irish moss, coltsfoot, mullein, thyme, rosemary, valerian, and lobelia. Add 1 teaspoon of the herbal mixture to 1 cup of boiling water. Cover and steep for 15 minutes. Strain. Peppermint or cherry oil may be added for flavoring if desired. Drink 4 cups daily to obtain relief.

### **Asthma Treatment with Mullein Root**

Clean the root of mullein very carefully. Add 1 cup of the chopped root to 2 cups of water. Bring to a boil and simmer until the liquid is reduced by half. Strain well and add 1 cup of honey. Give 2 tablespoons as needed. This is also good to use during colds, as it helps to remove phlegm.

### **Asthma Treatment with Onions**

Make fresh daily. Cut an onion into very thin slices and place in a bowl. Cover the onion slices with honey and let sit overnight. The next day, scrape the honey from the onion slices and take 1 teaspoon 3–4 times daily.

### **Asthma Treatment with Rosemary Smoke**

This is said to relieve breathing difficulties. Place dried crushed rosemary in a pipe and smoke for relief.

### **Cherry Treatment for Asthma**

Add a handful of cherry stems to 1 pint of boiling water. Cover and steep until liquid is cool. Strain. Add 1 pint of honey and shake well. Take 1 tablespoon as needed for coughing.

### **Coffee for Nervous Asthma**

Coffee is helpful in some forms of asthma. Make the coffee double strength and drink when experiencing difficulties.

### **Fennel Tea for Treating Asthma**

Bruise 2 teaspoons of fennel seeds and pour 1 cup of boiling water over the seeds. Allow to steep for 15 minutes covered. Strain and sweeten. If sweetened with sugar, it will also aid indigestion.

### **Pansy Treatment**

Pansy is also called heartsease. Tea can be made from the flowers and leaves to treat chronic asthma and to strengthen the heart. It has even been used to treat epilepsy as it is an anti-convulsive. Add the chopped leaves and flowers to 1 cup boiling water and steep, covered, for 10 minutes. Strain and sweeten. Drink several cups daily.

### **Potato Treatment for Asthma**

Boil several potatoes. Place in a basin and cover the head and basin with a towel to get the most from the steam.

### **Smokers Cough Relief with Honey**

Pour 1 cup of boiling water over 1 tablespoon anise seed. Let steep, covered, for 15 minutes. Strain and sweeten with honey. Drink hot.

### **Thyme Treatment for Asthma**

Bring to a boil 2 cups of water to which you have added 1 tablespoon of thyme. Pour into a basin and cover head and basin with a towel to inhale the steam.

## **BRONCHITIS, PNEUMONIA, AND WHOOPING COUGH**

### **Bronchitis**

Bronchitis is an inflammation of the mucous membrane of the bronchial tubes. Some people are more prone to infection here than others. The infection is often preceded by a common cold, flu, or can be caused by a streptococcus organism. The predisposing factors may be chilling, fatigue, or even malnutrition. Many times the predisposition can be attributed to allergies or inhalation of chemical agents such as fumes or dust particles.

Treatment of chronic bronchitis should be supervised by your family physician. He or she will find the reason that you suffer from chronic bronchitis and treat you accordingly. Your treatment may require a change in living habits. Smokers have to stop smoking. You may even have to change your sleeping habits. Never sleep in an extremely cold room and be sure to cover your mouth when outdoors during very cold weather. Bed rest is advised, along with plenty of fluids and a light diet. Drink broths, fruit juices, and plenty of water.

### **Bronchial Cough**

Mix 1 tablespoon each of Irish moss, comfrey, lobelia, wild cherry bark, verbena, and aniseed in 2 cups of water. Boil down to half the liquid. Strain and add 2 cups of honey. Bring to a boil again, then lower heat to simmer for 10 minutes. Remove from heat and add 3 tablespoons of raspberry vinegar before mixing well and storing in the refrigerator. Take 1 tablespoon as needed for cough.

### **Bronchitis Treatment with Asparagus**

Pour 1 can of asparagus in the blender. Liquefy and refrigerate. Drink  $\frac{1}{4}$  cup every morning and before retiring to bed. Add water to make a hot drink if desired. You should notice quite an improvement in chronic bronchitis in a few weeks.

### **Bronchitis Treatment with Bee Pollen**

Allergy related bronchitis is best treated with bee pollen. One teaspoon of pollen granules should be taken daily. During an attack, vitamin C should be taken in doses of 1000 mg every hour. Vitamin C has an anti-infection action and will help the immune system to regain balance, enabling it to fight the infection.

### **Bronchitis Treatment with Castor Oil and Turpentine**

Mix together  $\frac{1}{2}$  cup of castor oil and  $\frac{1}{4}$  cup of rectified turpentine. Warm it before rubbing on the chest at bedtime. Cover with a flannel cloth to keep the area warm. Drink plenty of fluids.

### **Bronchial Treatment with Milk**

Heat 1 cup of milk, add 1 tablespoon dried bee balm to the milk, and allow to steep 15 minutes. Strain and reheat. Drink several glasses a day until improvement is noticed.

### **Bronchitis Treatment with Onion Poultice**

Fry onions and apply to the chest after rubbing the chest area with olive oil. Cover with a flannel cloth to keep the area warm. Place a hot water bottle over the chest area to break the congestion fast.

### **Comfrey Bronchial Infusion**

Put  $\frac{1}{4}$  ounce of comfrey leaves in 2 cups of boiling water. Cover and steep 30 minutes. Strain and sweeten with honey. Drink at least 2 cups per day.

### **Mustard Plaster for Deep Chest Colds and Pneumonia**

Add enough water to  $\frac{1}{2}$  cup dry mustard to make a paste. Beat 1–2 egg whites and fold them into the mustard paste. Spread a thin layer of this mixture onto a warm and damp flannel cloth. Rub the chest area with olive oil and apply the plaster. Cover to keep the area warm. Remove when the skin starts to redden.

### **Treating Pneumonia**

Pneumonia is an inflammation of the lungs and is caused primarily by bacteria, viruses, and chemical irritants. There are

really more than 50 causes and it would be too lengthy to go into them here. *Caution:* A physician should be consulted because there are complications from pneumonia.

If you are unable to seek medical help, there are ways you can deal with it until medical help is reached. Symptoms begin suddenly and include chills high fever, cough, and sometimes bloody sputum. There is often pain in the chest. I have had what they call “walking pneumonia” and I can tell you it is nothing to fool around with. The mortality rate is high without proper treatment. These are ways to treat pneumonia until you have reached a physician.

Place macerated garlic cloves in a pan and cover with water. Bring the liquid to a boil. Allow fumes to be very strong. If possible, have the patient in the room while you are cooking the garlic. Place a cloth in the liquid and apply the cloth to the chest area. Remove when cool and reheat the cloth by dipping again into the garlic water. Keep this treatment up. Place some of the garlic from the mixture into a quart jar and cover with hot oil, and keep the container tightly closed to retain the strength while not in use. Have the patient inhale the fumes from the jar while you are replacing the hot cloth. If the patient is able, have them eat small pieces of garlic during treatment.

### **Whooping Cough Treatment**

Whooping cough is an acute, infectious disease that is common to children. It causes recurrent spasms of coughing, ending in a whooping inspiration. This recipe works well to suppress the cough.

Squeeze the juice from 3 lemons and mix with 2 beaten egg whites. Add  $\frac{1}{2}$  cup of brown sugar. Pour 1 cup of olive oil in this mixture. Shake well and keep refrigerated. Give 1 teaspoon as needed for cough.

## **CHEST CONGESTION TREATMENTS**

### **Chest Congestion**

This is an old Chinese method of dealing with chest congestion. Slice and roast several large onions. Pour enough

vegetable oil or melted lard over the onions to cover them, and allow to steep in the oven for 30 minutes. Put the onion mixture on a flannel cloth. Grease chest with olive oil and apply the onion poultice to the chest. Cover to keep the poultice warm. Remove after about 30 minutes.

### **Chest Congestion Treatment with Cayenne Pepper**

Mix together 2 teaspoons cayenne pepper, 4 tablespoons of cinnamon, and 6 tablespoons powdered ginger. Add enough olive or vegetable oil to form a paste. Apply the mixture to a warm flannel cloth. Grease the chest area with olive oil and apply the poultice to the chest. Cover to keep warm and leave on over-night. All the ingredients are great stimulants and will cause the patient to perspire.

### **Chest Congestion Treatment with Cooked Onions**

For chest congestion, use this old Indian method. Lightly fry onions and place in a flannel cloth. Add spirit of camphor if you have it. Lightly grease chest with olive oil and place the onion poultice to the chest area and cover to keep warm. My sister had frequent chest problems and this was used by my parents throughout her childhood. It always helped.

### **Chest Congestion Treatment with Mustard**

Mix equal parts ground mustard and flour. Moisten with tepid water to the consistency of a paste. Spread on muslin cloth. Lightly grease chest area with olive oil and apply this poultice to the chest. Cover with a flannel cloth to keep warm. Leave the poultice on for about 15 minutes or until the skin reddens. Do not allow the poultice to stay on the chest over the amount of time stated.

*Caution:* You need to apply olive oil to the chest before applying any of the poultices. This protects the skin from burns. The mustard could possibly cause blisters to form if the area is not protected by the olive oil, or if the poultice is left on for too long.

### **Chest Congestion Treatment with Peppermint Tea**

Mix 1 cup warm almond oil with  $\frac{1}{2}$  teaspoon of peppermint oil. Massage the chest and back to relieve chest congestion. Keep warm and give plenty of peppermint tea to produce sweating. This works very well. My sister uses this recipe to treat her children when they have chest congestion.

Lemon juice as an aid: lemon juice can be added to the herbal teas. It does have a lot of vitamin C and helps to cut through congestion and mucus. I always add lemon juice to my teas. I figure a little extra help doesn't hurt. Lemon juice is also a great astringent and I figure this helps too.

### **Chest Congestion Treatment with Slippery Elm**

Mix  $\frac{1}{2}$  cup each of powdered slippery elm, cornstarch, and crushed black mustard seed. Wet the mixture just enough to make a thin paste. Grease the chest with olive oil. Place the mixture on a warm flannel cloth and apply to the chest. Cover to keep warm. Keep on until chest skin begins to redden.

### **Emphysema Treatment**

Put 6 drops of anise oil in 1 tablespoon of honey. Should take daily after every meal.

## **COLD TREATMENTS**

### **Cold Remedy**

Pour 1 gallon of water in a large pan, adding  $\frac{1}{3}$  cup softened ginger root, 3 cups of honey, and 1 cup seedless raisins. Bring to a boil and simmer for about an hour. The top will have to be skimmed every once in a while. Cool, strain, and place in a tightly closed container overnight in the refrigerator. The next day, squeeze 6 lemons and 4 oranges and add the juice to the mixture. Mix well and drink 2–3 glasses per day. This will get rid of symptoms pretty fast and clean the system.

### **Cold Treatment with Comfrey**

Chop several leaves of comfrey and add  $\frac{1}{2}$  cup of elderberries. Add 1 cup of honey and 1 cup of water. Simmer for 30 minutes. Strain and take as needed to produce perspiration and reduce fever. The comfrey leaves produce an aspirin-like

substance and help to ease the discomforts of a cold, as well as soothe inflamed mucous membranes of the throat. Comfrey is considered a demulcent and an expectorant. The elderberries serve as a diuretic to flush the system.

### **Cold Treatment with Cornhusks**

Boil 8 corn husks in 4 cups of water for about 30 minutes. Strain and drink. Said to relieve headaches and stuffiness of the nose during a cold.

### **Cold Treatment with Lemonade**

Heat a glass of lemonade and add honey to sweeten. This is a good recipe if you have a cold with a fever. It relaxes you and is helpful in relieving discomfort.

### **Cold Treatment with Milk**

At the onset of a cold, add ½ teaspoon each of cinnamon and ginger to 1 cup of scalded milk. Add 1 tablespoon of honey and drink while hot. Very soothing and stimulating.

### **Cold Treatment with Mullein Flower Tea**

Mullein flower tea has a pleasant taste and is good to soothe inflamed conditions of the mucous membrane lining the throat. Also relieves coughing. Put a small handful of the mullein flowers in 1 pint of boiling water. Allow to steep 15 minutes. Strain and sweeten with honey.

### **Cold with Fever**

Steep 1 teaspoon of catnip in 1 cup boiling water for 10 minutes. Strain and add the tea to 1 cup of cherry juice. Catnip has been used since antiquity to reduce fever by causing the patient to perspire.

### **Cold with Flu Symptoms**

Mix 1 cup each of plantain, black elder flowers, juniper berries, rosemary, Irish moss, and peppermint. Steep 1 teaspoon of the herb mix in 1 cup boiling water for 15 minutes. Strain, reheat, and sweeten. Drink twice daily.

### **Congestions with Cold**



If congestion is present, try this comfrey recipe. Add 2 tablespoons of comfrey root (cut up fine) to 1 pint of water. Bring to a boil and then simmer for 30 minutes. Strain and sweeten. Take this 3–4 times daily by the cup. Comfrey reduces the inflammation in the the bronchial and alimentary system. It acts as an emollient, demulcent, and expectorant. Not bad for one simple herb. It also has pain-relieving properties, so you are more comfortable while fighting a cold.

### **Foot Baths for Colds**

Put  $\frac{1}{4}$  cup of dried mustard in 8 cups of boiling water and boil for 10 minutes. Add this liquid to a foot bath to treat colds and respiratory problems.

### **Hollyhock Help**

This is a good tea for colds and chest complaints. It also soothes the digestive tract. Add  $\frac{1}{4}$  cup of the chopped leaves and flowers of hollyhock to 2 cups of boiling water. Steep 10 minutes, covered. Strain and add honey to sweeten.

### **Royal Mix for Severe Colds**

Mix 1 cup each of dried white yarrow, spearmint, sage, catnip, horehound, verbena, and pennyroyal. Pour 2 cups of boiling water over  $2\frac{1}{2}$  tablespoons of the herb mix. Cover and let stand 10 minutes. Strain and sweeten. Reheat and drink 1 cup every couple of hours. Use more often if sweating is desired.

### **Sweeten Breath during Colds**

Chew fresh parsley during a cold. This not only freshens the breath during a cold, but rids the mouth of any bad odors anytime. Parsley also gives you the extra vitamins you need while suffering through a cold.

## **COUGH TREATMENTS**

### **Borage Cough Syrup**

Place  $\frac{1}{2}$  cup of borage leaves in blender along with  $\frac{1}{2}$  cup of water. Blend until mixture is of a smooth consistency. Place in an enamel pan and add 2 cups of honey. Bring to a boil,

stirring constantly. Remove from heat and add the juice from 2 lemons. Take 1–2 tablespoons as needed for coughs.

### **Cherry Cough Syrup**

Place 2 cups of cherries in a pan and add just enough water to cover. Add several lemon slices and 2 cups of honey. Simmer the mixture until cherries are soft. Remove from heat. Remove the lemon slices and the cherry pits from the mixture. Refrigerate and take several tablespoons as needed for coughing.

My grandchildren love this mixture. I have a hard time keeping it on hand, as they take it whether they need it or not. It would also probably be good for someone suffering from gout, as cherries are excellent for treating gout. If you are susceptible to gout, take it on a regular basis to prevent gout attacks.

### **Cough Syrup with Elecampane**

Put 1 tablespoon each of elecampane, coltsfoot, Irish moss, lobelia, and 3 tablespoons boneset in a pint of water. Boil down to half the liquid. Strain well and add 2 cups of honey. Refrigerate and take by the tablespoon as needed for cough.

### **Cough Syrup with Slippery Elm Bark**

Put 1 tablespoon each of boneset, Irish moss, white yarrow, slippery elm bark, thyme, peppermint, horehound, and lemon balm in 4 cups of boiling water. Steep for 30 minutes. Strain well and add 4 cups of honey. Drink several cups of this liquid a day for coughs.

### **Currant Cough Syrup**

Simmer 3 teaspoons of black currants in 2 cups of water for 15 minutes. Strain and add 2 tablespoons of honey. Use as needed for coughs.

### **Expectorant for Coughs**

Mix  $\frac{1}{4}$  cup each of mullein and mallow flowers. (Either the mullein leaves or flowers can be used.) Add 1 tablespoon of herb mixture to 1 cup of boiling water. Strain and add several

cloves and 1 teaspoon of lemon juice. Sweeten with honey. Loosens chest congestion and promotes discharge of mucus.

### **Garlic Cough Syrup**

This is a remedy for bronchial complaints ranging from bronchitis to asthma. Slice 2½ cups of fresh garlic into 4 cups of water. Bruise 2 tablespoons each of caraway and fennel seeds. Add to garlic water. Boil this mixture until garlic is soft. Let stand 12–14 hours in a very tightly closed container. Measure the mixture at the end of 14 hours and add an equal amount of cider vinegar. Bring again to a boil, adding enough sugar to make a syrup. For coughing, take 1 teaspoon every morning or when necessary.

### **Horehound Cough Syrup**

Add 6 tablespoons of horehound and 2 tablespoons of grated horseradish to 3 cups of water. Bring to a boil and reduce heat to simmer. Simmer until the liquid is reduced by half. Strain and add ¾ cup of honey. Take 2 teaspoons as needed for coughs.

### **Parsley Cough Treatment**

This is good to use for a persistent, stubborn cough. Pour 2½ cups of boiling water over 2 tablespoons of dried agrimony flowers or leaves, and 1 tablespoon dried parsley. Cover and steep until the mixture is cool. Strain. Use as a gargle to soothe sore throats. To stop persistent coughs, take 2–3 tablespoons of the infusion morning and evening.

### **Red Clover Cough Suppressant**

Place 4 cups of water and 4 cups of honey in a pan and bring to a boil. Reduce heat to simmer and add 4 tablespoons of red clover blossoms. Simmer for 15 minutes. Cool, strain, bottle, and refrigerate. Take 1–2 tablespoons as needed for coughs. You receive a lot of extra minerals with this recipe.

### **Thyme Cough Syrup**

Pour 2 cups boiling water over 2 tablespoons of dried thyme. Cool to room temperature. Strain and add 1 cup of honey.

Shake to mix well. Keep refrigerated. Take 1 tablespoon several times a day for sore throats, colds, and coughing.

### **Wild Cherry Cough Syrup**

Mix 1 teaspoon each of thyme, lobelia, elecampane, coltsfoot, boneset, mullein, Irish moss, slippery elm bark, wild cherry bark, and 1 tablespoon balm of Gilead. Add mixture to 4 cups of water and simmer until the liquid is reduced by half. Strain and add 2 cups of honey. Add a few drops of wild cherry oil for flavoring. Keep refrigerated after bottling. Dosage is 1–2 tablespoons for coughing. I keep this handy all the time. It will keep for long periods of time and it works well.

## **FEVER**

### **Brew of Feverfew**

Pour 2 cups boiling water over 2 tablespoons of dried feverfew flowers. Let steep until cool. Strain and reheat. Drink hot; sweeten with honey or sugar.

### **Fever Reducer with Pepper**

Fill #00 capsules with cayenne pepper and take 2 capsules every 4 hours. Will cause perspiration and bring down a fever fast. This is a really good herb for helping circulation and ridding the body of toxins fast.

### **Fever Reducer with Pepper Pods**

This is another way to use pepper to bring down a fever fast. Soak several pods of cayenne pepper in 1 cup of hot water for 30 minutes. After straining, add about  $\frac{1}{4}$  cup of sugar. Add the juice of 2 oranges and drink hot. This works very well. I know, because I have used this for years.

### **Fever with Cold**

Take 2 tablespoons of elder flowers or white yarrow and add 2 tablespoons of peppermint leaves. Simmer the leaves in 2 cups of water for 30 minutes. Strain and drink by the  $\frac{1}{2}$  cupful during the day, as long as fever is present.

## **FLU**

### **Flu Remedy Using Elder Flowers**

Pour 4 cups of boiling water over 2 tablespoons each of elder flowers and peppermint leaves. Cover and let steep 15 minutes. Strain and sweeten. Give 1 cup of warm flu remedy every hour to produce sweating.

### **Flu Remedy Using White Yarrow**

Put 1 tablespoon each of white yarrow, boneset, and skullcap in 2 cups of water. Simmer for 30 minutes. Strain. Add 1 tablespoon of this liquid and 1 teaspoon of psyllium seed, flavored to taste, to one cup of boiling water. Sweeten with corn syrup. Drink every 30 minutes. This takes care of backaches and head-aches too.

### **Flu Symptoms**

Pour 8 cups boiling water over 2 tablespoons of dried sage. Add the juice of 1 lemon and 1 orange, and 2 tablespoons of honey. Mix well, cover, and steep for 1 hour. Strain and drink as often as desired. Reheat as needed.

## **MEASLES**

### **Measles**

Measles is a childhood disease that was thought at one time to be an uncomplicated disease. We now know that complications can and do happen. Best treatment is to have the little patient stay in bed and keep the room dimly lit. Provide quiet activities to keep the patient as calm as possible. Provide plenty of liquids and keep the patient on a light, wholesome diet. Tepid baths seem to help the patient keep fever down and provide comfort. If the child is running a fever and the rash has not yet broken out, this herbal remedy will help them. Once the rash has broken out, the fever seems to go down somewhat. The disease lasts about 5 days. The fever should subside during those 5 days as the rash starts to disappear.

### **Measles Treatment**

To prepare the herbal remedy, pour 3 cups boiling water over 1 tablespoon of calendula flowers. Steep 15 minutes. Strain and

flavor with 1 drop of peppermint oil and sweeten with sugar. Drink one cup per day, hot. Best for bringing out measles, as it will induce sweating.

## **PLEURISY**

### **Pleurisy**

Pleurisy is an inflammation of the pleura. There is fever and intense sharp pain under the rib cage. Bed rest is a must as is teaching the patient to splint or hold the chest area when coughing. Apply warm or cool compresses to the painful area to decrease inflammation and relieve pain. Give the patient plenty of fluids to help liquefy and remove secretions from the system. Have the patient lie on the affected side to prevent transfer of organisms to the unaffected side. A light liquid diet helps in the healing of the patient.

### **Pleurisy Treatment with Violet Flowers**

Violet tea is very good to treat pleurisy as it has more vitamin A than any known plant. Chop 1 tablespoon of violet leaves, flowers, and stems. Pour 1 cup boiling water over the herb and allow to steep, covered, 10 minutes. Strain and sweeten with sugar. Drink as often as desired. Violets are also a great relaxant and this will help to keep the patient calm.

### **Pleurisy Treatment with White Yarrow and Other Herbs**

Mix 1 tablespoon each of ginger, boneset, elecampane, Irish moss, elder flowers, milkweed root, and white yarrow. Add 2 tablespoons of the herb mixture to 4 cups of water and boil down to half the liquid. Strain well and add 1 teaspoon oil of peppermint and about 1 cup of honey. Take 1 tablespoon every 2 hours.

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# Digestion

## COLIC

Some babies seem prone to infantile colic in the first few months. It is caused by a spasm in any number of the soft organs and is accompanied by pain that can be quite severe at times. The infant will cry very loudly and draw the feet in toward the stomach. After giving an herb bottle, try letting the child lay stomach down on your lap. This seems to ease them. Many of the seed herbs help to bring relief. The infant normally grows out of the tendency so just hang in there and comfort the little person as best as possible.

### **Colic Treatment with Chamomile**

Steep 1 teaspoon each of chamomile herb and fennel seed in 1 cup of boiling water for 15 minutes, covered. Strain well and add ½ tablespoon of the liquid to the baby's formula. Can be repeated up to 3 times a day if necessary.

### **Colic Treatment with Seeds**

Mix 2 tablespoons each of dill seed, fennel seed, and anise seed. Add 2 tablespoons each of catnip and chamomile as a relaxant. Add 1 teaspoon of the mixture to 1 cup of boiling water. Let steep, covered, for 15 minutes. Strain well and dilute with same amount of water. Give to the child between feedings from a bottle.

## CRAMPS

### **Stomach Cramps**

Lemon balm tea is used to help with cramps. Put 6–8 lemon balm leaves in 1 cup of boiling water. Steep, covered, for 10 minutes and strain. Sweeten and drink warm. Ginger may be added for extra help, if desired.

## **DIGESTION PROBLEMS**

### **After Meals Digestion Aid**

Mix together 1 cup each of fennel seed, dill seed and leaves, chamomile flowers, aniseed, and spearmint leaves. Pour 1 cup of boiling water over 1 teaspoon of the herb mixture. Cover and steep 10 minutes. Strain and sweeten. Drink warm after all meals to aid indigestion.

### **Coffee Helper**

Coffee can be good to aid indigestion after a meal. It can also curb the appetite if you drink 1 cup a half hour before meals.

### **Digestive Help with Cayenne**

Sprinkling cayenne pepper liberally over your food will help tremendously in all digestive problems. Continue the treatment until the problem is solved. Cayenne can also be used as a tea or in #00 capsules to solve digestive problems. Simply add ½ teaspoon of cayenne pepper to 1 cup of hot water. Drink several cups a day. You wouldn't think that using cayenne pepper would help ease a stomach disorder, but it really does help.

### **Digestion Help with Papaya**

Drinking papaya juice seems to relieve digestion problems. Drink after meals to prevent upsets.

### **Digestive Help with Powdered Sea Kelp**

Place 1 tablespoon of powdered sea kelp in 2 cups of boiling water and allow to steep for 15 minutes. Drink as needed for indigestion.

### **Indigestion Relief with Dill Seed Tea**

This one is good for indigestion. Bruise 2 teaspoons dill seeds and leaves. Cover with 1 cup boiling water. Let steep, covered, until cool. Strain and sweeten. Take about 4 tablespoons every hour until indigestion is alleviated.

### **Indigestion Relief with Hop Flowers**



Pour 1 cup of boiling water over 1 teaspoon of hop flowers and add 1 tablespoon of glycerin. Steep for 5 minutes. Strain and drink 30 minutes before your meal. Sweeten as desired.

### **Indigestion Relief with Marsh Mallow Tea**

Pour 2 cups of boiling water over 2 tablespoons of dried marsh mallow leaves. Steep, covered, until cool. Strain and flavor with ginger if desired. Reheat as needed. Great for indigestion.

## **FLATULENCE**

### **Flatulence Relief Using Peppermint**

Peppermint tea is good tasting and good for your digestive system. Drink after meals to help ease digestive upsets and prevent gas buildup. Put 1 teaspoon of peppermint leaves in 1 cup of boiling water. Steep covered 15 minutes and strain. Sweeten as desired. Drink hot or cold.

### **Flatulence Relief Using Sage**

Drink this tea cold. Pour 4 cups of boiling water over 4 tablespoons of honey and 2 tablespoons of bruised sage leaves. Cover and steep for several hours or at least until the liquid is cool. Strain and refrigerate. Use this as often as needed to relieve gas.

## **GALL BLADDER HELP**

### **Gall Bladder Pain Prevention with Olive Oil**

Gall bladder pain is reduced if you take 1 tablespoon of olive oil before each meal.

### **Gall Bladder Tonic with Lemon Juice**

Take 4 tablespoons of lemon juice every morning on an empty stomach. Continue for at least 1 week to get results.

### **Gall Bladder Treatment with St. John's Wort**

St. John's wort tea is good to use if you have gall bladder trouble. Make a tea using 4–5 leaves steeped in 1 cup of boiling water. Strain, and drink several times a day to soothe the gall bladder. *Caution:* St. John's wort can cause

photosensitivity and the skin will be very sensitive to sunlight. Do not use if you already suffer from sensitivity to sunlight. If you are using it to treat gall bladder, please stay out of the sun during treatment. Do not use the treatment for long periods of time. Use only when you are having problems with your gall bladder.

## **HEARTBURN**

### **Heartburn Treatment Using Brown Sugar**

This is an unusual treatment, but I've had several people report that it does work. Take 1 tablespoon of brown sugar to relieve the pain of heartburn.

### **Heartburn Relief Using Carrots**

Eating raw carrots or a stalk of celery after meals helps to stop heartburn.

### **Heartburn Treatment Using Lemon**

Try adding 2 teaspoons of lemon juice to  $\frac{1}{2}$  cup of warm water. Sip to relieve heartburn.

### **Heartburn Relief Using Oatmeal**

If you suffer from heartburn often, try eating a bowl of oatmeal on a daily basis. Stops heartburn from occurring.

### **Heartburn Treatment Using Peppermint**

Pour 1 cup of boiling water over 1 teaspoon of dried peppermint leaves. Let steep, covered, 10 minutes. Sweeten with honey after straining. Drink warm, reheating as necessary to relieve heartburn.

## **NAUSEA AND UPSET STOMACH**

### **Nausea and Vertigo Relief with Mint**

Chewing fresh mint leaves relieves feelings of nausea.

### **Nausea Relief with Chamomile**

Pour 1 cup boiling water over 1 teaspoon dried chamomile and steep 10 minutes. Strain. Add  $\frac{1}{4}$  teaspoon cinnamon to the tea

before adding sugar to taste.

### **Nausea Relief with Cloves**

Sometimes chewing 4–5 whole cloves will relieve motion sickness.

### **Nervous Indigestion Relief with Marjoram**

Pour 1 cup of boiling water over several sprigs of marjoram and allow to steep, covered, 10 minutes. Strain and sweeten with honey. Also good for headaches brought on by nervous tension.

### **Parsley Tea**

Make a tea using 2 cups of fresh parsley to 4 cups boiling water. Let sit, covered, until cool. Strain and reheat as needed. Sweeten to taste. This is good to help settle the stomach, as well as being a great diuretic for the kidneys.

### **Peppermint Mix for Stomach Upset**

Mix 1 tablespoon each of dried peppermint and bruised caraway seed. Pour 1 cup boiling water over 1 teaspoon of the mix and steep 15 minutes. Strain and sweeten with honey.

This has the added benefits of soothing the stomach during upsets and relieving heartburn and indigestion. Also good to use during bouts of flu to settle the stomach.

### **Settles Upset Stomach**

Mix together 1 teaspoon each of goldenseal, mullein, skullcap, 1 heaping teaspoon chamomile, 2 teaspoons lobelia, 1 tablespoon mint,  $\frac{1}{4}$  teaspoon powdered peppermint, and 1 tablespoon pennyroyal. Add 1 teaspoon of this herbal mixture to 1 cup of boiling water and allow to steep 10 minutes. Strain and sweeten. Settles stomach quickly.

## **ULCERS**

### **Stomach Ulcer Irish Treatment**

This is another good Irish treatment. After boiling potatoes, save the water and drink this. It will cure ulcers if done on a

daily basis.

### **Stomach Ulcer Treatment with Cayenne**

Mix 1 teaspoon of cayenne pepper with 1 cup of hot water. Drink up to 3 cups per day. Will stop the pain overnight. Continue until ulcers no longer bother you.

### **Stomach Ulcer Treatment with Goat's Milk**

Drink fresh goat's milk to prevent or treat ulcers. It's very good for you. Many people say that they won't drink goat's milk because of the taste. The reason for the different taste is simple. One of the reasons has to do with the way that the milk is treated.

The milk should be strained and cooled immediately after you have milked. Cooling the milk as fast as possible is probably the main secret to avoiding the funny taste that so many people associate with goat's milk. It is really very tasty if processed properly.

Another reason for the funny taste could be the nanny's close proximity to a billy goat. Never keep your nannies close to a billy. I never bothered to keep billies because I found it easier to have the nannies bred rather than having the hassle of keeping the little buggers.

When the time has come to breed your nanny goat, get a cloth and rub it all over a billy, so that his scent is transferred to the cloth. I keep the cloth in a tightly closed jar, to preserve its scent. I allow the nanny to smell the cloth to get a good indication of her readiness to accept a billy. Many times it seemed to put them in the mood. Anyway, back to the milk.

Many people who do not tolerate cow's milk or who suffer from allergies do very well drinking goat's milk. I first got interested in using goat milk when my granddaughter was born. She had an intolerance to cow's milk and she did not do very well on soy milk. We put her on the fresh goat's milk and she did very well.

### **Stomach Ulcer Treatment with Red Clover**

Red clover tea relieves pain from ulcers and mild indigestion. It helps to relieve excess acidity. Also used to treat rickets as it replaces essential minerals. Red clover has lots of calcium and phosphorus and this helps to strengthen teeth and bones. Drink 1 cup before meals and at bedtime. Add 2 tablespoons of dried or fresh red clover to 1 cup of boiling water and allow to steep, covered, 10 minutes. Strain and sweeten with honey.

### **Stomach Ulcer Yogurt Treatment**

Eating yogurt on a daily basis will prevent or cure stomach ulcers, as it destroys harmful bacteria that causes the formation of acids in the stomach.

### **Upset Stomach Balm**

Pour 1 cup of boiling water over 1 teaspoon lemon balm. Steep for 15 minutes, covered. Strain and sweeten. Lemon balm has a very calming and soothing effect. Good tea to use during pregnancy, when you feel nauseated. Also a good tea to use before going to bed as it helps to relax you.

### **Vomiting in Children and Adults**

Toast 5 tablespoons of oatmeal under the broiler. Pour 2 cups of boiling water over the oats to make a thin gruel, adding sugar and cinnamon to sweeten. Drink as much as desired (and as often as needed) until vomiting is stopped. Will settle the stomach quickly.

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# Ear, Eye, Nose, and Throat Complaints

The things we hear, see, smell, and taste make our lives interesting. So, whenever any of these senses is dulled or impaired by illness, it makes our world a little grayer. Luckily, mother nature provides us with different kinds of herbs to help remedy the situation. Over the years, we humans have managed to take nature's gifts and make them into good remedies.

## **EAR CARE**

### **Earache**

Heat seems to help stop earache pain. Place a warm damp washcloth over the ear and lay ear on a heating pad to keep warm. Pain that persists should be seen by your physician, as it could signal an ear infection or eardrum perforation.

If an insect is lodged in the ear, do not attempt to remove the bug with any instrument or use a bright light to lure the insect out. This sometimes causes the insect to burrow deeper into the ear. You should fill the ear with a bland oil and float the insect out. If you are unsuccessful in this, you should go to your physician for help.

Sometimes water will become trapped in the ear after swimming. Tilting the head and then tapping it sharply will usually discharge the water. If not, then you may want to put several drops of 70 percent isopropyl alcohol in the ear. This helps to evaporate the water. Sometimes the feeling of water in the ear is caused by swelling of the cerumen. You should consult your physician for that problem.

### **Earache Relief Mixture with Mullein Flowers**

Steep  $\frac{1}{4}$  cup of mullein flowers in  $\frac{1}{2}$  cup of olive oil for several weeks. Strain several times. Store tightly covered. When you are ready to use it, warm the oil. It should be about room temperature (don't use it cold). Make sure it is merely warm, not hot. Put several drops of the oil in the affected ear. Apply a warm cloth to ear. It wouldn't hurt to put sterile cotton plugs in the ear after putting in the drops.

### **Earache Treatment Using Honey**

Warmed honey, applied a few drops at a time into the affected ear, will help to stop an earache. Place a cotton ball in the ear after applying the honey to keep in the warmth.

### **Earache Treatment Using Oil**

Warm some olive or castor oil and put several drops of it in the affected ear. Place a piece of sterile cotton in the ear.

### **Earache Treatment Using Witch Hazel**

Mix 1 teaspoon each of witch hazel and glycerin. Warm the mixture and saturate a piece of cotton with it. Place in the ear and keep warm.

### **Inner Ear Disorders**

Grind 1 teaspoon fresh ginger. Add 1 cup boiling water. Steep 15 minutes and strain. Sweeten with honey and drink as a tea. Controls motion sickness, nausea, and vertigo caused by inner ear disorder.

### **Tinnitus or Ear Ringing**

Tinnitus or ear ringing has several causes. The most common is caused by the overuse of aspirin or other drugs. Many times it occurs in certain diseases of the exterior, middle, or inner ear. If you do not take any medication on a regular basis, consult with your physician, as he or she can ascertain what the source is. While I have never tried it, it is said that putting a few drops of onion juice in the ear will stop earaches and ear ringing.

### **Tinnitus Treatment Using Garlic**

Put 6 large cloves of garlic in the blender, adding 1 cup of olive or almond oil. Blend until the garlic is minced. Put in a glass jar and allow to steep, covered, for 1 week. Strain and apply several drops in the ear to stop the ringing and aid in hearing.

### **Tinnitus Treatment Using Turpentine**

Mix 1 tablespoon of rectified turpentine and 1 tablespoon almond or olive oil. Saturate a cotton ball with the oil, squeeze out, and then place in the ear overnight.

## **EYE CARE**

Eye care is important, so I've included a few recipes for eye washes. Any serious problems should be seen by your physician. Your eyesight is a very precious gift.

### **Black Eye Poultice**

Place a handful of chopped leaves and stems of hyssop in 2 cups of boiling water. Allow to steep for 30 minutes. Strain and dip clean cloth in herb liquid and apply to black eye.

### **Bloodshot Eyes**

Apply a few drops of castor oil to the eyes to clear the redness from them.

### **Cataract Preventive**

Mix 2 teaspoons each of honey and apple cider vinegar with a glass of water. Drink with every meal. Also said to retard cataract growth, as well as to prevent them.

### **Cataract Retardation**

To help retard cataract growth, put a drop of honey in the corner of each eye on a nightly basis. May take several months before improvement is noticed.

### **Cucumber Tonic for Eyes**

Slice a cucumber and place slices over the eyes. Leave on for 15 minutes. This refreshes and relieves puffiness around the eyes.



## **Eye Care**

Put  $\frac{1}{4}$  teaspoon each of fennel, eyebright, and chamomile in 2 cups hot water. Let steep until cool. Strain through sterile cotton balls to catch any particles that might irritate the eye. Use as an eye wash for sore or inflamed eyes.

## **Eye Irritation**

To obtain immediate relief from eye irritation, put 1 drop of castor oil in the eye. Relieves the pain fast.

## **Eye Wash with Baking Soda**

Put  $1\frac{1}{2}$  teaspoons of baking soda in  $\frac{3}{4}$  cup of warm water. Use as an eye wash.

## **Eye Wash with Borage Leaves**

Borage eyewash can clear redness stemming from eye strain and fatigue. Use as a gentle wash. Pour 1 cup of boiling water over 1 teaspoon of dried borage leaves. Steep until cool. Strain and put in sterile jar. Use a few drops directly in the eye or use as a compress. Relieves puffiness around the eyes.

## **Eye Wash with Eyebright**

Add 1 teaspoon of eyebright to 1 cup boiling water. Let steep 15 minutes. Strain well and cool. Use this as an eye wash. Fennel, elder flowers, or verbena can also be used. Helps tired eyes and eye strain. Very helpful when conjunctivitis is present.

## **Eye Wash with Fennel Seed**

Add 1 teaspoon fennel seed to 1 cup boiling water. Let steep 15 minutes. Strain several times and use the liquid to rinse the eyes with an eye cup. With the leftover liquid, soak a clean cloth and use as a compress over the eye for 15 minutes.

## **Eye Wash with Herbs**

Put 1 teaspoon of fennel, elder flowers, or verbena in 1 cup of boiling water. Cool, strain well, and use as an eye wash. Helps tired eyes and is helpful when conjunctivitis is present.

### **Eye Wash with Honey**

Mix 1 teaspoon of honey with  $\frac{1}{4}$  cup of hot water. Cool the mixture slightly and use with an eye cup for gentle wash.

