



Herbs to Know For First Aid

By Kathy Wilson MH and Holly Phillips LMT

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Holly Phillips

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Disclaimer

This book is only a reference book. It is not intended to treat, diagnose, or prescribe. It is meant only for entertainment and educational purposes. The authors assume no responsibility for any adverse effects or consequences resulting from the use of any remedies, procedures, or preparations from Herbs to Know for First Aid. The information contained in this book should not replace the services of a qualified physician.

Table of Contents

Disclaimer.....	1
Dedications	5
Introduction.....	6
About the Author-Kathy	8
About the Author -Holly.....	9
Alder	11
Alfalfa	13
Arrowleaf Balsamroot.....	15
Birch	17
Burdock.....	19
Cattail-	21
Catnip.....	23
Chaparral.....	25
Chokecherry	27
Coneflower, Echinacea, Black Eyed Susan - <i>Rudbeckia laciniata</i> , <i>Echinacea</i> <i>spp</i> ,	29
<i>Rudbeckia hirta</i>	29
Cleavers	31
Common Sweet Clover	33
Dandelion.....	35
Dogwood-	37

Elder.....	39
Fir-	41
Gumweed.....	43
Horsetail.....	45
Hounds Tongue.....	47
Mallow.....	49
Maple-.....	51
Mints.....	53
Mullein.....	55
Nettle.....	57
Oak.....	59
Oregon Grape.....	61
Pine	63
Plantain	65
Quaking Aspen	67
Prickly Pear Cactus.....	69
Red Clover	71
Sage.....	73
Spruce	75
St Johns Wort.....	77
Tall Sagebrush/Wormwood	79
Usnea	81
Willow	83

Yarrow	85
Yellow Dock	87
Other Notable First Aid Herbs	88
First Aid Kit-Holly	90
First Aid	93
Special Wounds	96
C.P.R.	98
Fractures	102
First Aid for Burns and Scalds	106
Frostbite	115
Snake Bite	117
Emergency Childbirth	124
Herbal Preparations	127
Herbal First Aid	130
Finding and Sanitizing Water	167
Wild Edibles	178
When and How to Harvest Medicinal Herbs	186
Vitamins and Minerals	190
Bibliography	200

Dedications

Kathy

I would like to dedicate this book to my Savior, Jesus Christ. This book has been written in preparation for His Second Coming.

It is dedicated to my Heavenly Father who inspired me to write it and provided the miracles for the book to be written and published.

I would like to dedicate this book to my husband, Carv Wilson, for taking the pictures, editing the book, and for his patience while I worked. He has been a great support to me.

To my children who are my best friends.

Finally, this book is dedicated to my printer, Judy, at Accu Color Printing, without whom the Herbs to Know books would not be possible. She is one of my miracles.

Holly

I would like to dedicate this book to my dad who always inspires me to learn and be whatever I wanted to be.

To my husband for his patience and encouragement.

Introduction

When I first began writing books on herbs, my dream was to write a book specifically on First Aid. My favorite First Aid book is Kurt King's *Herbs to the Rescue*. It is simple and easy to use. I love the information included in it. However, there are no color pictures. I wanted to write a book similar to Kurt's that would simplify first aid and make it accessible to kids plus have the color pictures which make it easier to identify and read. The best compliment that I have received with my other books, *Herbs to Know*, *Herbs to Know 2*, and *Herbs to Grow* was when a woman said that they were so easy to understand that her 6 year old was able to use them. My hope is to be able to accomplish the same with this book. However, unlike the other books, this one is specific for First-Aid and what you would do in an emergency situation. I included only the plants that are common throughout the different areas and which can be found in the woods. You will notice I have included a lot of trees in this book. The reason for this is that they are easy to identify and they don't tend to migrate like many plants. If I noticed an Oak tree along the trail last year, chances are it will still be there in the years to come. It has been my experience that many plants such as Shepherds Purse, Hounds Tongue, Wild Lettuce, and others can be prevalent one year and rarely be seen the next. With trees, they tend to be more stable and accessible. They also make great First-Aid remedies.

When working with trees, please take the inner bark from the branches and not from the center trunk in

order to not harm it. Trees can live for many years and are best preserved for future use.

Some of the plants I really wanted to include in this book, but which did not meet my criteria are found in my Other Notable Herbs Section after the selection of plants. This book is designed for use in the woods. If we had no other resources, these plants could be used in emergency situations and may be as close as your own backyard.

Although I am a Master Herbalist, I wanted to write this book with someone who had more experience in First Aid. I met Holly while dropping off my books at her house. When she showed me her rabbit that she had set the leg bone on, I knew I had found the other author I was looking for. I told her I needed her part written from the standpoint that no other help may be available and which could be understood by an 11 year old. She wrote the section on First-Aid while I have added the parts on how to use the herbs for it. Her background is amazing. I wish I had even a portion of her knowledge.

My hope is that this book will be a great companion volume to my other three books. I have included several plants that are not included in the other books including Alder, Chaparral, Common Sweet Clover, Fir, Maple, Spruce, and others. Also, the information I have included in this book is specific more for First-Aid while the others books are not. I also have sections on water, First-Aid kits and an expanded section on edible plants. Come what may, if we have these skills, we can survive almost anything.

About the Author-Kathy

I am a Master Herbalist. I got my degree through The Trinity School of Natural Health, a program which has been around for over twenty years and is nationally recognized. I have read numerous books on herbs and their uses. For the past twenty years, I have taken many courses on herbs. I took classes from LaRee Westover through Butterfly Express on herbs and homeopathies which were excellent. It was through LaRee that I met Darcy from the Forest. In her small town of McCall, Idaho, she offers internships to anyone who is willing to come and work and learn more about herbs. I spent time learning to identify more plants, make tinctures, and prepare salves. Darcy is amazing. She is very knowledgeable about herbs, plants, and their medicinal usages.

This year I will celebrate 23 years of marriage with my husband, Carv. For the past sixteen years, I have homeschooled our five kids ranging in age from 9 to 21 years old. Academically I have a Bachelor of Arts degree from Weber State University. I continue to seek out additional learning that can help me to be more effective at helping the body heal itself. I am the author of three other books on herbs including *Herbs to Know*, *Herbs to Know 2*, and *Herbs to Grow*.

About the Author -Holly

I have always been into caring for people. Back in the early 70s I worked at a nursing home and on an ambulance squad. I joined the US Army in the late 70s and was a field medic with a M.A.S.H unit. Since then I have taught survival skills to women and Dutch oven cooking. I have owned and operated a 400 acre goat dairy and hay business, I have been a vet tech, a laboratory animal tech, and I have an associate's degree in Massage Therapy. I am also a Lymphatic Drainage Therapist and a Reiki Master.

I began learning first aid at a rather young age. I have always loved being in nature especially in the woods. When you do this, it is a given that you will get injuries and I learned to take care of things myself rather than run home. If I did that I wouldn't have been able to go back out. These skills became very important to me not just for self-treatment but to help others. I am a helping and caring person and enjoy it when I can help someone feel better or fix a more serious injury. I have a very calming manner and can seem to reassure the people I am trying to help. I can also have the same effect on animals. They understand that I am trying to help them and that helps them to be calm and quiet. I have spent a lifetime learning first aid and still learn new techniques and ancient techniques that work amazingly well!



Alder-*Alnus* spp

Alder is one of the best antibiotics and antimicrobials found in this book. It is also a decent pain reliever containing salicin like Willow and Poplar. According to Robert Dale Rogers in his book *Sacred Trees of the North*, “The leaves are a suitable substitute for plantain in cases of insect bites, bee stings, and assorted thorns, splinters and wilderness nicks and scrapes.” He quotes Kiva Rose, a noted Herbalist as saying, “Alder is a staple of my clinical work and one of my most beloved herbal allies. Its consistent and powerful ability to act as a profound alterative and lymphatic while addressing even the most severe microbial infections...I have repeatedly seen cases of staph I including several confirmed cases of MRSA infection manifesting as repeated outbreaks of boils clear up with the consistent use of Alder tincture.” Per Darcy from the Forest harvest alder cones during late fall or winter months and dry them for Allergies. She tinctures fresh catkins and dried bark for antibiotic activity. Dried bark is powdered and used as a diaphoretic, diarrhea, to stop internal bleeding, sore throats, gout, pain, toothaches. It is the only brood leaf tree that produces cones.

- Antibiotic, analgesic, astringent
- Stops bleeding; Great substitute for Plantain for insect bites, stings, splinters

Parts Used: Cones, Dried inner bark, catkins

Suggested Uses: Powdered inner bark, poultice, tea, tincture, fomentation

Cautions: The fresh bark will cause vomiting and cramping. It is thus good as an emetic.



Alfalfa-*Medicago Sativa*

Alfalfa is known as a cure-all for inflammations including arthritis and rheumatism. The Arabs call it the “Father of Herbs.” It contains Vitamin K which aids blood clotting. The first vitamins in health food stores were made from Alfalfa.

- Richest land source of minerals
- Helps lower blood sugar
- Its enzymes aide with digestion
- Used for anemia
- Used for burns, cuts, bruises
- May help scar tissue from forming
- Blood purifier
- Helps with menopause when combined with Sage
- Natural deodorizer
- Helps the body assimilate protein, calcium and other nutrients
- May help lower blood cholesterol levels
- Anti-inflammatory
- Aids with the Pituitary
- May help increase milk for breastfeeding

Parts Used: Whole plant

Suggested Uses: Tincture, Tea, Capsule, Poultice

Cautions: Contraindicated for those with auto-immune diseases



Arrowleaf Balsamroot-*Balsamorhiza sagittata*

Arrowleaf is great for infections and hard to heal wounds. It has very similar actions to Echinacea. However, it is easier to find in the woods. It is great for any type of infection both inside and out. Arrowleaf stimulates the immune system.

- One of the best immune stimulants
- Anti-bacterial
- Anti-fungal thus great for athlete's foot
- Antiviral
- Laxative; diuretic
- Plant sap topical anesthetic and antiseptic used for wounds, cuts, and bruises
- Aids headaches and stomach aches
- Helps decrease fevers
- Native Americans used it as a poultice for arrow and gunshot wounds
- Root chewed for sore throats and toothaches
- Poultice used for insect bites and swellings
- Poultice used for burns
- Urinary tract infections

Parts Used: Roots gathered during any season; leaves gathered late spring through mid-summer

Suggested Uses: Poultice, tincture, tea

Cautions: Excessive used can cause nausea



Birch-*Betula spp*

When I think of Birch I think of pain relief. It contains salicylic acid which is also found in aspirin.

Historically it has been used for urinary tract issues.

Birch helps the body deal with pain and inflammation of soft-tissue injury such as sprains and bruises as well as laceration and tissue repair at the wound site.

- Potent diuretic and anti-inflammatory
- Has been used to treat UTI, fever, gout, viruses, and lung problems
- Antiviral, anti-tumor, anti-cancer
- Astringent qualities good for skin eruptions and eczema
- Great pain reliever
- Diaphoretic in that it stimulates elimination of toxins through the skin
- Helps both open and closed wounds to heal
- Leaf tea eliminates gravel, and dissolves kidney stones when taken daily for a period of time.
- Leaf salve used for pain from arthritis
- When tinctured in vinegar, has been used to build bones and strengthen immune system

Parts Used and Suggested Uses: leaf, bark, bud, sap; leaves gathered in spring when opened, twigs and branches in spring and autumn; poultice, salve, best tinctured in vinegar; cold infusion diuretic, hot infusion diaphoretic

Cautions: No known contraindications



Burdock-*Arctium lappa*

Burdock is one of the best herbs to help the body detox. Burdock has an amazing ability to remove waste products from cells. It is thus helpful for any type of poisoning. It is thought to be good at eliminating heavy metals. Traditionally Burdock has been used for gout, fevers, and kidney stones.

