



Ingredients:

Equal parts:

Yarrow

Comfrey

Plantain

Instructions:

Dry the herbs and grind to a powder using a coffee grinder or equivalent. Store in a spice jar in your first aid kit.

To Use:

Sprinkle over any cut, wound, or abrasion to staunch bleeding, clean and disinfect.

Once bleeding has stopped, rinse off with warm water, pat dry and apply a healing salve or just cover the powdered area with a bandage to continue healing.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.