### **Eye Wash with Parsley**

Add 1 teaspoon each of parsley and calendula to 2 cups of boiling water. Steep, covered, 10 minutes. Strain several times. Use in eye cup. Refrigerate for later use in tightly closed bottle. Warm as necessary. Do not use too hot or too cold.

### **Freshen Eyes Irritated by Strain**

Use  $\frac{1}{2}$  teaspoon calendula to each cup of boiling water. Let stand until cool. Strain well and put in sterile bottle. Dip a cotton ball in this liquid squeezing out excess liquid. Place over the eyes for 10–15 minutes as a compress.

### **Inflamed Eyes**

Pour 1 cup boiling water over 2 tablespoons of yarrow flowers. Steep for 10 minutes. Strain and dip clean cloth in liquid and apply to eyes as a compress.

### **Said to Improve Sight**

Add a small handful of cornflower blossoms to 1 cup of boiling water. Allow to steep 30 minutes. Strain and use as an eye wash. Good tea to use for conjunctivitis. Conjunctivitis has many causes. Sometimes it is caused by allergies (if it happens in the spring). Certain types of conjunctivitis are caused by foreign matter in the eye. Several viral agents can also cause it. Pinkeye is highly contagious and is most often found in children, although adults can be affected also.

### **Tonic for Eyes**

Soak a cotton ball in witch hazel. Put the poultice over the eyes for 20 minutes. This relieves irritation caused by tired or strained eyes.

### **Treatment of Sties with Cabbage**

Steam fresh cabbage leaves until just limp. Drain and apply warm as a compress to the affected eye. Leave on for about 15

minutes, covered to keep warm. This is an old Irish treatment and seems to work.

### **Treatment of Sties with Pekoe Tea**

Moisten a pekoe tea bag with boiling water and apply to the affected eye as a poultice. Cover with a loose bandage and leave on for several hours. Repeat as necessary.

### **Treatment of Sties with Potato**

Scrape a raw potato and place on the affected eye as a poultice. This is another Irish treatment. Amazing what the common potato can be used for, isn't it?

### **Treatment of Sties with Tansy**

Sties are caused by bacterial infections. They cause a localized swelling of one of the sebaceous glands of the eyelid. The external sties are superficial and seem to be not too serious. The internal sties are a matter for your physician to treat. Applying hot packs frequently to the eye usually brings about drainage and resolution.

Put 1 teaspoon of tansy in 1 cup of boiling water. Steep 10 minutes and dip cloth in the herb liquid. Apply to the eye affected as a compress.

## **NOSE CARE**

### **Boneset for Sinus Congestion**

This may take several days to loosen up congestion. Pour 1 cup boiling water over 1 teaspoon of boneset. Cover and steep 15 minutes. Strain and sweeten. Drink with every meal and before bed.

### **Sinus Congestion**

Eat 2 garlic cloves 3 times a day for 1 week. Sinuses should start draining toward the end of the week.

### **Sinus Problems**

Dissolve one 500 mg vitamin C tablet in  $\frac{1}{4}$  cup of warm water. Apply directly into the nostril with an eyedropper using  $\frac{1}{2}$

dropperful for each side, 2 times a day.

### **Sinus Treatment with Epsom Salts**

Run water until very cold. Mix together 2 cups of cold water with 1 tablespoon of epsom salts and 2 teaspoons of bicarbonate of soda. Dip clean cloth in the liquid and place over sinus area. Replace to keep area cold. Relieves stuffy nose fast. Good to use during a cold.

### **Sinus Treatment with Honeycaps**

Chewing honeycaps from the combs of honey is said to cure sinus problems.

### **Sinus Treatment with Fenugreek**

Simmer 2 tablespoons of crushed fenugreek seeds in 2 cups of water for 30 minutes. Strain and add 1 tablespoon each of lemon and onion juice. Drink several cups a day.

### **Sinus Treatment with Rose Petals**

Put 1 teaspoon of dried rose petals in 1 cup of boiling water. Steep until cool. Strain and dip cotton ball in the liquid. Apply to the eyes as a compress for 15 minutes. Place drops directly in the eyes with an eyedropper if desired. Relieves sore, irritated eyes caused by sinus problems very well.

### **Stuffy Nose Comfrey Steamer**

Add 2 tablespoons of chopped comfrey root (or the leaves if the root is unavailable) to 1 cup water. Bring to a boil and inhale the steam to relieve a stuffy nose. Cover the head and basin with a towel to get the full effect.

### **Stuffy Nose Relief with Thyme**

Put  $\frac{1}{4}$  cup lemon thyme in 4 cups of water. Boil and inhale the steam. This clears a stuffy nose.

### **To Clean Sinus Passages During a Cold with Mullein**

Add 2 tablespoons mullein herb and 1 tablespoon of balm of Gilead to a kettle of boiling water. Inhale the steam.

### **To Clear Head Cold with Apple Cider Vinegar**

Mix  $\frac{1}{2}$  cup each of apple cider vinegar and water. Bring to a boil and inhale the fumes.

### **To Clear Stuffy Nose with Ice Cubes**

Place several trays of ice cubes in a basin of water and place only the toes in the water until numb. Sounds crazy, but it works.

## **THROAT AND MOUTH CARE**

Often, bleeding of the gums can signify scurvy or an inflammation, such as trench mouth. Here are some guidelines: look at the bottom edge of the teeth, at the gum line, and notice the coloration. If there is a bluish-red tint, it would signify lead poisoning. A blue tint alone would indicate silver poisoning. A greenish line may indicate copper poisoning; a red line may signify gingivitis, pyorrhea, or scurvy. A purplish line indicates scurvy. If the gum is spongy, you should see your physician immediately as it could indicate any number of diseases that would need his or her attention.

### **Allergies**

Many people suffer from allergies. An allergy is caused by an acquired hypersensitivity to a substance that would not ordinarily cause a reaction. There is often a genetic predisposition to acquire a particular allergy.

I had never suffered from allergies until a neighbor sprayed his field with an herbicide and I had the misfortune of being close to the area. The wind brought the spray over my way and enveloped me in a cloud, while covering my garden as well. I lost my supply of ladybugs that I had so carefully built up over time. I also suffered from severe bronchial asthma for several years. The incident made me very aware of the way we treat our environment and the effects that it has on each and every one of us.

Some of the common allergic reactions may include eczema, bronchial asthma, hay fever, and food allergies. I believe the cases of asthma are more frequent now and more people are

dying from it. I think this is linked to the amount of artificial chemicals with which we are surrounded.

We should all fight the use of pesticides and herbicides a little harder. This junk is getting in our water supplies and will eventually affect all of us. The increase of asthma is just the first sign that something must be done now to control the use and abuse of chemical substances. We must stop harming mother nature and stop passing these chemicals through the food chain to our children. We have to prevent our families from putting artificial chemicals in and on their bodies. Our exposure to the chemicals builds up and causes us to suffer hypersensitivity to substances. Control what goes on in your home first and you will soon want to have some say-so in what everyone else is doing to control your environment.

Here are some recipes to help you control allergies.

#### *For Chest Congestion and Wheezing Caused by Allergies*

Take 500 mg of vitamin B6 twice a day to bring relief. You should get improvement within a month. It would help to take 500 mg of vitamin C daily while on this treatment.

#### *Honey and Vinegar Treatment*

Mix 2 tablespoons each of honey and vinegar with a glass of water. Drinking this mixture with every meal will help relieve symptoms.

#### *Bee Pollen Treatment*

Bee pollen strengthens the respiratory system and is good to treat allergies. Take 1 teaspoon of granules or the equal of 4 capsules every day.

#### **Aloe Vera Gargle**

Put several leaves of aloe vera in an enamel pan. Add several cups of water and bring to a boil. Strain well and use as a gargle.

#### **Bleeding Gums**

Wet  $\frac{1}{2}$  teaspoon of myrrh to make a paste. Apply to gums before bed. You will notice quite an improvement in the morning.

### **Canker Sores**

Canker sores (or “stomatitis” as they are sometimes called) have many causes. They may be caused by bacteria or viruses, irritants such as alcohol and tobacco, or by sensitization to chemical substances in toothpastes or commercial mouthwashes. They can also be caused by iron or vitamin deficiencies, especially from a lack of folic acid and vitamin B12.

If canker sores occur in an infant, the milk should be sterilized before giving it to the child and the mouth should be washed frequently, using a fresh cloth each time.

### **Canker Sore Mouthwash with Thyme**

Adults should attempt to correct any disturbances of the gastric system. Using a weak solution of boric acid as a wash seems to help. If that is not available, use thyme, as it is a very good astringent. Pour 1 cup boiling water over 1 teaspoon thyme and steep covered 15 minutes. Strain and use as a gargle.

### **Canker Sore Treatment with Baking Soda**

Put 2 teaspoons of baking soda in 1 glass of water and use the solution to rinse the mouth and relieve the pain.

### **Cold Sore Treatment with Buttermilk**

Apply buttermilk to the cold sore to help dry it up.

### **Canker Sore Treatment with Cinquefoil**

Add 1 teaspoon of cinquefoil to 4 cups water. Boil gently until liquid is reduced by half. Strain well, adding 2 tablespoons of borax to herb mixture. Use as a mouthwash. *Caution:* Do not swallow.

### **Cold Sore Treatment with Red Clover**

Add 2 teaspoons of red clover to 1 cup of boiling water. Allow to steep until cool. Strain and dip cloth in the tea. Apply to the cold sore repeatedly for 15 minutes several times a day.

### **Cold Sore Treatment with Sage and Ginger**

Add 1 teaspoon of dried sage to 1 cup of boiling water. Allow to steep 15 minutes. Strain and add 1 teaspoon of ginger and honey to sweeten. Drink 3 cups throughout the day. Brings relief within 24 hours.

### **Colds and Sore Throats**

Sore throats are caused by an inflammation of the tonsils, larynx, or pharynx. Keep the patient warm and comfortable and give plenty of fluids while treating sore throats and colds. A sore throat can be painful and uncomfortable, so be as understanding as possible to the patient.

During the winter months, many people have sore throats, especially if there are young ones around that attend school. At the first sign of a sore throat, try gargling with hydrogen peroxide and water. This generally stops a sore throat in its track. For those sore throats you do not manage to catch early enough to nip them in the bud, try several of these recipes. Follow the old standbys of rest, plenty of fluids, and a light diet.

### **Cold and Sore Throat Treatment with Cayenne**

Mix 1 teaspoon cayenne pepper with 1 cup boiling water. Drink 3 times daily to stop or ward off colds and sore throats. This really does work very well. The length of the illness is drastically reduced.

### **Cold and Sore Throat Treatment with Vinegar**

Mix 2 cups vinegar with 1 cup of honey. Drink a wineglass of this mixture 3 times daily.

### **Gargle for Sore Throats**

Use this at the first hint of a sore throat. Mix 2 tablespoons honey,  $\frac{1}{2}$  teaspoon cayenne pepper, 4 tablespoons apple cider



vinegar, and 1 tablespoon of lemon juice to 1 cup warm water. Mix well and use as a gargle.

### **Infected Gums**

To treat infected or inflamed gums, take a mouthful of papaya juice and hold it in the mouth for 10 minutes. It heals the tissue of the gums. An irritation of the gum can cause redness, swelling, and tenderness. This can be caused by dentures or injury to the mouth.

### **Inflamed or Infected Tonsils**

Place a large handful of sage in 2 cups of water. Simmer for 15 minutes or until sage is soft. Dip a flannel cloth in the liquid and place the sage leaves in the flannel before wrapping around the throat. Dip another cloth in the liquid, wrap this, too, around the throat. Keep replacing the outer cloth to keep the first poultice warm. Give a strong infusion of sage tea to drink during treatment. Swellings and inflammation should subside within hours.

### **Sore Throat Anise Tea**

Anise mint tea is very good for sore throats. Use 1 teaspoon dried anise mint for each cup of boiling water. Let steep 10 minutes. Strain and sweeten. Drink as warm as possible. Repeat as often as desired.

### **Sore Throat Borage Tea**

Make a tea using  $\frac{1}{2}$  cup of borage leaves to 2 cups of boiling water. Steep for 30 minutes. Strain and refrigerate. Use as a gargle when needed for sore throats.

### **Sore Throat Gargle with Black Currant Leaves**

Place 2 tablespoons of chopped black currant leaves in 1 cup of water. Simmer for 15 minutes. Strain and cool. Use as a gargle to relieve a sore throat.

### **Sore Throat Gargle with Pomegranate**

Dry a pomegranate rind. Add 2 tablespoons of the dried and grated pomegranate rind to 2 cups of water. Bring to a boil and

reduce heat. Simmer the mixture until it is reduced by half. Strain and add  $\frac{1}{4}$  cup of sugar. Gargle with the liquid as needed.

### **Sore Throat Gargle with Sage**

Pour 2 cups of boiling water over 2 tablespoons of dried sage and  $\frac{1}{2}$  teaspoon of cayenne pepper. Steep overnight and use as a gargle.

### **Sore Throat Help with Slippery Elm**

Make a paste using 1 tablespoon slippery elm powder, and just enough water to make a paste. Dissolve  $\frac{1}{2}$  cup of honey in 2 cups of boiling water. Add honey water slowly to slippery elm paste. Take 1 tablespoon as needed.

### **Sore Throat Treatment with Beet Juice**

Gargle with raw beet juice to relieve a sore throat.

### **Sore Throat Treatment with Brandy**

Add  $\frac{1}{2}$  cup of brown sugar to  $\frac{1}{2}$  cup of brandy. Mix well and sip as needed to relieve a sore throat.

### **Swollen Glands**

Put 5 leaves of ivy in 1 cup of boiling water and simmer for 10 minutes. Strain and cool. Take 1 tablespoon 3 times a day. Keep up treatment until swelling is gone.

### **Thrush**

Thrush is caused by the growth of candida albicans in the mouth or throat. It is characterized by the formation of white patches or sores. It is found most often in young children and can cause fever and pain. My father had the gift of being able to blow into the mouth of the person affected with thrush and it would go away. I recall several people throughout my life who had this gift. I don't know how or why they were able to do so, but it did work.

### **Thrush Treatment with Alum**

Rub the white patches with alum to help heal and relieve pain.

### **Thrush Treatment with Apple Cider Vinegar**

Apple cider vinegar works as an astringent and can be used to cleanse the mouth. Rinse the mouth with  $\frac{1}{2}$  water and  $\frac{1}{2}$  apple cider vinegar every couple of hours to relieve pain and help the healing process.

### **Thrush Treatment with Mint and Thyme**

Put 1 tablespoon of dried mint and 2 teaspoons of thyme in 1 cup of boiling water. Steep 30 minutes. Use as a mouthwash.

### **Thrush Treatment with Raspberry Leaves**

Pour 1 cup boiling water over 1 tablespoon red raspberry leaves. Cover and steep until cool. Strain well and apply to inside of mouth with a swab several times daily.

### **Thrush Treatment with Rosemary**

Put 1 tablespoon each of rosemary and sage in 1 cup of boiling water. Steep until cool. Strain and use as a mouthwash every half hour.

### **Thrush Treatment with Yogurt**

Put yogurt in the mouth and hold it in as long as you can. Eating yogurt will help to prevent any gastric upset that will cause cold sores or thrush.

### **Toothache Relief Using Garlic**

Garlic is said to stop a toothache. Place a small piece of the garlic clove directly into the cavity of the tooth.

### **Toothache Relief Using Oil of Cloves**

Soak a cotton ball with oil of cloves and apply on the tooth.

### **Toothache Relief Using Salt and Alum**

Mix  $\frac{1}{2}$  teaspoon each of salt and alum. Pack in and around the tooth for quick pain relief.

### **Toothache Relief Using Vanilla**

Put several drops of vanilla directly on the affected tooth.

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# Depression, Headaches, Nerves, and Insomnia

Stress and strain of daily life make us all vulnerable to headaches and nervous strain. After a hard day, it feels good to just relax with a warm cup of herbal tea and quiet our minds before tackling a busy evening.

Sometimes, nervous tension is one the causes of sleepless nights. There are times you may need help to get to sleep, but you should not rely on any drug or herb for long periods of time. They are to be used only as a temporary solution. If the problem persists, you should see your physician for the cause of insomnia. If your health is good, it may be caused by an emotional problem.

Many times, we just do not need as many hours of sleep as we think we do. If everything is going pretty well in your life, but you just can't get to sleep, listen to your body. Maybe you need to stay up later than usual and attend to other things. Sometimes a sleepless night is a good time to get things done that you just don't have the time for during the day. There really is no need to worry if occasionally you are unable to get to sleep. There are studies that prove that staying up for 24 hours sometimes cures or helps depression. The time to worry is when you consistently cannot get to sleep and the lack of rest interferes with your daily life. That is the time to contact your physician for help.

In addition to helping with headaches and sleeplessness, the recipes that follow are also good to use when you have a cold or the flu, as one of the symptoms is often a headache.

## **DEPRESSION**

### **Anti-Depressive**

Put a handful of fresh chopped rosemary into a bottle of white wine. Let sit about 4 days. Strain and use by the tablespoon as needed. Delicious! How could you stay depressed while taking so much pleasure from a taste sensation?

### **Anti-Depressive and Headache Reliever**

Pour 2 cups boiling water over 3 teaspoons dried primrose flowers and leaves. Let stand, covered, about 15 minutes. Strain and sweeten. Drink warm or hot (reheat as needed.) An older friend of mine has used this as an aid for over thirty years, so it must be very effective for her to have used it for so long.

## **HEADACHES**

### **Headache Caused by Mental Fatigue**

Mix  $\frac{1}{2}$  teaspoon each of sage, peppermint, rosemary, and hops. Pour 2 cups boiling water over herb mixture and let steep 10 minutes. Add a pinch of ginger and sweeten. Drink warm before going to bed.

### **Headache Help with Peppermint**

Chop 1 cup fresh peppermint. Pour 2 cups boiling water over the herb and steep for 5 minutes. Strain and sweeten. Add lemon if desired. I use this one for the first twinge of a headache. Sometimes I can just think about getting a headache and that's enough of an excuse to sit and drink a cup. Very relaxing to me.

### **Favorite for Headaches**

Use 1 heaping teaspoon of dried chamomile flowers for each cup of boiling water. Steep 10 minutes. Strain and sweeten with honey. It's a good relaxer. *Caution:* Do not use if you suffer from ragweed allergies, as chamomile is in the same family. There are too many other herbs that you can substitute for you to take a chance of suffering from an allergic reaction. Great for those that can use it.

### **Migraine Headache**

Many people suffer from migraines. From what I understand the pain can be terrific. Migraines can be precipitated by allergic hypersensitivity or emotional disturbances. Most people who suffer from the disorder come from a family background where over 50 percent of the family members suffer from the debilitating headaches. Rest in a darkened room is recommended. Try several of these remedies to find one that will work for you.

### **Migraine Relief with Elderberries**

Put 10–15 elderberries in 1 cup of water. Mash berries and bring to a quick boil. Reduce heat and simmer for 10 minutes. Strain, sweeten, and drink. This should be taken as soon as you feel a headache start on, as the analgesic effect is mild.

### **Migraine Relief with Hair Dryer**

Many people get relief from turning a hair dryer on medium setting at the first sign of a migraine headache and allowing the heat from the dryer to soothe their headache.

### **Migraine Relief with Lemon Coffee**

At the first sign of a headache, make a strong cup of coffee, adding 1 tablespoon of lemon juice. The caffeine in the coffee seems to help some migraine sufferers.

### **Migraine Relief with Nettle**

Put 2 tablespoons of dried nettle in 2 cups of milk. Simmer for 10 minutes. Strain and sweeten with honey. Drink while warm. Do not use if you show an allergic reaction to nettle. Substitute peppermint if need be. Test for allergic reaction by taking small sips the first time this recipe is tried. If no reaction or rash shows up, it is safe to use.

### **Migraine Relief with Stinking Iris**

This is a natural painkiller and is good for migraine headaches. Chop 1 tablespoon of stinking iris (*iris foetidissima*) and add to 2 cups of water. Boil gently for 15 minutes. Strain and take up to 3 tablespoons per day. Has a slight laxative effect so you may want to weaken it further.

### **Migraine Relief with Vinegar**

Mix equal parts of vinegar and water and bring to a boil. Inhale the fumes for several minutes. Repeat as needed.

### **Tension Headache Relief**

Put 2 tablespoons each of mugwort, valerian, chamomile, and agrimony to 2 cups of boiling water. Allow to simmer for 30 minutes. Strain and add to bath water. Very good for aching muscles.

## **NERVES**

### **Calm Nerves with Cornflower**

Place 4–5 blossoms of cornflower in 1 cup of boiling water. Allow to steep 10 minutes. Strain and sweeten with honey. Used after strokes, cornflower tea is said to aid in returning the use of your limbs if used regularly.

### **Exhaustion and Tension Ease—Lavender Tea**

This is good for exhaustion and tension. Pour 1 cup boiling water over 1 teaspoon dried lavender flowers. Cover and steep 15 minutes. Strain and sweeten. A good drink for after work.

This is a favorite of my daughter's. She uses it quite frequently.

### **Highly Agitated State—Woodruff or Sage Tea**

Pour 1 cup boiling water over 1 teaspoon sweet woodruff or 1 teaspoon sage to bring immediate sense of calm. Let steep 15 minutes. Strain and sweeten. I like the taste of the sweet woodruff tea better than the sage. Both are effective and either can be used for the same fast relief.

### **Hysteria**

To calm the patient, have them drink tea made from a bay leaf. Pour 1 cup boiling water over 2 bay leaves. Remove the leaves after steeping 10 minutes and sweeten with honey.

### **Nervous Anxiety that Leads to Heart Palpitations**



Pour 1 cup boiling water over 1 teaspoon of dried lemon balm. Let steep 10 minutes. Strain and sweeten. This is a very pleasant-tasting tea. I like to add the lemon balm leaves to other teas just for the taste alone. And the added benefits of being a great relaxant are a plus in treating any illness.

### **Nervous Headache Reliever**

Macerate 1 tablespoon of violet leaves and add to 1 cup of boiling water. Steep 10 minutes. Strain and sweeten with honey. This is said to quicken the intellect. I drink this a lot because of the vitamin A content. Knowing I am getting extra vitamins is enough of a kick for me, and I enjoy it that much more.

### **Nervous Headache Skullcap Blend Relief**

This is very good for nervous headaches. Mix 1 cup each of dried skullcap, sage, and peppermint. To use, pour 1 cup boiling water over 1 teaspoon of herb mixture. Cover and let steep 10 minutes. Strain and sweeten. Drink warm as needed.

Skullcap is especially effective in dispelling headaches. It relaxes the whole system and is non-addictive.

### **Nervous Tension Calmer**

Vivid blue flowers are typical of many of the best nerve herbs and skullcap is one of them. Chop  $\frac{1}{2}$  cup of the leaves and flowers and add to 2 cups of boiling water. Steep 15 minutes and strain. Sweeten with honey and drink several cups a day. It can be used to treat epilepsy, convulsions, and any involuntary trembling of the limbs. Skullcap is also used during drug or alcohol withdrawal to lessen symptoms of withdrawal.

### **Pain Killer—Make Your Own**

Soak  $\frac{1}{2}$  teaspoon of dried willow bark in 2 cups cold water overnight. Bring to a boil and simmer for 20 minutes. Strain, cool, and bottle. Dosage is  $\frac{1}{4}$  cup, to be sipped slowly as needed for pain.

This really does work. It can be added to juices or teas if you wish. Often, people are surprised that it works so fast. It's not

so surprising when you remember that willow served as our first aspirin. Willow contains salicylates and was used as a pain killer until 1853. It was then taken from folk medicine and mass produced by a German chemist. In 1893, another German chemist, working for the Bayer company, came up with the aspirin we now use. Aspirin's ingredients now come from coal tar and petroleum products. We use about 100,000 tons of aspirin a year worldwide and it has become a favorite to treat many disorders or discomforts.

## **INSOMNIA**

### **Restlessness at Bedtime**

Put several passion flower blooms into 1 cup of boiling water. Steep 10 minutes. Strain and sweeten with honey. Drink cool.

### **Sedative Herb Tea**

Mix together 1 tablespoon each of bee balm, hops, peppermint, chamomile, and crushed fennel seed. Add 1 tablespoon of the mixture to 1 cup boiling water. Steep 10 minutes and strain. Sweeten with honey. Drink half our before bed.

### **Sedative with Catnip—Mild**

Pour 2 cups boiling water over 1 teaspoon of dried catnip. Cover and steep until cool. Flavor if desired. Strain and sweeten. For children, give 1 tablespoon; adults get 2 tablespoons.

### **Sedative with Hops**

Pour 4 cups boiling water over 1½ teaspoons dried hops flowers. Let steep, covered, 10 minutes. Strain and sweeten. Add lemon juice if desired.

### **Sedative with Lettuce**

Cooked lettuce is a great relaxant. Lettuce tea is a fast-acting sedative. Simply pour 1 cup boiling water over 1 cup shredded lettuce and steep 30 minutes. Strain and drink before bed. This really does work. It is one of the best relaxants that I know.

Use to release tension or to help you sleep if you suffer from insomnia. Great to use while a patient is recovering from any illness. It keeps them from getting restless and helps them get the rest they need in order for the body to finish the healing process.

### **Sleep Aid with Buttermilk**

Drinking buttermilk before retiring aids in a good night's sleep. My mother and father both frequently had a glass of buttermilk before bed. I did not like the taste of buttermilk when I was younger, but I do now.

### **Sleep Aid with Milk**

Heat 1 cup of milk and add 2 tablespoons of honey and 2 teaspoons of lemon juice. Drink half hour before retiring.

### **Sleep Aid with Oatmeal**

Make oatmeal as you normally would, but add milk enough to make a thin gruel. Drink this before bed as an aid in getting to sleep. This is a very relaxing way to get children to sleep. It seems to soothe them and make their tummies feel warm and full. It is also good to use during bouts of illness, as it does soothe the stomach and settle upsets, while being nutritious. Make it very special by adding sugar and a pinch of ground cinnamon. Children really do love this. It helps restless children get a good night's sleep.

### **Sleep Help with Apple**

Eating an apple before bedtime seems to help put you to sleep.

### **Sleep Inducer with Peppermint**

Mix 2 tablespoons dried peppermint with 1 tablespoon each of rosemary and sage. Pour 1 cup boiling water over 1 teaspoonful of the mixture. Cover and steep 10 minutes. Strain and sweeten. This soothes the nerves and allows you to relax enough to go to sleep.

### **Sleep Mixture of Herbs**

Mix 1 tablespoon each of dried hop, chamomile, lavender flowers, skullcap, and powdered valerian root. Put in size # 00 capsules. Take 2 capsules every couple of hours (not to exceed 6 capsules), shortly before you retire for the night. This should not be taken for longer than 2 days. If the problem persists after two days, please consult with your physician to find out the reason for your inability to sleep. This is to be used only as a temporary measure.

### **Sleeplessness Treatment with Aniseed**

Use 1 teaspoon of aniseed for each cup of water. Brew for about 20 minutes. Strain and sweeten. Induces sleep and aids indigestion.

### **Sleeplessness Treatment with Pennyroyal**

Add 1 teaspoon pennyroyal herb to 1 cup boiling water. Let steep 15 minutes. Strain and sweeten. Drink warm before bed. *Caution:* Not to be used by pregnant women.

### **Sleepy Bee Balm Soother**

Pour 2 cups boiling water over 2 tablespoons of bee balm. Let steep for 15 minutes. Strain, sweeten, and drink warm. Guaranteed to help put you to sleep.

### **To Induce Sleep**

Mix together 2 tablespoons chamomile, 2 tablespoons skullcap, 1 teaspoon goldenseal, 2 teaspoons elder flower,  $\frac{1}{2}$  teaspoon peppermint powder, and 1 tablespoon pennyroyal. Add mixture to 2 cups of water. Bring to a boil and then reduce to a simmer. Simmer until liquid is reduced by half. Bottle and label. Dosage is 1–2 tablespoons to one cup of hot water. Sweeten to taste. Take at bedtime to induce sleep.

### **Trouble Getting to Sleep**

Pour 2 cups of boiling water over 2 tablespoons of feverfew flowers.

### **Trouble Sleeping in Older Persons**

Put ½ cup of violet flowers in 1 cup of boiling water. Cover and let stand at least 24 hours. Add 1½ cups of sugar and simmer 15 minutes. Strain and drink before bed. This can be taken nightly, if desired. It helps you to relax as well as giving you extra vitamins. This is a good treatment for older persons. Children also enjoy this tea. It helps them to get a good night's sleep and supplies the extra vitamins that all children need for good eyesight.

### **Valerian Tea for Sleep**

Pour 2 cups boiling water over 1 teaspoon powdered valerian root. Cover and steep 10 minutes. Strain and sweeten. Add a pinch of mace as flavoring if desired. Drink warm. *Caution:* Take this only once a day (at bedtime, to induce sleep).

Valerian is not a very pleasant smelling herb, but it is very effective. A friend of mine said she always makes sure that she is close to a bed when she makes this tea.

The valerian may be added to other, better tasting herbs and will be just as effective. Simply add the herb of your choice to the water along with the valerian.

### **Yawn Yourself to Sleep**

If you suffer from insomnia, simply practice yawning. Before you know it, you will be asleep.

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## Diuretics and Bowel Complaints

If you keep to a healthy diet you should not have too much trouble with your bowels. A diet with a good balance of fruits and vegetables helps to regulate the bowels. Some people think that having a lot of bran in their diet works well. That's true, but eating a lot of bran will not help you if you do not take in plenty of water to help it work.

A good exercise program also helps. Keeping the back and stomach muscles strong goes a long way to helping you feel good and keeping you and your bowels healthy. Walking is still the best way to get exercise. The whole family can get into the habit of walking and everybody benefits.

Some of my childrens' best childhood memories are of the walks we took. We always headed out to the woods, with a stop in the garden to pick our lunch. We even had a dog that would go to the garden and eat peas right off the vine. The kids got in the habit of eating raw vegetables in this way and enjoyed the walks so much that they continue the practice.

Kids love to walk, even in the rain. Remember how much fun you had as a child when you were caught out in the rain? I loved to play in the rain when I was younger. I taught my kids a game that I played when I was young. We called the game "running in the wind." We would play it right before a big storm. Even today I run for the front porch so I can watch a storm coming on. I guess my love of nature came about because I was able to participate in the changes of the seasons.

Learn to enjoy all the seasons by taking walks all year round. Your health really does benefit and it's a good way to learn to identify the wild herbs. Take a good herbal reference book with you when you go and you will find all kinds of treasures.

Some people, for one reason or another, seem to be prone to kidney or bladder infections. It does help to use diuretics to flush the kidneys every once in a while, even if you are not troubled in this way. Diuretics increase the flow of urine. The body rids itself of poisons through the urinary system. You should drink plenty of water to help it do this. To help you, there are many herbs that are good diuretics. You will want to try several until you find the one that suits you. Also, it doesn't hurt to fast while you are treating either the urinary tract or the bowels.

As you look over these recipes, remember that herbs are not intended to take the place of your family physician, nor are they an overnight cure for ills. It takes much more time to heal than the duration of an illness.

## **BEDWETTING**

### **Bedwetting Cranberry Remedy**

Allow the child to drink  $\frac{1}{2}$  cup of cranberry juice before going to bed. Adults should drink 1 cup. This helps a lot of people.

### **Bedwetting Epsom Salt Remedy**

Put  $\frac{1}{2}$  teaspoon of epsom salts in any liquid and drink after your supper. This really does help.

## **BLADDER**

### **Bladder Help with Rosehips**

Pour 1 cup of water over 3 teaspoons crushed rose hips. Bring to a boil and boil gently for 3 minutes. Strain and drink 4 times a day for 2 days. One of the best ways to clear up kidney or bladder infections. Do not drink any other liquids except water during this treatment.

### **Bladder Treatment with Cranberries**

Purchase or make plenty of cranberry juice. Drink it the first thing in the morning and the last thing at night. Drink it as often as possible during the day, along with plenty of water in between the cranberry juice. If the infection is not too bad, it

should be cleared by next morning. In more severe cases, it may take several days.

If you are prone to infections of the kidney or bladder, it would do you good to make a habit of drinking cranberry juice at least once a day. This really is one of the best habits to have. Cranberries are a good remedy to use for many different illnesses. They contain a substance that dilates the bronchial tubes and are used by asthmatics. They are good for removing toxins from the blood and are very effective in treating liver problems. They also contain diuretic properties and are an excellent way to treat most kidney problems.

### **Urination Aid with Tarragon**

Pour 1 cup boiling water over 1 teaspoon tarragon and steep 15 minutes. Strain and sweeten. Drink several cups daily for 2 days.

### **Urinary Tract Problems Treatment with Basil**

Put 2 teaspoons of sweet basil in 1 cup of boiling water. Steep 10 minutes. Drink this 2 times daily for 2 days.

### **Urinary Tract Treatment with Heartsease**

Put 1 tablespoon each of heartsease (pansy) and young blackberry leaves in 2 cups of boiling water and steep for 15 minutes. Strain and sweeten. Drink several cups daily for 2 days.

## **COLITIS**

### **Colitis Treatment with Apple Cider Vinegar**

Colitis can become a serious disorder. It is an inflammation of the colon. Symptoms include watery stools with mucus and pus in the stool. There is abdominal tenderness, pain, and swelling. Dip a flannel cloth in apple cider vinegar and place on the abdomen. Cover with plastic and allow to stay in place for at least 4 hours. This should provide relief.

### **Colitis Treatment with Epsom Salts**



Mix 2 cups of epsom salts in 2 cups of water. Saturate a flannel cloth in the salt solution and place over the abdomen. Keep warm with a heating pad or water bottle for 3–4 hours.

## **CONSTIPATION**

Constipation can be very uncomfortable. Treat it as soon as possible. Do not use a laxative, however, on a very weak person or on one who is recovering from a debilitating illness. Children also should not receive a laxative. It would be better to use a suppository on small children and a mild enema on older children. I used to cut a small sliver of hand soap and use it as a suppository for my children when they were babies. It worked well.

### **Castor Oil Treatment**

This works quickly, but again, do not use on someone who is in a weakened condition. It's guaranteed to work. Soak a flannel cloth in warm castor oil. I put mine in a cake pan and pour the oil over the cloth, then place it in the oven until warmed through. Place on the small of the back and cover to keep warm. Keep on at least 15 minutes. Do once a day until bowels have moved satisfactorily.

### **Laxative with Aloe Vera**

To sterilize the water, boil it and then cool it. Peel the aloe vera. Put the green peelings and the water in a closed jar. (The juice is not the part used for a laxative, it's the sap between the skin and the pulp.) Place in the refrigerator and drink 1 cup twice a week to regulate bowels. The strength is determined by the amount of aloe vera placed in the water. Start with several leaves, and add until desired strength is reached.

### **Laxative with Apple Juice**

Mix together  $\frac{1}{2}$  cup of apple juice and  $\frac{1}{2}$  cup of olive oil. Drink before going to bed.

### **Laxative with Cloves**

Pour 1 cup boiling water over 1 teaspoon of whole cloves. Cover and steep overnight. Strain the next morning and drink

while cool.

### **Laxative with Molasses**

Take 2 tablespoons of black strap molasses before retiring to bed. This does work. Add to a glass of milk or juice if desired to improve the flavor.

### **Laxative with Prunes**

Pour boiling water over several prunes and allow to soak overnight. Add honey if you desire sweetening. Eat the prunes and drink the liquid.

### **Regulate Bowels with Lemon Juice**

Mix 1 teaspoon each of lemon juice and olive oil. Take on a daily basis.

### **Regulate Bowels to Prevent Constipation**

Put 2 teaspoons corn meal in 1 cup of cold water every morning and drink daily. Helps to regulate bowels.

## **DIARRHEA**

During some illnesses we have to contend with diarrhea. Here are some recipes to help with that problem.

### **Diarrhea Relief with Allspice**

Put a pinch of allspice in 1 cup of warm water. Add honey and drink after every bowel movement.

### **Diarrhea Relief with Apple**

Peel, core, and puree an apple in the blender. Grate if you do not have a blender. Give 1 apple every 2 hours, while withholding all other food during treatment.

### **Diarrhea Relief with Apple and Milk**

Simmer 1 pared apple in 1 cup of milk until very soft. Put apple/ milk mixture in the blender and blend until smooth. Drink  $\frac{1}{2}$  cup after every bowel movement until relief is obtained.

### **Diarrhea Relief with Blackberries**

When blackberries are in season, pick plenty so you can put up plenty of good juice. When you can the berries, cold pack them, so the juice is extracted. Then you have the use of the berries after draining off the juice.

Blackberry juice is very good for treating diarrhea in children. Give a glassful every couple of hours as needed. You will probably want to sweeten the juice a little. My kids always loved this and we would drink it just for the heck of it, even when not needed.

I really miss having the kids pick berries with me, because this was one of our best times together. We always had a lot of fun. Some of the kids come over to go picking now—and I really enjoy that—but it seems that small children can make any situation more fun. Even bugs can create a fascinating conversation. Kids come up with the funniest notions about life. You learn a lot just by listening to them.

### **Diarrhea Relief with Carrots**

Cook 1 pound of carrots in as little water as possible. Cook until soft. When done, puree in the blender. Keep refrigerated and take  $\frac{1}{4}$  cup every 30 minutes until relief is obtained.

### **Diarrhea Relief with Comfrey**

Heat 4 cups of milk until hot. Add 1 tablespoon of comfrey root. Steep 15 minutes. Strain. Drink a glass every hour until relief is obtained.

### **Diarrhea Relief with Nutmeg**

Heat 1 cup of milk. Add 1 teaspoon of nutmeg. Stir well and drink warm. Do this every hour until relief is obtained. Honey may be added if desired.

### **Diarrhea Relief with Rice**

Boil  $\frac{2}{3}$  cup of white or brown rice in 4 cups of water for 15 minutes. Strain and sip the resulting liquid. Should get relief in a couple of hours.

### **Diarrhea Relief with Wild Geranium**

Mix 1 cup blackberry juice and 1 tablespoon each of wild geranium, shepherd's purse, and sweet fern, and 1 teaspoon of ginger. Boil for 10 minutes. Cool and strain. Drink  $\frac{1}{2}$  cup every hour, or after every bowel movement. Do not eat solids until diarrhea is cleared up. Then start to eat on a light diet.

### **Diarrhea Treatment for Children**

Children dehydrate very quickly by losing fluid and salts in the body due to diarrhea, fever, and vomiting. It is important to replace the fluids through any liquid the child will drink, and to continue to feed them the liquid.

Prepare the following rehydration drink and give at the onset of diarrhea. Mix together 1 teaspoon of table salt, 8 teaspoons sugar, and add to 5 cups of water (if you have time, sterilize the water by boiling it, but be sure to cool it before giving it to the child). Give 1 cup each time the child has a bowel movement,  $\frac{1}{2}$  cup for a smaller child. Spoon-feed a baby. Let the child drink as much as they want. You can stop giving it as soon as the child stops having loose bowel movements or loses desire for the rehydration drink.

Seek help if the child displays symptoms of dehydration, if there is severe vomiting, or if they will not drink. For babies, you should seek help immediately. The rehydration solution is for emergency use only; it is just to tide you over until you can seek medical help. Deaths from dehydration are common, so do not hesitate to contact your physician.