- Leaves used as poultice for wounds and ulcers as antiseptic and to speed healing
- Tincture of burrs helps tone kidneys and aids kidney and bladder infections
- Diuretic
- Great for food poisoning, Poison Ivy
- May help lower blood sugar
- Helps clear toxicity of liver and lymph
- Helps clear uric acid-great for gout, arthritis
- Has been used for prolapsed uterus
- Helpful for yeast, candida
- Helps balance pituitary and hypothalamus
- Astringent, Antiseptic, Antibiotic
- Aids skin conditions such as eczema, acne, boils, and rashes

Parts Used: Whole Plant

Suggested Uses: Tea, tincture, poultice

Cautions: It is an uterine stimulant so is not to be used in pregnancy; those taking insulin should be careful as it may lower blood sugar too much.



Cattail- *Typha spp*

When I was at an Expo, someone told me that they used the root of Cattail for asthma. They said it was an old pioneer remedy. Cattails have many uses. They are easy to identify and can be found along most stream banks. Cattail root when combined with Gumweed makes an excellent asthma remedy.

- Stops bleeding both internal and external
- The pollen is dusted on the wounds to stop bleeding and accelerate healing
- Benefits blood circulation, helping relieve conditions of blood stagnation as in abdominal and menstrual pains
- Pollen is has been used in treatment of angina
- Antiseptic
- Pain relieving
- Root used as a poultice for infections, stings, and blisters
- Pollen used as dressing for burns
- Leaves taken for stomach cramps
- Poultice made from pounded root for inflammation
- Used for diarrhea and dysentery
- Native Americans used roots for kidney stones

Parts Used: Whole plant

Suggested Uses: Poultice, tea, tincture

Cautions: Recommended not to be used during pregnancy



Catnip-*Nepeta Cataria*

Catnip is best known for its sedative and tranquilizing effect. It is safe to use for children and infants. The plant deters insects such as ants and flea beetles

- Tea or tincture used to relieve mucous congestion
- Produces urination where it has stopped
- Eyewash for allergies, cold, flu
- Cools fevers
- Calms upset stomachs
- Reduces inflammation and swelling of external hemorrhoids
- Anodyne-external pain reliever
- Great for colic and flatulence especially for infants and children
- Helps relieve cold/flu symptoms
- Nerve tonic
- Relieves pain and muscle spasms
- Supports the lungs, liver, and nerves
- Anti-viral, anti-microbial
- Helps relieve diarrhea and vomiting

Parts Used: leaves

Suggested Uses: Tea, tincture, poultice

Cautions: Not used during pregnancy, but encouraged during breast-feeding



Chaparral- *Larrea divaricate*

Chaparral is one of the best first-aid plants around. It is anti-microbial, anti-inflammatory, and is an amazing cell proliferant. Chaparral speeds tissue regrowth while preventing infection and inflammation. Generally it is found in the dry areas of the southwest. For those who have access to it, Chaparral is one of the best plants around.

- One of the best herbal antibiotics
- Pain killer
- Antiseptic, parasitic
- Has been used as a general cure-all
- Cuts, wounds, burns
- Lymphatic healer
- Joint pain, allergies, autoimmune diseases, fevers, influenza, body aches
- Chronic indigestion, cramps, nausea
- Good for sinusitis, bronchitis, mucus congestion
- Preventative of cancer from radiation exposure
- Poison Ivy, insect and snake bites, staph infection, eczema, athletes foot

Parts Used: Leaves, stems

Suggested Uses: Poultice, tincture, tea

Cautions: Excessive doses have caused symptoms of hepatitis



Chokecherry-*Prunus virginiana*

Native Americans and early pioneers often used Chokecherry bark as a flavoring agent. They used the bark to help relax them during labor. It is easy to identify in that the inner bark smells and tastes like cherries. I love the taste of the bark.

- Bark can be powdered and then used to dry up runny sores and open wounds
- Antibiotic; Immune stimulant
- Calms respiratory nerves-great for Asthma
- Relieves headaches
- Calms nerves; sedative; cough reliever
- Relieves pain from headaches and aches from colds and flu
- Calms upset stomachs
- Dissolves kidney stones
- Diarrhea and dysentery; hemorrhoids
- Reduces fevers
- Native Americans used the inner bark for lung hemorrhage, measles, chills, fevers
- Powerful astringent
- Asthma, bronchitis

Parts Used: Inner bark is collected in the fall after fruit has ripened

Suggested Uses: Tea, tincture, powder

Cautions: Seeds are toxic; avoid using leaves internally.



Coneflower, Echinacea, Black Eyed Susan - *Rudbeckia laciniata*, *Echinacea* spp, *Rudbeckia hirta*

According to Michael Moore Coneflower roots were used by some physicians as a substitute for Echinacea with much success. In the woods, I have found that Coneflowers, also called Black-eyed Susan and other Coneflower species, are much more abundant and common in the woods than Echinacea. Coneflower is recommended for birthing contractions when they have slowed or stopped prematurely and when Immortal is unavailable. Echinacea is an immune stimulant with anti-bacterial and anti-viral properties.

- Diuretic; Improves lymphatic drainage
- Cardiac stimulant
- Stimulates immune system
- Antiviral/Antibiotic, Antifungal, Antiseptic
- Snake, spider bites
- Good for cuts, bites, wounds, blood purifier
- Native Americans applied blossoms to burns, decoction of plants taken for heart; Infusion of roots was given to children with worms
- Has been used for sore throats, tonsillitis, chest infections, infections, arthritis, colds/flu, gout, Candida, earaches, Colds/Flu,

Parts Used: Whole plant

Suggested Uses: Tea, Tincture, Poultice

Cautions: Not appropriate for use in pregnancy



Cleavers-*Gallium aparine*

Cleavers is easy to identify. The leaves will stick to you. They are found along riverbanks, in moist woodlands and fields. They are great for most skin conditions. Cleavers is one of the best lymphatic tonics. Cleavers increase the circulation of the lymph through the dilation of capillaries. There is a long tradition of using Cleavers in the treatment of ulcers and tumors. When applied to burns, the crushed flowers reduce inflammation. The whole plant can be taken as a tonic.

- Poison Ivy, itch
- Helps heal wounds, cuts, and burns
- Diuretic, laxative, astringent, anti-inflammatory, tonic
- Helps heal gastric ulcers and inflamed urinary tract tissue
- Antibacterial; has been used for Mono
- Used for kidneys, liver
- Swollen glands-tonsils, adenoids, goiter, thyroid tissues
- Psoriasis, skin conditions, sunburns
- One of the best lymphatic herbs
- Helps eliminate or reduce urinary stones
- Great for urinary conditions with pain

Parts Used: Stems, leaves, flowers

Suggested Uses: Tea, tincture, powdered

Cautions: None



Common Sweet Clover-*Melilotus officinalis*

Sweet clover has been used traditionally to treat headaches, gas, painful urination, colic, diarrhea, painful menstruation, aching muscles and intestinal worm. Externally as a poultice it has been used for swollen joints, inflammation, ulcers, and wounds especially in tender areas around the eyes. Sweet Clover contains coumarin a substance used to prevent blood clotting. Coumarin has also been useful in the treatment of blocked arteries to the heart muscle. Sweet Clover is relaxing and anti-spasmodic. A tea made from the leaves can be used for eye inflammation, stomach pains, and sciatic pain.

- Helps relieve headaches, gas, colic, aching muscles, diarrhea, diuretic as well
- Used by country doctors for seizures
- Great for swollen joints, inflammation
- Helps relieve poor blood circulation, leg cramps and swelling
- Hemorrhoids, varicose veins
- Poultice for wounds; antiseptic, antibacterial

Parts Used: Flowers, leaves

Suggested Uses: Tea, tincture, poultice

Cautions: According to Linda Kershaw in her book *Edible and Medicinal Plants of the Rockies*, “If these plants are allowed to mold, their coumarin becomes dicoumarol, a chemical that can cause uncontrolled bleeding.”



Dandelion-*Taraxacum officinale*

Dandelions are one of the best first aid remedies available. According to Darcy from the Forest, “The plant has an antibacterial action, inhibiting the growth of *Staphylococcus aureus*, pneumococci, meningococci, *Bacillus dysenteriae*, B. Typically the root is the medicine, the leaves have every vitamin and mineral needed for survival, and the flowers have essential fatty acids.”

- Antibiotic; Laxative
- Neutralizes acids in the blood
- Strengthens weak arteries
- Promotes healthy circulation
- Helps reduce blood sugar, thus helpful for Type II Diabetes
- Folk remedy for dissolving urinary stones and gravel
- Stimulates liver to detoxify
- Blood purifier; Pancreatic herb
- Diuretic; great for kidney infections
- Can reduce cholesterol, blood pressure
- Helpful with uric acid for gout
- Salve or poultice makes an excellent dressing for open wounds and scrapes

Parts Used: Whole plant

Suggested Uses: Tea, tincture, capsule

Cautions: Due to the high Potassium content, may interfere with ACE inhibitor medications.



Dogwood- *Cornus spp.*

Dogwood can be found along many streams. Traditionally, it has been used to treat malaria. According to my mountain man friend, Dogwood is far superior to Quaking Aspen or even Willow in its natural aspirin content. The inner bark contains an analgesic, coronic acid and does not contain salicylate, so it is safe for those who are allergic to aspirin, yet still is an effective pain reliever. It can be used for the same maladies that you would use aspirin. Michael Moore compares its use as an “amalgam of Oak bark and aspirin.” As it is not antimicrobial, it is best to use it with herbs that are antibacterial and antiviral to get best results.

- Pain Reliever
- Has an anti-spasmodic effect for asthma
- Excellent for fevers, diarrhea, headaches
- Reduces inflammation and swellings
- Relieves bad menstrual cramps
- Astringent, thus will help stop bleeding
- Strengthens gums and tissues
- Effective for chills and fever from deep wounds that have become infected
- Great for heartburn, acid indigestion

Parts Used: Whole plant; bark is most often used in decoctions; root, flowers and stems can also be used; it is said that the flower is even more effective for malaria

Suggested Uses: Tea, decoction of bark, dried and powdered

Cautions: Large doses can cause stomach upset.



Elder –*Sambucus nigra*

David Hoffman calls the Elder tree a medicine chest. The leaf is used externally only but is great for bruises, sprains, burns, and wounds. The flower is ideal for colds and influenza. It is a wonderful antimicrobial herb especially effective on viruses. It is great for any sinus infections, hay fever, or allergy responses. Elder flower can also help balance blood sugar and is often used in formulas for Type 2 diabetics. The berries have been used for fevers, colds/flu, anti-inflammatory, and antimicrobial. The bark is primarily a diuretic. According to Dr. Jones, as Elder does cause an immune response, it is best not to use once an infection has entered the lungs as it may increase the mucus response. It is a great antiseptic for wounds.

- One of the best Antivirals; Antibacterial
- Leaf used externally for eczema, sores, rashes, burns and wounds
- Inner bark induces vomiting, emptying bowels and has been used for epilepsy
- Flowers help upper respiratory infections such as colds, tonsillitis, laryngitis
- Helpful for rheumatism, gout, arthritis

Parts Used: Flowers and berries, leaves can be used as a poultice or tea externally

Suggested Uses: Tincture, tea

Cautions: Blue and purple berries safe for use. Red elderberries may be toxic. Avoid stem and root.



Fir-*Abies spp*

The pitch of fir was kept as part of Lewis and Clark's medicine kit. Small balls, the size of raisins, were swallowed for coughs, colds, and asthma. The Cree used resin from the bark to treat cuts, burns, and all manner of skin afflictions. Internally it was taken for colds, bronchitis and asthma. The inner bark was used as a tea for chest pains, gastro-intestinal inflammation, and difficult urinary infections. The inner bark and needles are also antiseptic and make a good wash for cleansing wounds. Inner bark was dried, ground, and mixed with flour to help extend it. It is distinguished from other evergreen trees by its friendly flat needles. Balsam Fir is believed to be the first Christmas tree.

- Great cold remedy
- Asthma
- Antiseptic for cuts, wounds, burns, boils and skin problems
- Twigs made into a tea for a laxative effect
- Combined with vegetable oil to relieve joint and muscle pain associated with arthritis, rheumatism, or over exertion
- Traditionally used in cough drops
- Helps rid the system of toxins when used as a diaphoretic

Parts Used: Resin, bark, needles

Suggested Uses: Tea, poultice, tincture, oil infusion

Cautions: None Known



Gumweed-*Gridellia spp*

My daughter has asthma. In the woods, the first herb I would reach for is Gumweed. It relaxes the bronchioles as well as the heart muscle. It also softens and moisturizes the bronchi, increasing mucolytic activity. It is great for dry coughs. For asthma I have heard it combines well with Cattails or with Mullein. Headaches accompanied by dizziness and nausea also benefit from this wonderful herb. It is great for high blood pressure it relaxes the heart muscle. For ear and throat infections Gumweed tincture or tea can be taken. It accelerates wound healing. It is great for Poison Ivy and Poison Oak rashes. Infused oil can relieve painful, sore muscles.

- One of the best herbs for Asthma
- Lung remedy; great for pneumonia and bronchitis
- Clears mucus wherever any may be found
- Relaxes coughs
- Accelerates wound healing
- May lower blood pressure
- Poison Oak and Poison Ivy rashes
- Relieves painful headaches
- Great for colds/flu
- Antiseptic for cuts, wounds

Parts Used: Whole plant

Suggested Uses: Tincture in vodka or ever clear, tea, poultice, salve

Cautions: Lowers blood pressure



Horsetail-*Equisitum spp*

Horsetail is a wonderful herb when it comes to broken bones, damaged or torn connective tissue, or regrowing tooth enamel. Horsetail strengthens the heart and lungs and will remove gravel from the bladder and kidneys. It is high in Silicon, Selenium, and Calcium. It is used to alleviate glandular swelling and pus discharges.

Horsetail when applied externally will stop bleeding and will help heal wounds. It also works well as a poultice for bone and soft-tissue healing. I have found that Horsetail loves company. It is best to combine with other herbs such as Nettles or Dandelion.

- Helps heal broken bones, regrows tooth enamel; combines well with Hounds Tongue
- Kills any bacteria in kidneys and bladder
- Stops bleeding both inside and out
- Astringent for hemorrhoids, bedwetting
- Removes gravel from bladder and kidneys
- Strengthens heart and lungs
- Helps heal wounds, antiseptic
- Repairs damaged or torn connective tissue
- Diuretic; good for rheumatism, arthritis and gout; aids urinary tract and kidneys

Parts Used: Whole plant

Suggested Uses: Tea, poultice; Tincture in vinegar to help build strong bones, glycerin or alcohol tinctures

Cautions: Intermittent use advised as it inhibits the uptake of Vitamin B-1



Hounds Tongue-*Cynoglossum officiale*

Whereas Comfrey can rarely be found in the woods, Hounds Tongue can. Like Comfrey, Hounds Tongue is a cell proliferator in that it accelerates the healing of wounds. It also can help heal broken bones. A strong tea made from the herb and roots can be used as a wash to speed the healing of wounds and external ulcers. The fresh crushed leaves is soothing and relieves pain, making it a great poultice for wilderness first aid when treating cuts, scrapes, and insect bites. It has a sedative effect as well. For Hemorrhoids a salve can be applied externally, while the tea can be drunk internally. Hounds Tongue also works well as an antispasmodic for coughing. I have heard of someone using a Comfrey bath to fight MRSA.

- Best healer of wounds, burns
- Knits bones and accelerates healing
- Great for cuts, scrapes, and insect bites
- Treats coughs, colds, and shortness of breath, irritated membranes, and dysentery, diarrhea

Parts Used: Whole plant

Suggested Uses: Poultice, salve, tea, tincture

Cautions: According to Darcy from the Forest, “Use in moderation; Hound’s Tongue has the potential to harm the liver with heavy use due to pyrrolizidine alkaloids which are toxic when ingested in quantity. These alkaloids interfere with cell division especially affecting the liver.”



Mallow-*Malva neglecta*

Mallow soothes whatever it touches. A poultice of the fresh or dried leaves lessens pain and reduces inflammation. Made into a tea, it is soothing to sore throats and tonsils. When other foods may not be tolerated by the stomach, Mallow often is. It has many of the same uses of Slippery Elm, but is much more common and easy to identify and find. It is great for the bronchioles and lungs, helping to loosen thick mucus. Mallow aids the intestines, soothing inflamed tissues. The seed can be used as a tea or a tincture for urinary irritation, infection, stones, and can soothe constipation. It has been shown to have a hypoglycemic and immune stimulating effect. Increases milk production for moms.

- Used as a poultice to treat cuts, insect bites, boils and infections; Antibiotic, antifungal
- Externally used to reduce swelling, allergic dermatitis, eliminate toxins, and relieve pain of skin irritations and insect bites.
- Used for gastric ulcers, bronchitis, tonsillitis, laryngitis, and bleeding from the lungs
- Heals burns, wounds, inflamed tissues
- Indians used it for broken bones
- Mild diuretic and expectorant, laxative
- When combined with Juniper berries, helps eliminate bladder, kidney stones

Parts Used: Whole plant

Suggested Uses: Tea, tincture, capsule, poultice

Cautions: Do not use during pregnancy



Maple-Acer spp

Maple is perhaps one of the best internal remedies for hemorrhoids according to David Winston as stated in Robert Rogers book *Sacred Trees*. The leaves have been shown to be effective against gram positive and negative bacteria. He goes on to say, "...the bark can be used as a substitute for cramp bark as antispasmodic to treat asthma and dysmenorrhea...,Bark is demulcent and useful in chronic gastritis, irritation of the bladder, eczema and other itching conditions of the skin.

Relaxing alternative." According to

www.pfaf.org/user/Plant.aspx?LatinName=Acer+saccharum,

"In tea made from the inner bark is a blood tonic, diuretic and expectorant. It has been used in the treatment of coughs, diarrhea etc. A compound infusion of the bark has been used as drops in treating blindness. The sap has been used for treating sore eyes. The inner bark has been used as an expectorant and cough remedy," Bark is used to help heal snake bites.

- Blood tonic; Diuretic; Expectorant; Hepatic; Ophthalmic. High in calcium, saponins
- Leaves may have a anti-diabetic potential
- Great Antibiotic, antiviral
- Best internal remedy for Hemorrhoids
- Great for coughs; Asthma

Parts Used: Inner bark, leaves, sap

Suggested Uses: Tea, poultice

Cautions: Some seeds reported to be poisonous.



Mints-*Mentha spp*

For stomach upset, there are few herbs that are as valuable as mints. Each have a square stem and have similar uses. The most popular is Spearmint which is so gentle as to be used by children and in pregnancy for morning sickness. Peppermint is a great remedy for toothache, nausea, colic, gas, headache, insomnia, influenza, fevers, and diarrhea. It relieves pain associated with anxiety and tension. Peppermint is excellent for cleaning and strengthening the entire system, including nerves. It is an effective antiviral suppressing activity of the influenza A virus.

- Analgesic, antibacterial, antifungal, antiviral, antiseptic, antispasmodic, astringent, carminative, febrifuge, nervine
- Natural pain reliever
- Great for headaches, migraines, nausea, stomach ache, sinusitis
- Spearmint safe for morning sickness
- Helps relieve bloating, fevers, colds/flu
- Peppermint can be used to alleviate colic, bloating, constipation, stomach cramps, gas, heartburn and vomiting
- Peppermint is great for toothaches, periodontitis, sinusitis, gingivitis, gum disease, and canker sores

Parts Used: Leaves and flowers

Suggested Uses: Tea, tincture, poultice

Caution: safe; contraindicated for acid reflux



Mullein-*Verbascum Thapsus*

Mullein contains Verabscose which has a healing effect when applied externally to open wounds, sores, and skin conditions. The leaves and flowers act as a mild sedative to the lungs, relaxing bronchial spasms. I have used Mullein in ear formulas infused in oil for painful ear infections. The root is a diuretic and urinary tract astringent. Smoking Mullein Leaves is recommended for asthmatics and for bronchitis. Leaves can be used to dress open wounds and sores. Leaves reduce swelling of lymph glands. It also works great as an expectorant for lungs.

- Best Lung aid and great for earaches
- Relaxing expectorant, bronchodilator, drying to mucous secretions; excellent Anti-viral
- Diuretic and anti-inflammatory for urinary tract; great for bedwetting
- Drawing herb; helps pull infection
- Reduces swelling in glands, mumps; cleanses lymphatic system
- Bruises, frostbite, hemorrhoids, blisters, stomach cramps, digestive disorders
- Pain killer; sleep aid; calms inflamed and irritated nerves,
- Has been used to heal broken bones

Parts Used: Whole plant

Suggested Uses: Tea, tincture, infused oil, poultice

Cautions: None known



Nettle-*Urtica dioica*

Nettle is one of the best alternatives for Cayenne which works so well to improve circulation and stop bleeding. According to David Hoffman, “Used internally as an astringent, nettle will relieve symptoms of hemorrhage anywhere in the body (for example, uterine hemorrhage).” Nettle is also great for hypoglycemia and hyperglycemia. It is rich in nutrients. Nettle strengthens and supports the whole body. They help allergies.

- Stops bleeding internally and externally
- Natural pain reliever, headaches, improves circulation
- Helps the urinary system by relieving fluid retention and kidney stones
- High in Iron thus great for anemia
- Has been used to lower blood pressure
- Helps eczema and other skin conditions
- Excretes uric acid thus great for gout, arthritis
- Helps Allergies-anti-inflammatory, decongestant, Improves circulation
- Nutrient dense, excellent for exhaustion
- Combined with Horsetail for broken bones

Parts Used: Whole plant

Suggested Uses: Tea, tincture

Cautions: Do not eat uncooked Nettles as they can produce kidney damage. Dry or simmer first.



Oak-*Quercus spp*

According to one of my favorite herbalists, Michael Moore, Oak should be placed first on any list of native remedies for hikers and backpackers. All parts of Oak are useful for first aid in inflammations, abrasions, cuts, closing wounds and have an antiseptic affect.

According to Moore, “The bark or twigs is a useful treatment for first-and second-degree burns acting as a binder with the proteins and amino acids of the weeping, burned tissue and rendering them more impervious to bacterial action.”

- Antiseptic, anti-inflammatory, antibacterial, antifungal, anti-diarrhea
- Great for burns
- Helps heal gums, canker sores, sore throats
- Closes wounds, cuts
- Poultice used for poisonous bites
- Helps stop bleeding both internal and external; cools fevers.
- Expels pinworms, increases flow of urine
- Used to remove gall and kidney stones
- Powdered bark used for gangrene
- Native Americans used it for asthma, coughs, bleeding hemorrhoids, muscular pains, intermittent fevers

Parts Used: inner bark, leaves, acorns, galls

Suggested Uses: Poultice, inner bark in tincture, tea

Cautions: High in tannins. Frequent use of high tannin herbs can lead to stomach irritation and kidney stress.



Oregon Grape-*Mahonia spp*

Oregon Grape is one of the best natural antibiotics. Like Goldenseal, it is high in berberines which have been shown to be effective gram negative and gram positive bacteria. I like it for its effect on nausea and the flu. It calms upset stomachs and relieves vomiting. According to some herbalists, it is the best liver medicine in nature.

- Nature's Antibiotic
- Great for hemorrhoids and varicose veins
- Best natural liver medicine
- Helps chronic skin diseases, internal and external
- Eases muscular, bone, and arthritis pain.
- Supports the glandular system
- Promotes the flow of digestive enzymes
- Reduces fevers
- Effective against staph, strep, e-coli
- Lowers blood pressure
- Good for diabetes and hyperglycemia
- Antiseptic for wounds
- Safe for children
- Native Americans used it for hemorrhages
- Relieves nausea and vomiting

Parts Used: Root is typically used: Native Americans also used berries, leaves, and twigs

Suggested Uses: Tea, tincture, powdered root

Cautions: Avoid in hyperthyroid conditions. High doses can cause vomiting; lowers blood pressure



Pine-*Pinus spp.*

In the days before penicillin, sulfa, and other wonderful drugs, Pine nut charcoal was used as the primary wound antiseptic. The fresh resin can be applied directly to scrapes, cuts, skin rashes, swellings, sprains, and open sores for antiseptic effect. The resin will also temporarily deaden toothache pain, filling cavities in decayed teeth. It is great for ulcers as well. The needles, bark and pitch contain alpha-pinene and limonene which are active against influenza A and B. The inner bark has been used as an expectorant for coughs. Fresh Pine needles contain 5 times the amount of Vitamin C as found in lemons. The inner bark is used as a poultice to draw out infections.