### **Diarrhea Treatment with Plantain Infusion**

Plantain is easy to find, so dry plenty of it. It has many uses. The ribbed plantain is the best for medicinal use, so try to collect only that kind.

This recipe is good for treating diarrhea. Pour 1 cup boiling water over 4 tablespoons dried plantain leaves. Cover and steep 20 minutes. Strain and sweeten. Drink in  $\frac{1}{2}$  cup doses every 2 hours until relief is obtained.

## **DIURETICS**

### **Diuretic Using Borage Leaves**

To make a good diuretic, pour 2 cups of boiling water over a handful of borage leaves. Let sit for 15 minutes. Strain and sweeten if desired. Drink several cups daily for 2 days.

### **Diuretic Using Burdock Seed**

Add 1 teaspoon crushed burdock seeds to 2 cups of boiling water. Steep, covered, for 30 minutes. Strain, and drink. The tea will flush kidneys and bladder. Good to use when troubled by kidney stones.

### **Diuretic Using Corn Silk**

This works to clear the kidneys rapidly. Pour 2 cups boiling water over 1 tablespoon corn silk. Let simmer 5 minutes. Strain, sweeten, and drink as much as you like for 2 days. It is good for the prostate too. I dry plenty of corn silk when I can corn, so it is on hand when I need it later on in the winter. This is one of the easier herbs to get and dry. You can simply save the corn silk from the times you husked corn for corn-on-the-cob. **Fennel**

### **Diuretic Using Meadowsweet**

Pour 2 cups boiling water over 2 teaspoons dried meadowsweet flowers and leaves. Let steep, covered, 15 minutes. Strain and sweeten. Drink 1 cup after meals for 1 week.

### **Diuretic Using Mustard Seed**

Pour 4 cups boiling water over 2 tablespoons of bruised mustard seed and 4 tablespoons freshly chopped horseradish root. Cover and steep 4–5 hours. Strain and bottle. Dosage is 3 tablespoons 3 times daily for 2 days.

### **Diuretic Using Parsley**

Do not use this one for over 2 days as it is very strong (and effective). Use 4 cups of parsley and add 4 cups of milk. Place in an oven at low heat (about 150–175 degrees). Take out when liquid is reduced to about half. Cool thoroughly and strain. Take 1 tablespoon every 2 hours for 1 day. Skip 1 day

and repeat the next. Use this if you suffer from repeated kidney or bladder infections. Clears up the problem fast.

### **Fennel Flush**

Pour 1 cup boiling water over 1 teaspoon bruised fennel seed. Let steep until cool. Sweeten to taste. Drink 3 cups a day for 2 days.

## **KIDNEYS**

### **Kidney Help with Cucumbers**

Cucumbers are among the best of treatments for kidney or bladder problems. Drinking cucumber juice alone or added to other vegetable juices is an excellent way to treat and correct kidney problems. Adding cucumber juice to carrot juice is a great remedy to prepare when there is an excess retention of uric acid in the system. Cucumbers are also used to correct high or low blood pressure because of their high potassium content.

### **Kidney Stones**

To help pass kidney stones, make a tea using  $\frac{1}{4}$  teaspoon of dried parsley, 1 cup boiled water, 1 tablespoon lemon juice, and 1 tablespoon olive oil. Drink every day for at least 1 week.

### **Kidney Treatment with Pears**

Core and peel a pear, then puree it in the blender. Place the pear mixture in a sauce pan and add 2 cups of boiled water. Stir in  $\frac{1}{4}$  cup of honey. Drink often during the day for 2 days.

### **Kidney Treatment with Thyme**

Thyme is a good astringent so it will work to clean the kidneys and bladder. Pour 1 cup boiling water over 1 teaspoon of thyme. Let sit for 15 minutes. Strain and sweeten with honey. Drink 1 cup a day for 1 week.

### **Use Often to Flush the Kidneys**

Firmly pack fresh parsley (stems and all) into a one-cup measuring cup. Pour 4 cups of boiling water over the parsley. Let steep until cool. Strain and refrigerate. Sweeten as desired.

Reheat as needed. Drink several cups for 2 days. I do this several times during the summer when the parsley is new in the garden. I use a lot of parsley when I cook and I dry at least 3 quarts annually.

## **OTHER**

### **Cystitis**

Put 1 teaspoon fresh parsley in 1 cup of boiling water and steep 15 minutes. Strain and sweeten. Drink several cups a day for 2 days.

### **Fasting**

To keep the body flushed of toxins, fast one day a month, drinking fruit juices only.

### **Flush Out Fat**

Mix together 2 large carrots, 1 cup fresh parsley, 1½ cups chopped spinach, 1 cup freshly chopped comfrey leaves, a couple of stalks of celery, 1 cup green beans, and 2½ cups of water in a large blender. Add ginger to taste, refrigerate. Drink as often as desired. Really flushes out the fat if used on a regular basis. Very high energy food.

### **Hemorrhoid Treatment**

Mix 8 tablespoons willow bark, 3 tablespoons of horse weed, 6 tablespoons red oak bark, 4 tablespoons pilewort, and 4 tablespoons sage. Add ½ teaspoon of this herb mixture to 2 cups boiling water. Let stand, covered, until cool. Strain and use as a rectal enema before going to bed.

### **Prostate Gland Helper**

Pumpkin seeds are known for their use in restoring the healthy functioning of the prostate gland. They should be eaten daily by men who suffer from problems in that area.

A tea may be made for those suffering from inflammation of the bladder and the prostate. Add 8 tablespoons of whole pumpkin seed to 4 cups of water and simmer 30 minutes. Do not strain, but allow to cool before drinking. Drink several

glasses a day, as needed, for treatment and for pain. This is a really a good way to treat any problems dealing with the prostate. I know many men who use this tea at least once a week.

[contents]

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# Arthritis, Blood Disorders, and Wounds

What do arthritis, blood disorders, and wounds all have in common? They are all linked to the health of the blood and the circulatory system. And they are all conditions that have a history of good herbal remedies behind them.

All the body's cells must be supplied with nutrients and oxygen constantly. The blood carries oxygen through the circulatory system. A good diet is important to keep the blood built up and to ensure that there is no deficiency of necessary minerals and vitamins.

These vitamins and minerals help keep the blood healthy so it can do its job. One of its jobs is to clot when there's a wound. The body depends on the clotting ability of the blood to stop bleeding.

Good circulation is important when you have arthritis. Exercise can help. It is important to exercise on a daily basis. If you are afraid exercising will be painful, try taking a warm bath before attempting to do any exercises. Check with your doctor if you are concerned about exercising.

There are many different types of arthritis and none are easy to live with. There is a type of arthritis that is associated with psoriasis. Bursitis is also a form of arthritis.

The studies done on rheumatoid arthritis have caused many to believe that the pathological changes to the joints are caused by an antigen-antibody reaction that is still not understood. If the condition is severe, bed rest is important for a short time. When the period of inflammation is gone, it is important that you get up and resume as normal a lifestyle as possible. Exercise is important because you must maintain muscle strength and keep the range of motion of the affected joints.

High blood pressure is a common disorder and a silent killer. It should be taken seriously. While trying the herbs as a remedy, it is important that you continue any medication that your physician has prescribed for you. Discuss with him or her the herbs you intend to use. Certain herbs conflict with certain medications. I do want to caution you to continue with any treatment that your physician is using in treating your high blood pressure. Perhaps you could work with him or her to supplement your treatment with some of the more natural treatments.

Physicians, too, can learn a lot from you about respecting nature and using it to their advantage. The more discerning physicians are becoming more aware every day of natural methods and are relating this to their treatment of patients. Many doctors are finding that there are alternatives to prescribing drugs. By studying the natural methods, they have realized there are many different ways to deal with human illness.

You could check with your doctor to see if he or she approves of some of these ways to help with high blood pressure: watch your diet, exercise regularly, cut down on salt intake, and keep your stress level low. It doesn't hurt to stop and smell the roses and it wouldn't hurt to start a meditation program to help you cope with stress.

I am a firm believer that stress is our number one killer. I also believe that learning to cooperate with nature and learning to love the quiet times can be a lifesaver. If we but study some of the laws of nature, we could learn to use those laws in our own lives. The trees bend with the wind in order not to break. We can use this advice in our own life. If we learn to bend when times are rough, we can ride out the hard times, too.

The changes of the seasons teach us that we, too, have changes in our life. Learn to appreciate them. Learn that out of destruction can come great blessings and new beginnings. Everything has a season and time for being—it's a natural law.

We can learn patience by living with this law. We learn that the less we fight against something and the more we cooperate, the easier life gets. I relate this to gardening. We all fight the weeds so hard that we lose the pleasure of the garden, and nature becomes an enemy. Learn about some of the weeds and you find that they, too, have a lot to offer us.

We can learn more about some natural methods to take care of our gardens. We can become protective of the food chain and fight to stop some of the more harmful methods now in use to control nature. Even the insects have a place in the food chain. We can learn to respect insects, animals, and people—along with mother nature. We can learn that to give thanks is helpful—even to plants. Life just seems to get much easier when we stop fighting and start living.

### **Blood Pressure Treatment**

Cayenne pepper is very good for lowering blood pressure. You will see results when you have your pressure read. It is good for the whole system and is a great stimulant.

Add 1 teaspoon cayenne pepper to 1 cup of hot water. Drink once daily. Another way to take it is to fill #00 capsules with cayenne pepper and take 2 capsules twice daily.

## **ANEMIA**

You should eat plenty of liver, but if you do not like it, you should take desiccated liver tablets daily. Eating plenty of green vegetables is also of great help.

### **Anemia Treatment with Red Wine**

Believe it or not, red wine can build the blood as well as anything can. My physician put me on a daily glass of red wine years ago after I had contracted a severe staph infection while in the hospital. My blood count had dropped so drastically that I almost didn't make it. My weight had gone down from 98 pounds to 78 pounds. I am only 5 feet tall, so at that time in my life 98 pounds was normal for me. The 78 pounds was horrible. I looked like a walking skeleton. After my 3 weeks in the hospital, I started on the wine therapy and it

did pick up my appetite as well as build up my blood count. And I enjoyed my afternoon pick-me-up.

### **Anemia Treatment with Vinegar and Molasses**

Mix 2 teaspoons each of apple cider vinegar and blackstrap molasses with water or tea to strengthen the blood.

### **Bee Pollen Treatment for Anemia**

Bee pollen is a biological stimulant that increases the red blood cells in bone marrow. You should take 1 teaspoon of bee pollen daily to treat anemia.

### **Blackstrap Molasses Anemia Treatment**

Blackstrap molasses has more iron than liver. Try to have  $\frac{1}{3}$  cup daily. Mix with milk or use for sweetener if possible.

### **Blood Builder with Brandy**

Add 2 tablespoons of ground orange peel,  $\frac{1}{2}$  teaspoon of ground ginger, and 2 tablespoons of chamomile to 2 cups of boiling water. Steep until cool. Strain, and add to 1 cup of brandy. Dosage is  $\frac{1}{2}$  cup in the morning and again in the evening.

### **Blood Builder with Comfrey**

Put 1 teaspoon each of dried comfrey, fenugreek seed, and dandelion in 2 cups of boiling water. Steep 10 minutes. Strain and add honey as sweetener. Drink after meals.

## **ARTHRITIS**

### **Arthritis Cocktail**

Mix well 2 tablespoons of honey,  $1\frac{1}{2}$  cups of water, and 1 ounce apple cider vinegar. Drink once a day. You should be free of symptoms after using daily for 1 month.

### **Arthritis Treatment Capsules**

Mix 1 cup each of buckthorn bark, cayenne pepper, alfalfa, comfrey, white yarrow, yucca root, parsley, and black cohosh root. Grind up thoroughly and fill some #00 capsules with the herbal mixture. The first week, take 1 capsule daily; the

second week, take 2 capsules daily; and during the third week, take 3 capsules daily.

### **Arthritis Treatment with Apple Cider Vinegar**

Mix 4 cups of apple cider vinegar to 4 cups of hot water. Dip a cloth into the hot vinegar water and apply as a compress to the affected area. Put a heating pad over the compress and keep on for 30 minutes.

### **Arthritis Treatment with Barley Tea**

Barley tea is an excellent way to treat arthritis. Make a tea by soaking 1 cup of unhulled barley in 8 cups of boiling water for 3 hours. Strain and keep refrigerated. Drink 1 cup twice daily.

### **Arthritis Treatment with Brewer's Yeast**

Put 2 tablespoons of Brewer's yeast in a glass of milk or juice and drink every morning.

### **Arthritis Treatment with Cod-liver Oil**

Put 2 tablespoons of cod-liver oil in a glass of warm milk and drink twice daily. This will reduce inflammation of the joint tissue, thus reducing pain.

### **Arthritis Treatment with Herbs**

Mix 1 tablespoon each of corn silk, broom flowers, skullcap, and boneset. Pour 1 cup boiling water over 1 tablespoon of herb mixture and steep 15 minutes. Strain and sweeten. Drink with meals.

### **Arthritis Treatment with Ginger**

Fill #00 capsules with ginger and take 2 daily. This will reduce pain and swelling after several months of treatment.

### **Arthritis Treatment with Parsley**

Add 1 teaspoon of fresh parsley to 1 cup of boiling water. Let steep 15 minutes. Strain and sweeten. Add ½ teaspoon of fresh ginger to the tea and drink hot. Drink at every meal.

### **Arthritis Treatment with Stinging Nettle**

Here's a recipe that's included just for curiosity's sake. When applied to the affected joint, stinging nettle is reputed to relieve pain within several hours. I add this just as a curiosity. I don't believe I would use this as it could be very uncomfortable.

### **Bath Treatment for Arthritis with Epsom Salts**

Put 1 cup of epsom salts in your bath water (draw the bath as hot as you can stand it) and soak 20 minutes a day.

### **Bath Treatment for Arthritis with Sea Salt**

Put several cups of sea salt in hot bath water and soak in the bath for at least 20 minutes every day.

### **Pain Relief for Rheumatic Joints or Arthritis**

Put 2 cups of rosemary in 3 cups of brandy. Steep for 1 week. Strain and use the liquid as a poultice for the affected joints.

### **Rheumatoid Arthritis Relief with Alfalfa Seeds**

Put 2 tablespoons of alfalfa seeds in 2 cups of water. Bring to a fast boil. Remove from heat and steep for 30 minutes. Strain and add 2 cups of water. Add  $\frac{1}{2}$  cup of honey. Drink all four cups each day for 2 weeks. You should notice quite an improvement when the 2 weeks are up. Make the tea fresh daily.

### **Treating Rheumatic Joints with Black Mustard Seeds**

Grind black mustard seeds and add to an equal amount of solid vegetable shortening. Rub on the affected joint.

## **BED SORES**

### **Bed Sore Cornstarch Treatment**

Mix cornstarch and flower of sulfur. Dust the bed sores lightly to keep the sores free from infection.

### **Bed Sore Honey Treatment**

Put honey on a gauze pad and apply to the sore each night. Change the bandage the next morning after washing gently. Apply the honey bandage again. Should heal within 2 weeks.

### **Bed Sore Pain Relief with Vitamin E**

After cleaning the sores carefully, break open a vitamin E capsule and apply directly to the sore. This relieves the pain and speeds healing.

### **Bed Sore Prevention with Powdered Sugar**

If the sore is open, pack the area with powdered sugar and cover with an airtight bandage. Change the bandage daily, morning and evening, washing the area with calendula liquid gently before putting fresh sugar and a bandage on the sore.

### **Bed Sore Prevention with Sheep Wool**

Allow the patient to lie on a fleecy pad. You can purchase these from a hospital if you cannot find them at a store. Sheep wool is the best to use.

## **BLOOD CLOTS**

### **Dissolve Blood Clots with Fried Onions**

English scientists are advocating the eating of fried onions to help the body dissolve and prevent blood clots.

### **Ginger Help**

Fresh ground ginger stops the formation of blood clots. Grind  $\frac{1}{2}$  teaspoon of fresh ginger and add to 1 cup of boiling water. Sweeten with honey and drink hot.

### **Hemorrhage Remedy with St. John's Wort**

St. John's Wort was often given to patients recovering from surgery because it has painkilling properties and it helped to prevent hemorrhages. Scientists are now testing it for use in the fight against AIDS. It strengthens the immune system and is also used in cancer treatment.

Chop  $\frac{1}{2}$  cup of the leaves and stems and add to 2 cups of boiling water. Allow to steep for 15 minutes. Strain and drink several cups a day. *Caution:* This should not be taken for longer than 1 week.

### **Stop Bleeding with Cobwebs**

Gather up cobwebs and roll into a ball. Save these to apply to wounds that are bleeding, as it stops the blood quickly. It would take a diligent person to gather up cobwebs, but the knowledge might come in handy some day.

### **Stop Bleeding with Lemon Balm**

Bruise a handful of lemon balm leaves and stems. Apply to the injury. Bind up with a clean bandage and leave on until the blood flow stops.

### **Stop Bleeding with Mushrooms**

Dry the inner spores of the puff-ball mushroom. Apply directly to the wound. This will cause the blood to clot quickly.

*Caution:* Use care in storing this, as the powder was used in early photography as flash powder and is highly explosive. This is one of the best methods I know to stem the flow of blood. I plan on renewing my supply this year. It keeps forever and you need only gather it as needed (every couple of years or so)

### **Stop Bleeding with Witch Hazel**

Apply witch hazel directly to cuts and scrapes. It is important that you care for cuts, scrapes, or sores immediately, to prevent infection and to begin rapid healing.

## **BURSITIS**

### **Bursitis Relief with Cayenne Peppers**

Add 1 tablespoon of cayenne pepper to 1 cup of apple cider vinegar and bring to a boil. Simmer for 15 minutes. Dip a cloth in the liquid and apply to the affected area as a poultice. Rub the area with warm olive oil before applying to the skin.

### **Bursitis Relief with Olive Oil**

Massage the affected area with warm olive oil on a daily basis. This might stop the return of bursitis, and it helps to relieve the pain.

### **Bursitis Treatment with Potato**



Grate 1 potato and add to a cup of water. Steep overnight. Strain the next morning and drink the liquid before breakfast. Should be done on a daily basis to prevent bursitis.

### **Bursitis Treatment with Sea Water**

Sea water has been reputed to cure chronic bursitis. Drink daily. Buy the sea water from a local health food store. *Caution:* Do not use this recipe if you have high blood pressure.

### **Neuralgia Pain Relief with Lavender**

Add several drops of lavender oil to your bath to relieve neuralgia (spasms of pain).

### **Pain Relief for Joints with Horseradish**

Grate a fresh horseradish root. Moisten with water and place in a small porous bag. Use as a poultice over the affected joint.

## **DIABETES**

### **Diabetes Control with Green Bean Pods**

A friend of mine (who was diabetic) gave me this information about 10 years ago. Her physician had given her this recipe to use. She lived to be in her eighties, so I guess it worked.

The skins of the green bean pods are said to contain substances that are related to insulin. She placed about 4 cups of green bean pods in about 1 gallon of water and cooked them until soft. She strained the pods from the liquid and drank 3 cups a day with her meals. One cup was said to equal 1 unit of insulin.

### **Diabetes Help with Strawberry Tea**

Diabetics will benefit from drinking strawberry tea. Place 4–5 fresh leaves in 1 cup of boiling water. Steep 15 minutes. Strain and drink.

### **Diabetes Help with Wild Carrot Tea**

Diabetics are said to benefit from drinking tea made from wild carrots (Queen Anne's lace). Place several blossoms in 1 cup

of boiling water and steep 10 minutes. Strain and drink several cups a day.

### **Treatment for High Blood Sugar**

Put 1 teaspoon of dried and crushed blueberry leaves (*vaccinium spp.*) in 1 cup of boiling water. Steep 15 minutes. Strain and drink every 6 hours.

## **GOUT**

### **Gout Treatment with Apple Tea**

Dry some apple slices and save them to make a tea for treating gout. Put several of the slices in boiling water and steep for 15 minutes. Sweeten with honey and drink with each meal.

### **Gout Treatment with Black Currant Leaf**

Put 1 tablespoon of chopped black currant leaf in 1 cup of water. Bring to a boil and then reduce heat. Simmer for 10 minutes. Strain and drink  $\frac{1}{3}$  of the liquid, 3 times daily.

### **Gout Treatment with Cherry Stems**

Add 1 cup of cherry stems to 2 cups of water. Simmer for 30 minutes. Strain and add 2 cups of honey to the liquid. Take several tablespoons daily to prevent gout.

### **Gout Treatment with Lemon**

Place the rind of a lemon on the affected joint and wrap up the joint to keep warm.

### **Gout Treatment with Pears**

Eating 3 fresh pears a day will help to stop attacks of gout.

### **Gout Treatment with Sour Cream and Oil**

Mix equal amounts of sour cream and olive oil and apply to the joint affected. Apply flannel cloth to keep warm.

### **Gout Treatment with Strawberry**

A diet of nothing but strawberries for 2 days is said to cure gout.

### **Gout Treatment with Strawberry Tea**

Strawberry tea is good to use in treating gout. Place 4–5 leaves in 1 cup of boiling water and allow to steep 15 minutes. Strain and drink hot with honey.

## **HIGH BLOOD PRESSURE**

### **Blood Pressure Capsules**

I have made these for my son-in-law. He took them with his prescription and his blood pressure did decrease for the first time in several months.

For this recipe, use powdered herbs if possible, as it will save you time. Mix together 1 tablespoon each of nettle, mint, elder, and chamomile. Then add 1 teaspoon each of lobelia and valerian root. Place in #00 capsules and take 1 daily. Makes about 71 capsules.

### **Calcium High Blood Pressure Treatment**

Take 1000 mg of calcium daily for 8 weeks. This should reduce high blood pressure substantially.

### **Hawthorn Berries for High Blood Pressure**

Remove the seeds from 1 pound of hawthorn berries and soak overnight in about 80 ounces of water. Bring to a boil the next day and boil for 10 minutes. Cool, strain, and drink 2–3 cups per day. Said to lower blood pressure.

### **High Blood Pressure Herb Tea**

Mix equal parts of chamomile, mint, and tag alder. Make as follows: simmer 2 tablespoons of the herb mixture in 2 cups of water for 20 minutes. Strain and drink tepid. Drink  $\frac{1}{2}$  cup 3 times daily.

### **High Blood Pressure Herb Tea with Honey**

Mix 1 tablespoon each of tag alder, chamomile, and peppermint. Pour 1 cup boiling water over 1 teaspoon of the herb mixture. Steep 15 minutes. Strain and sweeten with honey before drinking.

### **High Blood Pressure Treatment with Primrose**

Combine a small handful of chopped primrose leaves and flowers to a salad daily. Can also use to make tea. Add about  $\frac{1}{4}$  cup primrose leaves and flowers to 1 cup boiling water. Steep 10 minutes. Strain and sweeten. Drink with meals.

*Caution:* Diabetics and hypoglycemics should not take calendula in any form internally. It drops the blood sugar level drastically and is potentially very dangerous.

### **Irish Blood Pressure Treatment**

Wash 5–6 potatoes and peel. Place the peelings in 2 cups of water and boil for 15 minutes, covered. Steep until cool and strain. Drink 2 cups of this liquid every day. Said to bring high blood pressure down to normal.

The Irish sure got their money's worth with the potatoes. It is used to cure many different illnesses as well as serve as a staple in our diet. I think that it is amazing that so many different cultures found so many uses for the common everyday plants that are all around us.

### **Lemon for High Blood Pressure Treatment**

Put the juice from a lemon in a glass of warm water and add 1 tablespoon of honey. Mix well and drink daily.

### **Meadowsweet for High Blood Treatment**

Meadowsweet is very high in magnesium and iron. It can be used for all blood disorders. Put 2 tablespoons of meadowsweet in  $1\frac{1}{2}$  cups of boiling water. Allow to steep 10 minutes. Strain and drink several times a day.

### **Regulate Blood Pressure Using Hyssop**

Prepare a tea from leaves and stems of hyssop to help regulate high or low blood pressure. Place a handful of chopped leaves and stems of hyssop in 2 cups of boiling water. Steep 10 minutes. Strain and sweeten with honey. Drink twice daily.

### **Watermelon Seeds for High Blood Pressure Treatment**

Grind up  $\frac{1}{4}$  cup of watermelon seeds and add to 2 cups of water. Boil gently for 15 minutes. Strain and add honey to

sweeten. Watermelon has long been used as a treatment for high blood pressure.

## **MENSTRUATION AND MENOPAUSE**

### **Cramping During Menstruation**

Pour 1 cup of boiling water over 1 tablespoon of dried raspberry leaves. Cover and allow to steep 15 minutes. Strain and sweeten. Drink warm several times during the day.

### **Heavy Menstruation Relief with Shepherd's Purse**

Put 1 tablespoon of chopped shepherd's purse in 2 cups of boiling water and allow to steep 30 minutes. Strain and put 1 tablespoon of the liquid in  $\frac{1}{3}$  cup of water and drink several times a day. This relieves cramps and helps to regulate the flow.

### **Heavy Menstruation Relief with Strawberry Leaves**

Strawberry leaves were traditionally used to prevent miscarriages and hemorrhages. Place a small handful of fresh strawberry leaves in 2 cups of boiling water and steep 15 minutes. Strain and sweeten. Drink several times daily if your period is heavy. Supplies the body with needed iron and is good to treat anemia.

### **Menstrual Pain Relief with Cramp Bark**

Mix 2 tablespoons each of cramp bark, skullcap, and blue cohosh. Add 1 teaspoon of cinnamon. Place in 4 cups of warm wine. Steep for several days. Strain and take 1 tablespoon doses several times a day for cramps. Cramp bark is a viburnum shrub. You can buy it from most health food stores or order it from herb catalogs.

### **Menstruation Pain Relief with Raspberry Juice**

During your menstrual cycle, drink several glasses of red raspberry juice daily to prevent cramps and pain. I plan on planting several dozen of the red raspberry vines in the back of one of my herb beds. I plan on having plenty of raspberries on

hand to give away, because I know many young women who could benefit from them. Besides, I love eating the berries.

### **Relief from Menopausal Discomfort with Raspberry Leaves**

Raspberry leaf tea is an excellent way to get more minerals in your system and is helpful for most female problems. Aids in menstrual discomfort as well as easing the symptoms of menopause. Put 10 fresh raspberry leaves in 1 cup of boiling water and allow to simmer 10 minutes. Strain and sweeten. You should drink several cups at this strength every day. Also calms the nerves when jittery.

## **SPRAINS**

### **Menthol Cream**

Mix together  $\frac{2}{3}$  cup of witch hazel, 4 teaspoons lanolin, and 6 teaspoons of menthol in a double boiler until creamy. Remove from fire and cool in the refrigerator. Use as a massage cream.

### **Pulled Ligament**

Place a large onion in the blender and blend until completely pulverized. Add 1 cup of olive oil and blend until smooth. Spread on a clean cloth and use as a poultice for pulled muscles.

Cover to keep warm. This is good to keep on hand if you have kids who play football.

### **Pulled Muscle Treatment with Buttermilk**

Soak a flannel cloth in buttermilk and warm the cloth in the oven. Apply to the area needed and cover to keep warm.

### **Sprain Poultice with Bread and Vinegar**

Soak a piece of bread in hot apple cider vinegar and place on the affected area. Cover and allow to stay on the area for at least 4 hours. Reduces swelling and relieves pain. If the area is too large to cover with the bread, dip a flannel cloth in the hot vinegar and wrap the area. Cover this with a plastic of some sort and leave on for 4 hours.

### **Sprain Poultice with Carrot**

Grate raw carrots and apply to the sprain. Cover and allow to stay on sprained area for 30 minutes.

### **Sprain Poultice with Cayenne Pepper**

Bring to a boil  $\frac{1}{4}$  cup of vinegar. Add enough cayenne pepper to make a paste. Apply olive oil to the skin before applying this poultice. Spread the paste on a bandage and apply to the sprained area. Leave on for 2 hours. Rinse off any remaining pepper. Should relieve the pain and speed healing.

### **Sprain Poultice with Comfrey**

Apply a poultice made from comfrey to relieve sprains and swellings. The Native Americans called this herb knitbone and used it extensively.

### **Swollen Joint Poultice with Apple Cider Vinegar**

Heat 1 cup of water and 1 cup of apple cider vinegar. Apply as a poultice to the affected joint. Cover to keep warm. Keep applying the vinegar and water mix for at least 30 minutes. Very soothing.

## **VARICOSE VEINS**

### **Circulatory Problems**

Add 1 teaspoon cayenne pepper to 1 cup hot water. Drink daily. Apply cayenne pepper liberally to your food.

### **Leg Ulcers**

Put 4 leaves of comfrey in the blender and add  $\frac{1}{4}$  cup of water. Blend well and use as a poultice daily. After you have removed the poultice, wash the area gently and apply the oil from 3 broken capsules of goldenseal to the ulcer. You can purchase the capsules at any health food store. Leave the ulcer open to the air as much as possible.

### **Skin Ulcers and Varicose Veins**

The major use of calendula was to treat varicose veins, although it is very useful to treat skin ulcers that are associated

with varicose veins. Place 1 cup of calendula leaves, fresh or dried, into an earthenware bowl. Pour 2 cups of boiling water over the leaves. Steep for 30 minutes. Strain and use directly on the ulcer as a wash.

### **Varicose Vein Treatment with Aloe Vera**

Aloe vera juice can also be used to treat varicose veins. Apply the juice directly to the area. Said to be very soothing.

### **Varicose Vein Treatment with Tansy**

Tansy is good to use to treat varicose veins. Make a tea using 1 teaspoon of tansy to each cup of boiling water. Steep 10 minutes and strain. Apply the tea externally to varicose veins and bruises.

### **Varicose Vein Treatment with Violet Leaves**

Crush 1 handful of violet leaves and flowers and pour 1 cup boiling water over the violets. Steep until cool. Use as a poultice to relieve pain. This is also a good wash for any open ulcers. Soak a bandage in the liquid and leave on overnight. Replace in the morning. Continue the treatment until improvement is noticed.

## **WOUNDS AND ULCERS**

### **All Wounds and Ulcers**

Apply powdered sugar directly to the wound or ulcer. Change bandage each time you apply the powdered sugar. Sugar will help wounds to heal rapidly. This was used back in the civil war and was said to have saved many a leg and arm.

### **Aloe Vera for Sores or Wounds**

Use aloe vera for sores or wounds to prevent infection. Place a split aloe vera leaf over the area and cover with a clean bandage. Leave on overnight. This is good for any skin injury.

### **Cleaning Infected Wounds**

Apply papaya juice to the wound that has become infected. First wash the wound with the juice, then allow it to dry on the wound naturally.



## **Combat Inflammation of Wounds**

Bruise plantain leaves and bind to wound after cleansing.

## **Honeysuckle Poultice**

Put a handful of honeysuckle leaves in 2 cups of water and bring to a boil. Lower heat and simmer for 15 minutes. Use to wash the wound and use the liquid as a poultice.

## **Poultice Aid with Bread**

When applying a liquid poultice to injuries, it is helpful to soak a piece of bread in the liquid and place the bread on the area needed. The bread molds itself to the injured site and keeps the herbal liquid in constant contact with the injury.

## **Poultice for Swollen Glands and Boils**

Macerate a small handful of violet leaves and apply to the area. Keep warm by covering with flannel cloth. People often ask what macerate means. I tell them it means to mush up the plant. The dictionary says it means to soften and I don't know how else to describe it rather than to tell you to mush up the leaves.

## **Poultice for Wounds Using Honeysuckle**

Pound the roots and leaves of honeysuckle and apply them to a clean cloth. Apply to the wound and bind it up.

## **Poultice for Wounds Using Oak Leaves**

Bruise a handful of fresh oak leaves and apply directly to the wound. Cover with a warm cloth.

## **Poultice for Wounds Using Papaya Slices**

Apply fresh cut papaya slices to the wound and bandage overnight. Clears up the infection and speeds healing.

## **Puncture Wounds Help Using St. John's Wort**

Put 2 tablespoons of St. John's wort in 1 cup of boiling water. Allow to steep until cool. Use this to clean the wound and allow the liquid to dry naturally on the wound. Apply a bandage that has been saturated with the herbal liquid to the

wound. Keep the area clean and soak the area in the liquid if possible. Will provide pain relief and promote healing.

### **Sores or Ulcers Antiseptic with Lavender Flowers**

Use an antiseptic or astringent to wash sores and ulcers. Grind 2 tablespoons each of lavender flowers and cinnamon. Add this to 2 cups of ethyl alcohol. Close tightly and allow to steep for 2 weeks. Strain, bottle, and label. Always keep this on hand. Great for when kids get scrapes, cuts, and scratches.

### **Stop Pain of Puncture Wounds**

Pour kerosene on the wound immediately after the injury. It will take the soreness and pain from the wound.

I use this method often. I go barefoot most of the time and with all of the construction that goes on around here, I have had quite a few injuries. When we were first clearing the land to build our house, I was up here alone clearing some bushes. I had a rake with me that I was using. Because I was not being careful and was not watching what I was doing, I stepped backwards onto the rake. It went clear through the foot and I had an awful time pulling the rake back through the foot and shoe. If I had not had the kerosene to pour on the foot I would have had to stay off my feet for weeks. As it was, I never had to stop using the foot; I only had to hobble around for several days. Kerosene does help take most of the soreness out.

### **Treating Infected Wounds with Comfrey**

Place several comfrey leaves (also called blackwort) and several cloves of garlic in the blender. Add a little honey and blend well. Spread the mixture on a slice of bread and place on the infected wound. Bandage and repeat several times a day, cleaning the wound each time before applying a fresh poultice.

### **Treating Infected Puncture Wounds with Bacon**

Place a piece of moldy bacon fat on the wound and bandage overnight. It will draw the infection from the wound.

### **Treating Inflamed Wounds with Mallow**

Put a handful of mallow root and leaves in 4 cups of water. Strain and use as wash for wounds that are inflamed. Wash the wound at least twice daily, putting on a fresh bandage each time.

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# Tonics and Teas

When we become aware of how much we are responsible for our own health, we soon realize that we are responsible for most of the illnesses that we contract. Health is very definitely a positive force and disease is exactly what it says, dis-ease of the body.

In many cases, illness is caused by a faulty diet. We all need tonics to keep the body supplied with certain minerals and vitamins in order to keep our immune system strong and healthy. If the immune system is in good order, then it is able to fight off certain illnesses with which we all come into contact. Then, if we do pick up a bug, our bodies can respond to the invading organisms much faster and we are able to start the healing process much more quickly. We may not be able to avoid an illness, but we can influence the length and severity of it. And we can stop the secondary infections that are sometimes part of a specific disease.

We do, however, inherit susceptibilities to certain diseases. As we become more aware of just what our individual weaknesses are, we can begin to treat the body in such a way as to preserve its health. If there is a weakness in the respiratory system, then we know we have to work in order to keep that part as strong as possible. Because none of the body systems work alone, we must keep all the systems strong, simply because they do work with each other. Just think of your body as being a finely tuned machine. If one part breaks down, the whole machine either breaks down completely or does not work to peak capacity. Life is to be lived to capacity, so the body has to be strong in order to fully enjoy all there is for us to be, do, or have.

Herbs help strengthen the body so it can heal itself faster and in a more natural, healthy way. If you keep your body as free of chemicals as possible, the herbs have a better chance of

getting right to the root of the problem. They can help the body to start working more efficiently in healing that specific disease.

Herbs are not a miraculously fast cure. Many times it does take a little longer for a specific herb to start working because herbs work at treating the underlying causes of the illness and because they do not work on just one specific symptom. It takes more time to balance several different systems. The herbs help the immune system to get a good balance so that the body is able to help in the healing process.

Tonics do take time to work on the system, so you want to continue the treatment for an extended period of time, to give the body time to adjust. We spend years neglecting the body and then are surprised when it fails to respond as fast as we think it should. It really does take more time for the body to heal than the length of an illness. You can begin to use tonics as a way to prevent illnesses instead of just treating a disease after the fact. Most of the tonics are stimulating, so if someone has been very ill, it is not a good idea to give tonics that are strong stimulants.

Using herbs to tone up your body is just one of the ways you can take responsibility for keeping the body in good working condition. I feel that it is one of the most important things you can do for yourself. The herbs tone up the organs that are affected by the digestive system. This helps your body to use all the natural vitamins and minerals that you get when you are careful to provide it with natural products and foods.

Just as the herbs can help us be balanced internally, we must look at ways we can be balanced externally, in our daily lives. All the money in the world cannot take the place of your health, and this is where balance in your lifestyle comes into play. I'm sure you have heard it said that all work and no play makes Jack a dull boy. Well, all play and no work can do the same thing. There should be time in your life for everything: work, play, quiet time, pleasure, people, love, and many other joys. Be not a slave to any one activity and you will have some

measure of control over your life. Learn to stop and smell the roses. Even though that is old advice, it is still good advice.

No one else is as vitally interested in preserving our health and the health of our families as we are. We know how we want our foods, and what we want in our foods better than anyone. When we preserve or prepare our own foods, we can take precautions to ensure that the foods and herbs are handled properly and in a hygienic manner. We can make sure that what we ingest is as natural as possible.

What could be more natural than adding tonics to our daily life? Tonics are good to take all year. They can become part of your health-protecting diet. And they can really pick you up when you are feeling sluggish.

### **Adrenal and Respiratory Tonic**

Mix together 2 tablespoons each of horehound, hyssop, licorice root, and marsh mallow root. Add 4 cups of water. Simmer until the liquid is  $\frac{1}{4}$  reduced. You should have about 3 cups of the tonic. Strain and dose with  $\frac{1}{2}$  cup of the liquid every couple of hours for 1 day of every week for a month. This tones up the respiratory tract and also stimulates and nourishes the adrenal glands.

### **Adrenal Glands Stimulate Tonic**

Borage has been found to stimulate the adrenal glands. Adrenalin is released in the blood stream and this gives you extra energy. Put 1 tablespoon each of the flowers and chopped leaves of borage in 2 cups of boiling water. Steep 10 minutes, then strain and sweeten with honey. Drink several cups daily for 1 week.

### **Aids Concentration Tonic**

Mix 3 tablespoons sage, 2 tablespoons goldenseal, 1 tablespoon cayenne, 8 tablespoons rosemary, 5 tablespoons yerba maté, and 3 tablespoons skullcap. Add 1 teaspoon of the herb mix to 1 cup of boiling water and steep, covered, 10 minutes. Strain and sweeten. Drink twice daily for 2 weeks.

Reduce to 1 cup daily. *Caution:* Some people show an allergic reaction to sage. Leave that out if desired.

### **All-Around Tonic with Strawberry Leaf**

Wild strawberry leaves are chock full of vitamins and make a very good tonic. Dry the leaves for year-round use. Pour 1 cup boiling water over 1 teaspoon of the dried leaves. Steep, covered, 10–15 minutes. Strain and sweeten. Drink several cups per day for 1 week if used as a tonic. Otherwise drink for enjoyment anytime.

### **All-Around Tonic with Violet Leaves**

This is a great tonic for the whole family. Simmer the peel of 3 lemons and 2 oranges in 8 cups of water for 15 minutes, covered. Remove from heat and add 6 tablespoons of hops and 6 tablespoons of violet leaves and flowers. Steep for another 15 minutes. Strain and add honey to sweeten. Cloves may be added if desired. This tea has many vitamins, so it can be used as often as desired.