- Native Americans used Pine resin to treat sciatic pains or muscle soreness; nausea kidney infections, pneumonia, respiratory aid
- Disinfectant wash for wounds;
- Dental remedy
- Antiseptic for cuts, skin rashes, open sores
- Effective against Flu virus
- Poultice of inner bark used to draw out infections

Parts Used: Resin, needles, inner bark

Suggested Uses: Poultice, tea

Cautions: Needles may irritate weak kidneys; Ponderosa Pine needles contain an abortive factor and thus are not recommended during pregnancy



Plantain-*Plantago spp*

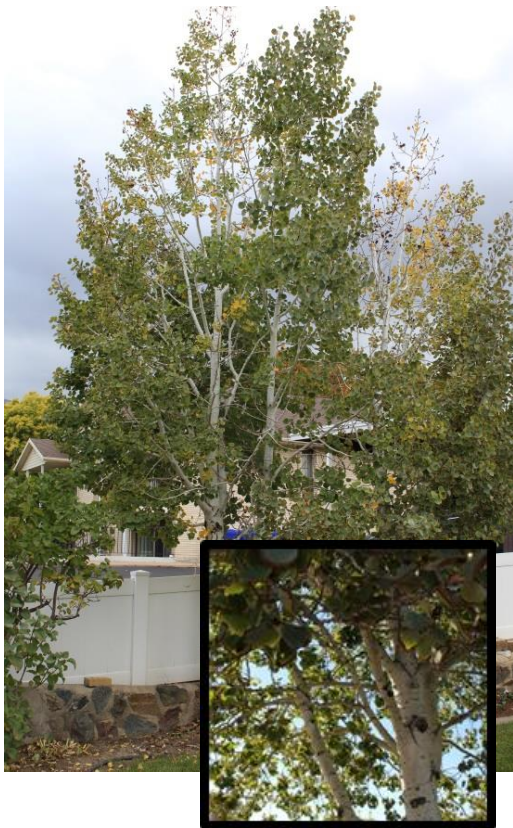
Plantain is also called Nature's Band-Aid. Like Comfrey, it contains Allantoin which is a cell proliferant. Plantain speeds up healing of wounds. It is famous for insect and bite relief. Taken internally it is excellent for the upper respiratory tract, stomach ulcers, acid reflux, sore throats, and infections of the upper respiratory system. It is also a relaxing expectorant. According to Sam Coffman author of *The Herbal Medic* Plantain contains, "Aucubin a very effective hepato-protective compound, on par with or even superior to silybin (see Milk Thistle) in helping the liver and body respond to and recover from toxins...The presence of baicalin in Plantain makes it an excellent adjuvant herb in formulas to deal with bacterial infections—in particular staph and strep bacteria." The root and leaf are good for UTIs. The seeds can be used like psyllium as a strong laxative.

- Pulls out infection, poisons, slivers, glass
- Helps to stop bleeding and hemorrhaging
- Helpful for urinary, kidney and bladder infections and bed wetting
- Neutralizes stomach acids
- Protects and helps heal the liver
- Clears mucous from head, ears and lungs
- Nature's Band-Aid for stings, bites, cuts
- Good for blood poisoning, neutralizes toxins

Parts Used: leaves, root, seeds

Suggested Uses: Poultice, tea, tincture

Cautions: None Known



Quaking Aspen-*Populus spp*

Quaking Aspen is quite common where I live. I have several trees growing in my yard. According to Mathew Wood, “poplar is beneficial in conditions where there is fear, hyper-adrenalism, hyperthyroidism, and over activity of the sympathetic branch. It reduces fever and heat, and establishes grounded-ness and strength in people who are nervous... It stops bleeding, dries and seals the wound, relieves pain, and stimulates regrowth of the damaged tissue.” Poplar is very effective for flare-ups of rheumatoid arthritis. Quaking Aspen stimulates digestion, especially stomach and liver function. As an astringent it is useful for diarrhea. Like Willow, Poplar contains salicin which is found in aspirin. The inner bark contains the highest concentrations and can be used as a tea for headaches, arthritis, and urinary tract swelling. It takes time for the body to break down the salicin into pain relieving salicylic acid, so the affect may not be immediate but is effective.

- Pain reliever; anti-inflammatory, astringent, antiseptic, anodyne, cholagogue
- Speeds regrowth of tissue in wounds especially when combines with rose thorns
- Calms the adrenals; Calms fears
- Helps stop diarrhea; dysentery

Parts Used: Inner bark, leaves

Suggested Uses: Tea, tincture, poultice

Cautions: None known; Safe to use



Prickly Pear Cactus-*Opuntia spp*

Don't let the needles scare you for the Prickly Pear Cactus. They can easily be removed with a couple of rocks and shearing off the outer skin of the pad.

According to Sam Coffman in his book *The Herbal Medic*, the pad is "Very hydrophilic, pulling (drawing) for infections, excellent remedy for 1st and 2nd degree burns, boils and abscesses, even cellulitis...The pad is also used internally to help cope with type 2 diabetes...Prickly pear has been used successfully as a diabetes folk remedy in Mexico for generations...Medicinally, the flower is best used for anything and everything to mucosa that needs healing from illness to injury; Sinus and upper respiratory infections, stomach ulcers, GERD, diverticulitis, UTI's...Finally, Prickly Pear is effective as a water purifier." It is a very valuable first aid remedy.

- Heals illnesses and injuries, burns, infections
- Helps balance blood sugar; diabetes
- Speeds healing of wounds
- Aids respiratory system, asthma

Parts Used: Pad, flower, and fruit

Suggested Uses: According to Sam Coffman, " Prickly Pear flower and pad are best used fresh, or can be dried, juiced, prepared as a cold decoction (tea), infused in honey, glycerin or oil/salve, lozenge, syrup or dried and powdered, encapsulated."

Cautions: Be sure to remove all needles before use.



Red Clover-*Trifolium spp*

Clover tea has been taken to treat coughs, fevers, sore throats, rheumatism and gout. It has an affinity for the glands being used as a remedy for swollen parotids (mumps), salivary gland congestion, lymphatic congestion, and other swollen glands. Like Common Sweet Clover, it thins the blood. According to LaRee Westover author of *Butterfly Miracles*, "Used by itself or with herbs such as comfrey, red clover aids in rebuilding of the cartilage in damaged knees or backs where the discs have been compressed. I have used it with much success for symptoms of asthma and for infections such as colds/flu. Tea made from red-clover flowers has been used as a mild sedative and a treatment for asthma, bronchitis, coughing. Externally it is great for athlete's foot, sores, burns, and ulcers."

- Great for Asthma, bronchitis, colds/flu
- Antibacterial, antifungal, antiviral, antispasmodic, vulnerary, immune stimulant
- Reduces swelling in glands
- Improves circulation
- Externally used for burns, athlete's foot, sores, ulcers,
- Strengthens immune system; Mild sedative
- Aids in the rebuilding of cartilage

Parts Used: leaves, flowers

Suggested Uses: tea, tincture, poultice

Cautions: None known



Sage-*Salvia spp*

According to Michael Moore, “I carry a tincture of it on all field trips, dosing it on any broken skin, rashes, and scratches, applying it to sore gums, and taking it as a first aid for sore throats, skin tineas, urethritis, prostate irritability, and gastritis.” According to Leslie Alexander author of *Dental Herbalism*, “Sage is a profoundly useful antimicrobial herb, and its leaves have been used for centuries to naturally whiten teeth.” It has been used to treat sore throats, tonsillitis, stomatitis, gingivitis, headaches, night sweats, fevers, and upset stomach. Sage is helpful in alleviating mental exhaustion, improves memory, and strengthens the ability to concentrate. It makes an excellent wash for wounds. It is great for dysentery, diarrhea, colds, flu.

- Antispasmodic, astringent, antimicrobial, astringent, digestive aid, immune stimulant, antibacterial, antifungal, antiviral, vulnerary
- Helps sore throats, swollen glands, tonsillitis
- Cools fevers, decreases excessive mucus discharges of the lungs, sinuses, throat and all mucous membranes
- Relieves muscular tension and pain
- Great for insect bites, wounds, bleeding
- Natural deodorant/antiperspirant

Parts Used: Leaf

Suggested Uses: tea, tincture

Cautions: Do not take during pregnancy and while breast feeding. Excessive doses can be toxic.



Spruce-*Picea spp*

The sap or moist inner bark is used in poultices on slivers, sores, and inflammation. According to Linda Kershaw in her book *Edible and Medicinal Plants of the Rockies*, “sap mixed with fat provided salves for treating skin infection, insect bites, chapped hands, cuts, scrapes, burns and rashes. Melted sap was also used as plaster when setting bones. Spruce gum was boiled and taken like cough syrup, to reduce coughs and sore throats.” According to Robert Dale Rogers in *Sacred Trees*, “The pitch or sap can be used on burns and sores and is most effective as part of an ointment, tincture or salve. Spruce gum can be applied directly to wounds, or decocted for a stomachache...The gum when used as a tisane is anti-hypertensive and will reduce blood pressure...Research has found White Spruce to possess anti-microbial activity against E.Coli, Staph, Psudomonas aeruginos, Candida albicans, Aspergillus .”

- May reduce blood pressure
- Reduces coughs and sore throats
- Used for scrapes, burns, rashes, insect bites
- Great for stomachaches
- Antimicrobial, helps relieve pain
- Vapor inhaled for bronchitis

Parts Used: Sap, needles, inner bark

Suggested Uses: poultice, salve, tincture

Cautions: Per Linda Kershaw, “Always use evergreens in moderation. Do not eat the needles or drink teas in high concentrations or with great frequency.”



St Johns Wort-*Hypericum perforatum*

St Johns wort is wonderful for depression. It is a great pain reliever as it calms the nerves. It is also a good antiviral in various studies being active against Epstein Barr, influenza, herpes, polio, viral hepatitis, and H5N1 or the Avian flu. It is also a descent anti-bacterial herb as well. According to Sam Coffman author of *The Herbal Medic*, “St John’s Wort is a mild spasmolytic and is useful for spasmodic pain as well from injury or nerve damage, and throughout the smooth muscle and mucosa of the body: Respiratory (asthma, chronic bronchitis with non-productive cough), urinary tract (neurogenic bladder), digestive tract (anxiety related dyspepsia, digestive colic, IBS) and circulatory system (hypertension)...St John’s Wort is a decent anti-inflammatory externally and internally.”

- Pain reliever; Antidepressant
- Repairs nerve damage
- Calms muscles, cardiac tonic, sleep aid
- Antiviral, Antibacterial, antidiarrheal, antifungal, analgesic
- Helpful for people in a state of shock
- Works well on skin inflammations and burns
- Expectorant for colds
- Can relieve pain of bruises, sciatic, sprains
- Good antibiotic for wounds and scrapes

Parts Used: Leaves, flowers

Suggested Uses: tincture, tea, poultice

Cautions: Safe to use



Tall Sagebrush/Wormwood-*Artemisia spp*

Tall Sagebrush also known as Big Sagebrush can survive a variety of climates. It is as common in Nevada as it is in Northern Idaho. Leaves can be gathered any time of the year. A tea of the leaves makes a great antiseptic wash for cuts, wounds, or sores. The tea can also be used externally as an underarm deodorant. Sagebrush tincture has been used for relieving stomach cramps and indigestion. A poultice of the leaves applied to the forehead will help relieve headaches. As an antifungal, Sagebrush is great for athlete's foot. According to Stephen Buhner, author of *Herbal Antibiotics*, Sagebrush has been found effective against *Kelebsiella pneumonia*, candida, e-coli, staph, MRSA, and strep. For its wide range of medicinal uses Tall Sagebrush and other plants in the *Artemisia* species are easy to identify and use.