### **Aloe Vera Tonic**

Many people place the juice from aloe vera in water and place in the refrigerator. Drink this as often as desired. Used as a general tonic and it is a great bowel regulator.

### **Bingo Mix Tonic**

Mix together 1 tablespoon each of fennel seed, aniseed, coriander seed, and caraway seed. Bruise 1 teaspoon of this mixture. Pour 1 cup of boiling water over the bruised seed, cover and allow to steep until cool. Sweeten and drink warm or cool. Settles indigestion fast.

### **Blood Purifier Tonic with Chickweed**

Lightly steam chickweed and eat as a spinach substitute. Cleans impurities from the blood and acts as a tonic for the whole system.

### **Blood Purifier Tonic with Sorrel**

Pour 2 cups of boiling water over a large handful of sheep sorrel leaves. Let steep 15 minutes. Strain and sweeten. Take for 1 week. This serves to internally cleanse the urinary system. It has been used for centuries to treat skin problems and eruptions. Also alleviates fevers and inflammatory disorders.

### **Blood-Strengthening Spring Tonic**

Pour 4 cups of boiling water over 2 tablespoons each of burdock root, dandelion root, boneset herb, and sarsaparilla, and boil for 15 minutes. Strain and drink 1 wineglass full 3 times a day. Continue treatment for 2–3 days. Refrigerate and drink cold. This is a great blood strengthener and purifier. It will also thin the blood while adding the extra, needed minerals.

### **Blood Thinner Tonic**

Ginger does as well to thin the blood as aspirin. It also reduces the pain for certain types of arthritis. It seems to help with rheumatoid arthritis especially. Take 2 capsules every day. The empty capsules can be bought at a health food store or ordered through a company that handles herbs and health products. You can fill them yourself with powdered ginger.

### **Cardiac Tonic**

Mix 1 tablespoon calendula, 2 tablespoons motherwort, 1 tablespoon cayenne, 1 tablespoon goldenseal, and 4 tablespoons of hawthorn berries. Add 1 teaspoon of the herb mixture to 1 cup of boiling water. Cover and allow to steep 10 minutes. Strain and sweeten with honey. Drink several times daily for 1 week.

### **Change of Life Tonic**

Mix 1 tablespoon each of hops, skullcap, motherwort, chamomile, and gentian. Steep 1 teaspoon of the mix in 1 cup of boiling water for 15 minutes. Strain and sweeten. Drink several times daily. This tonic can be taken for symptoms as needed. Nervous irritation is one of the symptoms of



menopause and this tea can be used to bring calmness to an agitated state.

### **Comfrey Tonic and Fast Pick-Me-Up**

Put 2 leaves of comfrey in the blender along with 1 can frozen orange juice, adding water according to instructions on the can. Blend thoroughly. Very cooling and refreshing and very high in vitamins. Use only the tender new leaves for the full effect. This is great to use in the spring as a general tonic, and a refreshing cooling drink for the warmer months.

### **Costmary Tonic**

Costmary is also called bible leaf. Add it raw to salads or use to make an infusion of tea. Add a small handful of chopped leaves to 2 cups of boiling water. Steep 15 minutes, strain, and sweeten. Excellent tonic for the liver. Take for 1 week if used as a tonic, drinking several cups per day.

### **Cranberry Juice Tonic and Bowel Regulator**

A glass of cranberry juice is one of the best tonics I know. It can be used to clear up kidney and bladder infections and helps to regulate the bowels. It cleans the blood and helps the body to get rid of accumulated toxins. This helps to clear the complexion. Very high in potassium, which is needed by the body to dispose of waste materials and help keep the heart healthy. Cranberry juice is a good habit to get into. Drink in the morning with your breakfast.

### **Dandelion Tonic**

This is a good tonic for early spring. Pour 2 cups of boiling water over 2 tablespoons of dandelion flowers. Steep, covered, for 10 minutes. Strain and sweeten. Drink several glasses a day for several days, or for as many days as you can before the flowers are gone.

The flowers also make a delicious jelly. The jelly tastes like honey and makes a really nice treat during the winter months. Why go to the trouble of getting rid of the dandelions when they are so useful in treating your body? They provide you with more than one food. The greens can be eaten and are

quite delicious. They are full of vitamins and minerals that you can get in this natural way, instead of in pill form. The roots are also used as a tonic and make a good substitute for coffee.

## **Edema**

Edema is a swelling of the body tissues and results in excessive amounts of tissue fluid. It is sometimes called dropsy. There are many different areas of the body that edema may affect. Diuretics are generally the accepted treatment as the fluid needs to be drawn from the body. Restricting salt intake is recommended, along with bed rest. The patient is placed on a diet that is rich in vitamins, low in salt, and high in calories. Once large amounts of urine have been passed, the patient is placed on a regular diet.

## **Edema Tonic with Potatoes**

Here is an old Irish remedy for dropsy that has been in use for centuries. Clean 2 potatoes thoroughly and peel. Add the peelings to 2 cups of water and bring to a boil. Reduce heat and simmer 15 minutes, covered. Strain and add 3 tablespoons of the liquid to a glass of water or cranberry juice. Drink 4 glasses daily until swelling has gone down.

It sometimes helps to thin the blood, especially if you have heart problems. *Caution:* If you are on heart medication, consult your doctor. These are natural treatments to thin the blood. Vitamin C thins the blood. I believe it really wouldn't hurt to start taking it on a regular basis.

## **Feverfew Tonic**

Pour 2 cups boiling water over 2 tablespoons dried feverfew. Let steep 15 minutes, covered. Strain and sweeten. Drink in  $\frac{1}{2}$  cup doses for 1 day. This is a stimulant for the nervous system.

## **General Tonic**

To build up your whole system, pour 1 cup boiling water over 3 pumpkin blossoms and allow to steep, covered, 10 minutes. Strain and sweeten. This can be taken as often as desired as it provides many vitamins and minerals. Men can drink this tea as a tonic for the prostate gland.

### **Heart and Brain Fortifying Tonic**

Place a small handful of fresh, wild rose petals or 3 tablespoons of dried rose petals in 2 cups of boiling water. Steep, covered, 15 minutes. Strain and sweeten with honey. Garden roses can be used if you have no access to the wild variety. Try to use the white roses from the garden if possible. Can be taken daily if desired.

### **Heart Strengthening Honey Tonic**

Anyone with heart problems should eat all the honey they can. Put 1 tablespoon of chopped ginseng and 1 tablespoon of cinnamon in 2 cups of honey. Simmer 30 minutes. Strain and take by the tablespoon several times daily. Will increase blood circulation.

### **Heart Strengthening Rose Hips Tonic**

Put 2 teaspoons of crushed rose hips in 1 cup of water. Bring to a boil and reduce heat. Gently boil for 3 minutes. Strain and sweeten with honey. Drink several times daily. Use this remedy as often as desired.

### **Heart Strengthening Violet Tonic**

Violets are used to treat angina pectoris in Switzerland. Macerate 2 teaspoons of the leaves and add to 1 cup of boiling water. Steep, covered, 10 minutes. Strain and sweeten with honey. Take as often as desired.

### **Heart Tonic with Hawthorn Berries**

Pour 2 cups boiling water over 3 tablespoons of hawthorn berries. Steep overnight, covered. The next morning strain it, making sure to squeeze the berries to extract all the juice. Drink 1 cup, 2 times a day. Fresh or dried berries may be used. Take as long as desired, as a tonic.

### **Heart Tonic with Honeysuckle**

Put 1 cup of grated honeysuckle root in 7 cups of water. Simmer gently 30 minutes. Strain, bottle, and refrigerate. Drink 2 cups daily for 1 week.

### **Internal Cleanser Tonic with Nasturtium Flowers**

This is of special benefit to the blood and digestive system. Put nasturtium flower and leaves in salads. To make a good tonic tea, add a small handful of the flowers and leaves to 2 cups of boiling water and allow to steep for 30 minutes. To use as a tonic, strain and drink several cups a day for 1 week. Makes a nice peppery tea to drink just for the pleasure of the taste. Nasturtiums are a stimulant and a tonic. When the ripe buds of nasturtiums are dried and made into an infusion, they make a laxative that is fairly strong.

### **Liver and Spleen Tonic Strengthenener**

Simmer 1½ cups of honeysuckle leaves and ½ cup of honeysuckle blossoms in 4 cups of water for 10 minutes. Strain and drink 2 cups a day before meals for 1 week. This is also good to use to help get rid of mucus during a cold.

### **Liver Tonic Using Dandelion Root**

Mix together 2 tablespoons of chopped dandelion root with 2 tablespoons each of cinnamon bark, senna leaves, caraway seeds, and ginger root. Add to 6 cups of water. Gently boil until liquid is reduced in volume to about 3 cups. Add 1⅛ cups of sugar and return to boil. When it reaches the second boil, boil 2 minutes, remove from heat, strain, and cool. Store in the refrigerator. Dose frequently with 1 teaspoon daily for 1 week.

### **Liver Tonic Using Watercress**

Take a small handful of fresh watercress and pour 2 cups of boiling water over the herb. Cover and steep for 15 minutes. Strain and sweeten. A dash of fresh ginger can be added if desired. Drink warm several times daily for 1 week, if used as a liver tonic. Watercress is an astringent and stimulant, so it acts as a tonic for the urinary and alimentary systems.

### **Purifier Tonic**

Add 2 teaspoons watercress leaves to 1 cup of boiling water. Let steep 10–15 minutes. Strain and sweeten. Drink several cups per day for about 1 week.

### **Rose Hip Tonic**

Chop 2 teaspoons of rose hips and add to 2 cups of boiling water. Steep, covered, 15 minutes. Strain and sweeten. Can be used as is or added to other teas and fruit juices. Good to use if you have a cold as it adds extra vitamin C to your diet and will shorten the time of your illness.

### **Sassafras Spring Tonic**

This is a good tonic to use in the spring as it thins out the blood as well as adds needed minerals. Sassafras has been used for centuries as a spring tonic. Try it, it's delicious.

To make the tea, add several teaspoons of sassafras root or bark to about 2 cups of boiling water. Allow to steep 15 minutes. Strain and sweeten. Drink several cups per day for 1 week. A commercial liquid of sassafras is available with certain substances removed. Just follow instructions on the bottle.

### **Sluggish Liver Tonic**

To clean and stimulate the liver, drink 1 cup of beet juice daily for 1 week. I can my beets so that I have the juice handy year round.

## **TEAS**

### **Cinnamon Tea**

This is really good to take during a cold, as it will cause you to sweat. Cinnamon is a strong stimulant and this really works. Simmer 6 sticks of cinnamon in 2 cups of water for 30 minutes. Strain and add milk and honey after removing the cinnamon sticks. Tastes delicious and kids love it.

### **Hyssop Tea**

Hyssop leaves are used to grow the mold that produces penicillin. The tea made from hyssop is very good to treat colds and congestion. Licorice mint (anise hyssop), a member of the hyssop family, makes a very pleasant tea to drink as it has a light licorice taste. Add 2–3 tablespoons of the herb to a

teapot. Add grated orange and lemon rind to the pot if desired. Pour boiling water over the herb and steep 10–15 minutes. Sweeten and drink hot. Will induce sweating and reduce fever fast.

### **Peppermint Tea**

Mix 1 tablespoon elder flowers, 1 tablespoon peppermint, 1 tablespoon white yarrow, and 1 tablespoon feverfew. Pour 2 cups boiling water over the herb mix. Cover and let steep for 15 minutes. Strain, sweeten, and drink hot. This recipe helps to break a fever by causing the patient to perspire. The yarrow acts as a pain reliever and makes the patient more comfortable. If the cold is not severe, you need add only 1 teaspoon of the herb mixture to 1 cup of boiling water. Eases the patient and helps to dispel mucus.

### **Rice Tea**

This is another tea that kids and grownups both love. Simmer  $\frac{1}{2}$  cup of rice in 6 cups of water for 15 minutes. Strain and add a few drops of vanilla flavoring and sugar. Sprinkle with cinnamon for extra flavor. Drink warm. This settles an upset stomach quickly. This is really good to stop vomiting or diarrhea fast. Rice tea really soothes the stomach and helps the patient get needed rest. This tea is a favorite of mine and it is good to drink simply because it tastes good. Very nutritious.

### **Rosehip Tea**

Pour 1 cup boiling water over 1 teaspoon of crushed rosehips and 1 teaspoon of dried lemon peel. Let steep 15 minutes. Strain and use honey to sweeten. Drink this tea whether you have a cold or not. The extra vitamin C is good for you anytime.

### **Sweating Tea**

Mix 1 tablespoon each of white yarrow, boneset, catnip, thyme, mint of any kind, sage, and verbena. If you would like to substitute any of those herbs, use linden, elder flowers, pennyroyal, or horehound. Steep 1 heaping teaspoon of the herbal mixture in 1 cup boiling water for 10 minutes. Strain

and sweeten. Drink warm every 3–4 hours. If profuse sweating is desired, drink every hour.

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# Preparations of Capsules, Salves, Syrups, and Tinctures

In this chapter you can learn how to prepare your own capsules, salves, syrups, and tinctures. I've also included many different recipes that use these different ways of preparing the herbs.

Preparing salves and liniments for future use is a good idea. It will save you time. If you prepare them in advance, you will have them on hand for emergencies or for everyday use. My daughter keeps a list of frequently used recipes taped inside the door of her herbal cabinet. Of course, there will always be recipes that you simply cannot prepare ahead of time, but their ingredients can be placed in tightly closed containers and clearly labeled. Always use sterile containers and be sure to clearly label each with the contents, use, and dosage.

It may take time to build up a nice supply of the kind of herbs needed for your remedies, but it is well worth the effort. If you are going to have a big supply of herbs, you must have containers in which to store them. I collect antique tin canisters and keep my dried herbs in them. Dark glass bottles are said to be the best kind of storage container, but I love my tins. I mainly use them for storing beeswax, capsules, and other miscellaneous things that I need to prepare herbal remedies. I place my canisters in a large cabinet that has glass doors. It holds a prominent place in my living room. It really does make a nice addition to the room and is very handy.

It is important to put a preservative in the recipes that you plan to store for indefinite periods of time. If honey is used in the recipe, that will be sufficient, as honey is a great



preservative. If you are not using honey, adding the oil from several vitamin E capsules to your herbal mixtures is another way to preserve them. Gum benzoin is called for in some of the recipes. This is a preservative and you will not need to add any other preservatives if you are using it.

## **PREPARING CAPSULES**

Herbal remedies may be taken in capsule form as well as by teas or tinctures. Often, capsules are more convenient to take during the day while we are at work, or while away from home for an extended length of time. There are many reasons that you would want to take capsules instead of a tea or tincture. If the treatment you are seeking is long term, such as for high blood pressure, then you would definitely want to try the capsules.

You can purchase the empty gelatin capsules at your local health food store or pharmacy. There are many different sizes of capsules, but you probably would use the #00 capsules the most. To fill the capsules, simply take them apart and fill the largest end of the capsules, replacing the top to close it. The leafy herbs can be powdered in your food processor if necessary, but the root herbs must be purchased in powdered form.

The dosage would be the same as if you were taking an infusion, which is a tea remedy. If the infusion calls for 3 cups a day, then you would take 1 capsule three times a day with water.

We will start with the blood pressure capsules. If you are already on a medication or need to take a medication to control your blood pressure, please do not substitute these capsules for your regularly prescribed medication.

### **Blood Pressure Capsules**

Mix together in the blender or food processor 1 tablespoon of each of the following dried herbs: stinging nettle, spearmint, elder flowers, powdered valerian root, lobelia, chamomile, and yarrow.

This makes enough capsules to last about 1½ months if taken on a daily basis. The reasons for using these herbs in this recipe are listed in the following paragraphs.

*Stinging nettle* is used extensively as a weight reduction herb. It helps to dispel toxins and water from the body. The signature of the plant is the stinging hair that covers the entire herb. Other uses include treating any stitching pain, such as in arthritis, or any pain that causes that “pins and needles” feeling. It has also been used as a remedy to stimulate hair growth.

*Spearmint* prefers to grow in moist ground and this is the signature of the plant. It is used as a diuretic in this recipe. Treatments for high blood pressure generally remove excess water from the system and this is why you need to use diuretics. Spearmint can be used in any recipe that is used to treat inflammatory problems of the bladder and kidneys. It is also a stimulant, and can be used in recipes calling for a stimulant.

*Elder* is also called “boretree.” It is found in low, moist ground and has yellowish-gray bark that is part of its signature. The fresh stems can be made fully hollow by pushing out the soft pith. This hollowing represents the herb’s healing properties, as it effectively helps to push out the mucus deposits from the bronchial tubes. Because of this, it is a natural choice for remedies designed to treat colds, coughs, and chest complaints.

The freshly dried leaves and flowers can be used to prepare ointments and creams to help the healing of skin disorders and itching. An infusion of the flowers in vinegar is a good healing ointment to keep on hand for skin problems. It is in this recipe because it is also a diuretic and helps to clear the body of toxins.

*Valerian’s* fine, delicate root system is thought to resemble the human brain structure. It has an outstanding influence on the cerebospinal system and is an easily tolerated calmative. It

also acts as a stimulant and diuretic for the kidneys, and so you could use it to treat kidney problems.

*Lobelia* affects the central nervous system and is a good muscle relaxant. When used with care, this can be a good treatment for high blood pressure because it depresses the central nervous system and lowers the blood pressure. *Caution:* Do not use more than the recipe calls for, as it can be harmful if used in too large of a dose, lowering the blood pressure too drastically and too fast.

*Chamomile's* signature is the head-shaped flowers. It is a calmative and sedative, which is why it was chosen for this recipe. One of the ways to lower the blood pressure is to keep the patient as calm as possible. *Caution:* Do not use this herb if you suffer from ragweed allergies, as chamomile is a member of the ragweed family. Use one of the other herbs that have sedative properties, such as hops, violets, or any of the nervines listed in chapter 1.

*Yarrow* is used because it contains potassium. It is a good blood cleanser and it fortifies the blood with necessary minerals. Anyone taking any type of blood pressure treatment should take a potassium supplement, as the diuretics flush the potassium from the body. It needs to be replaced so the heart is not affected adversely.

### **Change of Life Capsules**

Because menopausal symptoms are the result of the depletion of estrogen hormones, you need to make a recipe that will nourish both the adrenal glands and the ovaries. The adrenal glands carry on the production of this hormone when the ovaries are missing.

A recipe to deal with menopausal symptoms should also include herbs that have estrogen-like properties. Wild yam root, black cohosh root, and licorice root are good examples. We are not trying to replace the missing estrogen. We are teaching the body to replace the missing hormones; we are teaching the body to make its own substitute.

This recipe uses the roots of the herbs (except for the chamomile and skullcap—use the tops). Purchase all of the herbal roots in powdered form so you can use them in the capsules. Mix together 1 tablespoon each of valerian, black cohosh, chamomile, motherwort, wild yam root, licorice root, and skullcap.

Mix together in food processor and place in capsules. Take 2 capsules 3 times daily until symptoms abate. Then take 2 capsules daily.

The following list explains the benefits of each herb used in this recipe.

*Valerian* is used because it is a great sedative and helps to calm the whole system.

*Black cohosh* contains estrogen-like properties and is a muscle relaxant. It soothes nerves and general restlessness.

*Chamomile* is used because it acts as a sedative and has properties that will ease cramps and other gastrointestinal disorders.

*Motherwort* strengthens the nerve system and is a tonic for the whole body. It helps those who are prone to headaches and helps relieve menstrual discomforts.

*Wild yam* is reported to contain an estrogen-like molecule (diosgenin). When this molecule enters the body, it is treated and reacted to as an estrogen molecule by the body. This is why it is necessary to take a daily dose after you have reached menopause.

*Licorice root* also has estrogen-like properties and is included for that reason. It also nourishes the adrenal glands.

*Skullcap* is included because it is a great nervine and helps with sleep disorders and headaches.

### **Flu Capsules**

This is a good capsule to take to lessen the length and severity of colds and flu. Mix together in the blender 1 tablespoon each

of yarrow, elder flowers, boneset, verbena, peppermint, powdered valerian root, and horehound.

Place the herbal mixture in capsules and take 2 capsules every 3–4 hours until symptoms are relieved.

*Yarrow* is added because it contains salicylic acid derivatives, which do lessen the discomforts of the symptoms. Salicylic acid is in aspirin so it would reduce fever and fight pain or discomfort. Also, it contains azulene and other compounds that fight inflammations and infections. Yarrow is a great antiseptic.

*Elder flowers* are used in this recipe because the flowers stimulate secretion of the sweat glands. When sweating increases, fever tends to come down.

*Boneset* is used because it is a muscle relaxant, and a diaphoretic. It acts as a tonic for the whole body. It has a great cleansing effect on most of the body's organs.

*Verbena* is used because it settles the stomach and acts as a tonic for the stomach and intestines. Verbena has some sedative properties and will help to reduce fever.

*Peppermint* is used in this recipe to reduce nausea and promote digestion.

*Valerian* is a well-known sedative. It can be used as a relaxant so that you get the rest you need during recovery from the flu. It also acts as a stimulant to the kidneys to rid the body of toxins.

*Horehound* is added because of its well-known ability to remove mucus from the bronchial system. The signature is that the leaves do stick together when pressed. This would indicate that the herb has compounds that would stick to the toxins and remove them from the system.

### **Lung Congestion and Sinus Treatment Capsules**

Using herbs for healing is important. When you take herbs, you allow nutrients to enter the body's system and that

sometimes reduces the symptoms of some diseases. Herbs nourish, detoxify, and stimulate the system.

The stimulating herbs help to increase the production of enzymes and hormones. They can stimulate the kidneys, helping them to remove harmful toxins from the body. Some of the herbs attract the toxins to them and then the toxins are passed through the system and out of the body. Many herbs will kill invading organisms and bacteria.

When congestion is present, no matter what the cause, the body produces mucus and phlegm to protect sensitive mucous membranes. This recipe contains herbs that will break up the congestion and pull it from the lungs and sinus cavity. Dosage is 2 capsules every 2 hours for 3 days and then 2 capsules daily until symptoms are relieved.

Mix together in a blender or food processor 1 tablespoon each fenugreek, slippery elm, thyme, and comfrey. Place in capsules and refer to the dosage suggestions.

Here are the reasons we are using these herbs:

*Fenugreek* is a germicidal for the lungs. It will act as a disinfectant and help to reduce inflammation.

*Slippery elm* will cause the loosened phlegm and mucus to ball up, which helps it move more easily out of the respiratory system. It also has healing and soothing properties to benefit the lungs.

*Thyme* is used mainly for its antiseptic properties, but it also has great expectorant properties. An expectorant is used to discharge the mucus from the body.

*Comfrey root* has been used since ancient times for congestion problems. It reduces inflammation and it breaks up congestion in the lungs.

### **Memory Retention Capsules**

High cholesterol is the main reason that we have poor circulation, along with other factors such as poor diet and pollution. When you have one health problem, there are

generally three or four other conditions involved. When the circulation is poor, there are almost always other related problems such as varicose veins, poor memory, hemorrhoids, and forgetfulness. Try this recipe for memory retention caused by poor circulation. Take the herbal capsules along with a multiple vitamin B complex tablet.

Mix together in the food processor 1 tablespoon each of butcher's broom, lecithin, apple pectin, and cayenne pepper. Place in #00 capsules. Take 2 capsules morning and evening. For the first month, take a vitamin B complex tablet with the morning capsule. Thereafter, take 2 capsules daily and continue taking 1 tablet of the B complex vitamins daily.

*Butcher's broom* has been used for circulation problems for over two thousand years. It is also used to prevent blood clots after surgery.

*Lecithin* dissolves fatty deposits in the circulatory systems by attaching itself to the deposits. Since it is water soluble, it flushes the deposits from the system.

*Apple pectin* has magnetic properties that attract ions of metal in the blood such as lead, arsenic, and other pollutants. These are then flushed from the system. Pectin also regulates the bowels and is effective in lowering cholesterol levels in the blood.

*Cayenne pepper* kills bacteria in the blood and carries nutrients to the place they are needed faster than any other natural agent. Cayenne is used for many kinds of treatment. It can lower blood pressure as well as dissolve cholesterol deposits. It is also helpful for the heart and stomach.

## **PREPARING SALVES**

Salves need a preservative because they are often used for cuts and wounds and as such need to be free from bacteria. A good preservative to use is tincture of benzoin, which you can purchase from your local drugstore. It is inexpensive and is necessary for the preparation of your salves. Choose stainless steel, glass, or earthenware when you are looking for bowls or

containers in which to mix or store your herbal preparations. The containers you use to store the mixtures should be airtight and sterile.

It is helpful to know what the basic ingredients of a salve are. The ingredients used to make the salves are: the herbs you plan to use, an oil, beeswax, and the preservative. The best kind of oil to use is olive or sesame. Do not use the drying oils, such as soybean and linseed.

### **Basic Salve Recipe**

Begin by heating the oil just to boiling (in a stainless steel or glass pan). Add the herbs of your choice and simmer, covered, for about 3 hours. Instead of heating it up on the stove, you can prepare this mixture in the oven if you like. Just keep the temperature low and the container covered. If part of your herbal recipe includes barks or roots, place these in the oil first and simmer them for the first 1½ hours before adding additional flowers or leaves. If using fresh herbs, always leave the lid off the container for the first 30 minutes in order to allow the water to evaporate from the herbs.

After the mixture is ready, strain and add the beeswax. (You will need about 1½ ounces of beeswax for each 2 cups of oil that you use.) Next, add ½ teaspoon of the tincture of benzoin for each 2 cups of oil used. Mix well. To test for consistency, put a small amount of the salve in a tablespoon and place in the refrigerator. If the salve is not thick enough, add a little more beeswax. When the desired consistency is reached, pour into labeled jars.

The salve will keep for years. I place mine in small jars so that I have plenty to give family members and friends. These salves can also be used on your pets and animals.

Carefully consider each of the herbs found in the recipes and the reasons behind their selection. (Refer to pages 3–7, chapter 1.) Then you will know whether you would want to use that particular herb in that particular recipe. The following recipe and others like it in this chapter are designed to teach you to



think more creatively about how herbal remedies are put together.

### **All-Purpose Salve with Calendula**

Mix together 2 tablespoons comfrey (aids in cell production, relieves pain), 2 tablespoons plantain leaves (also promotes healing), and 2 tablespoons calendula leaves (great aid in preventing bacteria, and promoting healing). Studies have shown that calendula in water did slow the activity of some sarcomas (cancerous cells) in mice. The healing properties of calendula are a good addition to any salve. It is particularly appropriate for salves designed to treat sores or ulcers that have not responded very well to other methods or that have shown a resistance to healing.

### **Aloe Vera Salve for Sunburn**

Pour 1 cup boiling water over 1 teaspoon of pekoe tea and 1 tablespoon of Irish moss. Allow to sit until cool. Add 3 tablespoons of aloe gel. Mix well and store in labeled jar.

Aloe contains a substance that is used to prepare the tincture of benzoin, so you would not need to add tincture of benzoin to preserve this recipe. Aloe is also a great healer and is very soothing for skin disorders. The Irish moss is a thickening agent, and becomes a jelly-like substance when added to a liquid. It also has healing and soothing agents in it. The pekoe tea contains tannin, which is a great healer. This salve can be used to heal burns, including sunburns.

### **Amaranth Salve for Scrapes and Cuts**

Place 2 tablespoons of dried amaranth flowers, leaves, or roots in 2 cups of hot oil. Simmer, covered, 2 hours. Remove from heat and strain. Add 1½ ounces of beeswax and ½ teaspoon of tincture of benzoin to the mixture. Test for consistency and store in a tightly closed jar.

Amaranth has strong antiseptic and astringent properties. It can also help stop bleeding. This is a great salve to use for scrapes and cuts on children—particularly for knees and places that are constantly bumped, causing the sore to break

open and start bleeding again. Stops the bleeding as well as keeps the sore free from bacteria.

### **Balm of Gilead Salve for Scrapes and Burns**

Place 2 tablespoons of the buds in 2 cups of hot olive oil and allow to simmer, covered, 3 hours. Strain and add 1½ ounces of beeswax and ½ teaspoon tincture of benzoin to the strained mixture. Test for consistency and place in sterile jar.

This is a good salve to use on burns, scratches, and swelling injuries. Also good for any skin eruptions. The signature of balm of Gilead is the resinous exudation covering the buds. It contains salicin, which is also found in aspirin. It has some of the same pain-killing and anti-inflammatory properties as aspirin.

### **Burn Aloe Salve**

Simmer 4 teaspoons of Irish moss in 2 cups of water for 10 minutes. Strain and add the juice and pulp of about 5 large aloe vera leaves. Use this salve for burns. It fights infection as well as speeding the healing of skin tissue.

### **Chickweed Salve**

Add about 4 cups of chickweed to 2 cups of olive oil. Heat for 3 hours in an oven set at 150 degrees. Strain and add 1½ ounces of melted beeswax to the mixture. Stir mixture while it is cooling, as it will thicken. Place in a wide mouth jar and label. Great for healing cuts, burns, and abrasions.

### **Gall Ointment with Powdered Galls**

This is a good ointment for soothing the skin after it has been rubbed or chafed until irritated. I use it after I've worn a pair of shorts that rub me the wrong way. People who go horseback riding on a regular basis will also find it helpful.

Place 2 teaspoons each of lanolin and petroleum jelly in a pan. Cook on low heat until melted. Add 2 tablespoons of powdered galls. Stir until the mixture is cooled. Do not strain. Add a few drops of tincture of benzoin and store in a container.

## **Green Elder Ointment**

This is a good ointment to rub on the chest and back to relieve congestion. Put  $\frac{1}{2}$  pound of green elder leaves in 1 quart of vegetable oil. Heat in an oven for 3 hours at about 150 degrees. Strain and apply as chest and back rub. It's good to have this on hand during the winter season.

## **Itch and Rash Salve with Comfrey**

Put 2 tablespoons of dried chickweed and 2 tablespoons of dried comfrey into 2 cups of olive oil and follow the instructions for the "basic salve recipe." This salve is handy to have for treating diaper rash or for the itching caused by poison oak or poison ivy.

There are good reasons why chickweed works well for rashes. Chickweed has an active ingredient that is similar to something found in papaya. This ingredient helps to prevent the degeneration of cells. Papaya was also used by Native Americans as a meat tenderizer, and meat tenderizer is one of the best applications for bee and insect bites or stings. So, because the chickweed has similar properties, it acts in the same manner as the papaya.

Comfrey has many properties that make it useful for rashes. It has pain-killing properties and it is a great over-all healer. Allantoin is the substance responsible for most of the healing properties in comfrey. It allows skin tissue to heal much faster. The regenerative abilities of comfrey make it a great addition to salves. It is also very effective in destroying bacteria in wounds and cuts.

## **Marsh Mallow Salve**

Bruise 2 cups each of marsh mallow leaves and fresh elder flowers. Add to 2 cups of melted vegetable shortening along with 1 ounce of melted beeswax. Simmer for 30 minutes. Strain and cool. Stir the mixture while it is cooling. Label and store. This makes a good all-around salve. Good for skin ulcers, as well as for scrapes and cuts on children.

## **Moisturizing Oil with Mullein**

Collect the flowers from mullein and place in an earthenware bowl. Macerate the flowers and cover with almond oil. Let stand for 1 week, covered. Strain and bottle. This is good for skin irritations, as well as being a great moisturizer.

### **Pain Reliever Salve**

Mix together 2 tablespoons each of chickweed (reduces inflammation and aids in healing), wormwood (a great pain reliever), and yarrow (an anti-bacterial agent that also helps to relieve pain).

The yarrow plant contains achillein and achilleic acid. These substances reduce the clotting time of blood, so they help stop any bleeding. Yarrow also has pain-killing and anti-inflammatory properties that are similar to aspirin.

Add the mixed herbs to 4 cups of olive oil and simmer 3 hours. Strain and add 3 ounces of beeswax and 1 teaspoon of tincture of benzoin. Test for consistency before pouring into wide-mouth containers.

### **Poison Ivy Salve**

Add about 2 tablespoons each of dried cinquefoil, wild geranium, and powdered valerian root, dried, to 4 cups of water. Bring to a low boil and simmer until the mixture is reduced by half. Strain and cool. Keep in the refrigerator and use as a compress as needed.

### **Rash Salve**

Add 2 cups of fresh chickweed, 1 cup each of comfrey, calendula, plantain leaves, and 2 ounces of beeswax to 32 ounces of olive oil. Simmer several hours. Strain and add 1 teaspoon of gum benzoin. Let cool in the refrigerator, testing for consistency. If too thin, reheat and add more beeswax. This is very good for itching caused by poison ivy, diaper rash, heat rash, or just about any kind of rash. The gum benzoin will preserve this mixture. Add vitamin E oil if that is not handy.

### **Tag Alder Salve**

Add 2 tablespoons of tag alder bark to 1 cup of hot olive oil. Cover and simmer 3 hours. Add 3 ounces of beeswax and  $\frac{1}{4}$  teaspoon of tincture of benzoin to the strained mixture. Test for consistency and store in a labeled jar.

Tag alder's signature is the small corky warts on its bark, so this would indicate that it could be used for various skin disorders. Using the signatures of the herbs is another good way to tell what you could use in preparing the salves.

### **Ulcer Ointment with Beeswax**

Good for leg ulcers. Melt 2 ounces of yellow beeswax and add to 1 cup of honey. Mix well and apply to the ulcer twice daily. Change bandage with each application.

## **PREPARING SYRUPS**

As you become more experienced in working with herbs, you will find the confidence to create your own recipes. To help you do that, I am giving you more recipes that include explanations of why each herb is included. You might also want to refer to the list of categories given toward the end of chapter 1. The categories listed are: stimulants, diuretics, expectorants, astringents, nervines, and tonics. Herbs from one category can be substituted for another from the same category. Of course, not all of the herbs in each of these categories are equal to each other as far as their potency and their secondary effects, so a little research will help you select the appropriate herbs from the categories. Otherwise, you can simply follow the recipes outlined in this book. Just remember to use the herbs responsibly. When in doubt, consult your health care expert.

For the recipes in this section, the herbs should be dried. When preparing the cough syrups, the dried herbal mixtures are generally decocted (boiled). The mixture is then strained. Then the honey is added and the mixture is allowed to simmer an additional 30 minutes. Add the flavoring after the mixture has cooled (wild cherry oil is a great flavor addition.)

There are certain types of herbs that are generally included when preparing cough syrups. They are as follows:

1. *Stimulants or activators*: a stimulant is an agent that temporarily increases functional activity. For example, a diuretic increases the secretion of urine. If a diuretic is desired, these herbs would be good choices: parsley, watercress, and asparagus leaves or roots. If a diaphoretic is wanted, you could use boneset, yarrow, peppermint, or verbena. A diaphoretic is an agent or sudorific that increases perspiration.
2. *Aromatics*: aromatics have a pleasant smell. Some good examples are mints, fennel, catnip, sassafras bark, and marjoram.
3. *Demulcents*: a demulcent is an agent that soothes or softens. It usually aids the mucous membranes. Here are some examples: mallow, hollyhocks, Irish moss, mullein, slippery elm, honey, and balm of Gilead.

### **Basic Cough Syrup Recipe**

Mix together these dried herbs:  $\frac{1}{2}$  teaspoon thyme, 1 teaspoon each of lobelia, elecampane, coltsfoot, boneset, slippery elm, wild cherry bark, yarrow, 2 teaspoons Irish moss, 1 tablespoon each of balm of Gilead, mullein, and peppermint.

Add the dried herbal mixture to 4 cups of water and boil until the mixture is reduced by half. Strain well and add 2 cups of honey. Simmer an additional 30 minutes. Cool and add flavoring if desired.

Now, let's look at the ingredients more closely and see why we are using these particular herbs in this cough syrup.

*Thyme* has antispasmodic properties. This makes it effective to use for coughs and colds. The tendency of the herb to branch out as it grows is the signature of the plant. In this way, it relates to the "branches" found in the bronchial, alimentary, and urinary systems.

*Lobelia* is an expectorant, so it is good to use in cough syrups. It is also called asthma weed. It is prominent in

remedies for treating asthma and bronchial disorders. The signature is the swollen seed capsules. They swell when it is time to collect them. The swollen seeds are indicators for all swellings and sprains, or for swollen conditions related to wet colds or chest ailments. Use the herb externally in a hot compress for swelling injuries or for sprains.

*Elecampane* is used because of its soothing properties. It was one of the main ingredients in a cough syrup recipe that comes to us from the Native American tradition. Here is the recipe: make a cough syrup by combining 2 cups each of elecampane root, spikenard root, and comfrey root. Mash the roots well and add them to a gallon of water. Boil the liquid until it is reduced by half and add 1 cup each of brandy and honey. Simmer an additional 30 minutes. The dose is 1 teaspoon every hour (or as needed).

Elecampane's yellow flowers are one of the plant's signatures. They signify that the herb is useful to the urinary system. In this case, elecampane helps induce urination, which is very useful when you have a cold. It helps you flush the toxins out of your body's system.

*Coltsfoot* is also called coughwort. The ancient romans called it *tussilago*, which means "cough plant." The principal active ingredient in coltsfoot is a throat-soothing mucilage. At one time coltsfoot was used as a smoking treatment for asthmatics. But studies have shown that the mucilage is destroyed by burning and so coltsfoot really has no therapeutic value when smoked. The herb's signature is that when its leaves are pressed together, they stay together. This led early herbalists to believe that the herb's active substance would stick to the toxins in the body. After that substance attaches itself to the toxins, the toxins can then be removed through the urinary tract. This is also true of horehound and sage. Both can be substituted for coltsfoot. The flowers of coltsfoot are yellow; this signifies that the herb is also diuretic in nature.

*Boneset* has been used to improve the condition of the mucous membranes of the alimentary and bronchial systems, the bowels, and the liver. It was also used by Native

Americans as a dia-phoretic, based on the belief that sweating out the toxins will help you heal. It grows in swamps or along the banks of rivers and streams, so it could be used for colds, influenza, or other “wet” diseases. The flowers are white, so I would consider it a good tonic to take as a blood purifier during times of illness.

Its history is interesting. It was used by early herbalists to set bones. The leaves were softened with water, wrapped around the injured area, and then bandaged tightly, often with a splint. This was a very primitive way of dealing with broken bones and should not be used today. See your doctor for any bone break. There can be serious complications from broken bones, so don't fool around—get proper medical attention.

*Slippery elm* is an emollient and a demulcent. The dried inner bark of the tree is the part used to prepare medicinal remedies. It is a great expectorant and helps to dispel phlegm. The signature is the bland mucilaginous substance that can be found by chewing the bark.

*Wild cherry bark* is astringent in nature. The gum, dissolved in a suitable base, is used as a pectoral sedative in cough syrup preparations. The bark can be used externally for cuts and sores as a decoction, as well as for bronchial disorders.

*Yarrow* can be added to the cough syrup because of its aspirin-like substances as well as its antibiotic properties. It will soothe the pain while the antibiotic properties fight the infection.