- Relieves stomach cramps and indigestion
- Antiseptic for cuts, wounds, and sores
- Helps relieve headaches; reduces fevers
- Great for diaper rash and chafing
- Antifungal, anti-inflammatory, antitumor,
- Antibacterial and antiviral
- Steam inhalant for respiratory problems such as bronchitis and pneumonia
- Helps with Liver problems

Parts Used: leaves, inner bark,

Suggested Uses: Tea (should not be boiled), tincture,

Cautions: Some may be allergic



Usnea-*Usnea spp*

Usnea is one of the best natural antibiotics. It can be found growing on trees including fallen trees. It is easy to identify by the white elastic thread in the center of it. Usnea is slow growing, so when you find it, please use sparingly. Usnea has been found to highly effective against gram positive species including strep, staph, and tuberculosis, especially in the respiratory and urinary tracts. It is also excellent for infected wounds and skin infections. Usnea speeds the healing of wounds, stimulating tissue healing. As a mild diuretic, it helps drain toxins as they are broken down and excreted. It is excellent for lung conditions.

- One of the best antibiotics
- Anti-viral, anti-bacterial, anti-fungal
- Excellent for strep throat
- Antibacterial for open wounds
- Speeds healing of wounds``
- Antibacterial for respiratory , urinary tracts
- Supports and treats the lungs
- Anti-inflammatory
- Great for athlete's foot, ringworm; antifungal
- Helps relax the muscles of the uterus, bronchi, and intestines
- Expectorant for coughs

Parts Used: Whole lichen

Suggested Uses: Tincture in Alcohol, tea, dried and powdered for wounds

Cautions: None known. Safe for children



Willow-Salix spp

Willow is one of the best forms of natural aspirin. It is a really good pain reliever. It can be taken as a remedy for headaches or muscle pain. According to Donald Lepore in his book, *The Ultimate Healing System*, “White Willow bark can alleviate headaches, fevers, neuralgia, and pain in the joints. White Willow bark tea taken internally can soothe kidneys, urethra and bladder irritations. White Willow bark tea taken internally is a helpful remedy for gout, rheumatism, and arthritic pains. White Willow tea is an excellent gargle for throat and tonsil infections. Used externally, Willow bark tea is a strong antiseptic and excellent wash for infected wounds, ulcerations, eczema and all other inflammations. White willow tea can also be used as an eye wash.”

- Natural form of Aspirin; fevers, headaches
- Antiseptic, Astringent, diuretic, febrifuge, analgesic, anti-inflammatory, antipyretic
- Native Americans smoked the inner bark to relieve asthma. Tea used for stomach distress
- Excellent antiseptic for wounds; helps stop bleeding and heals wounds
- Soothes kidney, bladder irritations

Parts Used: Inner bark

Suggested Uses: Tea, tincture, salve, dried and powdered for later use as a poultice

Cautions: Avoid use if allergic to aspirin



Yarrow-*Achillea millefolium*

Yarrow is my favorite herb. Yarrow has been called the Soldier's Wound Wort because it takes care of all the needs a soldier might have. It is an antiseptic and it knits wounds closed. Battle surgeons carried it around as a wound dressing. It is great at fighting infections such as colds or flus. Because it is a drying herb, it is great for head colds and bronchitis as it clears excess mucus from the lungs and the nasal passages. It also good for stomach and intestinal upsets. It helps with skin rashes and chapping. The soldiers used it for athlete's foot and blisters caused by long walks. Taken internally it helps with dysentery and thus diarrhea. It also helps with irritable bowel, reduces menstrual flow, and lowers blood pressure. Yarrow has been used to disinfect water when no other sources were available. It even reduces pain. When chewed the root deadens tooth pain. It is a local anesthetic.

- Wound healer in that it promotes tissue repair
- Both antiviral, antibacterial; Colds/flu
- Helps urinary tract infections
- Used to help stop hemorrhaging
- Helps regulate blood pressure
- Reduces fevers; helps with migraines
- Anti-inflammatory; great for burn

Parts Used: Whole plant

Suggested Uses: Tea, poultice, tincture

Cautions: None known



Yellow Dock-*Rumex crispus*

Yellow Dock is one of the best blood builders in the herb kingdom. Packed with iron, it is one of the best foods to treat anemia. It is best to take Yellow Dock in combination with Dandelion to help better absorb the iron. Yellow Dock improves the function of the liver, kidneys, intestines, and lymph glands. It helps the body eliminate pollutants including radiation poisoning. It has been used to treat constipation, skin diseases, blood diseases, arthritis, and indigestion. It works great for cleansing the liver. Darcy has used it to cleanse the liver after a virus or bacterial infection to help get rid of the toxins from the illness.

- Great for radiation poisoning
- High in iron, works well for anemia; builds blood
- Improves the function of liver, kidneys, intestines, and lymph glands
- Native Americans used a poultice of the root for burns; they also applied it to bruises and swellings
- Treats constipation
- Great for arthritis
- Has been used for hemorrhoids
- Used as a salve or poultice is great for eczema, hives, itchy skin, and scabies

Parts Used: Whole Plant

Suggested Uses: Tea, poultice, tincture

Cautions: Overdoses of the root can cause nausea

Other Notable First Aid Herbs

There are many other herbs that I wanted to include in this book. Many of them can be found in my other books. I know of no other better herb for the heart than *Hawthorn*. However, its use as a first aid herb is limited. *Shepherds Purse* is probably the best plant I know for stopping bleeding both internally and externally. It is especially effective for stopping uterine hemorrhaging. Its season is short, however, as I have only seen it appear every few years. *Cayenne* is another one that I would have loved to include in this book. It is superior for stopping bleeding. It also increases circulation especially for hypothermia and conditions where warmth is needed. *Lobelia* is one of the best antispasmodics, especially for Asthma that I know of. It is also great for pain relief and muscular aches. It is cultivated in gardens and can rarely be seen in the wilderness. *Lemon Balm* is one of the best nervines and is a great anti-viral. Like the others, however, it is not found in the woods. *Lomatium* is the best antiviral there is. It can be found on hillsides. However, it is one of the endangered species and is hard to find. I have had great success with it over the past 20 years and it is one of my favorite herbs. *Wild Lettuce* is one of the best pain relievers. Its seeds have a mild narcotic

affect. However, its use as a first aid herb is limited. *California Poppy* and *Prickly Poppy* can be great pain relievers. They have a sedative and pain relieving affect similar to their relative Poppy which grows in Asia but not as strong. However, it is my understanding that when combined with Alcohol in a tincture, they can be dangerous. They are best used as a tea. Because of their questionable safety, I did not include them in the book.

Another plant I would have liked to include in this book is *Teasel*. Teasel is excellent for Lyme disease, arthritis, and fibromyalgia. More information on Teasel is contained in my other books. *Thistle* seeds help preserve the liver and can help heal it. However, Thistle is very difficult to work with and does not have as many first aid uses. *Aloe Vera* is an excellent first aid herb, but is limited to growing in the South. Many already know of its wonderful affects. *Witch Hazel* is great for first aid, especially as an astringent and antiseptic. However, I have never seen it in the wilderness and seems to be less common.

First Aid Kit-Holly

In a perfect situation, we would have a good kit with us and have an additional surgical kit with suture material but it isn't always a perfect situation. If you find yourself in survival mode here are some suggestions.

- Always have a good knife with you
- Para cord would be nice but vines work well too
- Sanitary napkins and tampons are great for absorbing for larger wounds and puncture wounds. There are other things found in the wild that work too
- Some way to make a fire to sterilize equipment and keep the patient warm: magnesium stick with striker, lighter, metal match etc. If you don't have those there are other ways which I will go into later
- Triangle bandage or large bandana. If you don't have that a shirt will work.
- gauze bandages and Band-Aids. If you find yourself without those spider webs work very well
- If you have a mess kit then you can heat water. If you don't, you can make a container out of cattail leaves that will hold water. Then you can heat the water by placing clean hot stones in it

- Your own knowledge: it is advisable to take a first aid course. Don't discount common sense. Dire need is the mother of invention
- Know how to make a travois. A small person can move a large person using this.
- If you find yourself in a survival situation, take the time to make a suture kit. Hopefully you won't need it but if you do, it is better to have it ready. If you have sewing needles that is a great start but you can't use thread to suture. I will cover this in a separate section.
- A further note on making fire. You can make a fire kit to carry with you. Do this at the first opportunity so you are not trying to gather materials in a stressful situation. Cattail stems are good for a spindle or drill. They grow pretty straight and you can easily use a knife to scrape off any rough spots. They get nice and dry and you can round the end a little after you cut it off the plant. You can use dry cattail tops for a fire bundle. Just pull off some and it will be fluffy. Mix that with other dry tinder like leaves, bark, dry lichen, and other small dry material. You will also have to fashion a board to spin the fire on and this will have to have a notch and divot cut into it so you can get a nice ember. This kit can then be carried and kept dry. Put the spindle into the prepared board and spin it between your hands.

Spitting on your hands helps so you can get more downward pressure. This takes time, don't get discouraged. Once you start getting smoke from the spindle DON'T STOP. You have to go until you have a nice hot ember to transfer to your bundle. Once you do that, blow gently on the ember in the bundle until you have fire. Now you can add small sticks and branches then larger fuel as it gets going.

If you are gathering things to prepare beforehand, these would be nice to have in addition:

- A first aid manual
- Heavy and small scissors
- Large finger nail clippers
- Some kind of container for water

Suturing: You can find good to excellent suture material in the wild. If you can find Yucca, very carefully remove the thorn at the tip of the leaf. If you do this correctly, the fiber will still be attached. Pull slowly and you will have a needle and thread all in one! The other way to make sutures is to save tendons from an animal before you cook it and dry them. Then you can pound them (gently) and separate the fibers. This is wonderful for suturing. Dip this in boiling water to get it clean before use.

First Aid

Wounds

The objective here is to control bleeding and prevent infection. For abrasions, scratches, and small cuts, clean the wound well with water. If you have Neosporin put that on and cover the wound with gauze and tape or band aid depending on the size of the wound. If those are not available, a strip of cloth will do. Once a scab is formed, you can remove the covering.

For deeper cuts and open wounds that are bleeding, control the bleeding first by putting direct pressure on the wound. Using a cloth is better but if there is none available, use your bare hand until something else is available. This is where a sanitary napkin works great. If the blood soaks through DO NOT remove what you are using just add to it and keep providing pressure until blood flow slows then wrap it snugly.

Sometimes a wound will be more serious. If the blood coming from the wound looks like it is pumping, the artery has been cut. This is life threatening. You will have to put pressure to the supplying vessel. In the arm, put pressure on the inside of the arm midway between the elbow and the armpit. This is the brachial artery. You will want to trap the artery between the heel of your hand and the bone. If you are dealing with a leg, You must compress the

femoral artery. This is located just below the groin on the front inner half of the thigh. Using the heel of your hand, press against the pelvic bone. If done correctly, the bleeding should slow almost immediately.

So now what do you do? If you are near where medical help is available, great. Get help but don't release that pressure. If you are in a position of survival you will have to have some help from other people and you will need to release pressure every 5 min for 10 seconds to maintain some oxygen to the limb. While the pressure is maintained clean the wound so you can see better. This is where the suture kit is needed. You will have to find the artery and put at least a couple of stitches in the artery walls to help bring it together. Release pressure slowly and check for leaks. If you need more stitches put pressure back on and put more stitches in. Repeat the process. When that looks good clean the wound again and stitch the muscle and then the skin. This will be rather uncomfortable for the patient so refer to the plant section for analgesics and sedating herbs. I do not recommend using a tourniquet EXCEPT to aid in repairing the artery then it must be removed. If not there is a good chance of losing the limb. It may be necessary if you are alone as an aid but don't leave it on very long and release pressure every 5 to 10 min to keep the limb alive and to check if bleeding has stopped due to the clotting process. You can then pack the wound and wrap snugly to keep pressure where it was bleeding. Keep the patient quiet

for a few days to allow the injury to heal.. Using a tourniquet for 2 hours will result in loss of the limb and will cause shock when it is released.