*Irish moss* is an emollient that stops coughs due to colds. Not only is it good to use for bronchial disorders, but it is also used for kidney or bowel complaints. The signature is its resemblance to the human bronchial system and the fact that when placed in hot water, the dried plant will yield a thick mucilaginous jelly.

*Balm of Gilead* is actually poplar tree buds, gathered in very late winter or early spring. The buds are considered to be a stimulating expectorant for bronchial disorders. Balm of Gilead has a soothing effect upon the throat so it is great to



add to cough syrups, as it has a numbing substance that stops pain. When preparing an ointment, the buds are sometimes simmered in lard. When preparing a tincture to heal skin eruptions, bruises, cuts, or scrapes, they are placed in alcohol.

*Mullein* is also called lungwort. It is a demulcent and an emollient. It has pain-relieving properties. It also serves as an antibiotic because it can inhibit certain types of bacteria. The signature of mullein is the yellow flowers, signifying that it can be used as a diuretic. The woolly hairs on the leaves indicate a tickling sensation to the throat, therefore it is good to use in treating the bronchial system. Horehound can be substituted for mullein, although I prefer mullein.

*Peppermint* has the distinct ability to eliminate hardening mucus from the alimentary and bronchial systems and to prevent further discomforts caused by mucus. Used with boneset and sage, it is considered a diaphoretic and can be used in a tea to treat colds. Its signature is that it grows in wet or mucky soils, thus it can be used for wet diseases of the bronchial system.

### **Easy Elecampane Cough Syrup**

Pour 1 cup water over 1 cup elecampane root and add 1 cup of honey. Bring to a quick boil, reduce heat to simmer. Simmer until the root is soft. Strain and take as needed for coughs.

### **Horehound Cough Drops**

Simmer 1 cup of horehound leaves and 1 tablespoon of balm of Gilead in 2 cups of water for about 15 minutes. Strain and add 2 cups of sugar. Boil until the mixture spins a thread as it comes off of the spoon. Drop by the teaspoonful into cold water to form the cough drops. Remove the cough drops from the water immediately. You can roll the cough drops in powdered sugar after draining off the water. This will keep them from sticking to each other. Place in a tightly sealed container.

Experiment with different herbs to make the cough syrups or drops. You will soon find a recipe that suits you. As you

prepare the mixtures, you will become more familiar with the properties of the herbs. The only way to learn anything is the hands-on approach. Don't just talk the talk. Walk the walk and become acquainted with the herbs through practical use.

### **Making Cough Drops**

You can make your own cough drops by using the herb of your choice. Choose any of the herbs that are soothing, cooling, and astringent—or any that are used in preparing the cough syrups. To really soothe the throat, use balm of Gilead along with an aromatic herb.

You can even flavor your cough drops with herbs. Lemon flavor can be made by using lemon balm, lemon thyme, or lemon verbena. Licorice mint makes an excellent-tasting cough drop, as it has a light licorice flavor. Color the drops using food coloring if desired.

### **Onion Cough Syrup**

The astringent properties of onions is well known. There's nothing better to treat a cough. Chop 4 cups of onions very fine. Add to 4 cups of water. Add 2¼ packed cups brown sugar and 6 tablespoons of honey. Simmer for 4 hours, covered. Strain the onions from the liquid and place in labeled bottle. Take 1 tablespoon as needed for coughs.

### **Treatment for Headaches and Backaches**

Mix together 1 tablespoon each of dried yarrow, boneset, and skullcap. Add the mixture to 2 cups of water and simmer 30 minutes, covered. Strain and add 1 tablespoon of the liquid to 1 cup of hot water. Add 1 teaspoon of flavored psyllium. Sweeten with 1 tablespoon of dark corn syrup if desired.

*Yarrow* is used in this recipe because it is a wonderful tonic for the whole body. The herb grows in all of the northern temperate countries and in any type of soil. The whole plant is covered with grayish silky hairs and the leaves have many divisions, thus many different uses. The root system's branching tendency suggests that it has blood-cleansing properties. It has many blood-fortifying minerals, such as iron,

calcium, sulfur and potassium. It also has pain-killing properties, which is another reason we use it in this recipe.

*Boneset* is generally used with other laxative herbs. It is a wonderful tonic, as it has a cleansing effect on all the organs. It is also a muscle relaxant and can be used in treating muscular rheumatism. It has been considered a near cure-all for many centuries.

*Skullcap's* signature is the bell-shaped lid of the calyx. The calyx is a cap or helmet-shaped protuberance; it looks like a little dish for the head. It is a superior nervine and tonic. It is a good relaxant and is useful for sleeplessness, headaches, and all nervous disorders.

*Psyllium's* signature is the amount of mucilage in the seeds. It is used extensively in laxative preparations. It helps to clean the intestinal tract and helps with lower back pain that is related to constipation or bowel problems.

## **PREPARING LINIMENTS AND RUBS**

### **All-Purpose Liniment**

Mix together 4 tablespoons of comfrey leaves, 2 tablespoons each of plantain leaves, yarrow, calendula, wormwood leaves, chickweed leaves, and 1½ ounces of beeswax. Simmer for several hours. Strain and add 1 teaspoon gum benzoin. Cool and test for consistency. Put in sterile jar. Label and use on any cut, scrape, or rash.

### **Arthritis Liniment with Dry Mustard**

Rub this liniment in the skin every morning if needed. Can be left on the skin until the next day. Mix ½ cup each of salt and dry mustard. Add enough melted paraffin to make a paste. Rub on the affected area. Helps to relieve swelling and pain.

### **Arthritis Liniment with Horseradish**

Put 1 cup each of melted paraffin and grated horseradish in the blender. Blend until liquefied. Rub the affected joint with the mixture and wrap loosely with a flannel cloth. Leave on overnight. Rinse off the next morning. Repeat until swelling is

gone. The horseradish liniment should be stored in a tightly closed container at room temperature.

### **Arthritis Liniment with Mustard Seeds**

Add 1½ tablespoons of bruised mustard seeds and ¼ cup of cayenne pepper to 2 cups of whiskey. Simmer for about 10 minutes and strain. Dip cloth in the liquid while hot and apply to affected joint. Bottle and reuse by heating the liquid each time. Relieves pain fast. *Caution:* Apply warm olive oil to the area before applying the liniment.

### **Arthritis, Rheumatism, and Stiff Joint Liniment**

Mix together 4 tablespoons mullein herb, 1 teaspoon of cayenne pepper, and 1 tablespoon lobelia. Add to 8 cups of cider vinegar. Simmer for 30 minutes. Strain. To use, reheat and dip cloth into mixture and use as a compress over the affected areas.

### **Arthritis Liniment with Turpentine**

Mix together ½ cup each of apple cider vinegar, rectified turpentine, and either olive or vegetable oil. Rub on the affected joints each night before bed.

### **Burn Liniment**

Squeeze 10 vitamin E capsules in ¼ cup of extra virgin olive oil. Apply to the burn frequently. Prevents scar tissue from forming.

### **Canker and Cold Sore Liniment**

Dry and grind the rind from a pomegranate. Put 2 tablespoons of the dried pomegranate in 1½ cups of water. Bring to a boil and reduce heat to a simmer. Simmer until the liquid is reduced by half. Strain and store in the refrigerator. Use as a rinse for canker sores and cold sores.

### **Colds and Chest Tightness Liniment**

Add 1 cup of finely chopped garlic to 1 cup of boiling lard. Reduce heat to simmer and cook for 2 hours. Remove from

heat and strain the garlic from the oil. Place in a container with a tight-fitting lid. Rub on the affected areas as needed.

### **Gall Liniment**

Simmer 2 tablespoons each of plantain leaves and ground oak galls in 8 tablespoons of solid vegetable shortening for 30 minutes. Strain, then cool. Add 1½ teaspoons tincture of benzoin, stirring well. Rub on the affected area. Oak gall grows on oak trees as a deformity.

### **Liniment for Aching Body**

Add 4 tablespoons of powdered goldenseal to 4 cups of rubbing alcohol. Let sit for 2 weeks, shaking daily. Use as a massage for aching muscles.

### **Liniment for Stiffness**

Add 1 tablespoon each of cayenne pepper, wormwood, and tansy flowers to 1 cup of cider vinegar. Warm gently for 1 hour. Cool, strain, and add 1 tablespoon spirits of camphor and 1 cup of rectified turpentine to the herbal vinegar. After rubbing the affected area with the liniment, cover with a flannel cloth to keep warm. This is good for just about any stiffness, arthritis, rheumatism, or sore muscles.

### **Multi-Purpose Liniment**

This is used to treat frostbite, hemorrhoids, chapped skin, and earaches. This can also be used to remove warts, if used as a poultice.

Steep the flowers of mullein in olive oil for 1 month. Strain well and store in tightly closed bottle. Label the bottle, listing the ingredients and the disorders it can treat.

### **Muscle Pain**

Mix 1 teaspoon cayenne pepper with a 2 ounce bottle of olive oil. Massage aching muscles as often as necessary to relieve pain.

### **Rheumatic Pain Relief with Cloves**

Place  $\frac{1}{2}$  cup of rosemary leaves and  $\frac{1}{2}$  teaspoon oil of cloves in 1 cup of vegetable oil. Simmer gently for 20 minutes. Strain well and bottle. Rub onto the skin. Use as often as necessary for rheumatic pain.

### **Rub for Sprains and Arthritic Conditions**

One of the best rubs I know is camphorated oil. Because it is no longer sold commercially, it may be necessary to make your own. You can purchase some small, 1 ounce camphor blocks from your local druggist. If it is not in stock, ask your druggist to order it for you, or to please stock it for you. Most pharmacists are very pleasant and helpful if you tell them why you need a certain product.

The camphorated oil is cheap to make and very handy to have around. It makes a good chest rub for chest colds as well as being good for arthritic conditions. Shave the block of camphor in an earthenware or glass bowl, and add 2 tablespoons of menthol crystals. This too can be purchased at your local drug store. When you add the menthol crystals, the menthol and camphor will melt into a liquid. Add the resulting liquid to 2 cups of heavy mineral oil, or if not available, add to 2 cups of olive oil. Shake well and it is ready to use. This really works well to treat arthritis and rheumatism, as well as for strained or pulled muscles. I use it for chest congestion during colds to ease breathing. *Caution:* Do not drink this liquid, it is for external use only. Rub on the affected areas for treatment of arthritis. If used to treat a chest ailment, rub on and cover the area with several thicknesses of flannel to hold in the heat.

### **Skin Liniment with Calendula**

Use this for a multitude of skin disorders. Mix 2 cups of olive or vegetable oil with 2 cups of calendula petals and leaves. Place pan in an oven at low heat (about 150 degrees) and heat for several hours. Strain well and add  $\frac{1}{4}$  teaspoon of tincture of benzoin. Pour into a sterile bottle. Rub onto skin.

### **Sore Muscles Liniment**

Mix together  $\frac{1}{4}$  cup each of olive oil and spirits of camphor. Use to massage sore muscles.

### **Sprain and Sore Joint Liniment with Horseradish**

Mix 2 tablespoons of freshly grated horseradish with 1 cup of vegetable oil. Bring to a boil and lower heat. Simmer for 10 minutes. Strain and store in labeled bottles.

### **Sprain and Sore Joint Liniment with Turpentine**

Mix together 1 cup of rectified turpentine and 2 cups of vegetable oil.

### **Sprain Liniment**

Bruise a couple of handfuls of sage leaves. Use dried sage if fresh is not available. Put the sage in 1 cup of vinegar and boil for 5 minutes. Dip a cloth in the boiling-hot vinegar and herb mixture and wring it out. Apply it to the sprain. Make sure the cloth is as hot as you can stand it.

### **Wintergreen Rub for Sprain and Sore Muscle**

Add 1 dram of wintergreen to 2 cups of witch hazel. Bottle and label. Use as a massage for sprains and sore muscles.

### **Wormwood Liniment for arthritis and Stiffness**

To 1 gallon of white vinegar, add  $\frac{1}{2}$  cup wormwood herb and seed. Let sit for 2 weeks. Strain, bottle, and label. When the time comes to use this remedy, beat 4 egg whites. Slowly add 4 cups of the wormwood mixture and  $\frac{1}{2}$  cup of pure rectified turpentine. Keep tightly capped. Shake well before using. Saturate bandages and wrap around the legs when needed. This is good to use for arthritis and stiffness.

This recipe came from Ella Birzneck, who was president of Dominion Herbal College until her death in 1989. Originally, the liniment was used for horses to treat rheumatism, stiff joints, and swollen legs for horses. A friend of Ella's used it on his horse and it worked so well that he tried it on his own knees. It worked. I'm sorry I did not get to meet Ella Birzneck before her death. She sounded like a very interesting lady.

## **PREPARING TINCTURES**

A tincture is nothing more than a highly concentrated liquid extract of herbs. A tincture can be applied externally or taken internally. The kind of herbs you choose to put in your tinctures depends upon what conditions you need to heal. For example, you would make a tincture of comfrey root to heal and clean sores, because comfrey has pain-killing properties and it also aids in cell rejuvenation. If you are choosing herbs to use in a tincture that will be taken orally, be careful to choose “safe” herbs, ones that you know you can safely ingest.

### **How to Make Your Own Tincture**

Add  $\frac{1}{2}$  cup of the herb of your choice to 2 cups of alcohol. You can use vodka, rum, gin, or glycerin. The alcohol extracts the medicinal alkaloids and the volatile oils from the herbs. Allow the mixture to sit for about 2 weeks, shaking daily. Strain, pouring the liquid into a dark glass container that has been clearly labeled.

Tinctures can be used for many different illnesses. A tincture made from calendula flowers can be applied externally to cuts and scrapes, as well as taken orally for cramps and skin eruptions. When taken orally, dosage would be 5–15 drops for children and 10–25 drops for adults.

### **Antibiotic Tincture**

Add 2 cups garlic cloves, 2 cups of nasturtium leaves and flowers, and 2 cups of rosemary needles and stems to 4 cups of vodka. Let steep 2 weeks and strain. Dosage is 1 dropperful every 2 hours for several days. This is used to fight off an infection.

### **Clove Oil Tincture for Toothaches**

Clove oil is great to use for toothaches. You can make your own by mixing together equal amounts of whole cloves and vegetable oil and allowing it to sit for several weeks. I use this oil as an addition to my potpourri pot when simmering scented water. Cinnamon oil can be made the same way. Simply pour the oil over cinnamon sticks and allow to sit for several weeks.



Not only does this save you money, but these oils are handy to have around.

### **Earache Tincture**

Fill a small jar with mullein flowers and cover with olive oil. Allow to stand in the sun for 1 week, shaking daily. Strain and place in sterile jar. Apply 3–4 drops to affected ear as needed and cover with a warm cloth.

### **Jude's Tincture**

I call this Jude's tincture because I don't know what else to call it. It works well and is very antibiotic in nature. It is great to use externally to clean cuts and scrapes. It will remove bacteria from cuts or wounds and prevent infections. I take it internally to prevent colds and to fight infections.

Add 2 tablespoons each of macerated garlic, yarrow, nasturtium leaves and flowers, and ½ tablespoon of echinacea root to 2 cups of vodka. Allow to sit for 2 weeks before straining. Shake daily. Strain and bottle.

The garlic is a natural antibiotic, the yarrow has aspirin-like substances and is a natural antiseptic. The nasturtium is a natural antiseptic and will help to clear mucus from the system. The echinacea root is a blood purifier and lymphatic cleanser as well as being an excellent antibiotic. Dosage is ½ dropperful every couple of hours for 2–3 days. After a few days, take twice daily for 2 weeks to fight infections and colds.

### **Multi-Purpose Calendula Tincture**

Another way to make tinctures is to use oils. Many times a single herb is all that is necessary to use in preparing a home remedy. Calendula is one that serves many purposes and is handy to keep around. This is one that you will want to have in your herbal medicine chest. Use this to treat sores and chapped skin, to clean out wounds and cuts. Calendula helps stop bleeding so it can be used as a styptic.

Add 1 cup of calendula flower petals to 2 cups of olive oil. Allow to stand in a warm place for 2 weeks. Strain and add several drops of tincture of benzoin. Store in a sterile bottle.

The tincture of benzoin keeps the herbal mixture bacteria-free and enables you to keep it for long periods of time. After you have started using your own tinctures, it will surprise you how often you will turn to them when needed.

### **Multi-Purpose Valerian Root Tincture**

Although this tincture is a great sedative, I also use it to clean sores, cold sores, poison ivy rash, and a host of other skin ailments. It is wonderful for certain tension and sinus headaches. It is truly a great relaxant. Since it is a great muscle relaxant, it would be helpful to take orally for sore muscles or when suffering from back injury. Dosage for adults would be  $\frac{1}{2}$  dropperful every 4 hours or so for muscle spasms due to back pain. The smell is awful, so I place the liquid in #00 capsules and give the dosage that way. It goes down a lot easier.

Wild lettuce and skullcap would be good substitutes if valerian is not available. Both have a sedative effect. Just add  $\frac{1}{2}$  cup of valerian (or the substitute herbs) to 2 cups of vodka or other alcohol and allow to sit for 2 weeks. Strain and bottle.

### **Rosemary Tincture**

This tincture is good to take internally to prevent colds or to fight infections. Because of the antibiotic nature of this tincture, it is also good to use to clean cuts and scrapes. It removes bacteria and prevents infections.

Add  $\frac{1}{2}$  cup of rosemary needles to 2 cups of vodka and allow to sit for 2 weeks. Strain and use  $\frac{1}{2}$  dropperful every 2 hours for a couple of days. Then cut back to 2 times daily for about 2 weeks. Treats infections and colds.

### **Sedative Tincture**

Place 3 tablespoons each of chamomile and powdered peppermint into 2 cups of vodka. Allow to steep for 2 weeks, shaking daily. Strain and bottle. Use as a sedative for adults. Dosage is  $\frac{1}{2}$  dropperful under the tongue, as needed.

### **Sweet Woodruff Tincture for the Liver and Heart**

Fill a pint jar with sweet woodruff and cover the herb with vodka. Allow to sit in the sun for 3 weeks. Strain, bottle, and label. Dosage is 1 dropperful every 4 hours, as a tonic for the liver and heart. Keep this treatment up for 1 week.

### **Sweet Woodruff Tincture for Wounds**

Fill a pint jar with dried sweet woodruff and pour olive oil over the herb to fill the jar. Place in the sun for 2 weeks and strain. Add several drops of tincture of benzoin to the mixture before placing it in a labeled bottle. This can be applied to any cut, scrape, or wound. Sweet woodruff has long been used to aid in the healing of wounds. It has also been used for centuries as a perfume base. This recipe could be applied to the skin as a scent, as well as for medicinal purposes.

The scent of sweet woodruff gets stronger the longer it dries. The herb's vanilla scent comes from an organic compound called coumarin. Coumarin is used in making perfumes and was the first natural scent to be synthesized from coal-tar products.

### **Teenager Tincture**

Place  $\frac{1}{2}$  cup chopped onion in 1 cup of olive oil and allow to steep for 2 weeks. Strain and bottle. Use on pimples to help dry them up. Allow the liquid to stay on the spots for 15 minutes before rinsing off.

### **Wound Tincture**

St. John's wort is really a wonderful tincture to keep around. It kills harmful bacteria as well as pain. To make the tincture to use on wounds (especially dirty wounds), put 2 tablespoons of St. John's wort in 2 cups of boiling water. Cover and steep for 30 minutes. Strain well and add 1 cup of sugar. Use this to clean wounds. Change the bandage frequently and wash the wound each time with the tincture. *Here's another variation:* Put 2 tablespoons of St. John's wort in 2 cups of witch hazel and allow to steep for 2 weeks before straining. This makes a good wash for wounds. Be sure to label all bottles with the ingredients and their use.

## **Yarrow Tincture for Wounds**

This is a good tincture to keep on hand to wash out wounds and sores. Add 1 cup fresh yarrow to 2 cups of vodka. Allow to sit for 2 weeks before straining and placing in a sterile bottle. The yar-row contains silacylates to stop pain. It also has antibiotic properties and will prevent infections. Use as a massage oil.

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# Pet Care and Garden Tips

Many people have pets and many more already have the pleasure of keeping a garden. In this chapter, we will cover some recipes for pet care and also a few garden hints.

## **PET CARE**

Our pets give us unconditional love and loyalty and we should pay just as much attention to their diet and care as we do our own. Animals respond to the use of herbs better than humans do. Almost any herbal treatment that is fit for human use can be used for your pets. Reduce the dosage to adjust for the difference in size (your pets are usually smaller than you are) and give the herbs in capsule form. Capsules may take a little longer to work, but keep the treatment going until your pet shows improvement.

### **Animal Cuts and Scrapes**

Put a large handful of spearmint or peppermint in a container and cover with white vinegar. Allow to steep for 2 weeks. Strain. Apply to any sores on the animal or use to clean an area after the animal has had surgery. Stops the wound from itching while healing and the animal is less apt to scratch the area and tear the wound open again.

### **Animal Ear Care**

Clean the ears of your pets by dipping a cotton swab in wormwood oil. This should prevent any problems with ear mites.

### **Basil Fly Repellent**

To help keep flies from the barn, plant plenty of sweet basil around the barn area. Planting it close to the house will help keep flies away from there, too.

### **Bed Fleas**

Sprinkle the bed with lavender oil and place fresh fennel under the bedding. Bugs hate the smell of fennel, so plant plenty near your kennel area. You can also stuff your pet's pillow with pennyroyal, eucalyptus, peppermint, red cedar shavings, rue, or sassafras shavings.

### **Bird Cakes**

We feel it is important to feed our wild friends. Mix together 1 cup of peanut butter, 2 cups wild bird seed, 5 cups corn meal, and 1 cup melted suet. Spoon into paper-lined muffin tins. Add a string to the middle of each "muffin" if you plan to hang them up in trees. Refrigerate until used.

### **Bird Tonic**

Canaries and parakeets love to eat shepherd's purse. Simply break off the top flowering stem and place in the cage. Very good tonic.

### **Canary Aid**

Add a dash of saffron to your canary's drinking water. This is said to help them sing more. Saffron is a stimulant so it sure would make them feel more like singing.

### **Cat and Dog Repellent**

There are areas that your pet is not welcome to invade. Cats can't stand the smell of ginger, so sprinkle that around your flower beds. Cayenne pepper is another good spice to use in keeping your pets from garden and flower beds. Once they get a whiff of the cayenne pepper they do not return.

### **Cat Pillow Flea Repellent**

Mix equal parts of chamomile and catnip. Add twice as much pennyroyal. Stuff a pillow with these herbs and they will love you.

### **Cat Toy**

Cats love the smell of valerian. Stuff a toy mouse and they will become quite frisky. Horses also enjoy the smell, and will try to reach for it. Valerian has a calming effect on most animals

and they will become playful when given a chance to calm down. Many people use it to bait mouse traps, as mice too enjoy the plant.

### **Dry Shampoo for Your Pets**

Split a vanilla bean and place it in 4 cups of orris root powder or cornmeal. Cover and let sit for 1 week. Sprinkle over the animal and brush it in thoroughly. Then brush it out.

### **Eye Wash**

Put 2 tablespoons of comfrey root and 2 tablespoons bruised fennel seeds in 1 cup of water. Bring to a boil and remove from heat. Steep until cool. Keep refrigerated and use by putting in the eye with an eye dropper.

### **Fenugreek Tonic for Health**

Nothing is better to give your pet or farm animal than fenugreek tea. Place 2 teaspoons of fenugreek seeds in 1 cup of boiling water. Allow to steep 15 minutes. Strain and add at least once a week to their drinking water. Removes excess mucus from all the systems.

### **Flea Powder with Fennel**

Mix and grind 1 cup each of rue, wormwood, rosemary, fennel, and peppermint. When the herbs have been ground to a powder, dust the animal with the herbal mixture, working it in as you go.

### **Flea Powder with Pennyroyal**

Mix together 2 tablespoons each of powdered wormwood and rosemary. Add 4 tablespoons of powdered pennyroyal, and 2 teaspoons of cayenne pepper. Use as often as you would a commercial flea powder. *Caution:* Do not get this into the animal's eyes.

### **Flea Repellent**

This is also good for treating mange. I have never used this, but those that have swear by it. Simply apply WD-40 to the

spine of the animal. It runs down the sides of the animal and keeps fleas away.

### **Flea Wash**

Add 1 cup fresh or dried rosemary to 4 cups of boiling water. Cover and steep until cool. Strain. Wash the dog and rinse well. Pour the herbal liquid on the dog and work in well. Leave the rosemary tea on the dog and let it dry.

### **Fly Repellent**

Pennyroyal makes an effective and safe fly repellent for livestock. Put a large handful of pennyroyal in 2 cups of water. Boil for 5 minutes. Mix the herbal liquid with equal amounts of mineral oil. Add a few drops of dishwashing liquid and shake vigorously. Spray on the animal, in the stalls, and on the wood around the barn door.

### **Hair Loss in Dogs**

Sprinkle goldenseal on the animal's feed and water. Do not use too much goldenseal. You can also make a weak solution of goldenseal tea and apply it to the area affected by hair loss. The animal will probably lick the solution off, but that's fine. Just make the solution weak, whether for internal or external use.

### **Horse Tonic**

Allow the animal to eat several cups of hops. Very good as a general tonic. Also calms a nervous animal.

### **Hot Spots**

Mix equal parts olive oil and oil of thyme. Apply to the area with a cotton ball. This will stop the itching and prevent infections from starting in the areas they scratched before. A hot spot is an area that becomes red and inflamed and the hair may fall out.

### **Hot Spots on Spayed Female Dog**

Rub the affected area with wormwood oil. Repeat as necessary. Give them plenty of brewer's yeast with their



meals.

### **Keep Chickens Lice Free**

Place wood ashes in a pile in the chicken yard. The chickens love to use this as a dust bath and it keeps them free of lice.

### **Liniment for Leg Strain**

Bring 4 cups of cider vinegar to a gentle boil. Add 2 tablespoons of cayenne pepper and continue to gently boil for 10 minutes. Apply to the area needed twice daily. This increases stimulation to the area. It is good to use when treating horses for leg strains (if they're not too serious). It can also be applied to the chest area for congestion and colds.

### **Mange Treatment Using Garlic**

Mange is caused by mites. Humans can contract mange from their pets, but it is known as scabies in humans. It is a communicable disease, so be sure to treat your pet at the first sign of mange. The symptoms are the loss of hair and itching. Check your other pets if you find one that does have the disease. Mix 2 tablespoons each of garlic powder and goldenseal powder. Add to  $\frac{1}{4}$  cup of olive oil. Apply frequently to affected area.

### **Mange Treatment Using Motor Oil**

Another treatment for mange is used motor oil. It can be messy, but I have had people tell me that it works. Just pour the oil on the parts affected. Keep the pet as clean as possible and you should have no problem with mange. If the animal stays out of doors, make sure that the area where they sleep is kept clean.

### **Mastitis Treatment**

Mastitis is an inflammation of the teat. Entry of the germ may be through the nipple. There are often cracks and abrasions of the nipple. It can also be caused by retention of milk. The disease may cause distention of the bag and can be very painful.

Washing the nipples before milking and being very clean in caring for your animals helps to prevent diseases. Adding a good softening cream to the nipples helps to keep them healthy. Clean the area thoroughly with a strong thyme tea. Apply a hot compress of thyme tea to the teat. Add  $\frac{1}{4}$  cup of dried thyme to 2 cups boiling water. Steep 30 minutes. Strain and reheat. Dip the cloth in the herbal liquid and apply as a compress. Repeat as necessary.

### **Mastitis Treatment with Slippery Elm Powder**

Mix slippery elm powder with enough water to form a paste. Apply to a clean cloth and apply to the affected area.

### **Mice Repellent**

Add 1 tablespoon of tabasco sauce and  $\frac{1}{2}$  cup of soap detergent to 1 gallon of water. Use this to spray around the bottom of the barn—inside and out—to repel mice.

### **Milk Production Stimulation**

This is a good tea to give cows and goats in order to stimulate milk production. Put a large handful of holy thistle in a bucket of water. Let sit overnight. Strain and give the animal the tea to drink in the morning. This keeps the animal calm and helps to increase milk.

### **Pet Tonic**

Thoroughly mix together the following: 2 cups of vinegar, 4 tablespoons cod-liver oil, 2 tablespoons of garlic powder, 5 tablespoons desiccated liver powder, and 4 tablespoons bone meal powder. Store in the refrigerator and give 3 tablespoons daily in their food. Dogs love this.

### **Protect Grain for Livestock**

To keep bugs from the grain, add a cheesecloth bag full of bay leaves to the grain barrel.

### **Rheumatism in Older Dogs**

Take a pillow that your dog sleeps on and stuff it with dried male fern leaves. This not only alleviates pain for the dog, it

will also discourage fleas.

### **Rheumatism Treatment for Your Pet**

Put 6 drops of oil of rosemary in  $\frac{1}{2}$  cup of water. Use this to massage the area that needs pain relief.

### **Scours in Goats**

Feed them as much fresh purslane as they will eat. This can also be made into a tea and used to stop diarrhea in humans.

### **Sore Foot Pads**

Split an aloe vera leaf and rub on the pads of the dog's foot. Massage in thoroughly and reapply frequently.

### **Sore Teats**

Melt  $\frac{1}{2}$  ounce of beeswax in 1 cup of almond oil. Apply daily. If the teats are cracked, add 1 cup of calendula to 1 cup of almond oil and allow to steep 24 hours. Strain and then add  $\frac{1}{2}$  ounce of melted beeswax to the oil mixture. Stir continuously while cooling. Apply several times daily.

### **Sure-Fire Way to Stop Fleas**

Give your dog 1 tablet of 100 mg thiamine daily. I keep several outdoor cats and I grind 1 tablet daily and add this to their food. It works.

### **Swine Biting Prevention**

Pigs are intelligent animals and get bored easily unless they are kept busy. They may have a tendency to bite the tails off of each other. Put toys in the pen for them to play with. Give them things that they can push around and get rough with. Old tires are good playthings for them. Look around and I'm sure you can find different things that you can put in their pens.

My goats used to enjoy playing with a beach ball. They really kept busy with it. A beach ball would not last long with pigs, but there are other things you can use. I've even put in a sturdy wagon and they push that around.

### **Ticks**

To remove ticks from you or your pet, dip a cotton swab in alcohol. Touch the tick and it should be easy to remove. Never touch the tick with your fingers, but always use a pair of tweezers to remove it.

### **Tonic for Pets**

Mix together 2 tablespoons each of burdock root, garlic powder, and cayenne pepper, and add 4 tablespoons of goldenseal powder. Fill some #00 capsules with the herbal mixture. Give your pet 1 capsule for each 10 pounds of weight every 4 hours. Continue treatment until capsules are gone.

### **Vitamin Food for Your Pet**

Cook leftover turkey or chicken bones, or just cook 1 pound of liver. Add chopped onion, chopped celery, carrots, or almost any vegetable. I've even added leftover spinach. Cook until the liver is done or the meat falls off the bones. Remove the bones from the liquid and reheat the broth.

Stirring constantly, add white cornmeal to the mixture by the handful until the mixture is very thick. You will hardly be able to stir it. Pour into large pans that have been rinsed with cold water. You can add garlic powder to the mixture if you like. Slice when cool. The animals love it. We fry up the liver mush and serve with maple syrup for our breakfast.

### **Windy Colic Treatment with Angelica**

Give the animal plenty of angelica to eat. This should give relief within hours.

### **Windy Colic Treatment with Caraway Seeds**

Pour 4 cups of boiling water over 4 tablespoons of bruised caraway seeds and simmer for 30 minutes. Strain and add to the animal's drinking water. Should give relief within 15 minutes. Fennel seed can also be used, as it, too, is good for treating windy colic. Windy colic is air in the esophagus that causes discomfort.

### **Worm Treatment**

Getting your pet to take garlic every day may be a problem. Try this remedy every month or so for an easier way to keep your pet worm-free. Put 4 cloves of chopped garlic in a pan and pour 1 cup of boiling water over the garlic and let it sit overnight. After straining the liquid, mix with your dog's dry food the next day and give smaller amounts of food than normal to ensure that the animal eats all the food.

### **Worming Swine**

Leave small lumps of coal in the pen. They will eat what they need to keep worm free.

### **Worming Your Horse or Goat**

They really start begging for this. Feed each animal several non-filter cigarettes each week. Keeps them from getting worms.

### **Wormwood Treatment for Internal Parasites**

Have the animal go without food for 24 hours before treatment. Mix together 1 tablespoon each of powdered garlic, wormwood, and thyme. After mixing well, fill #00 capsules with herbal mixture. Give the animal 1 capsule for every 10 pounds of weight. Give the dose every 4 hours during the day. Give the dog a mild dose of castor oil 2 times a day—in the morning and in the evening, the same day of treatment. If your dog has worms, I suggest that you bury the feces so that your pet does not get reinfested. To help soothe and calm the animal, give your dog some water with a bit of catnip tea in it.

## **GARDEN TIPS**

### **Control Japanese Beetles**

Garlic planted around the edge of your garden will discourage Japanese beetles. Castor beans will also work to help discourage them, as well as keep moles away.

### **Control Moths and Worms**

Pouring soured milk on cabbage and other plants will discourage moths and cabbage worms.

## **Deer Repellent**

Mix  $\frac{1}{2}$  tablespoon of dried blood to each gallon of water. Use this as a spray to keep deer away from plants and shrubs. This will also work to keep rabbits from the garden area. Just spray around the edge of the garden. You can find dried blood at your garden store. It is a fertilizer made from evaporated blood and nonfatty refuse from slaughterhouses.

## **Hookworm Control**

Plant dill and/or borage with your tomatoes to repel hookworms.

## **Insect Oil Spray—Make Your Own**

Mix together 1 cup of liquid detergent,  $\frac{1}{2}$  cup of fish oil, and  $\frac{1}{2}$  cup of number 10 mineral oil. Add the oil mixture to 2 gallons of water in a steady small stream, stirring constantly. Pour into sprayer and you're ready to go to work. It's good to control aphids, eggs of codling moths, fruit moths, cankerworms, scale, and a lot of other sucking and chewing insects that bother your fruit trees.

## **Mole Control with Castor Beans**

Plant castor beans around the edge of your garden to keep moles away.

## **Mole Control with Marigolds**

If moles are a problem in your garden, try planting Mexican marigold as a cover crop. Turn it under in the fall for a really great soil cleanser and a good green manure. They also repel rabbits, along with any soil-borne pests.

## **Rabbit Repellent**

Add cow manure to water and pour it over plants that you want protected. It also works to pour the manure tea around the edge of the garden, although I like to give the plants a fertilizer boost with the manure tea while protecting them from rabbits.

## **Rose Care Using Garlic**

Put several cloves of garlic in the blender with water. Blend well and use as a spray to control aphids.

### **Rose Care Using Tobacco**

Put tobacco in the blender and add water. Blend well and use this as a spray to control aphids.

### **Rose Care Using Turnips and Anise**

Turnips and anise, planted around the roses, will discourage aphids and spider mites.

### **To Inhibit Fungal Spores that Affect Germination**

Put equal parts of clematis, corn leaves, and the outer papery shell of garlic in the blender. Add enough water to cover and blend at high speed. Strain and spray affected plants until the fungus goes away.

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## Household and Family Tips

The house is the center of good family relations. Being creative with certain problems in a natural way helps us to appreciate the home even more. Part of that appreciation means finding ways to keep busy and happy. I have added projects to keep children busy learning new things during those rainy days, or just days when parents are busy with other chores. Some of these games and projects will be as fun for adults as they are for children, so some of those chores just might get put off for another day. Fun time spent with your children is time well spent.

I really feel that being a mother is the most important job in the world. A good start during infancy and the early years of childhood sets the stage for adulthood, so I have included a few special recipes for nursing mothers. I feel that breast-feeding is the only way to go, so the recipes deal with increasing milk production. I breast-fed my first two children, but unfortunately the last two were born a few months prematurely, so the opportunity was not there.

Part of having a well-run home is being prepared for emergencies—and I consider unexpected guests an emergency. Many of our friends drop by unexpectedly, but no one ever leaves my home without eating a good meal. My parents were sticklers about that and I guess I keep the same hospitality rules in my house.

In addition to eating a good meal, my guests leave with new knowledge about some delicious and nutritious wild plants. Many of them tell me they enjoy eating with us because they never know what I'm serving next. I take that as a compliment. Keep them surprised and you keep them interested.



There are many jobs around the house that we all have to do. Here are a few hints on how to do them in a more natural way.

## **CLEANERS**

### **Chrome Cleaner**

Cut a lemon in half. Wipe the chrome with the lemon.

### **Metal and Brass Cleaner**

Horsetail is an excellent herb for cleaning metal because of its high content of silica. Simply rub the metal with the fresh herb. Or make a strong tea and soak the metal in it. To make the tea, add 4 cups of horsetail (packed) to 4 cups of water and boil it. Allow it to sit overnight. Immerse the metal in the tea.

### **Mildew Treatment**

Wash down the areas that are prone to mildew with a strong thyme tea. Steep 4 cups of thyme in 1 gallon of water for several days. Use to scrub down the area.

### **Oven Cleaner**

Sprinkle water on the bottom of the oven. Put baking soda in an even layer over the water. Sprinkle again with water and let sit overnight. Wipe off with a clean, damp cloth.

### **Toilet Bowl Cleaner with Denture Cleanser**

Drop several tablets of denture cleaner in the bowl and let sit overnight. Scrub with brush and stains are gone.

### **Toilet Bowl Cleaner with Vitamin C**

Drop 3 vitamin C capsules in the bowl and let sit overnight. Scrub with brush in the morning. Stains are gone.

### **Wallpaper Cleaner**

Use slices of white bread to clean wallpaper. Just wipe away the stains and dirt with the bread.

## **FRESHENERS**

### **Air Freshener**

This will clean your aluminum pots while freshening the air in your house at the same time. Drop slices of grapefruits, lemons, or oranges in your pot. Cover with water and simmer for an hour.

### **Closet Freshener**

Saturate a cotton ball in your favorite scented oil and place on a shelf in the closet. Repeat as needed.

### **Keep Fresh Cut Flowers Longer**

Add 2 tablespoons of lemon juice and 1 tablespoon of sugar to 4 cups of water. Add  $\frac{1}{2}$  teaspoon of bleach and your flowers will stay fresh much longer.

### **Kitchen Refresher**

I use dishwashing liquid to mop my kitchen floor because it adds a shine to the floor and is easy to rinse. Add scented oil to your mop water for a fragrant kitchen. I add peppermint oil around Christmas. Any of the scents really add a lot to your home. The floral scents are good to use in the spring and summer. The cooking spices, such as cinnamon or nutmeg, are good for fall and winter.

I really like the fragrance of vanilla and add vanilla incense oil to my cleaning water. After using a certain fragrance for all your cleaning needs over a period of time, the whole house holds a permanent fragrance.

### **Romantic Room Freshener**

Place several drops of your favorite scented oil on the light bulbs. The heat from the bulbs will make the fragrance fill the air.

### **Room Freshener Using Spruce Tree Cones**

Add 3 pounds of green spruce tree cones to 4 gallons of water. Let steep for at least 24 hours. Boil the mix for 2 hours. Add to humidifier. This can also be added to the bath water for treatment of rheumatic discomforts.

### **Room Freshener While Vacuuming**

To freshen the air while you vacuum, simply soak a cotton ball with your favorite scented oil and add to your vacuum cleaner bag. The whole house will smell wonderful.

## **LAUNDRY**

### **Fabric Softener**

Using fabric softener on bed linen and clothing of asthmatic people can sometimes cause asthma attacks. It's best to line dry all clothing and linens. Do not use fabric softener.

### **Laundry Bleach**

Add  $\frac{1}{4}$  cup of vinegar to your wash. Removes odor along with dirt.

### **Remove Grease from Clothing**

Cola soft drink may be corrosive to your body's system, but it does get the grease out of your clothes. Pour 1 can of cola in your washer when you need to clean really greasy clothes. Dissolves the grease fast. (Edgar Cayce recommended drinking 1 can a month to clean your system.)

## **MOTHER'S HINTS**

### **Borage Tea for Nursing Mothers**

Use borage flowers and leaves to make this tea. Put  $\frac{1}{4}$  cup of chopped leaves and flowers in 2 cups boiling water. Allow to steep 10 minutes. Strain and sweeten. Drink several cups a day. This is also good to soothe nerves, while helping to increase milk production.

### **Dry Up Mother's Milk**

Put 2 teaspoons of sage in 1 cup of milk and simmer gently for 10 minutes. Strain and sweeten with honey. Drink several times daily.

### **Fennel Tea for Nursing Mothers**

Fennel tea is good for milk production. Pour 1 cup boiling water over 1 teaspoon of dried fennel. Steep 5 minutes. Strain and sweeten. You can add a dash of ginger if desired.

### **Increase Milk Production with Sweet Basil**

Add 2 teaspoons of sweet basil to 1 cup of boiling water. Steep 10 minutes and strain. Sweeten and drink several times daily.

### **Increase Milk Production with Violet Flowers**

Add 2 tablespoons of hops and 1 teaspoon of violet flowers to 1 cup boiling water. Steep 10 minutes. Strain and sweeten with honey. Drink several times a day. Also helps to relax mother.

### **Pregnancy**

Red raspberry tea is said to make birthing easier if used throughout the pregnancy. Pick 4–5 fresh leaves and pour 1 cup boiling water over the leaves. Cover and steep for 10 minutes. Strain and sweeten.

## **POLISH AND WAX**

### **Floor Wax**

Melt 4 tablespoons of paraffin and add to 8 cups of mineral oil. Cool before storing in glass bottle. Apply to floor and allow to dry 30 minutes before lightly buffing.

### **Furniture Polish Using Mineral Oil**

Add 1 tablespoon of lemon oil to 4 cups of mineral oil. Place in a spray bottle and use on wooden furniture. Rub it in and then wipe off.

### **Furniture Polish Using Olive Oil**

Mix together 1 teaspoon of olive oil and  $\frac{1}{2}$  cup of lemon juice in a small pan. Dip a cloth in the liquid and wring out. Use this to dust and polish furniture. The cloth can be used repeatedly.

### **Wooden Floor Polish**

Mix together 4 tablespoons gum arabic, 4 tablespoons rectified turpentine, 4 cups denatured alcohol, and 1 cup of orange shellac. Stir until the gum arabic dissolves. Apply with a cloth and allow to dry for 30 minutes before buffing. This can be stored for later use, but be sure to label it. It gives a high shine and makes floors non-slip.

## **REPELLENTS**

### **Ant Repellent Using Catnip**

Place crushed catnip on ant trails. They will leave the house.

### **Ant Repellent Using Goldenseal**

Place goldenseal tea bags around the area where there are ants. They soon leave.

### **Bug-Free Grain and Flour**

Add bay leaves to a small bag of pepper (black or cayenne) and tie tight. Add to flour bin to keep out the weevils.

### **Fly Repellent**

Crunch equal amounts of bay leaves, crushed cloves, pennyroyal, and eucalyptus. Place in attractive mesh bags and hang close to doors or on your screen door.

### **Fly Repellent for Picnics**

Leave freshly picked basil on the picnic table to keep your picnic free of flies. For protection inside of the house, put basil sprays all around in the rooms. Chamomile, garlic, and mints are good to leave lying around the house as they are all good bug chasers. Yarrow repels many insects if used as a spray.

### **Head Lice**

Pour 4 cups of boiling water over 1 large handful of tobacco leaves. Let steep several hours. Strain, keeping the liquid. You will need to reuse this tobacco rinse, so have a basin ready to catch the liquid as you pour it directly over freshly shampooed hair. Rinse the hair in it at least 15 times. Comb hair directly after rinsing. Leave on for several hours before shampooing out.

I have had people tell me that they used the tobacco from a pack of cigarettes (they removed the papers) and this worked very well.

### **Insect Repellent Using Oil of Sassafras**

Rub oil of sassafras on the skin before venturing out. To make it, put 1 cup of sassafras into a jar and cover it with vodka. Screw the lid on tightly. Put it out in the sun for the whole day, or in a low-heat oven overnight. I set mine on top of our baseboard heater.

### **Insect Repellent Using Pennyroyal**

Put 2 tablespoons oil of pennyroyal in 2 cups of vodka. Shake well and apply to skin before going outdoors.

### **Keeps Insects from the House**

Hang dried bunches of tomato leaves in each room of the house. Keeps insects away.

### **Moth Repellent**

Hang bunches of sage in your closet to keep moths away.

### **Silverfish**

Place costmary sprigs (also called “bible leaf”) around the house to get rid of silverfish.

### **Worm Treatment for Children**

Have the child eat  $\frac{1}{2}$  cup of blackberries with each meal for 3–4 days. This will dispel the worms.

## **THINGS TO KEEP THE KIDS BUSY**

### **Baskets**

Kids love to make gifts. Teach them to make small baskets and to use natural dyes to color them. Walnut is one of the easiest natural dyes to make. Put walnut hulls in water and simmer for several hours. Dip the baskets in the liquid and the basket becomes very pleasing to look at. This makes a useful gift, one that can be kept forever.

If you want your baskets to be scented, soak the reeds in an essential oil for 15 minutes. This will also keep the reed supple while you’re working with it. The basket will give off a pleasant scent.

### **Bookmarks**

To make attractive book marks, dry an herb of your choice between absorbent paper. Press it flat with something heavy. When dry, place between two pieces of plastic. You can cut the plastic into a shape or design that you find pleasing. Anchor with glue, punch holes around the edge, and lace with yarn or embroidery thread.

### **Easter Eggs**

This is the old-fashioned way to color eggs. Wrap the eggs with onion skins and cover in foil. The eggs come out golden. Use beeswax to put names or designs on the eggs. While you are writing on the eggs, place brown or red onion skins in an old pan and cover with water. Heat the water to boiling. Add designed eggs and boil slowly for 30 minutes. Remove and dry.

An easier and more interesting way is to raise araucana chickens. They lay colored eggs. If you breed an araucana rooster with a rhode island red hen, the offspring will lay pink eggs. You will have varying shades of pink, blue, and green eggs. Kids don't fuss much about caring for these chickens. They are very mild tempered and the eggs are said to be lower in cholesterol.

### **Elder Flute**

To entertain children while you are berry picking, hollow out a small branch of the elder to create a musical instrument. They become quite creative with it.

### **Finger Paints**

Mix 2 cups cold water with  $\frac{1}{4}$  cup of cornstarch. Add food coloring. You can also store this in the refrigerator for later use.

### **Growing Coals**

This is something fun for the kids to do. Place several chunks of coal in a deep dish. Mix together 2 tablespoons of water, 1 tablespoon of bluing, 1 tablespoon ammonia, and 2 tablespoons of salt. Pour over the coal. Put several drops of

different colors of food coloring at different places on the coal. It will take several days before the coal starts growing.

### **Job's Tears**

Job's tears make interesting plants for your children to grow. In the fall, the plants are covered with hard beads that make beautiful jewelry. They are easy to string and children enjoy making their own gifts. To string the beads, use fishing line. It makes a strong necklace.

### **Modeling Clay**

Mix together  $\frac{1}{2}$  cup of salt, 1 cup flour, and 3 teaspoons of alum. Add food coloring and enough water to make a nice clay. Keep in a covered jar, kneading in more water if it becomes too dry.

## **OTHER HINTS**

### **Appetite Suppressant**

Rub a clove of garlic on your upper lip before eating.

### **Cattails**

Cattails are good for making gifts or for home use. Break them up and they make wonderful stuffing for quilts. They are insulating, so they really keep you warm. You can also use them to line coats or vests. They are good to use in hunting coats as they are waterproof and insulate for warmth while out in the cold.

### **Drain Maintenance**

Pour  $\frac{1}{2}$  cup of baking soda down the drain. Pour in  $\frac{1}{2}$  cup of lemon juice or vinegar. Wait 15 minutes before flushing with hot water.

### **Exposure to Nuclear Accident**

Chew 4 dolomite tablets 4 times daily. The pectin found in apples is also good to use. Pulverize and eat 3 apples at least 4 times daily. Both these methods help to bind strontium and carry it from the system.



## **Make Your Own Lye**

Place wood ashes in a pan of water and allow to soak overnight. Strain off the wood ashes and you have the lye water. Use it to make soap (see soap recipes in chapter 5, pages 88–93).

## **Stop Hiccups**

Eat 1 teaspoon of sugar. Should stop hiccups immediately.

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## Food Recipes

I've included a few recipes that are easy to make and can be used in emergencies. Sometimes, unexpected company stops over and you have to be ready to fix meals quickly. Some of these recipes are just plain handy to have around; they help with your food budget.

Make sure that the wild plants and herbs mentioned in some of the recipes are ones that you are familiar with before attempting to use them. Herb identification books are helpful. You can have a lot of fun purchasing books by experts, books that could lead you to a whole new interest in gathering wild foods. You could check with your public library for some of the books. I like to buy the books so that I have them around for reference. I take a field guide with me whenever I go out to forage for wild plants or mushrooms.

There are gardening groups that give walks and talks on wild foods. You will meet many knowledgeable people through such a group. Becoming interested in wild foods can lead you in a whole new direction. I also think that knowing about any subject is great, just for the sake of learning. That knowledge could be of help to you in the future.

### **COFFEE AND TEA**

#### **Coffee Substitute with Dandelion or Chicory Root**

Use either dandelion or chicory root. Wash the roots carefully and spread in a large flat pan. Place in an oven at 180 to 200 degrees for up to 4 hours. Turn to ensure even drying. When the roots are completely dry and cool, you may store them as roots to grind fresh, or you could grind them before placing in a tightly closed container. Use as you would coffee, or mix half and half with commercial coffee.

#### **Coffee Substitute with Herbs**

Mix and grind together 1 cup of ginseng root,  $\frac{1}{2}$  cup licorice root, 1 cup sarsaparilla root, 1 cup Irish moss, 2 cups of holy thistle,  $\frac{1}{2}$  cup dried orange peel, and 5 cups roasted chicory or dandelion root. Use powdered malt in place of licorice root if you desire.

### **Corn Coffee**

Put dried corn in a pan. Add boiling water and continue boiling for 5 minutes. Sweeten with maple syrup. This was a favorite of the Iroquois Indians.

### **Apple Tea**

This is good to keep handy as you will use it to treat many illnesses, although you can drink it just for enjoyment. Wash and core several apples and slice, do not peel. Put the apples on a greased, waxpaper-lined cookie sheet. Place in an oven on low heat, with door cracked open. Turn over to ensure they dry completely. When apple slices are dry, close oven door and roast until lightly browned. Cool and store in tightly closed container. Place several slices in your teapot and fill with boiling water. Steep about 10 minutes. Add honey as needed for sweetener. This is a really good tonic for the kidneys.

### **Fresh Lemon Balm Tea**

Take 20 sprigs of fresh lemon balm, 4 tablespoons honey, 10 whole cloves, and the juice of  $\frac{1}{2}$  a lemon. Pour 4 cups of boiling water over the lemon balm, then add the other ingredients. Let steep 10 minutes. Strain and serve.

### **Rose Hip Tea**

Gather and clean the rose hips. Chop in the blender. Air dry them before storing in a tightly closed container. To make the tea, pour 1 cup boiling water over  $\frac{1}{2}$  teaspoon of the crushed rosehips. Steep 5 minutes until color is bright pink. Add sugar or honey. For added taste, try it with cloves, or use cinnamon sticks to stir the tea.

## **DAIRY**

### **Make Your Own Yogurt**

Dissolve 4 cups of dried milk in 3 cups of lukewarm water and add 1 can evaporated milk. In a separate bowl, dissolve 1 envelope gelatin in 1 cup of boiling water. Wait until the mixture is lukewarm, then mix the two together and add 4 tablespoons of plain yogurt. Make sure that the mixture is not over 100 degrees as it will kill the yogurt cultures if it gets any hotter.

Have the oven preheated to 250 degrees. Pour yogurt mixture into a glass container and place it in the preheated oven. Turn the oven off. Leave it in the oven for 24 hours. Remove from oven, place it in containers, and refrigerate.

You can add any fruit that you like to the yogurt. We love cherries. I add about 2 cups of canned cherries (I use the blender to get them finely chopped enough to stir into the yogurt).

Cherries are good for treating gout, so we make plenty to give my son-in-law, who suffers from gout. He eats it frequently. Plain yogurt is also used a lot around our home as I feel that it is important to our diet. It's good on baked potatoes, salads, and fruit salads.

## **DRESSINGS**

### **Celery Seed Dressing**

Mix in the blender 1 tablespoon of salt, 1 tablespoon of celery seed, 1 to 1½ tablespoon dry mustard, ¾ teaspoon paprika, ¾ cup of vinegar, 1 cup of sugar, and ½ of a small onion. When blended well, add 2¼ cup vegetable oil in a steady stream to the mixture. Refrigerate.

### **Chili Sauce**

Peel and chop 1 gallon tomatoes, add ½ cup of chopped onion, ½ cup chopped sweet peppers, ½ cup chopped red peppers, 5 teaspoons salt, ½ cup of brown sugar, ½ teaspoon cayenne pepper, 1 teaspoon nutmeg, 2 teaspoons ginger, 1 teaspoon cinnamon, 1 tablespoon mustard. Mix well and add 4 cups of vinegar. Cook to desired consistency. Pour into sterile jars and seal.

### **French Dressing**

Combine in a quart jar and shake well  $\frac{1}{4}$  cup of water,  $\frac{1}{2}$  cup of vinegar,  $1\frac{1}{2}$  cups salad oil, 1 cup ketchup, 2 teaspoons worcestershire sauce,  $\frac{1}{2}$  cup sugar, 1 teaspoon salt, 1 teaspoon pepper, 1 teaspoon table mustard, and  $\frac{1}{2}$  teaspoon powdered garlic.

### **Mayonnaise**

Combine 1 egg in blender with  $\frac{3}{4}$  teaspoon of salt,  $\frac{1}{4}$  teaspoon of paprika,  $\frac{1}{4}$  teaspoon dry mustard, 1 tablespoon vinegar, 1 tablespoon of lemon juice. Add  $\frac{1}{4}$  cup of vegetable oil and start blender. Then, add  $\frac{3}{4}$  cup of vegetable oil in a small steady stream to the mixture, until smooth.

### **Russian Dressing**

Mix together 3 rounded tablespoons of mayonnaise, 2 tablespoons ketchup, 1 teaspoon horseradish,  $\frac{1}{4}$  teaspoon worcestershire sauce, 1 tablespoon relish. Mix well and chill before serving.

### **Tartar Sauce**

Mix together 3 heaping tablespoons mayonnaise, 1 finely chopped hard-boiled egg, and 1 tablespoon relish. Chill before serving.

### **Thousand Island Dressing**

Mix together  $\frac{1}{2}$  cup mayonnaise to 2 tablespoons ketchup, 1 chop-ped hard-boiled egg, 1 tablespoon chopped sweet pepper, and 1 tablespoon relish. Mix well and chill thoroughly.

### **Thousand Island Dressing—Another Version**

Combine 1 cup mayonnaise,  $\frac{1}{4}$  cup of catsup, 1 chopped hard-boiled egg, 1 finely chopped onion,  $\frac{1}{3}$  cup of chopped olives, 1 teaspoon table mustard,  $\frac{1}{4}$  cup of chopped sweet pepper,  $\frac{1}{2}$  cup of finely chopped celery. Mix well and chill thoroughly.

## **HERBAL ADDITIONS**

### **Borage Juice Helper**

Wash several leaves of borage and place in blender. Add enough water to cover and blend at high speed until mixture is smooth. Add to iced tea or any drink for added vitamins. Kids love the taste.

### **Carotene Addition to Salads**

Dock leaves have 4 times more carotene than carrots. When dock leaves are young and tender, add them to salads. Dry some to add to soups.

### **Chickweed Pancakes**

Blanch the leaves of chickweed for 3 minutes. You can use any amount you want, but  $\frac{1}{4}$  cup chopped will do. Chop them up very fine in the blender and add to pancake mixture.

### **Chickweed Salad Helper**

Chickweed flowers are an interesting ingredient to add to salads. You can use the young leaves in salads, too. Add the flowers and leaves to stews and soups.

### **Chickweed Thickener**

The seeds from chickweed can be used to thicken gravies and stews.

### **Ginger Candy**

Boil the roots of wild ginger (*Asarum canadense*) until soft. Drain and add the roots to maple syrup and simmer. It's an unusual treat.

### **Hollyhock**

Hollyhock is a member of the mallow family. The leaves can be eaten as a salad green or as a cooked green.

### **Make Your Own Fresh Mustard**

To make your own flavors of mustard, start with mustard flour. To get english flavor, add vinegar. For chinese flavor, use beer. You can also use white wine, horseradish, sage, oregano, paprika, basil, garlic, onion, chervil, cloves, lovage, turmeric, rosemary, marjoram, chili powder, cumin, allspice, cinnamon,

thyme, tarragon, parsley, dill, tabasco, curry, savory, nutmeg, or chives to flavor the mustard flour. Mix spices and the mustard flour in any combination before adding liquid. Thin with milk or mayonnaise. Add enough to make a smooth paste. Allow to stand until flavor is well blended. Mix in small batches for greater pungency. Keeps forever. Makes a nice gift.

### **Milkweed**

Milkweed is a very versatile plant. The shoots can be used as aspar-agus, the newly opened leaves as spinach. The unopened flower buds taste like broccoli.

The pods are cooked like okra. Just cover with boiling water and boil 1 minute. Drain and repeat 3 times, then boil for 10 minutes.

### **Natural Thickener**

Use arrowroot to thicken soups and gravies.

### **Rose Hip Soup**

Cover 2 cups of rose hips with 2 cups of water and simmer 2 hours until rose hips are tender.

In a separate bowl, mix  $\frac{1}{2}$  cup of sugar with 2 tablespoons of cornstarch. Add this to the rose hip soup to thicken it. Boil briskly 3 minutes, stirring constantly. Add  $\frac{1}{2}$  cup of white wine before serving. If served cold, top with whipped cream and lemon slices.

### **Survival Food**

The young flower heads of sunflowers can be boiled in water and eaten like Brussels sprouts. Grind the seeds from sunflowers and add to breads, soups, and cakes for extra vitamins.

## **HOT CHOCOLATE AND HOT PUNCH**

### **Hot Chocolate**

Mix together in blender until fine, 2 cups of powdered milk, 1 cup powdered sugar,  $\frac{1}{4}$  cup of cocoa, 1 cup of powdered

coffee creamer, and a dash of salt. If you like, you can add 2 tablespoons of malted milk power. To use, add 4 tablespoons of mixture to 1 cup of boiling water.

### **Hot Mulled Punch**

This is good to make for large gatherings. Add 6 quarts of cranberry juice to 8 quarts of apple juice. Put in a 36–40 cup coffee maker. Place  $\frac{1}{2}$  cup of brown sugar,  $1\frac{1}{2}$  teaspoons of whole cloves and about 4–5 cinnamon sticks in the basket of the coffee maker. When cycle is done, remove the basket containing the spices and serve hot. Very festive and good.

### **Minted Hot Chocolate**

Prepare your hot chocolate. Stir it with a peppermint candy stick.

### **Swiss Mocha**

Mix together  $\frac{1}{2}$  cup of instant coffee, 2 tablespoons cocoa,  $\frac{1}{3}$  teaspoon baking soda, 1 cup sugar, and 1 cup dried milk. Blend in the blender until very fine. Place 2 teaspoons of mixture in 1 cup boiling water.

## **MARMALADE AND JELLY**

### **Dandelion Jelly**

Pick  $1\frac{1}{2}$  quarts of dandelion blossoms. Take the stems off. Rinse the blossoms well. Add 3 cups of water and boil for about 3 minutes. Drain well and add 1 teaspoon of lemon extract, and  $\frac{1}{2}$  teaspoon of orange extract to  $\frac{2}{3}$  cup of the liquid. Mix in a box of pectin and bring to a rolling boil. Add  $4\frac{1}{2}$  cups of sugar all at once to the mixture. Bring again to a boil for 3 minutes, stirring constantly. Remove from heat and skim off top. Put in sterile jars immediately and seal.

### **Mayapple Marmalade**

Late summer or early fall, pick  $\frac{1}{2}$  gallon of ripe mayapples. Remove the stem ends, as they are poisonous. Cut in quarters and put in kettle. Add 1 cup of water and simmer for 15 minutes, stirring occasionally. When tender enough to mash,



put through colander to remove the skins and seeds. To 4 cups of pulp add 1 box of pectin and bring to a boil. As soon as it comes to a boil add 5 cups of sugar. Stir constantly. Let it come to a hard boil and boil 1 minute. Remove from heat and skim off foam. Put into sterile jars immediately and seal. *Caution:* The plant is poisonous. Do not eat any of the leaves or stems from the plant. Collect the mayapples only when fully ripe. The American Indians used the young shoots to commit suicide, so you can see that it can be fatal.

### **Rose Hip Marmalade**

Pick and remove stem ends from 3 pounds of rosehips. Crush the hips in the blender. Place in pan and cover with 4 cups of boiling water and simmer 30 minutes. Rub through a sieve to remove seeds and hulls. This should yield about 5 cups of pulp.

Squeeze 2 large oranges and 1 lemon. Add the juices to the pulp. Put the rind of 1 orange through the grinder, add that to the pulp. Add 6 cups of sugar to the pulp mix. Boil about 20 minutes. Remove from heat, skim, and pour immediately in sterile jars, and seal.

## **MIXES**

I keep a few of these mixes around just because they are handy and great for emergency use. They can be stored and they keep forever. Use dried herbs for these mixes.

### **Chicken Soup Seasoning Mix**

Mix together  $\frac{1}{4}$  cup each of chives, tarragon, marjoram, basil, savory and 3 teaspoons of sage. Add 1–2 teaspoons of the spice mix to your chicken soup. Store tightly closed. I put some of the dried mixes in a peppermill. This makes it easy to add the amount wanted for flavor.

### **Curry Powder**

Mix together 2 teaspoons each of coriander seeds, ginger, ground turmeric, and 4 teaspoons powdered cinnamon. Mix together well and you have your own curry powder.

### **Pickling Spice**

Mix together 2 tablespoons each of coriander seed and allspice, 1 tablespoon mustard seed, 2 bay leaves, and about 1 inch of a ginger root chopped fine.

### **Pilaf Rice Mix**

Mix together 3 tablespoons each of garlic powder and thyme, 2 teaspoons each of allspice and coriander, 1 tablespoon of black pepper, 5 tablespoons of oregano, and  $\frac{3}{4}$  cup of basil. Store in tightly closed container. Use 2 tablespoons of herb mixture for each cup of rice.

### **Poultry Seasoning**

Mix together 3 tablespoons each of marjoram and thyme, and 1 tablespoon each of sage, savory and rosemary. Add 2 teaspoons of celery seeds,  $\frac{1}{2}$  teaspoon each of pepper, oregano, and allspice. Store in a tightly closed container and use in sauces, dressing, or any recipe where you would use poultry seasoning. This is good to add to meatloaf.

### **Pumpkin or Apple Pie Spice**

Mix together 2 tablespoons cinnamon and ground ginger, 3 teaspoons each of powdered allspice and nutmeg, and 2 teaspoons ground cloves. Store in a jar with a tight lid.

### **Scalloped Potato Mix**

Easy to store and easy to use. Mix together 16 tablespoons each of flour, cornstarch, and dried milk. Add 8 teaspoons of salt, 6 teaspoons onion powder and 1 teaspoon of pepper. Store in tightly closed container. To use, sprinkle 6 tablespoons of the mix over 3 cups of dehydrated potatoes. Dot with 3 tablespoons of butter, mix in  $2\frac{1}{3}$  cups of boiling water and  $\frac{2}{3}$  cup of milk. Bake in a 350 degree oven for 50–55 minutes.

### **Soup Mix**

Mix together 8 teaspoons of instant bouillon (chicken or beef), 2 tablespoons of dried onion, and 1 teaspoon dried parsley. Store in tightly closed container. To use, add 2 tablespoons of the mix to 4 cups of water. Add other dried vegetables, such as

dried diced carrots, mushroom slices, or other dried vegetables. Add as much rice or noodles as you desire. Simmer until rice or noodles are done. Add pepper as needed

### **Taco Mix**

Mix together 3 tablespoons each of oregano and cornstarch, 2 tablespoons each of basil, crushed pepper flakes, and garlic powder. Add 5 tablespoons of chili pepper and  $\frac{1}{2}$  cup of minced onion flakes. Store in a tightly closed container. Use  $1\frac{1}{2}$  tablespoons of spice mix for each pound of meat. If making a meatless recipe, use  $1\frac{1}{2}$  tablespoons of taco mix for every 2 cups of whatever you're using.

## **SYRUPS**

### **Maple Syrup**

Stir together 4 cups of white sugar,  $\frac{1}{2}$  cup of brown sugar and 2 cups of water. Add 2 tablespoons of corn syrup if you have it. Cover and simmer for 10 minutes, remove from heat and add 1 teaspoon of vanilla and 1 teaspoon maple flavoring. It's a quick syrup to make and it keeps well.

### **Rose Syrup**

Boil 1 cup of water and 1 cup of sugar for 15 minutes. Add 1 cup fragrant red rose petals—petals only please. Steep until cool. Strain if desired. Use on pancakes, waffles, or ice cream for a nice treat.

## **VEGETABLES**

### **Carrot Substitute**

Use wild carrot roots (*Daucus carota*) in soups and stews. The soft tissue around the pith is the part to use. It is commonly known as Queen Anne's Lace. *Caution:* Be sure that it has the characteristic smell of carrot before using, as the plant does resemble hemlock, a deadly plant.

### **Celery Substitute**

The seeds from the head of wild celery (*Apium graveolens*) can be added to soups and stews to add a celery flavor.

### **Dried Corn**

Cut 13 cups of corn from the cob. Add 1 cup of sugar and 1 cup of cream to the corn. Bring to a boil, stirring constantly. Place in shallow pans and allow to dry in a slow oven with the door cracked. Store in a tightly closed container.

### **Easy Sauerkraut**

Put a 1-inch thick layer of shredded cabbage in a crock. Sprinkle with 1 teaspoon of salt. Continue to layer the cabbage and the salt until the crock is full. Place a plate over the sauerkraut and weigh down with something heavy. Let it sit overnight and remove the scum that will be on the top the next day. Stir the cabbage thoroughly. Do this daily until the fermentation has stopped. Place in sterile jars and cover tightly.

### **Make your Own Dehydrated Potatoes**

Make this a family project and it goes pretty fast. Peel and slice potatoes. Blanch for 10 seconds. Place potatoes immediately in cold water and chill about 15 minutes. Dry off completely. Spray cookie sheet with vegetable oil cooking spray and place the sliced potatoes on the cookie sheets. Bake in oven set at 150 degrees. Prop open the oven door slightly. After about an hour, turn the slices over. It may take 3 hours to dry completely. They will be brittle when done. Cool and store in a tightly closed container. Carrots can be dried in this manner also.

### **Wild Asparagus**

Pick when the spears first emerge. Steam the spears until tender. Put about 3 spears in a flour tortilla. Cover the spears with cheddar cheese and miracle whip. Place under broiler or in microwave until cheese is melted. Add fresh bean sprouts, roll up, and enjoy.

## **WINES**

### **Dandelion Wine**

When the dandelions are in full bloom and there is no rain or dew, pick 3 quarts of dandelion blossoms, packed tight. Wash them and place them in a crock. Pour 2 gallons of boiling water over the blossoms. Let stand 36 hours. Strain through a colander. Add 7 pounds of sugar.

Take 6 oranges and 6 lemons and roll them to make them juicier. Slice the lemons and oranges with the skins on. Add to the wine. Add  $\frac{1}{2}$  cup of seedless raisins. Stir thoroughly. Let sit for another 24 hours. Add 1 cake of yeast or 1 envelope of dry yeast. Stir and strain through wet muslin or a clean dish towel. Pour into bottles with screw-on lids. Fill to brimming. Cover the bottles by tying pieces of muslin over the tops. Put aside in a cool place for 6 months. When fermentation is complete, (when no more bubbles appear in the bottles), you can screw on the lids.

### **Rose Hip Wine**

After cleaning them thoroughly, crush 5 pounds of rose hips. Place in 8 cups of water and allow to sit overnight. Add 1 ounce of yeast and  $1\frac{3}{4}$  pounds of sugar. Let ferment for 7 days. Strain well. Add 8 cups of water, and an additional  $1\frac{3}{4}$  pounds of sugar. Allow to ferment again. This makes a good heart tonic and is delicious.

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## Seed And Plant Sources

In addition to growing my own herbs, I purchase many of the dried herbs and roots from a local health food store, or from mail order catalogs. There are many that just are not available to me in the wild and I still want to be able to use them.

There are many different sources for herbs. Most of the seed companies carry at least a few herb plants as well as many of the seeds. Your local nurseries will also carry a few. Check with friends and neighbors. You may be surprised at the number of acquaintances that grow a few herbs for their personal use.

I find that most people are more than willing to share starts of plants. I have found that the people who grow herbs are some of the nicest people in the world. They are willing to share stories, remedies, and information along with the herb starts. You can meet some of these wonderful, caring people through garden and herb clubs.

There are many newsletters and magazines that carry information on how to use and where to purchase herbs. This is a never-ending hobby. The more you learn, the more you will want to learn. Many communities are starting herb workshops, homestead groups, and classes to help you learn about how to live a more natural lifestyle. If there isn't a class in your neighborhood, perhaps you could start one on canning, soapmaking, or other skills that you have. People you meet through any classes that you teach will have other skills that they can teach you. The learning project could grow until there could be many such classes in learning how to live a more natural lifestyle.

I have listed a few companies here that carry some of the herbs. The first part of the list is devoted to sources for native plants. I feel that it is important that you grow the wild plants in order to become acquainted with their growing habits, as well as to provide an opportunity to learn to identify them.

A few of the companies charge a small fee for their catalogs, but I feel that it is not money wasted. Some handle only the seed for the wild plants, and this is good because it will give you experience in starting your own. If some of the herb seeds are difficult to germinate, just keep in mind that you have to duplicate nature's seasons. Some of the seeds that are not annuals will have to be placed in the refrigerator or freezer for at least a week to duplicate the winter season that these seeds must have in order to germinate.

## **SOURCES FOR NATIVE PLANTS**

### **Baker Creek Heirloom Seeds**

2278 Baker Creek Rd.

Mansfield, MO 65704

417-924-8917

### **Crimson Sage Nursery**

PO Box 337

Colton, OR 97017

503-824-4721

Catalog \$2.00

They specialize in Chinese ayurvedic and Native American medicinal herbs.

### **Hayes Regional Arboretum**

801 Elks Rd.

Richmond, IN 47374

317-962-3745

Wildflower seeds available January through April only. Free seed list.

### **Herb Liscious**

1702 S. Sixth St.

Marshalltown, IA 50158

515-752-4976

**Land Reformers**

35703 Loop Rd.

Rutland, OH 45775

740-742-3478

You can just call and leave name and address for their catalog.

**Niche Gardens**

1111 Dawson Rd.

Chapel Hill, NC 27516

919-967-0078

\$3.00 for catalog.

Wildflowers, no wild collected.

**Prairie Moon Nursery**

\$2.00 for catalog.

31837 Burr Oak Lane

Winona, MN 55987-9515

866-417-8156

**Richter's Herbs**

Goodwood, Ontario

LOC 1A0

Canada

905-640-6677

Free catalog.

Great place to get all the wild herbs. They specialize in wild herbs. Wonderful plant and seed selections.

**Taylor's Herb Garden, Inc.**

1535 Lone Oak Rd.



Vista, CA 92084

207-437-9294

\$3.00 for catalog.

## **SOURCES FOR DRIED HERBS AND HERB RELATED PRODUCTS**

### **Ameriherb Inc.**

PO Box 1968

Ames, IA 50010-1968

1-800-267-6141

Free catalog.

Good source of dried herbs.

### **Frontier Cooperative Herbs**

PO Box 299

Norway, IA 52318

1-800-669-3275

Free catalog.

Great source for herbs and herb related products. This company is a co-op and sells wholesale. They do offer a catalog for retail sale called "herb and spice collection." US sales only.

### **Good Earth Gardens**

1350 W. Pine Lake Cir.

Montgomery, TX 77316

936-588-1794

Good selection of herbs and herb products. Free catalog

### **Rafal Spice Co.**

2521 Russell St.

Detroit, MI 48207

1-800-228-4276

Spices, herb teas, essential oils, and containers.

**San Francisco Herb Co.**

250 14th Street

San Francisco, CA 94103

1-800-227-4530

Free catalog.

Good selection of dried herbs, spices, and related products.

**The Whole Herb Company**

PO Box 1203

19800 8th Street East

Sonoma, CA 95476

707-935-1077

Wholesale only of bulk and dried herbs.

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# Glossary

**Acne:** an inflammatory disease of the sebaceous glands and hair follicles of the skin.

**Alimentary canal or tract:** the digestive tube from the mouth to the anus, including the mouth, pharynx, esophagus, stomach, large and small intestines, and rectum.

**Alterative:** helps to alter or correct minor functional disorders of the system. Also called a blood purifier.

**Anemia:** a condition in which the blood is deficient in red blood cells or in hemoglobin.

**Anhydrous:** lacking water.

**Antibiotic:** natural substance that inhibits growth or destroys micro-organisms. Used to treat infectious diseases.

**Antiseptic:** substance that checks the growth or action of micro-organisms.

**Aphrodisiac:** excites sexual desire.

**Aromatic:** has an agreeable odor, and has slightly stimulative action or properties.

**Arthritis:** inflammation of a joint, accompanied by pain and swelling.

**Astringent:** an agent that has a binding or constricting effect, as when it checks hemorrhages or secretions by coagulation of proteins on a cell surface.

**Blood purifier:** see alterative.

**Bronchitis:** inflammation of the mucous membrane of the bronchial system.

**Canker:** an ulcerous sore on the lips, cheek, or tongue.

**Calminative:** expels gas from the stomach, bowels, and intestines.

**Catarrh:** simple inflammation of the mucous membrane in the respiratory tract.

**Colic:** cramping of the stomach or intestines.

**Cystitis:** inflammation of the bladder.

**Decoction:** the liquid left after boiling the herb root or bark to extract the properties.

**Demulcent:** soothing properties in specific herbs that allay the action of stimulating or overacting herbs. Soothing to irritated mucous membranes.

**Diaphoretic:** increases perspiration. Aids in removing toxins and wastes through the skin.

**Diuretic:** increases the flow of urine and aids in elimination of waste products and toxins through the urine.

**Eczema:** acute or chronic inflammatory condition of the skin. May manifest as crusts, scales, or pustules—alone or in combination. More of a symptom than a disease.

**Emollient:** use externally and internally for a soothing or healing effect.

**Enzymes:** complex proteins that are capable of inducing chemical changes in other substances without being changed themselves.

**Epidermal:** outer layer of skin.

**Excretions:** waste matter. The elimination of waste products from the body.

**Expectorant:** facilitates the expulsion of mucus from the respiratory tract.

**Exudation:** oozing of fluids or accumulation of fluid in a cavity.

**Flatulence:** excessive gas in the alimentary canal.

**Gastritis:** inflammation of the stomach lining.

**Germicidal:** any agent that destroys germs or micro-organisms.

**Gravel:** the formation of small concretions in the urinary passages.

**Hepatitis:** inflammation of the liver.

**Infusion:** the process of steeping herbs in boiling or hot water to extract the properties of the herb. Used as a tea.

**Laxative:** corrects constipation by increasing bowel movements.

**Mucilaginous:** gummy or sticky substance that is soothing to areas that are inflamed.

**Mucous membrane:** membrane lining passages and cavities communicating with the air.

**Mucus:** a protective lubricant coating by cells and glands of the mucous membranes.

**Nervine:** treatment for the nervous system. Quiets nervous irritation due to excitement, fatigue, grief, or headaches.

**Pleurisy:** inflammation of the membranes that envelope the lungs and thorax.

**Poultice:** herbs that are finely ground and then moistened, and applied to affected area.

**Psoriasis:** chronic, genetically determined lesions of the skin.

**Relaxant:** substance that relieves stress, strain, and tension.

**Rheumatism:** painful inflammation and swelling of muscles and joints.

**Sedative:** soothes nervous excitement and has a quieting effect upon the nervous system without having a narcotic effect.