For head wounds, you can use band aids to make butterfly closures by cutting out a small section on each side. Head wounds are often not as bad as they look at first. There are a lot of small blood vessels in the scalp. Apply pressure to the wound until the bleeding stops and then bandage.

Internal Bleeding

The signs are similar to those of shock and the first aid is the same. Sometimes there is bleeding from the mouth and nose but the bleeding is probably in the lungs, stomach, or skull. Raise the head if there is difficulty breathing. Try to limit vomiting movements. DO NOT give stimulants. If the patient is in shock or unconscious, turn on their side, with head and chest lower than hips to prevent aspiration of fluid into the lungs.

Special Wounds

Infected wounds

Keep the patient quiet and resting, immobilize the affected part. Use a poultice to draw out the infection. Refer to the plant section for what to use.

Gunshot Wounds

Fracture and internal organ injury must be considered in these cases. If the chest is penetrated, bandage snugly over the skin injury to prevent air exchange. If the patient has trouble breathing, the lung may have been punctured and must be reinflated. The wound will probably be bubbling and you need to act quickly. You will need something like a plastic bag and tape or other adhesive. You will want to tape down three sides of the plastic. This will allow the plastic to seal the wound when a breath is taken and for built up air to escape when the patient exhales.

Shock

Traumatic shock associated with injury such as burns, wounds, or fractures. Signs of shock are:

- weakness
- skin that is pale, moist, and cooler than normal

- perspiration around lips, forehead, palms, and armpits
- nausea and/or vomiting
- thirst
- fast pulse but may be weak or not detectable
- accelerated breathing

These signs may take a bit to manifest especially with severe bleeding so watch the patient. It sometimes takes an hour or so for these symptoms to occur so treat all the seriously injured for shock. These actions can prevent or diminish shock.

- Keep the patient lying down. It helps with blood flow. The only exception to this is difficulty breathing. Then elevate the head and chest.
- Elevate the feet 8-12 inches. This should NOT be done if there is a head injury, breathing difficulty, or if it causes pain.
- If possible, put a blanket under the patient. It helps for moving and is more comfortable. You can cover the patient if it is cold but not enough to cause sweating, just to retain body heat.
- You can give fluids EXCEPT when the patient is unconscious, partly conscious, nauseated, has a penetrating abdominal

wound, or faces surgery. Just give water that is neither hot nor cold. DO NOT give alcohol and go slow.

- If medical attention is unavailable you can add ½ tsp each salt and baking soda per quart of water and give at 15 min intervals

C.P.R.

I would recommend that everyone take a training course in CPR. The techniques keep changing. Before doing compressions make sure there is no pulse.

Opening the airway

When the victim is not breathing use the Head-Tilt/Chin Lift method

- shake the victim by touching the shoulder and shout “can you hear me?”
- If the victim does not or cannot respond, place one hand on the forehead
- Place two fingers of the other hand under the chin and tilt the jaw upward while tilting the head back slightly
- LOOK for chest rise
- LISTEN for air exchange
- FEEL for abdominal movement

If the victim does not start breathing,

- Lay the patient on their back and kneel next to their neck and shoulders
- Place the heel of one hand on the center of the patient's chest
- Place the heel of your other hand over the first and lace fingers together.
- Keep your elbows straight and align your shoulders directly over your hands
- Begin compression:
- As hard as possible
- At least 100x/minute

Allow the chest to rise fully between compressions.

TIP: Give compressions to the beat of disco hit
“Stayin’ Alive”!

CPR for younger children and infants

- Tilt the head back a bit and lift chin to open the airway and check for breathing.
- If there's no breathing, give either of these two rescue breaths:
- Child: Pinch the nose shut and make a complete seal over their mouth
- Infant: Make a complete seal over their mouth and nose.

- Blow in for one second, so the chest visibly rises and repeat this once.
- Give 30 chest compressions (100x/minute):
- Child: Push with one or two hands about two inches deep
- Infant: Push with two to three fingers about 1.5 inches deep.
- Repeat these steps three to four times.

CPR for animals

For Animals under 10kg/22lbs:

- Use the one-handed technique, wrapping the hand over sternum and chest.
- Give 30 chest compressions (100-120x/minute).
- Allow the chest to fully recoil between compressions.
- Give two mouth-to-snout rescue breaths after each set of compressions (30:2).

For Medium to Giant Dogs:

- Position the animal on its side.
- Use the two-handed technique, placing your hands over the widest part of the chest.

For Deep, Narrow-Chested Dogs Like Greyhounds:

- Use the two-handed technique, placing your hands directly over the heart.

For Barrel-Chested Dogs Like English Bulldogs:

- Place animal on its back and use the same positioning and technique as for adult humans Whether you perform CPR on an adult, child, infant, or pets, DO NOT STOP unless:
- The patient starts breathing
- An EMS or another citizen responder takes over
- An AED is ready to use
- The scene becomes unsafe
- You are physically incapable of continuing

Fractures

A fracture is a break or crack in the bone and needs to be treated by a doctor. If you think your child has a broken bone, follow the first aid instructions below.

First Aid

- **Shoulder or arm:** Use a sling made of a triangular piece of cloth. A cold pack may help.
- **Leg:** Use padded boards, pillows, or newspapers to splint the fracture. Don't permit any weight to be put on the leg. A cold pack may help.
- **Neck:** Protect the neck from any turning or bending. Do not move until a neck brace or spine board has been applied.

A further note. If you are in a survival situation you must set the bone. This is not an easy process and takes patience and strength. When a bone breaks the muscle contracts and bunches up. You will have to pull the affected limb slowly and evenly to stretch the muscle to be able to align the bones, then gently release the pull. It is not like in the movies! This is best accomplished with two people; one to hold the affected limb still and the other to apply the traction to stretch the limb and align the bones. Then you can make a cast with birch bark or any other white barked tree. Cut a

piece of the bark about the size you need. Measure it to the patient then soak it in water until it is pliable. Then you can mold it around the limb and allow it to dry. This should work pretty well when nothing else is available. Fractures- For broken ribs the only thing you can do is to wrap the body snugly to support the ribs from the outside. For fingers or toes you can tape the broken digit to an unbroken one to act as a splint.

Sprains

Sprains are stretches or tears of ligaments (bands of tissue that connect one bone to another). They are caused by sudden twisting injuries and require medical attention (unless they are very mild). Knees and ankles are often sprained.

First Aid

- Immediately wrap the injured area with an elastic bandage and put ice on the injury to reduce bleeding, swelling, and pain.
- While some mild sprains can be cared for at home, most injuries to ligaments need to be checked by your healthcare provider.

First Aid

Treat most sports injuries with R.I.C.E. (rest, ice, compression, and elevation) for the first 24 to 48 hours.

- Apply compression with a snug, elastic bandage for 48 hours. Numbness, tingling, or increased pain means the bandage is too tight.
- Apply a cold pack or crushed ice in a plastic bag for 20 minutes. Avoid frostbite. Repeat every hour for 4 hours.
- Give acetaminophen or ibuprofen as needed for pain relief. Continue for at least 48 hours.
- Keep injured ankle or knee elevated and at rest for 24 hours. After 24 hours, allow any activity that doesn't cause pain.
- After 48 hours, you can use a heating pad for 10 minutes a few times per day to help absorb the blood.

STRAINS

Strains are stretches, pulls, or tears of muscles. They are usually caused by overexertion (for example, when several muscles hurt after a strenuous practice, athletic game, or long hike). Most muscle injuries can be cared for safely at home.

First Aid

- Put an ice bag or cold pack on the area for 20 minutes. Repeat this 3 to 4 times the first day.
- Give acetaminophen or ibuprofen for at least 48 hours.
- If stiffness continues after 48 hours, have your child soak in a hot bath. If the pain is in one particular area, use a heating pad or hot compresses. Apply heat for 10 minutes 3 times a day until it improves.

Do some stretching exercises and return to exercise gradually.

First Aid for Burns and Scalds

You need to treat these injuries as soon as possible to lessen the damage to the skin. You may also have to use these techniques on yourself or another person who has been burned.

First aid for burns

Follow the advice below to treat burns and scalds:

- Stop the burning process as soon as possible. This may mean removing the person from the area, dousing flames with water or smothering flames with a blanket. Do not put yourself at risk of getting burnt as well.
- Remove any clothing or jewelry near the burnt area of skin. However, don't try to remove anything that is stuck to the burnt skin because this could cause more damage.
- Cool the burn with cool or lukewarm water for 10 to 30 minutes, ideally within 20 minutes of the injury occurring. Never use ice, iced water or any creams or greasy substances such as butter.
- Keep yourself or the person warm. Use a blanket or layers of clothing, but avoid putting them on the injured area. Keeping warm will prevent hypothermia, where a person's body temperature drops below 35°C

(95°F). This is a risk if you are cooling a large burned area, particularly in young children and elderly people.

- Cover the burn with cling film. Put the cling film in a layer over the burn, rather than wrapping it around a limb. A clean clear plastic bag can be used for burns on your hand.
- Treat the pain from a burn with Ibuprofen. Always check the manufacturer's instructions when using over-the-counter (OTC) medication. Children under 16 years of age should not be given aspirin.

When to go to hospital

Once you have taken these steps, you will need to decide whether further medical treatment is necessary. Go to a hospital for:

- large or deep burns – any burn bigger than the affected person's hand
- full thickness burns of all sizes – these burns cause white or charred skin
- partial thickness burns on the face, hands, arms, feet, legs or genitals – these are burns that cause blisters
- all chemical and electrical burns

Also get medical help straight away if the person with the burn:

- has other injuries that need treating
- is going into shock – signs include cold clammy skin, sweating, rapid shallow breathing and weakness or dizziness
- is pregnant
- is over 60 years of age
- is under five years of age
- has a medical condition such as heart, lung or liver disease, or diabetes
- has a weakened immune system (the body's defense system)

If someone has breathed in smoke or fumes, they should also seek medical attention. Some symptoms may be delayed and can include coughing, a sore throat, difficulty breathing, singed nasal hair or facial burns.

Chemical burns

Chemical burns can be very damaging and require immediate medical attention.

If possible, find out what chemical caused the burn. If you are helping someone else, wear appropriate protective clothing, then:

- remove any clothing on the person that has the chemical on it

- if the chemical is dry, brush it off their skin
- use running water to remove any traces of the chemical from the burnt area

Sunburn

In cases of sunburn, follow the advice below:

- If you notice any signs of sunburn, such as hot, red and painful skin, move into the shade or preferably inside.
- Take a cool bath or shower to cool down the burnt area of skin.
- Apply after-sun lotion to the affected area to moisturize, cool and soothe it. Do not use greasy or oily products.
- If you have any pain, ibuprofen should help relieve it. Always read the manufacturer's instructions and do not give aspirin to children under 16 years of age.
- Stay hydrated by drinking plenty of water.
- Watch out for signs of heat exhaustion or heat stroke, where the temperature inside your body rises to 37-40°C (98.6-104°F) or above. Symptoms include dizziness, a rapid pulse or vomiting.

If a person with heat exhaustion is taken to a cool place quickly, given water to drink and has their clothing loosened, they should start to feel better within

half an hour. If they don't, they could develop heatstroke. This is a medical emergency.

Heat exhaustion or heatstroke can develop quickly over a few minutes, or gradually over several hours or days.

Signs of heat exhaustion can include:

- tiredness and weakness
- feeling faint or dizzy
- a decrease in blood pressure
- a headache
- muscle cramps
- feeling and being sick
- heavy sweating
- intense thirst
- a fast pulse
- urinating less often and having much darker urine than usual

If left untreated, more severe symptoms of heatstroke can develop, including confusion, disorientation, seizures, and a loss of consciousness.

What to do

If you notice that someone has signs of heat exhaustion, you should:

- get them to lie down in a cool place – such as a room with air conditioning or somewhere in the shade

- remove any unnecessary clothing to expose as much of their skin as possible
- cool their skin –use whatever you have available, such as a cool, wet sponge or flannel, cold packs around the neck and armpits, or wrap them in a cool, wet sheet
- fan their skin while it's moist – this will help the water to evaporate, which will help their skin cool down
- get them to drink fluids – this should ideally be water, fruit juice or a rehydration drink, such as a sports drink

Stay with the person until they're feeling better. Most people should start to recover within 30 minutes.