**Spasm:** involuntary contraction of a muscle or a muscle fiber.

**Steep:** to extract the essence of an herb by soaking it in liquid.

**Stimulant:** increases functional actions of the body.

**Tonic:** restores strength to the whole system and helps different organs.

**Uterine:** relates to the uterus or the womb.

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# Herb Illustrations

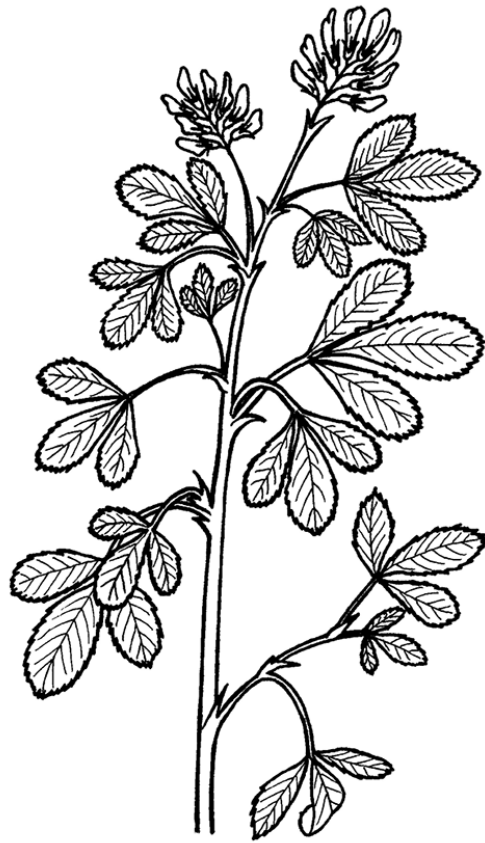


**Acacia:** *Acacia senegal*





**Agrimony:** *Agrimonia  
eupatoria*



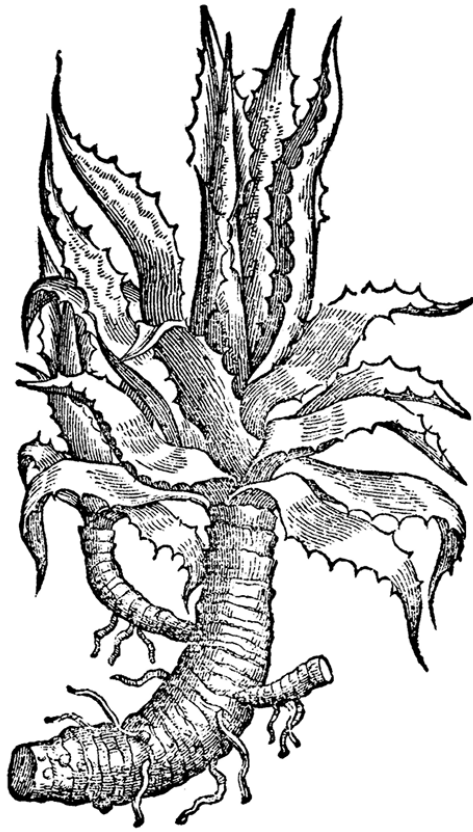
**Alfalfa:** *Medicago sativa*



**Allspice:** *Lindera benzoin*



**Alkanet:** *Alkanna tinctoria*



**Aloe vera:** *Aloe spp.*



**Amaranth:** *Amaranthus*  
*hypochondriacus*

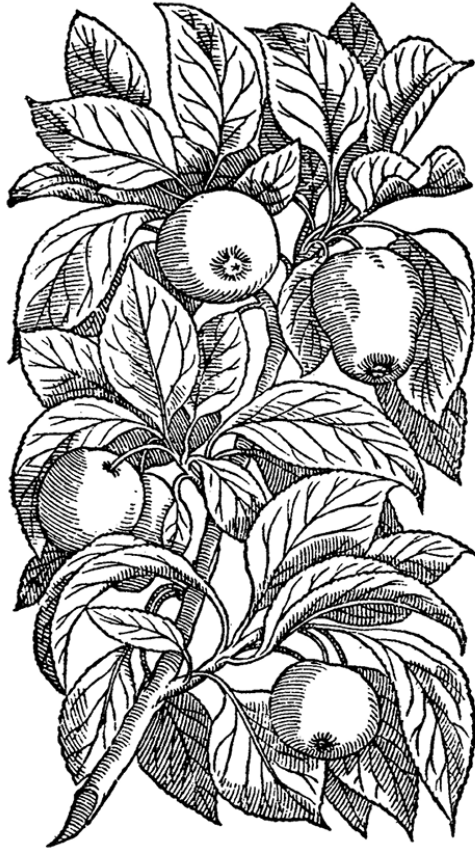


**Anise:** *Pimpinella anisum*



**Angelica:** *Angelica archangelica*

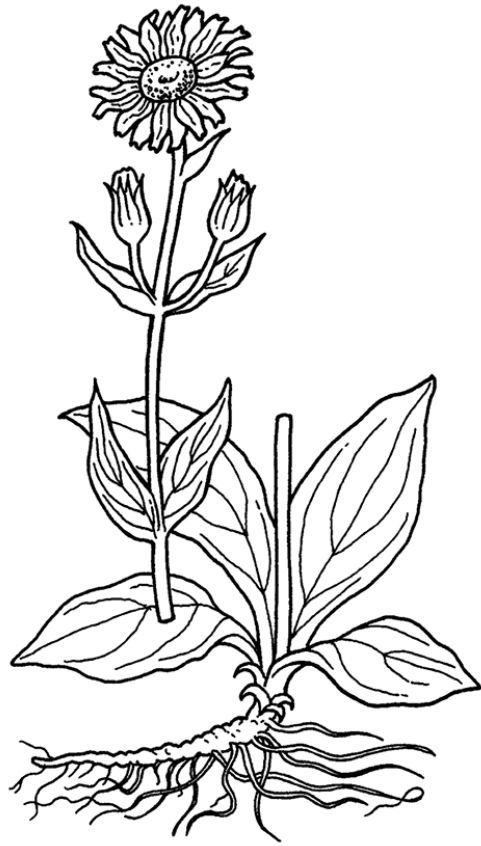




**Apple:** *Pyrus malus*



**Asparagus:** *Asparagus  
officinalis*



**Arnica:** *Arnica montana*



**Arrowroot:** *M. arundinacea*



**Balm of Gilead:** *Populus  
candicans*



**Barberry:** *Berberis vulgaris*



**Basil:** *Ocimum basilicum*



**Barley:** *Hordeum spp.*





**Bay:** *Laurus nobilis*



**Bee balm:** *Monarda didyma*



**Betony:** *Stachys officinalis*



**Beet:** *Beta vulgaris*



**Bible leaf:** *Chrysanthemum*  
*balsamita*



**Birch:** *Betula spp.*



**Blackberry:** *Rubus species*



**Black elder:** *Prinos*  
*verticillatus*





**Black cohosh:** *cimicifuga*  
*Racemosa*



**Black currant:** *genus Ribes*



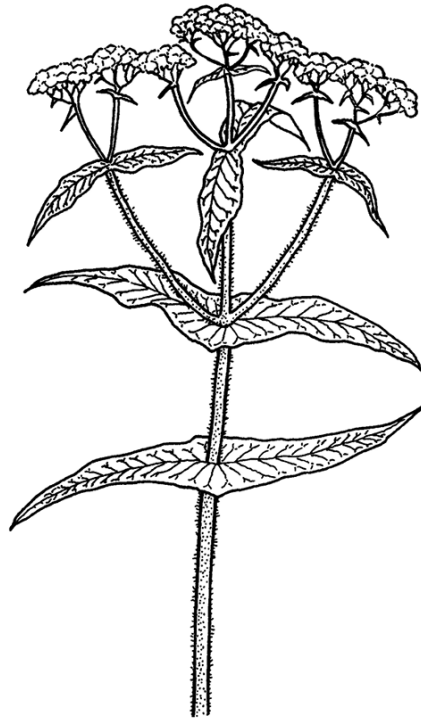
**Black mustard: *B. nigra***



**Black elder:** *genus Sambucus*



**Blueberry:** *Vaccinium*  
*corybosum*



**Boneset:** *Eupatorium  
perfoliatum*



**Blue cohosh:** *Caulophyllum  
thalictroides*



**Blue vervain:** *Verbena hastata*





**Borage:** *Borago officinalis*



**Broom:** *Cytisus-scoparius*



**Burdock:** *Articum lappa*



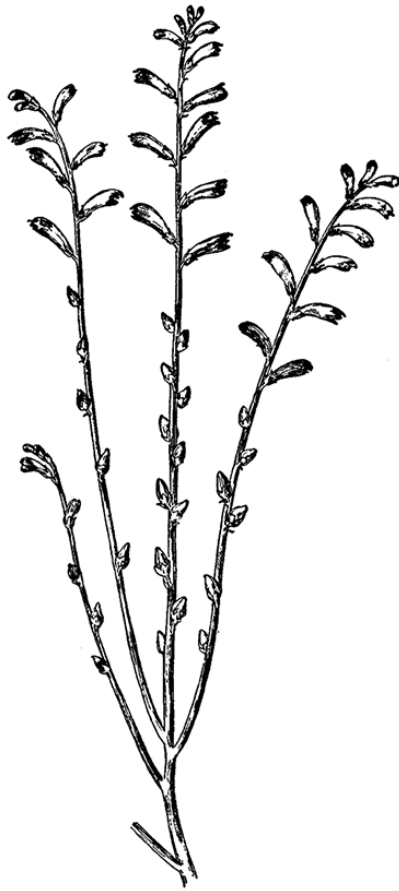
**Buckthorn:** *Bumelia lycioides*



**Cabbage:** *Brassica species*



**Camphor:** *Camphor wood*



**Cancer root:** *Epifagus  
virginiana*



**Caraway:** *Carum carvi*

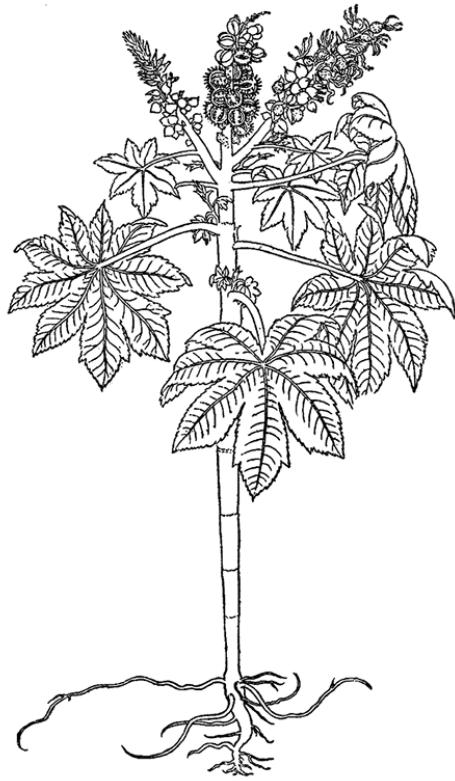




**Calendula:** *Calendula  
officinalis*



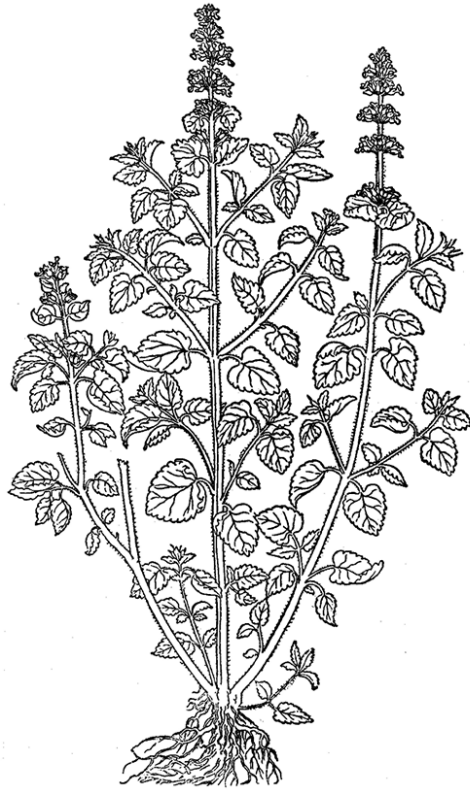
**Cardamon:***Elettaria  
cardamomum*



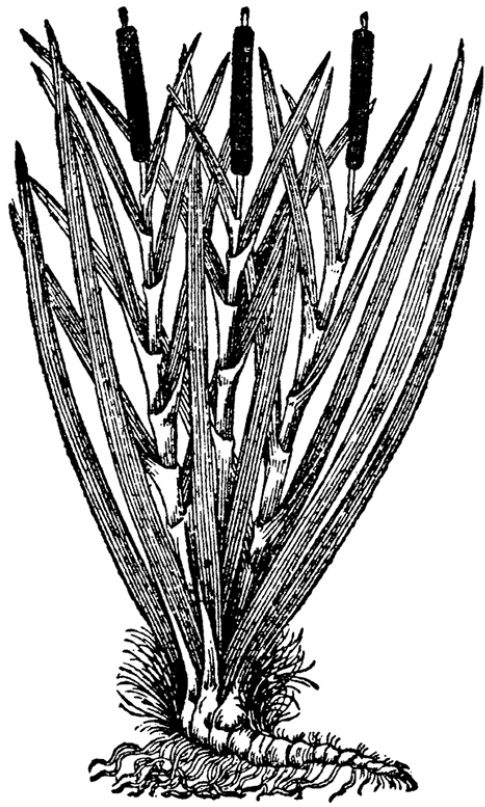
**Castor bean:** *Ricinus  
communis*



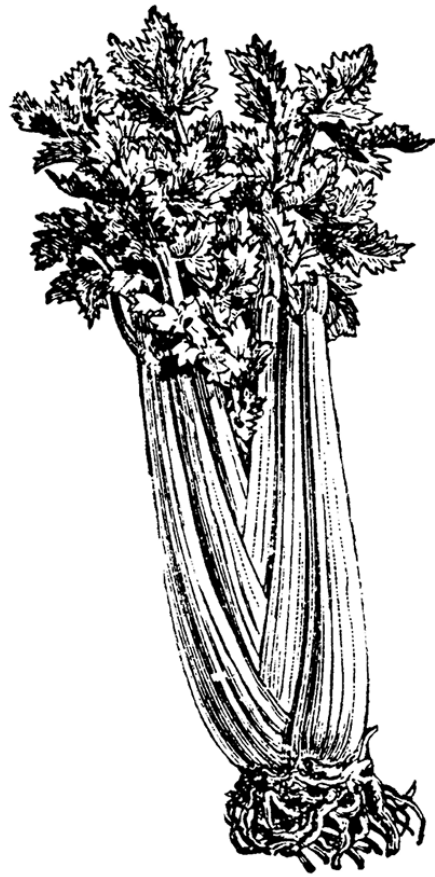
**Carrot:** *Daucus carota*



**Catnip:** *Nepeta cataria*



**Cattail:** *Typha latifolia*



**Celery:** *Apium graveolens*



**Cayenne pepper:**  
*Capsicum annuum*





**Chamomile:** *Matricaria*  
*chamomila*, *Anthemis nobilis*



**Cherry:** *Prunus*



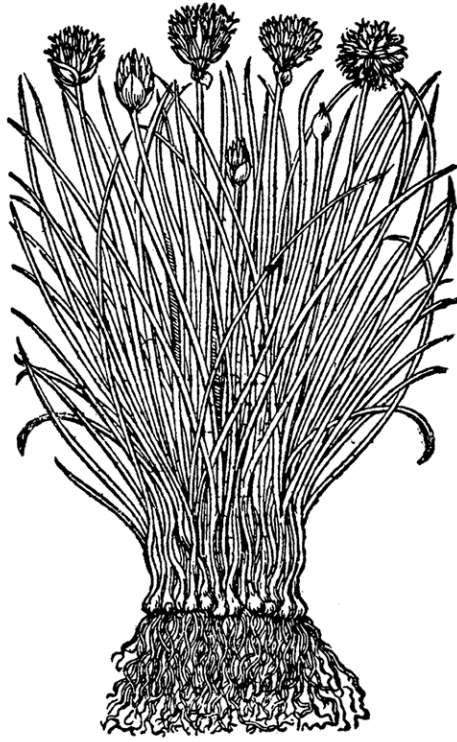
**Chickweed:** *Anagallis*  
*arvensis*



**Chervil:** *Anthriscus cerefolium*



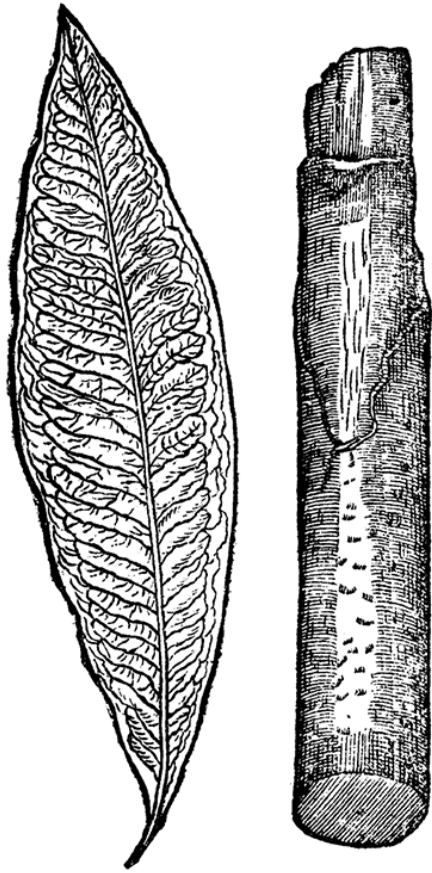
**Chicory:** *Cichorium intybus*



**Chives:** *Allium  
schoenoprasum*



**Cinquefoil:** *Pentstemon reptans*



**Cinnamon:** *C. zeylanicum*





**Clary sage:** *Salvia sclarea*



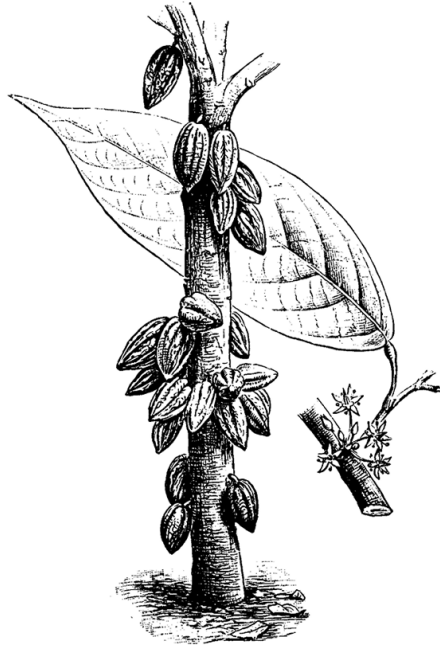
**Cleavers:** *Galium aparine*



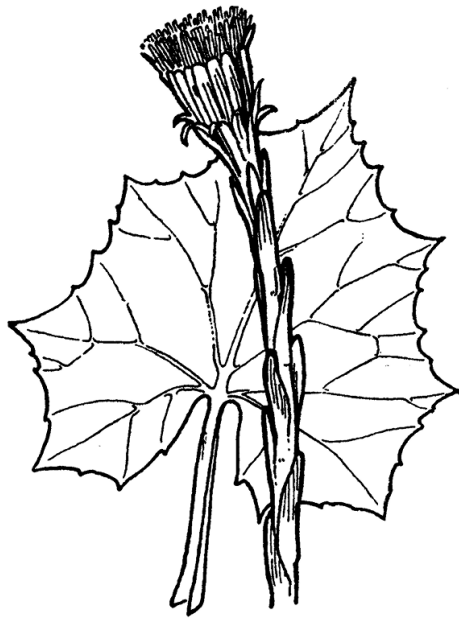
**Cloves:** *Eugenia aromatica*



**Clematis:** *C. virginiana*



**Cocoa:** *Theobroma cacao*



**Coltsfoot:** *Tussilago farfara*

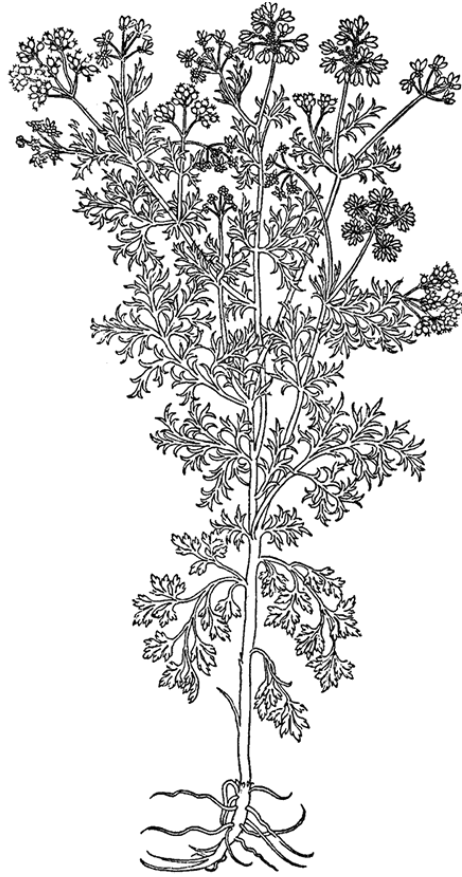


**Corn flowers:** *Centaurea  
cyanus*



**Comfrey:** *Symphytum  
officinale*





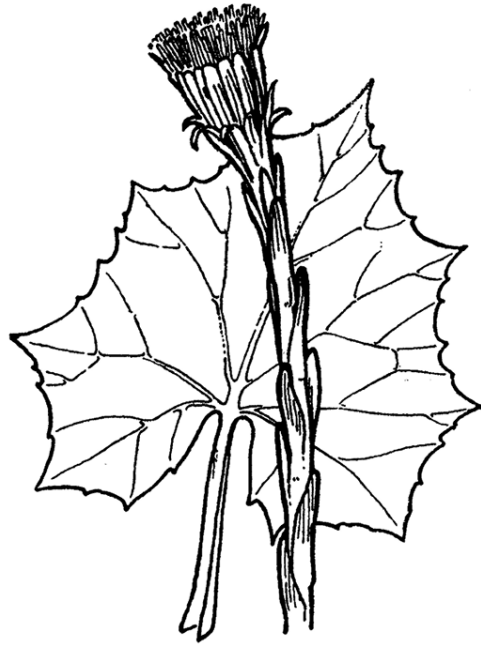
**Coriander:** *Coriandrum  
sativum*



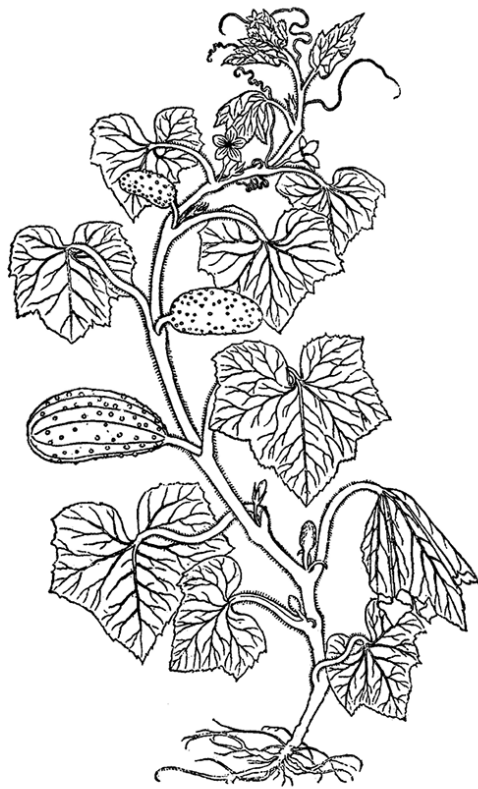
**Costmary:** *Chrysanthemum*  
*balsamita*



**Cranberry:** *Vaccinium*  
*macrocarpon*



**Coughwort:** *Tussilago farfara*



**Cucumber:** *Cucumis sativus*



**Cumin:** *Cuminum cyminum*

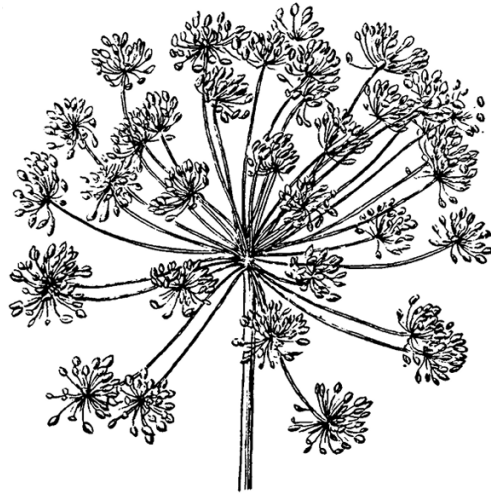


**Dandelion:** *Taraxacum  
officinale*



**Currants:** *Ribes rubrum*





**Dill:** *Anethum graveolens*



**Elder/Elderberry:** *Sambucus*  
*nigra*, *S. canadensis*



**Dock (curled):** *Rumex spp.*



**Echinacea:** *Echinacea  
angustifolia*



**Elecampane:** *Inula helenium*



**Eucalyptus:** *Eucalyptus*  
*globulus*



**Fennel:** *Foeniculum vulgare*



**Eyebright:** *Euphrasia officinalis*





**Fenugreek:** *Trigonella*  
*foenum-graecum*



**Feverfew:** *Chrysanthemum  
parthenium*



**Foxglove:** *Digitalis purpurea*



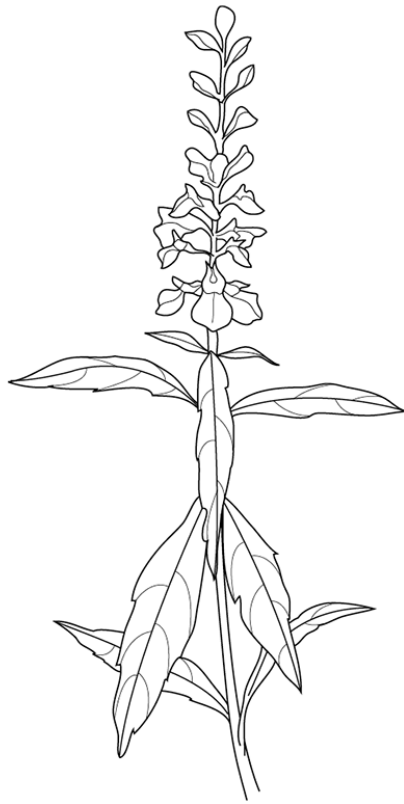
**Flax seed:** *Linum*  
*usitatissimum*



**Garlic:** *Allium sativum*



**Gentian:** *Gentiana lutea*



**Germander:** *Teucrium*  
*canadense*

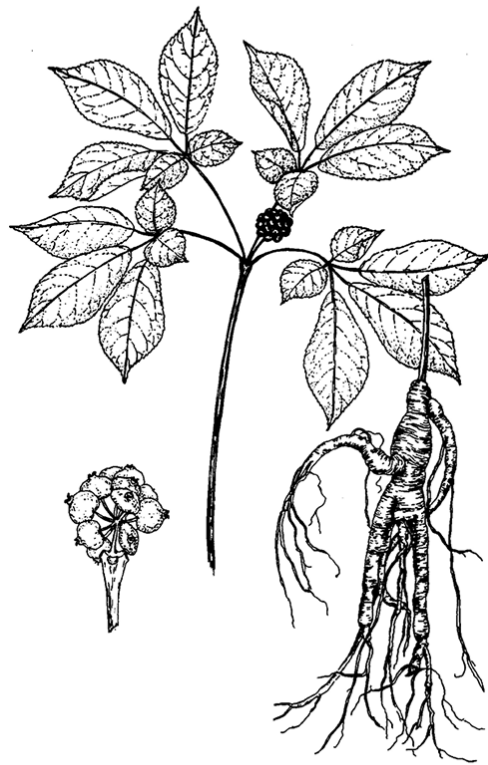


**Geranium:** *Geranium  
maculatum*

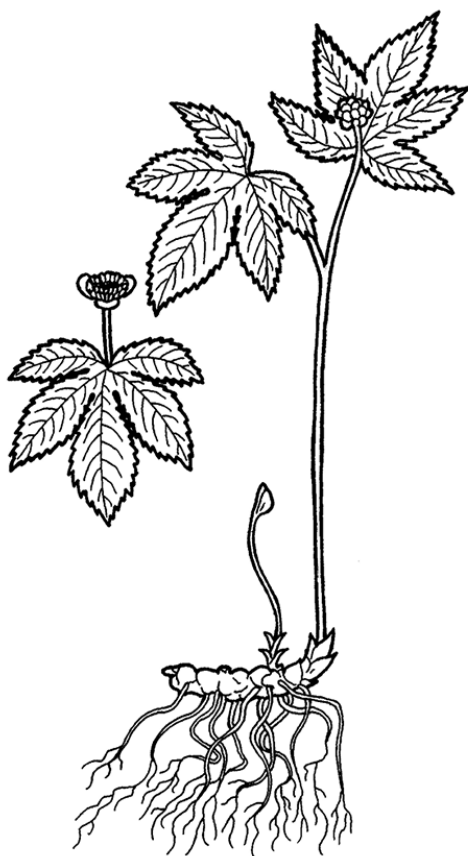




**Ginger:** *Zingiber officinale*



**Ginseng:** *Panax quinquefolius*



**Goldenseal:** *Hydrastis canadensis*



**Goldenrod:** *Solidago*



**Goldthread:** *Coptis  
greenlandica*



**Hawthorn:** *Crataegus*  
*oxyacantha*



**Hedge apple:** *Maclura*  
*pomifera*



**Henna:** *Lawsonia alba*,  
*L. inermis*





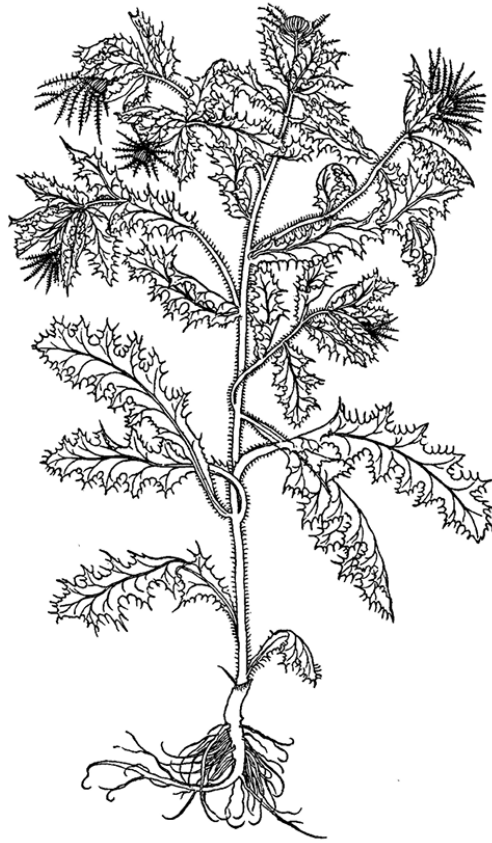
**Heartsease:** *Viola tricolor*



**Hollyhocks:** *Althea rosea*



**Honeysuckle:** *Diervilla*  
*lonicera*



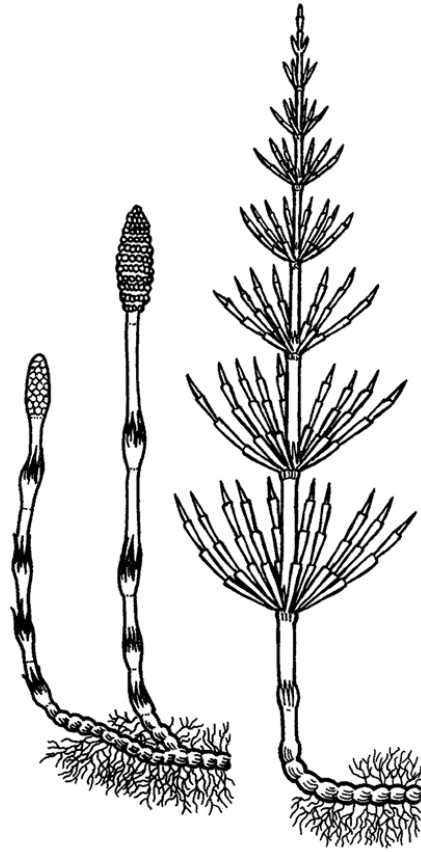
**Holy thistle:** *Cnicus benedictus*



**Hops:** *Humulus lupulus*



**Horehound:** *Marrubium  
vulgare*



**Horsetail:** *Equisetum hyemale*

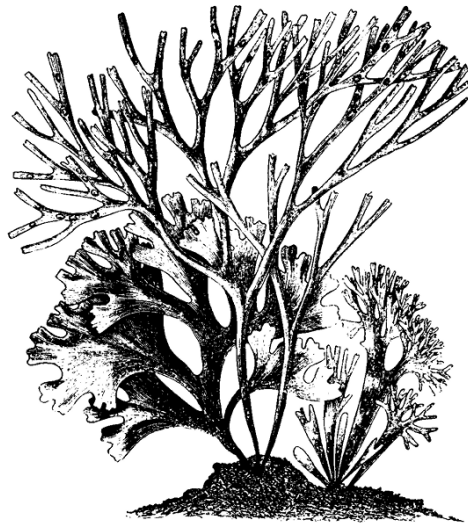


**Horseradish:** *Armoracia rusticana*





**Hyssop:** *Hyssopus officinalis*



**Irish moss:** *Chondrus crispus*,  
*Gigartina mamillosa*



**Jewelweed:** *Impatiens biflora*



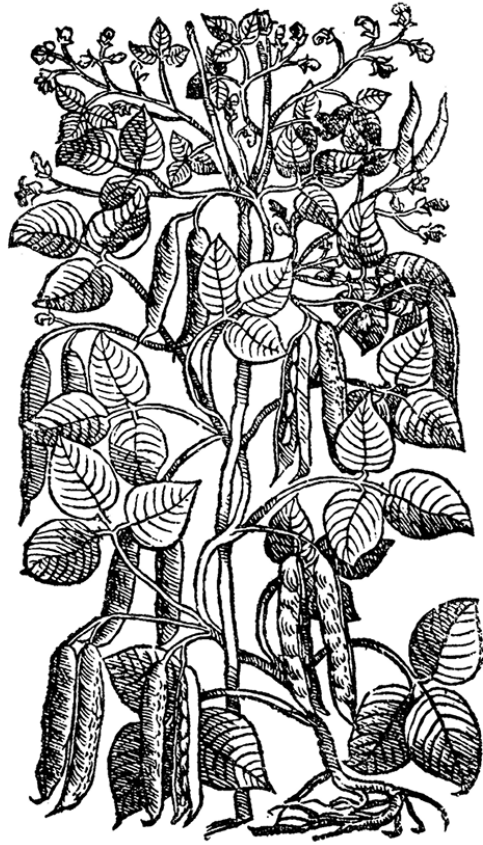
**Ivy:** *Hedera helix*



**Job's tears:** *Coix lacryma Jobi*



**Juniper berries:** *Juniperus  
communis*

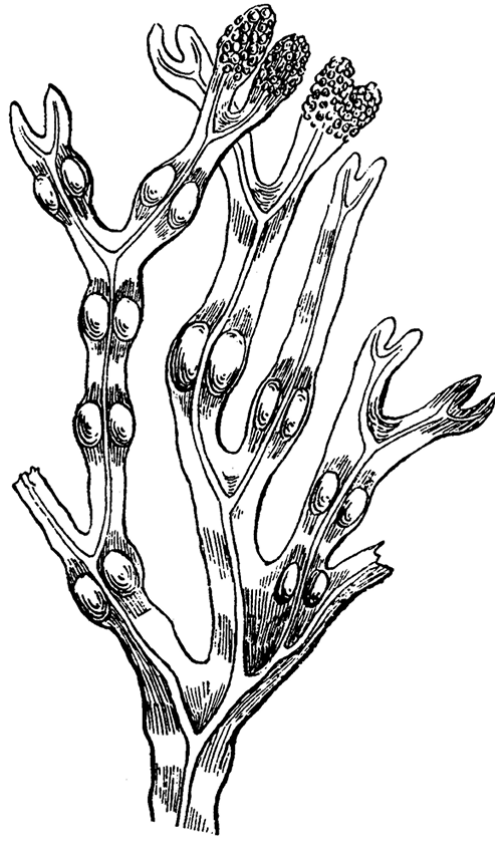


**Kidney beans:** *Phaseolus vulgaris*



**Lavender:** *Lavandula  
angustifolia*

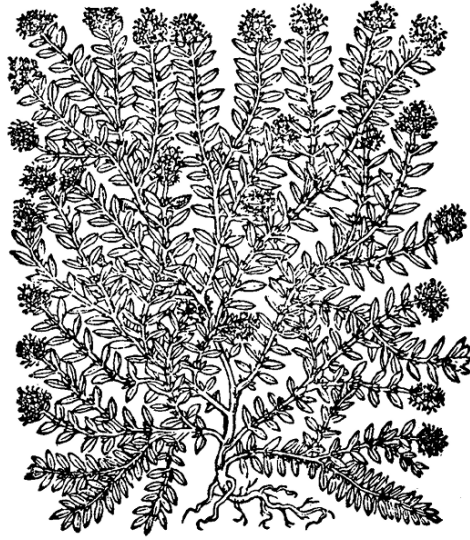




**Kelp:** *Fucus vesiculosus*



**Lemon:** *Citrus limon*



**Lemon thyme:** *T. serpyllum*



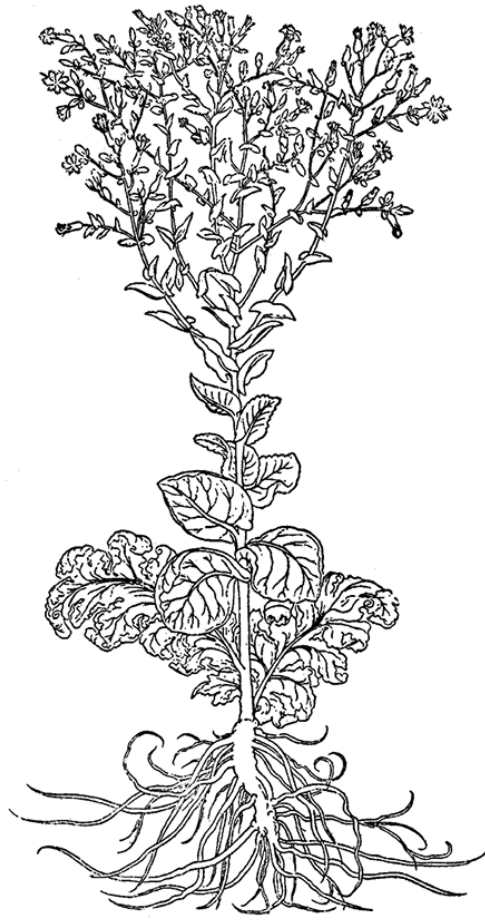
**Lemon balm:** *Melissa officinalis*



**Lemon verbena:** *Aloysia triphylla*



**Lime blossoms:** *Tilia europea*,  
*T. americana*



**Lettuce:** *Lactuca sativa*



**Licorice:** *Glycyrrhiza glabra*





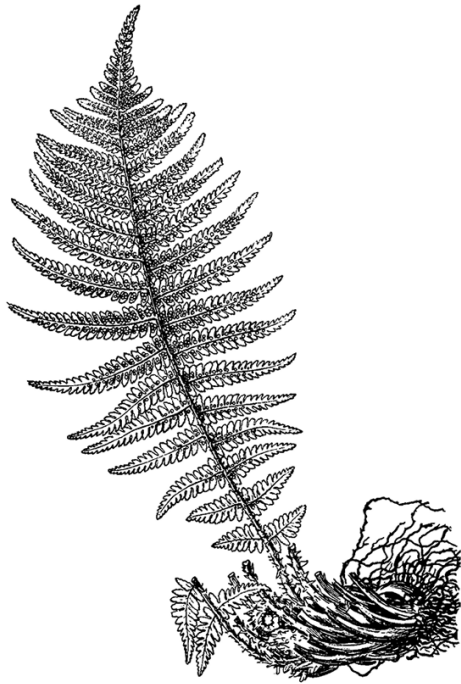
**Linden:** *Tilia europea*,  
*T. americana*



**Lobelia:** *lobelia inflata*



**Luffa:** *L. aegyptiaca*



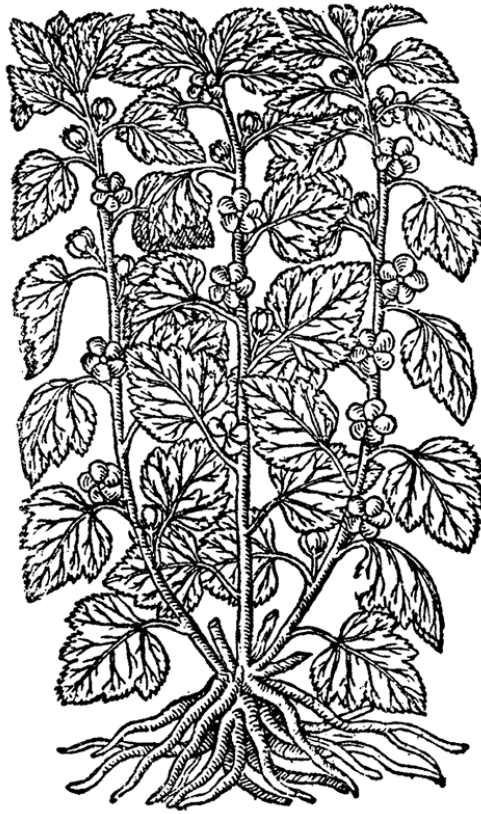
**Male fern:** *Dryopteris filix-*  
*mas*