If the person is unconscious, you should follow the steps above and place the person in the recovery position until help arrives (see below). If they have a seizure, move nearby objects out of the way to prevent injury.

- the person doesn't respond to the above treatment within 30 minutes, the person has severe symptoms, such as a loss of consciousness, confusion or seizures

Continue with the treatment outlined above until the ambulance arrives or they are feeling better.

Who's most at risk?

Anyone can develop heat exhaustion or heatstroke during a heat wave or while doing heavy exercise in hot weather. However, some people are at a higher risk.

These include:

- elderly people
- babies and young children
- people with a long-term health condition, such as diabetes or a heart or lung condition
- people who are already ill and dehydrated (for example, from gastroenteritis)
- people doing strenuous exercise for long periods, such as military soldiers, athletes, hikers and manual workers

You're more likely to experience problems if you are dehydrated, there is little breeze or ventilation, or you are wearing tight, restrictive clothing.

Certain medications can also increase your risk of developing heat exhaustion or heatstroke, including diuretics, antihistamines, beta-blockers, antipsychotics and recreational drugs, such as amphetamines and ecstasy.

How to prevent heat exhaustion and heatstroke:

Heat exhaustion and heatstroke can often be prevented by taking sensible precautions when it's very hot.

During the summer, check for heat wave warnings, so you are aware when there is potential danger. Stay out of the heat.

- Keep out of the sun between 11am and 3pm.
- If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat and light scarf.
- Avoid extreme physical exertion.
- Wear light, loose-fitting cotton clothes.
- Cool yourself down
- Have plenty of cold drinks, and avoid excess alcohol, caffeine and hot drinks.
- Eat cold foods, particularly salads and fruit with a high water content.
- Take a cool shower or bath.
- Sprinkle water over your skin or clothing, or keep a damp cloth on the back of your neck.

If you're not urinating frequently or your urine is dark, it's a sign that you are becoming dehydrated and need to drink more.

Keep your environment cool:

- Keep windows and curtains that are exposed to the sun closed during the day, but open windows at night when the temperature has dropped.
- If possible, move into a cooler room, especially for sleeping.
- Electric fans may provide some relief.
- Turn off non-essential lights and electrical equipment, as they generate heat.
- Keep indoor plants and bowls of water in the house, as these can cool the air.

Look out for others

- Keep an eye on isolated, elderly, ill or very young people and make sure they are able to keep cool.
- Ensure that babies, children or elderly people are not left alone in stationary cars.
- Check on elderly or sick neighbours, family or friends every day during a heatwave.

Frostbite

When exposed to very cold temperatures, skin and underlying tissues may freeze, resulting in frostbite. The areas most likely to be affected by frostbite are your fingers toes, nose, ears, cheeks and chin.

If your skin pales or turns red and is very cold, hard or waxy looking, you may have frostbite. You may also experience a prickling feeling or numbness. With severe or deep frostbite, you may experience blistering and pain.

You can treat very mild frostbite (frostnip) with first-aid measures. All other frostbite requires medical attention. First-aid steps for frostbite are as follows:

- Check for hypothermia. Get emergency medical help if you suspect hypothermia. Signs and symptoms of hypothermia include intense shivering, slurred speech, drowsiness and loss of coordination.
- Protect your skin from further exposure. If you are outside, warm frostbitten hands by tucking them into your armpits. Protect your face, nose or ears by covering the area with dry, gloved hands. Don't rub the affected area and never rub snow on frostbitten skin.
- Get out of the cold. Once you are indoors, remove wet clothes.

- Gently rewarm frostbitten areas. Soak hands or feet in warm water — 99 to 108 F (37 to 42 C) — for 15 to 30 minutes. If a thermometer isn't available, test the water by placing an uninjured hand or elbow in it — it should feel very warm — not hot.
- Don't rewarm frostbitten skin with direct heat, such as a stove, heat lamp, fireplace or heating pad. This can cause burns.
- If there's any chance the affected areas will freeze again, don't thaw them. If they are already thawed, wrap them up so that they don't refreeze.
- Take pain medicine. If you are in pain, take over-the-counter ibuprofen (Advil, Motrin IB, others) to reduce pain and inflammation.
- Don't walk on frostbitten feet or toes if possible. This further damages the tissue.
- Know what to expect as skin thaws. If the skin turns red and you feel tingling and burning as it warms, normal blood flow is returning. But seek emergency medical attention if the numbness or pain remains during warming or if blisters develop.

Snake Bite

Most North American snakes aren't dangerous to humans. Some exceptions include the rattlesnake, coral snake, water moccasin and copperhead. Their bites can be life-threatening. Many bites are "dry" meaning there was no venom injected. Snake bites that cause burning pain right away probably have venom in them.

If you are bitten by a venomous snake, call 911 or your local emergency number immediately, especially if the area changes color, begins to swell or is painful. Many hospitals stock antivenin drugs, which may help you.

If possible, take these steps while waiting for medical help:

- Remain calm and move beyond the snake's striking distance.
- Remove jewelry and tight clothing before you start to swell.
- Position yourself, if possible, so that the bite is at or below the level of your heart.
- Allow the bite to bleed for 15-30 seconds before cleaning the wound, but don't flush it with water. Cover it with a clean, dry dressing.

Caution

- Don't use a tourniquet or apply ice.
- Don't cut the wound or attempt to remove the venom unless you are more than one hour from help.
- Don't drink caffeine or alcohol, which could speed the rate at which your body absorbs venom.
- Don't try to capture the snake. Try to remember its color and shape so that you can describe it, which will help in your treatment. Remember, a snake can still deliver venom after it has been decapitated.

Venomous snakes in North America

Of the venomous snakes found in North America, all but the coral snake have slit-like eyes and are known as pit vipers. Their heads are triangular, with a depression (pit) midway between the eye and nostril on either side of the head.

Other characteristics are unique to certain venomous snakes:

- Rattlesnakes rattle by shaking the rings at the end of their tails.
- Water moccasins' mouths have a white, cottony lining.

- Coral snakes have red, yellow and black rings along the length of their bodies. If the red and yellow rings are next to each other it is poisonous. If there is a stip of black between it is not harmful. It is a King snake.

Snake Bite Symptoms

- Bloody wound discharge
- Fang marks or swelling at wound
- Extreme localized pain
- Diarrhea
- Burning sensation
- Excessive sweating
- Fever
- Rapid heart rate
- Weakness of body
- Loss of muscle coordination
- Blurred vision
- Dizziness
- Nausea and vomiting
- Numbness or tingling
- Convulsions
- Fainting

Seek Medical Attention

Call 911 or your local emergency number immediately if someone has been bitten by a snake. If treated correctly, most bite victims will not have serious injuries. However, medical support needs to know the correct anti-venom to use as this is the only treatment. Attempt to identify the snake or remember its appearance in order to let the hospital or poison control know what type of anti-venom is needed.

You may also call the National Poison Control Center at 1-800-222-1222. The center can be called from anywhere in the United States. This national hotline number will let you talk to experts in any kind of poisoning. You may call them with any questions regarding prevention or treatment. This national number is connected to all the local poison control centers. It does NOT need to be an emergency to call the National Poison Control Center – you may call them for any reason 24 hours a day, 7 days a week.

Far From Medical Treatment

The only effective treatment for a snake bite is antivenin from a medical facility. No matter how far from civilization and cell or radio service you might be, you must still transport the bite victim to the nearest medical help. If this is more than 1 hour away, follow

the previously listed first aid instructions along with some additional recommendations.

First, tightly wrap a bandage 2 – 4 inches above the wound to slow the venom's spread. Be careful not to cut off all blood flow, however, as this could damage the affected limb. One finger should be able to slide underneath the bandage. Never apply tourniquets or constricting bands. In addition, do not administer any pain medications.

While removing venom through suction devices was once the standard procedure, *research suggests* that it can waste valuable time and may not be efficient. Some studies have shown that these devices do not remove a substantial amount of toxin and can damage sensitive tissue. Despite this, if you plan to backpack in areas that are several hours or days from medical facilities, having such *snake bite kits* is recommended. If medical help will not be available for more than 1 hour, the use of a suction device or kit is recommended.

The Don'ts of Snake Bites

- Don't apply a suction device or use a snake bite kit if the victim is 1 hour from medical help. Instead, contact medical help and focus on following the first aid instructions listed above.

- Don't use your mouth to extract venom.
- Don't allow the victim to engage in strenuous physical activity. If necessary, carry the person to safety. Otherwise, have them hike out slowly without their pack so they are not over-exerted.
- Don't apply a tourniquet. Restricting superficial blood flow does keep the venom from spreading, which you want to avoid. Concentrated venom will rapidly destroy cells. Allowing it to spread will dilute the toxin and reduce tissue damage.
- Don't apply a cold pack. Cold reduces healthy circulation to the infected area and can result in the loss of limbs. Some experts also believe snake venom increases vulnerability to frostbite.
- Don't let the snake bite victim eat or drink anything, including medication and alcohol, unless Okayed by medical staff.
- Don't cut across the bite marks. Because snake fangs are curved, the pocket of venom will not be where expected and will probably have already spread. In addition, many snake bites are considered to be dry, or where there was no toxin released into the victim. Cutting into a dry bite may increase the risk of

infection in the area by having an open wound.

- Don't try to capture the snake. Unless the snake is dead, do not waste time attempting to capture the snake. Instead, remember the color, markings, and shape in order to report to facilitate faster treatment.

Fish Hooks

It happens. Everyone eventually gets a hook in their finger. The best way to remove it is push the hook all the way through so the barb comes out of the skin. cut off the barb with wire nippers, which you should have in your tackle box anyway. If you don't have that, use some other means to cut the hook. Then you can pull the shaft out. Clean it well and bandage.

Emergency Childbirth

Historically, women who faced child birth, also faced complications which could not be dealt with properly and as a result 1 in 4 women did not survive. I don't like those odds so I wanted to try to improve things by including this section.

You may find yourself having to care for a pregnant woman so what are the signs of pregnancy?

- cessation of menstruation
- tender breasts
- nausea and vomiting
- the nipple area may become darker
- fatigue
- frequent urination
- backache

These signs will not all happen at once but will be progressive throughout the pregnancy. So when is the baby due? Pregnancy in humans is 280 days or 40 weeks so to get the due date subtract 3 months and add seven days to the first day of the last period.

Keep in mind that 10% of pregnancies end in miscarriage. If this happens keep a close eye on the patient as she could develop a uterine infection. Signs of this are:

- fever
- foul discharge for the vagina

You will need to give antibiotics. See the herbal section for suggestions.

If there is no access to a midwife, you will have to deliver the baby when he/ she decides it is time to greet the world! The first thing you need to do is wash your hands when the contractions are coming fast and hard. If you have gloves use them but you may not so keep things as clean as possible. Tuck a clean sheet or cloth under the mother's buttocks and put another clean cloth or towel on the mother's stomach to place the baby on once it is delivered. As labor progresses, the baby will move down the birth canal and soon you will see the baby's head. This is called crowning. Sometimes the water will not break, so at this point you can put some pressure on the membrane and it should rupture. Doing this may help things along.

At this point, to make more space use two fingers along the edge of the vagina between the anus and the vagina and being gentle move your fingers side to side. This will help to stretch the area and give baby more room. Encourage the mother to bear down or push with each contraction. Once the baby's head is out, you may find the cord is wrapped around the neck. If it is not too tight you can slip the cord over the head. If it is tight, you may want to double tie the cord and cut it between

the ties. The mother needs to stop pushing so you can do this.

Now you can gently hold each side of the baby's head and gently apply traction straight down to help the top shoulder move out of the birth canal. Once the shoulders are out the baby should slide out easily. Put the baby immediately on the mother's tummy and clean out the nose and mouth. The baby should start to cry. Rubbing the back or tapping the bottom of the feet should stimulate crying too. Dry the baby and wrap it up so it doesn't get cold. Now you can clamp or tie the cord 2 inches apart and cut between the ties.