**Lovage:** *Levisticum officinale*



**Mallow:** *Malva rotundifolia*



**Marsh mallow:** *Althaea  
officinalis*



**May apple:** *Podophyllum*  
*peltatum*

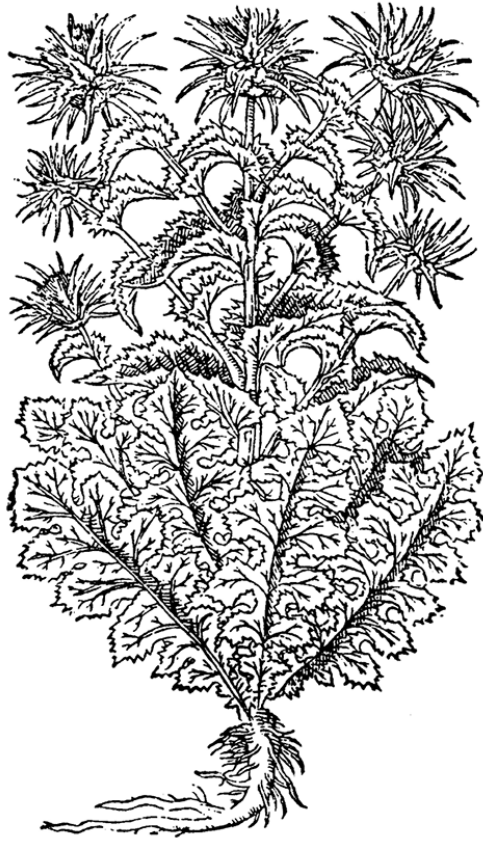




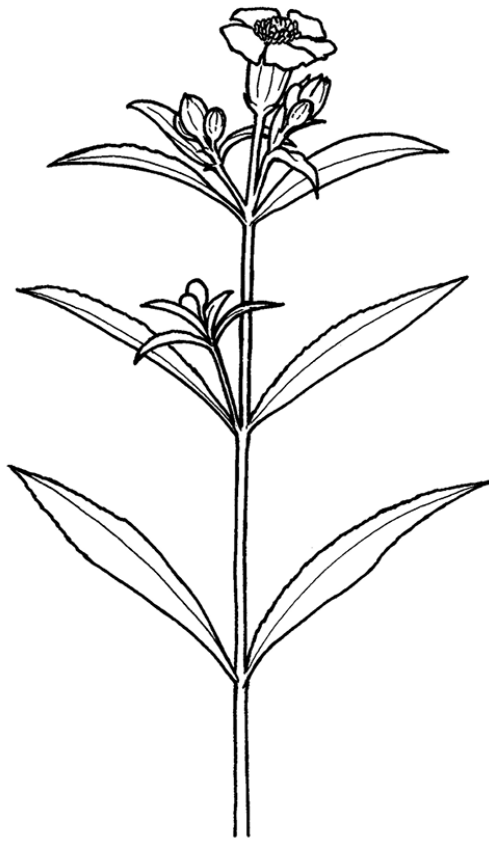
**Marjoram:** *Origanum  
majorana*



**Meadow sweet:** *Spirea*  
*ulmaria*



**Milkthistle:** *lactuca scariola*  
*L.*



**Mexican marigold:**  
*genus Tagetes*



**Milkweed:** *Asclepias*



**Mints:** *Mentha spp.*



**Mugwort:** *Artemisia vulgaris*

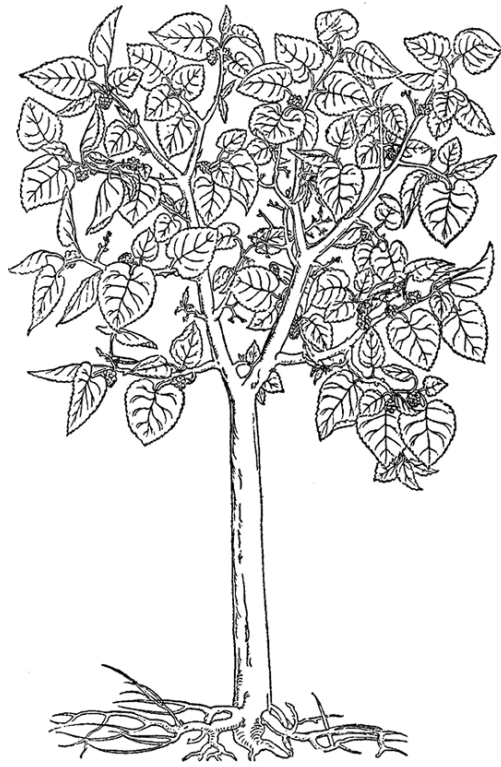


**Motherwort:** *Leonorus  
cardiaca*





**Mullein:** *Verbascum thapsus*



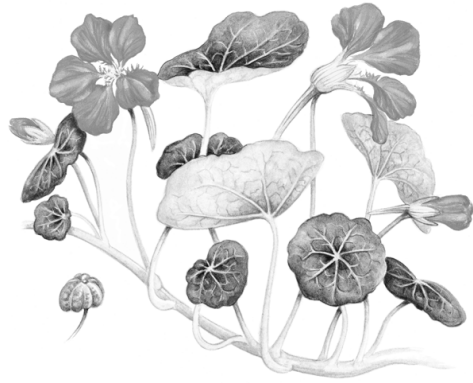
**Mulberry tree: *Morus nigra***



**Myrrh:** *C. Myrrha*



**Mustard:** *Brassica*, various  
*species*



**Nasturtium:** *Tropaeolum  
majus*



**Nettle:** *Urtica dioica*



**Nutmeg:** *Myristica fragrans*



**New Jersey tea:** *Ceanot  
americanus*

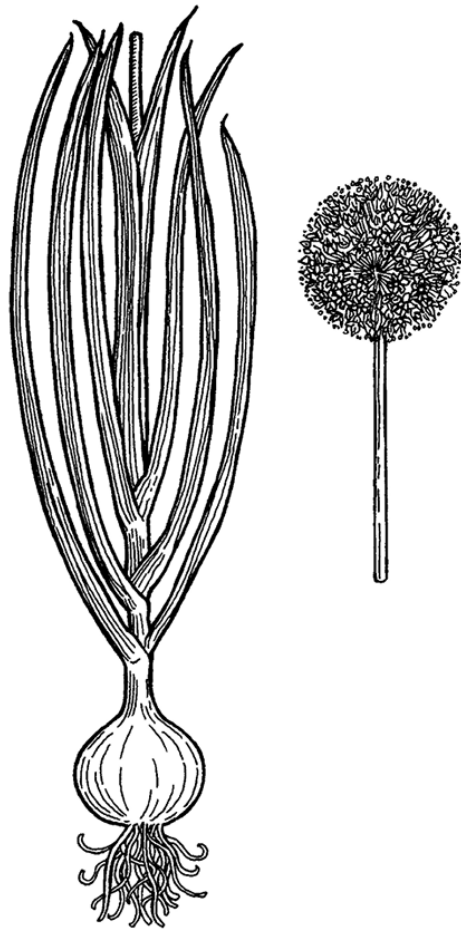




**Oak:** *Quercus* varieties



**Orange blossoms:** *C. sinensis*



**Onion:** *Allium cepa*



**Orange:** *C. sinensis*



**Oregano:** *Origanum vulgare*



**Orris root:** *Florentine iris*



**Parsley:** *Petroselinum crispum*



**Pansy:** *Viola tricolor*

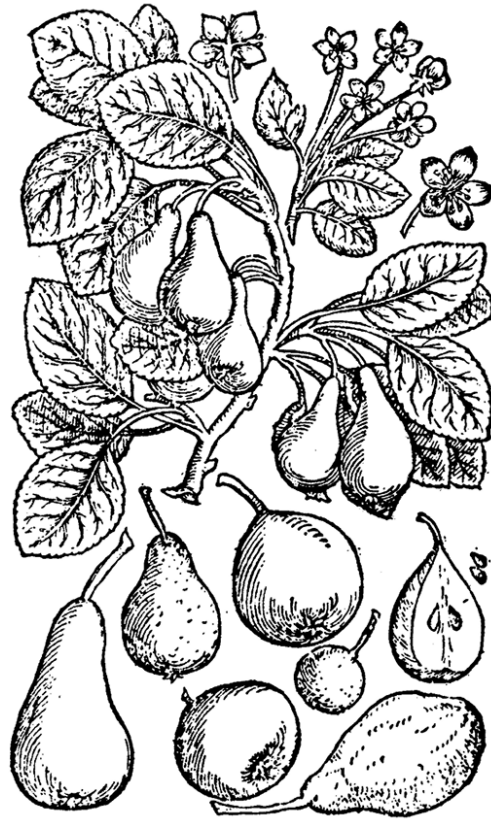




**Passion flower:** *Passiflora incarnata*



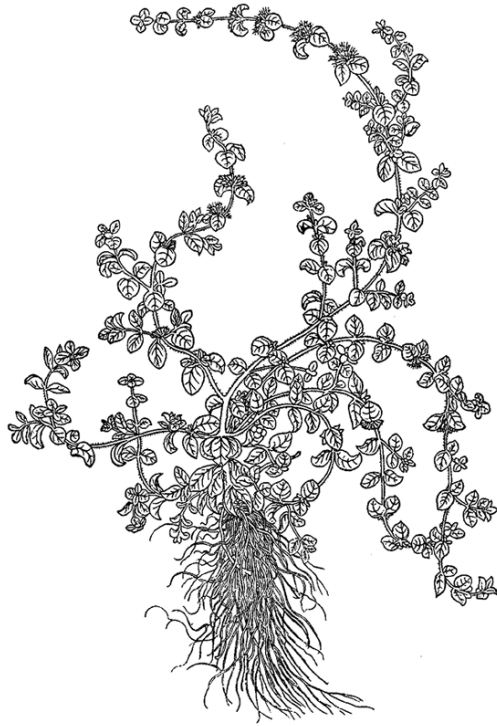
**Pea:** *Pisum sativum*



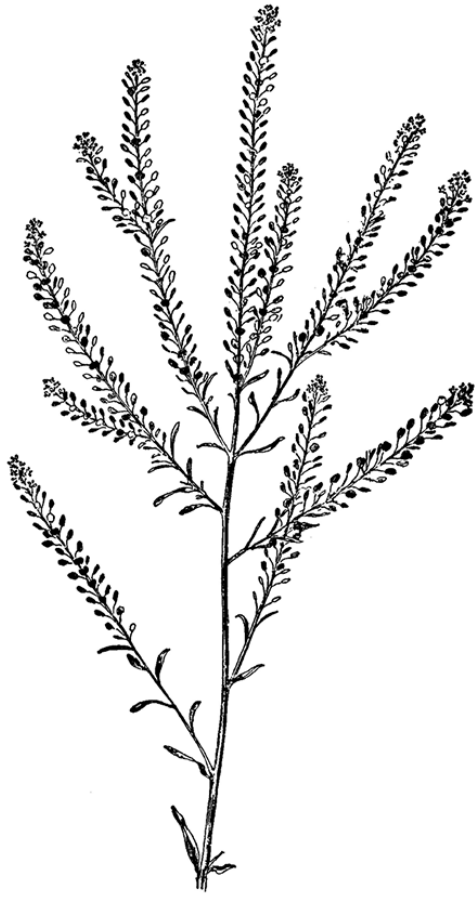
**Pear:** *Pyrus communis*



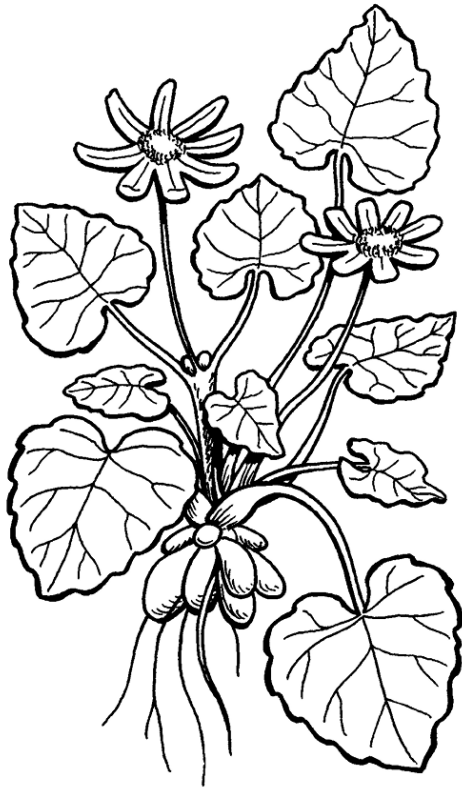
**Peach:** *Amygdalus persica*



**Pennyroyal:** *Mentha pulegium*



**Peppergrass:** *Lepidium*  
*virginicum*



**Pilewort:** *Amaranthus*  
*cruenyus*

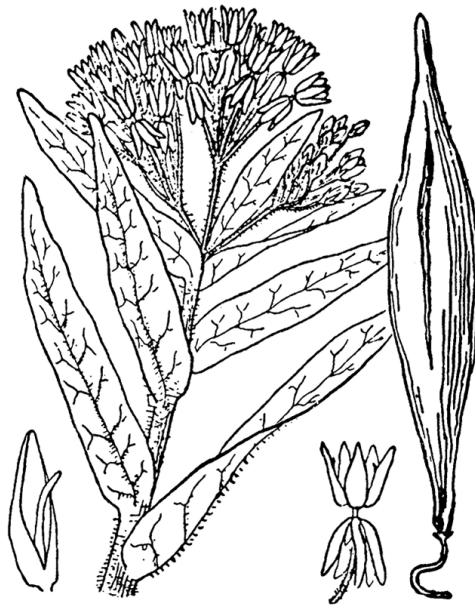


**Peppermint:** *Mentha piperita*





**Plantain:** *plantago major*



**Pleurisy root:** *Asclepias  
tuberosa*



**Pomegranate:** *Punica  
granatum*



**Poplar:** *Populus spp.*  
*salicaceae*



**Pokeweed:** *Phytolacca*  
*decandra*



**Potato:** *Solanum tuberosum*



**Prickly lettuce:** *Lactuca virosa*, *L. scariola*



**Pot marigold:** *Calendula  
officinalis*

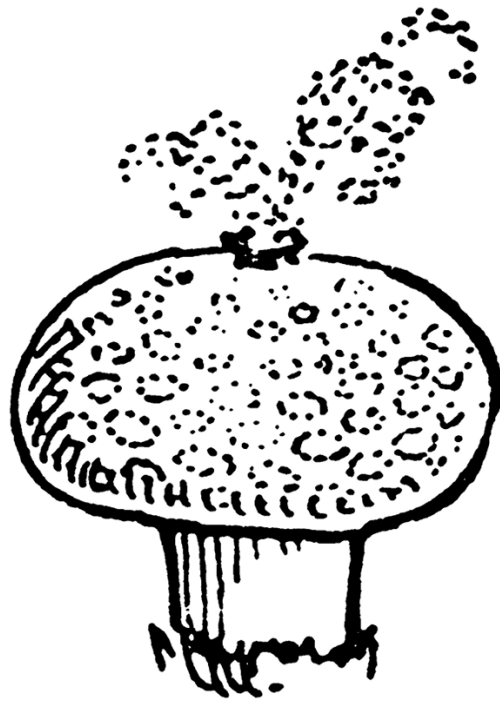




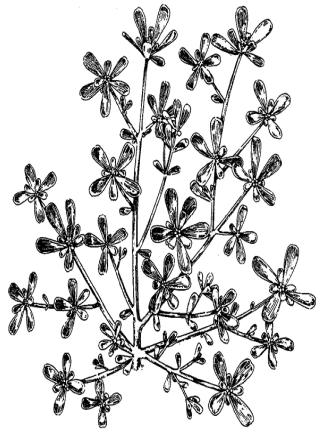
**Primrose:** *Primula*



**Queen Anne's lace:** *Daucus*  
*carota*



**Puffball mushroom:**  
*Lycoperdon*



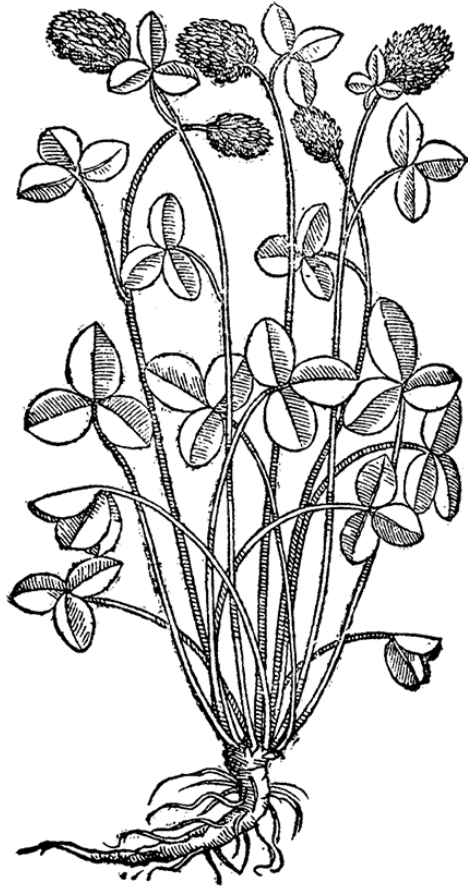
**Purslane:** *Portulaca oleracea*



**Ragweed:** *Ambrosia  
artemesiaefolia*



**Raspberry:** *Rubus idaeus*

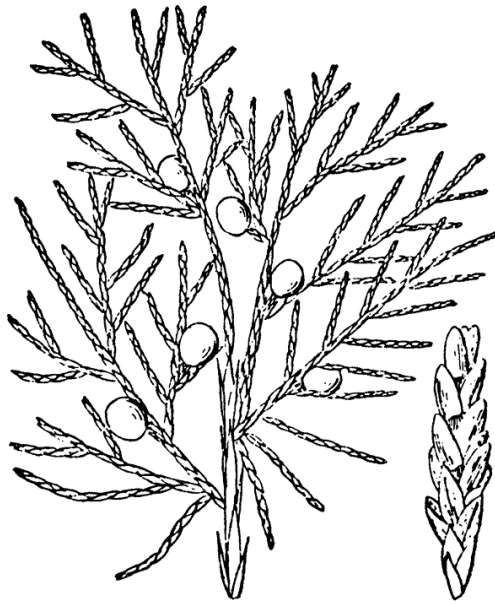


**Red clover:** *Trifolium pratense*



**Red oak:** *Quercus* *varieties*





**Red cedar:** *Juniperus*  
*virginiana*



**Rose:** *Rosa* spp.



**Rosemary:** *Rosmarinus  
officinalis*



**Rue:** *Ruta graveolens*



**Rose hips:** *Rosagallica*,  
*R. canina*



**Sage:** *Salvia officinalis*

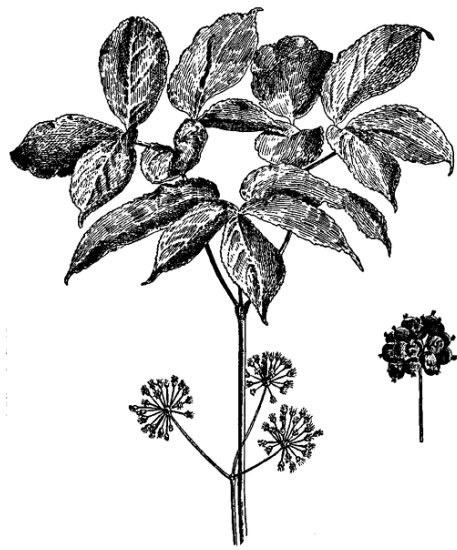


**Safflower:** *Cathamus*  
*tinctorius*



**Saffron:** *Crocus sativus*





**Sarsaparillas:** *Aralia  
nudicaulis*



**Sassafras:** *Sassafras albidum*



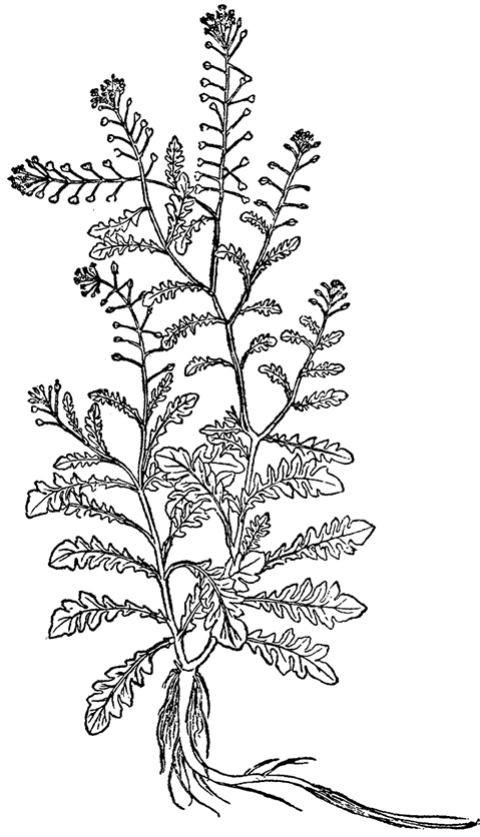
**Septfoil:** *Potentilla tormentilla*



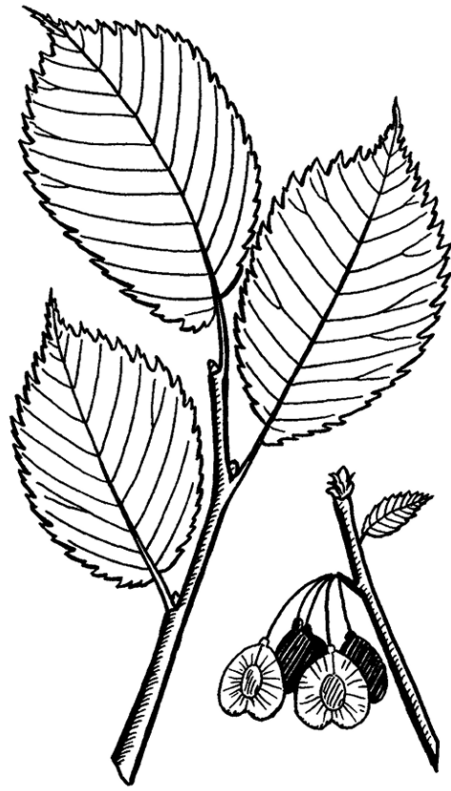
**Savory:** *Satureja* spp.



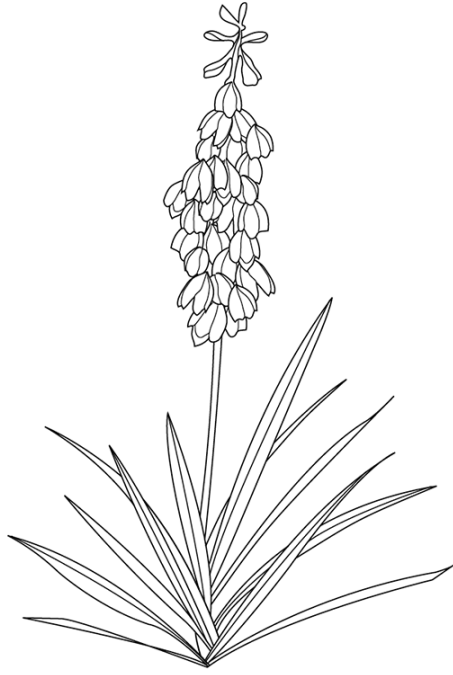
**Sheep sorrel:** *Rumex*  
*acetosella*



**Shepherd's purse:** *Capsella*  
*bursa-pastoris*

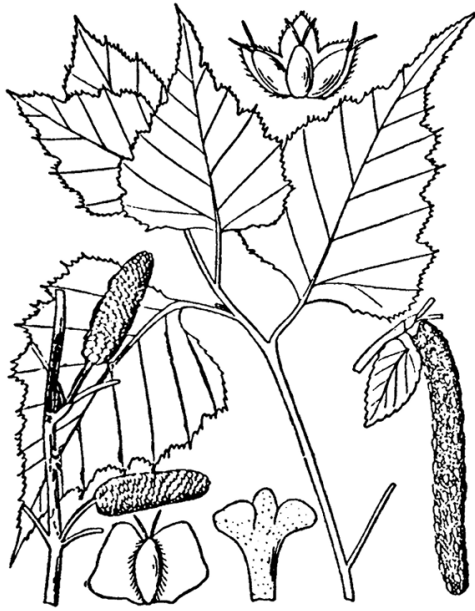


**Slippery elm:** *Ulmus fulvus*



**Soapweed:** *Yucca filamentosa*





**Silver birch:** *Betula*  
*alleghaniensis*



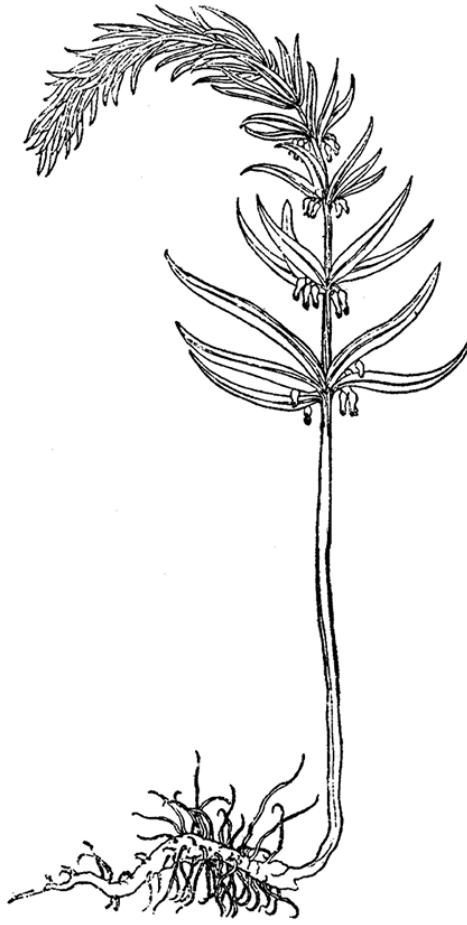
**Soapwort:** *Saponaria*  
*officinalis*



**Spearmint:** *Mentha spicata*



**Squash:** *Cucurbita*



**Solomon's seal:** *Polygonatum officinale*



**Sunflower:** *Helianthus annuus*



**St. John's wort:** *Hypericum*  
*perforatum*

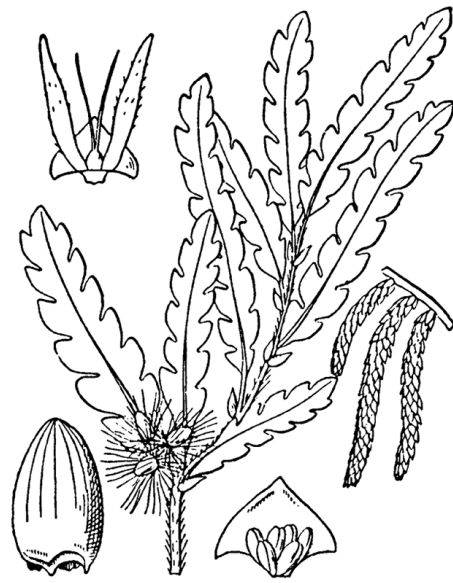


**Sweet cicely:** *Myrrhis odorata*





**Strawberry:** Wild, *Fragaria virginiana*, Garden, *Fragaria vesca*



**Sweet fern:** *Myrica*  
*asplenifolia*



**Sweet woodruff:** *Galium*  
*odoratum*



**Tobacco:** *Nicotiana tabacum*



**Sweet William:** *Saponaria officinalis*



**Tansy:** *Tanacetum vulgare*



**Throatwort:** *Campanula  
trachelium*



**Tarragon:** *Artemisia  
dracunculus*

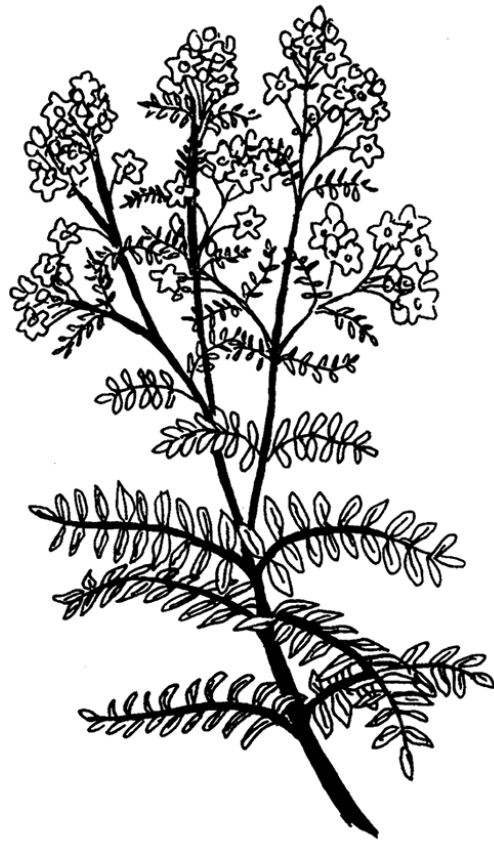




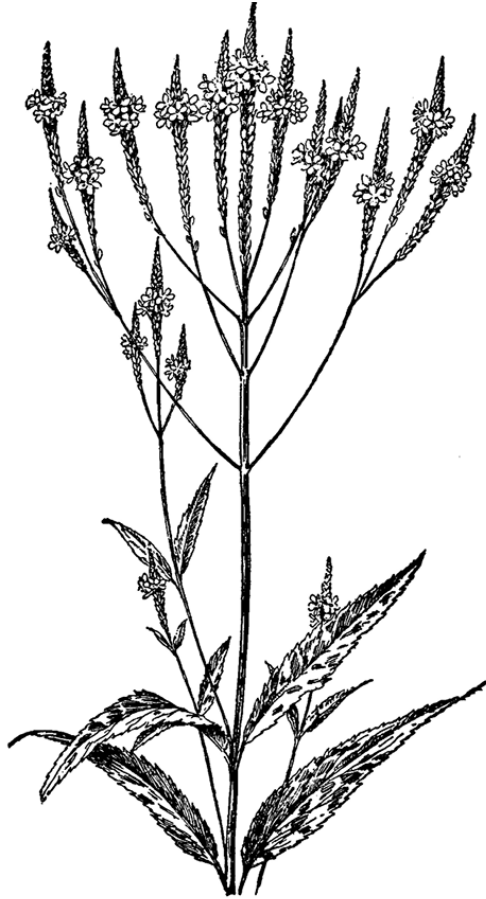
**Thyme:** *Thymus vulgaris*



**Verbena:** *Verbena urticaefolia*  
*L.*



**Valerian:** *Polemonium  
caeruleum*



**Vervain:** *Verbena officinalis*



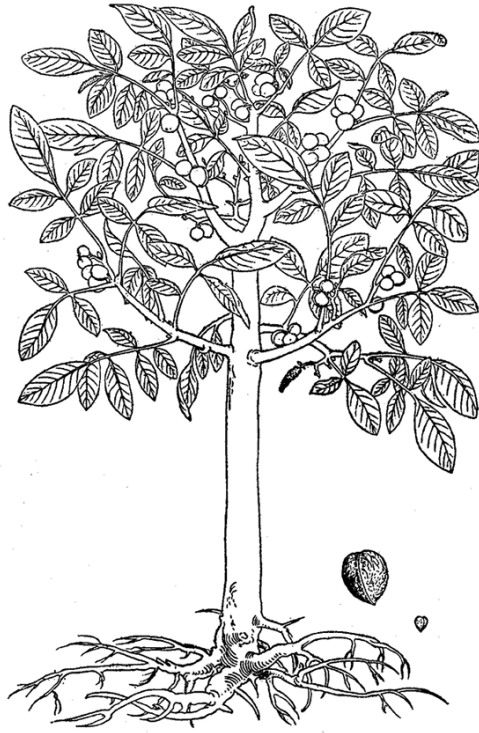
**Vanilla:** *Vanilla planifolia*



**Violet:** *Viola odorata*



**Watercress:** *Nasturtium  
officinale*

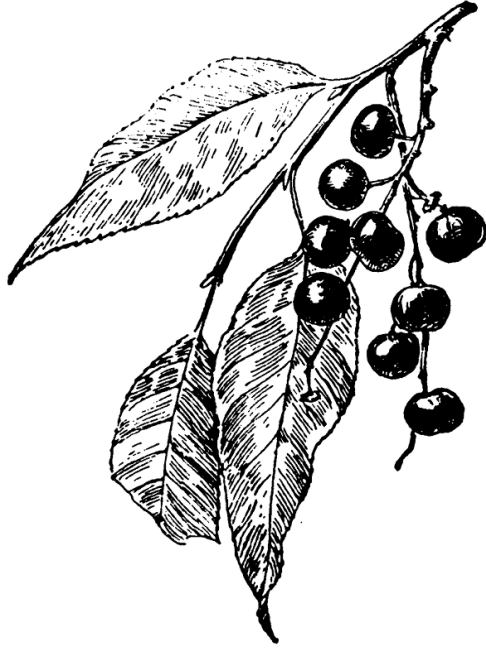


**Walnut:** European walnut,  
*Juglans regia*





**White mustard:** *Brassica alba*



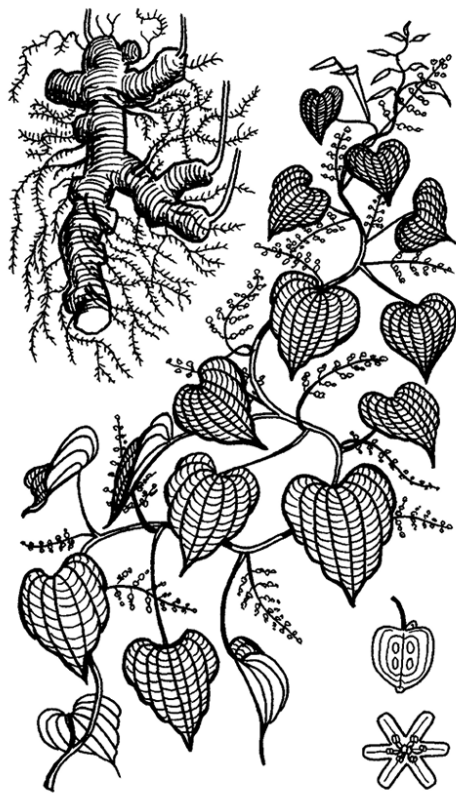
**Wild cherry:** *Prunus serotina*



**Wild rice:** *Zizania aquatica*



**Wild flax:** *Linum lewisii*



**Wild yam:** *Dioscorea villosa*



**Willow:** *Salix spp.*

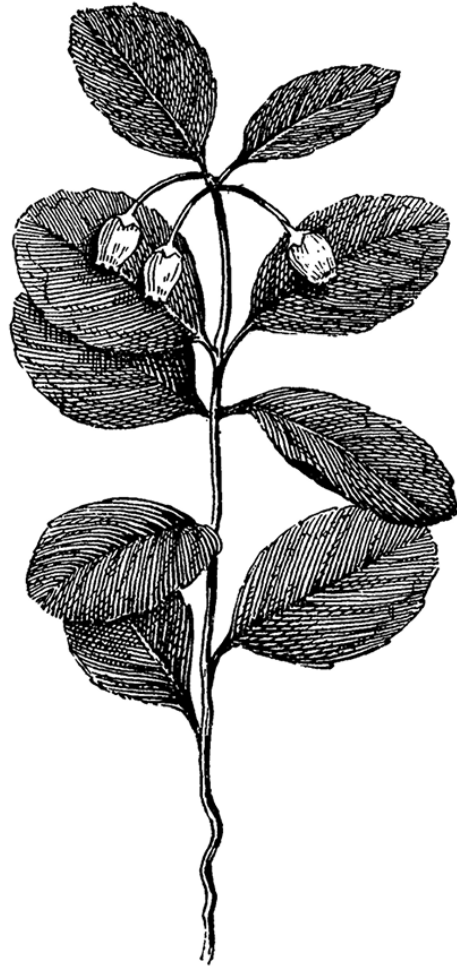


**Witch hazel:** *Hamamelis virginiana*



**Woad:** *Genista tinctoria*





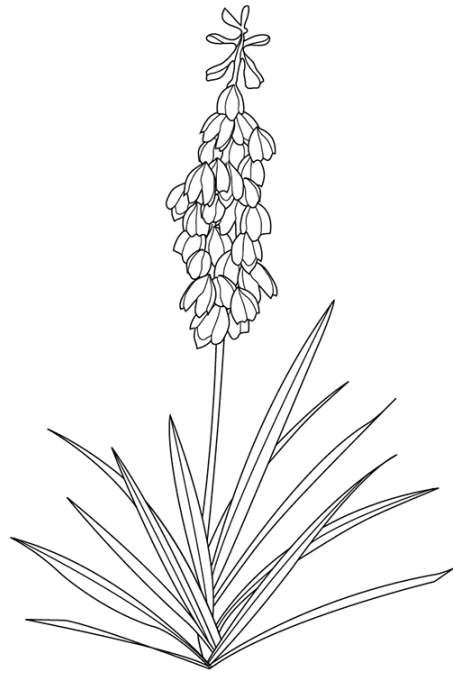
**Wintergreen:** *Gaultheria*  
*procumbens*



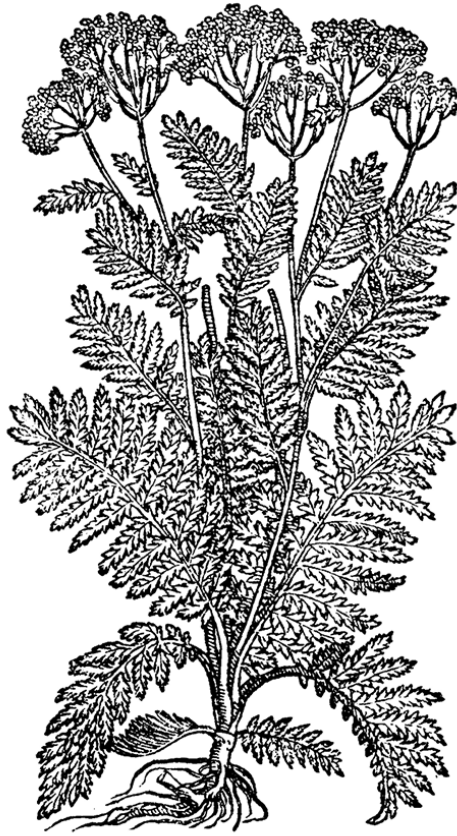
**Wormwood:** *Artemisia  
absinthium*



**Yerba santa:** *Eriodictyon californicum*, *E. glutinosum*



**Yucca root:** *Yucca filamentosa*



**Yarrow:** *Achillea millefolium*

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