The placenta is next. It should deliver by itself in a few minutes. Don't pull on the cord to "help" it. It could tear and cause more bleeding and you would have to insert your hand into the uterus to extract the rest of it. It is traumatic to the mother to do this. When the placenta is almost out the mother can push to help it come the rest of the way. Examine the placenta once it is delivered to make sure it looks whole and not torn. If a portion remains the uterus you may have to go in and get it.

The uterus will contract naturally to control bleeding but sometimes it gets tired from delivery. If this happens, gentle massage of the belly will get it firm again. You may have to do this several times during the first 24 hours after delivery. Getting the baby to suckle also helps to contract the uterus. Now you have successfully assisted in delivering a healthy baby!

Herbal Preparations

Before I begin the Herbal First Aid section on how to use the herbs, some basic knowledge of how to prepare herbs is needed. My other books contain information on how to tincture and ways to use herbs in the world now as we know it. This section only gives methods that would be available in the wilderness in backpacking or survival situations. For further information please refer to my other books. Much of what I use Herbal Preparations comes from Kurt King's book *Herbs to the Rescue*.

Teas

There are two different types of teas. One is an *infusion* made from the flowers, leaves, or fruits of plants. The herbs may be whole, cut or powdered. They also may be fresh or dried. According to Kurt King, "Bring to a boil 1 or more cups of water and add 1tbsp. fresh herb or 1 teaspoon dried herb to each cup of water. Remove from heat and let steep 10-20 minutes. (For extra strength, steep longer.) Strain and add honey to sweeten if desired. Remember, never boil your herbs." There are some herbs whose medicinal value can be lost with heat. A cold infusion is made by pouring cold water over the same ratio of herbs to water and then letting it steep for longer depending on

how strong you would like your tea. Cold infusions may be used for strong smelling herbs such as mints or sagebrush. In most cases and for the scope of this book, when I refer to tea, I will be referring to the hot infusion. For stronger tea add more herbs.

The other type of tea is called a *decoction*. Decoctions are made from the bark, nuts, inner bark, or roots of trees and herbs. According to Kurt King, “Bring to a boil 1 or more cups of water. Add 2 tbsp. cut up root or bark to each cup of water. Gently boil for 5-10 minutes, then remove from heat and let steep 25-35 minutes. Strain and repeat the process with the same herbs. Add both liquids together and add honey to sweeten, if desired. “ The difference between an infusion and a decoction is that roots and barks need exposure to heat longer in order to extract their medicinal qualities. Once the herbs have been strained, use the tea within 72 hours of preparation.

Poultice

One of the most important ways to use herbs externally is by making a poultice out of them. One way of making a poultice is by simply chewing on a leaf or inner bark of the herb and applying it directly to the area affected. According to Kurt King, “A poultice can be made by heating fresh or dried herbs in some

water and straining, placing the herbs in a natural cloth and securing with a a piece of plastic and tape over desired area. Or a poultice can be made by chewing, bruising or chopping fresh herbs and placing them directly on skin or placing in a wet, natural cloth and securing with a piece of plastic and tape over desired area.”

Fomentations:

A fomentation is made by soaking a towel in a tea and then applying directly to the affected area. A fomentation is like using a hot or cold compress with the herbal tea being used to accelerate healing.

Herbal Oil

In my other books I include information on how to salves. Again, this book presupposes that you are in a survival or back packing situation. Herbal oil can be made by adding the herb to the fat of or grease left behind after cooking meat (tallow). They are much like salves. Cover desired amount of herbs with the fat. Gently warm on low heat for 1 hour stirring occasionally being careful not to burn. Strain herbs and place in container for future use. Olive Oil, Coconut oil, Almond Oil, or even vegetable oil could also be used.

Herbal First Aid

This section presupposes that you are in the woods and that help is not available for a time. So many of the herbal First-Aid books come from the standpoint that tinctures and herbal formulas are available. This section is designed for when the only thing you have access to is plants themselves. As I stated in the beginning of the book, my favorite book on First Aid is *Herbs to the Rescue* by Kurt King. His book is simple and easy to understand. I am following a similar format that he used, however I have included different plants which I believe to be more accessible and prevalent in most wilderness situations. The other book on First Aid that I love is *The Herbal Medic* by Sam Coffman. It is excellent. I have quoted from both books throughout this one.

Holly's First Aid section on First Aid which precedes this one is designed to give the detail information on how to set bones and what to do in emergency situations. This just adds what herbs will help accelerate healing, avoid infection, and how to use the herbs contained in this book.

ALLERGIES

Drink Nettle, Mullein, or Elder berry tea 2-4 cups a day

ANEMIA

The best herb for anemia is Yellow Dock. However it needs to be combined with Dandelion, Nettles, or Alfalfa to get the mineral content. Drink Dandelion Root, Yellow Dock, or Nettles teas 3-4 times a day. Yarrow would also be helpful as it helps build the blood.

ANXIETY

Drink Horsetail combined with Nettles tea. Catnip, Mints, or St John's Wort teas could also be beneficial. Drink 3-4 cups per day.

ASTHMA

Drink Chokecherry, St John's Wort, Red Clover, Nettles, Maple, Oak, Prickly Pear Cactus or Mullein tea 2-3 cups per day. Sagebrush and other aromatic plants can be inhaled to help open up breathing passages. Red Clover tea can be taken as a preventative. Sage, Sagebrush, and Mints can be inhaled to help open up bronchial passage ways. Gumweed, Maple, Prickly Pear Cactus, Dogwood and Chokecherry have an

antispasmodic effect relaxing bronchial muscles and help open up airways. Gumweed leaves and flowers combined with Cattail roots is an excellent remedy for Asthma.

ATHLETE'S FOOT

Drink 2-3 cups of Nettle or Yarrow tea. Soak feet in antifungal herbal teas including Sage, Sagebrush, and Oregon Grape. Herbal Oil of said herbs could also be applied.

BLADDER/KIDNEY INFECTIONS

Drink Horsetail and Nettle tea combination 3 cups per day. You could also take Cleavers, Willow, Usnea, Fir or Yarrow tea.

BLEEDING/HEMORRAGING

Any of the astringent herbs could be used to stop bleeding. A poultice can be applied directly to the wound for external bleeding while tea could be taken internal bleeding. Herbs that stop bleeding include Yarrow, Nettle, Oak, Horsetail, Plantain, and Sage. Although not included in this book because of their availability in the woods, Shepherds Purse and Cayenne are two of the best herbs for stopping bleeding.

BLISTERS/BOILS

Freshly picked Plantain, Mullein, or Yarrow leaves in shoes to prevent blisters. Apply the same herbs to blisters if they develop.

BLOOD PRESSURE (HIGH OR LOW)

Yarrow is my favorite herb for regulating Blood Pressure. Gum Weed, Spruce, Oregon Grape Root will help lower blood pressure. Although not included in this book both Cayenne and Shepherds Purse are two of the best herbs for regulating Blood Pressure both high and low. Tea is taken internally 2-3 cups per day.

BLOODY NOSE

According to Kurt King, “Put pressure on both sides of nose with cold compress. If it doesn’t stop within 5 minutes, moisten a piece of cotton or gauze with water and dip it into Cayenne powder and stuff it into nose.” Yarrow could also be used. The same herbs for stopping bleeding can be used for stopping a bloody nose. The teas of Yarrow, Nettle, Oak, Horsetail, Plantain, and Sage can be taken until the bleeding stops.

BREASTS

(Sore, Swollen, Infected) Hot Hounds Tongue or Yarrow compresses for sore or swollen breasts. Mallow or Marshmallow Root tea will increase milk supply. Alfalfa, Horsetail, and Nettles can also be drunk to enrich milk.

BROKEN BONES

As indicated in Holly's First-aid section, set bone and splint, wrap with gauze. Birch bark can be used for a cast. Apply Hounds Tongue and Horsetail poultice or tea externally to area of the break to help speed healing. Internally drink Horsetail, Nettles, Alfalfa tea 2-3 cups per day to help knit bones. Oak, Birch, Mullein, Dandelion can also be taken internally. For pain, drink St John's Wort, Dogwood, Poplar, Maple, Willow, or Catnip teas can be taken. Although I have not included them in this book, California Poppy, Prickly Poppy, Mint or Wild Lettuce as teas or poultice can also be taken. These herbs also have a sedative effect to calm nerves. These herbs can be especially beneficial for the pain associated with setting the bone.

BRONCHIAL DISORDERS/PNEUMONIA

Externally Apply Mint, Mullein, Usnea, Gumweed, Fir, Spruce, Sage, Sagebrush, or Pine as a Poultice or Tea to the area of the lungs to inhale and help break up mucous and help ease breathing.

Internally Drink Yarrow, Oregon Grape, Usnea, Gumweed, Fir, Spruce, Sage, Peppermint, Catnip Mallow, or Plantain to reduce mucous and fight infection. Avoid immune stimulant herbs as may increase mucous.

BRUISES AND CONTUSIONS

Apply Plantain, Oak, Mullein, St John's Wort or Hounds Tongue Poultice over the bruise. Although not included in this book, Arnica flower is the best herb I know of for reducing bruises as well as swelling.

BURNS

According to Kurt King for Grease burns, "Remove all grease from burn with soap and water. Submerged burned area in cold water, or burns that cannot be submerged in water cover wet, cold towels changing frequently...For chemical flush the burned area many times with tepid water for as long as 15-20 minutes.

..For Minor submerge the burned area immediately in cold water or apply cold, wet towels.” Use Yarrow, Mullein, Hounds Tongue, Plantain, Horsetail, Cleavers, Prickly Pear Cactus, Spruce, Mallow, or St Johns Wort as a poultice. Drink the same herbs with the exception of Hounds Tongue as a tea 3-4 cups a day. Follow the instructions in the First-Aid section of this book for further information. It is important to watch burns for infection. The herbs can help keep from getting infected and accelerate healing.

For pain, drink St John’s Wort, Dogwood, Poplar, Maple, Willow, or Catnip teas can be taken. Although I have not included them in this book, California Poppy, Prickly Poppy, Mint or Wild Lettuce as teas or poultice can also be used.

COLDS/FLU

Drink Nettle, Horsetail, Yarrow, Oregon Grape, Usnea, St Johns Wort, Elder, Catnip, Sage, or Red Clover teas to help fight infection. Drink 3-4 cups of tea per day while symptoms persist

COLIC

Drink Catnip, Mint, or Mallow tea 2 cups per day.

COUGHING

Drink Plantain, Gumweed, Maple, Mallow, Oak, Chokecherry, or Mullein tea 3-4 cups per day while coughing persists. Sage, Pine, Sagebrush herbs can be inhaled to help open passages.

CRAMPS

For Menstrual cramps drink Yarrow, Horsetail, St John's Wort, Mullein, or Dogwood teas. For Muscle Cramps drink Horsetail, Nettle, or St John's Wort teas. For Stomach Cramps drink Catnip, Spruce, Oregon Grape, St John's Wort, or Mallow teas.

CUTS/WOUNDS

If bleeding, apply pressure. Use Yarrow, Hounds Tongue, Nettle, Oak, Horsetail, and Plantain, Willow, or Sage poultice to help stop bleeding. If available, bandage with butterfly bandages if wound is deep. Plantain is "nature's bandage" and can be used in place of bandage. Yarrow could also be used in a similar manner. Make sure cut is clean of all foreign matter before bandaging. Use antiseptic herbs in combination with vulnerary herbs to avoid infection. Watch for any sign of infection. Watch for infection. If infection

does appear, take antibiotic herbs including Yarrow, Sage, Sagebrush, Usnea, Oregon Grape, Elder, Plantain, Willow, Spruce, Mallow, and/or Gumweed and Alder internally as a tea 3-4 cups per day or as a poultice changed often.

DIAPER RASH

Apply dried Mallow root powder, Plantain leaves, or dried Poplar inner bark poultice to rash. A fomentation of Plantain can also be used. The mother should drink Horsetail and Nettle tea, 2-3 cups a day, if nursing

DIARRHEA/DYSENTARY

Drink Yarrow, Catnip, Mallow or Mint teas to help stop Diarrhea. The inner barks of Poplar, Birch, and Dogwood can also be made into a decoction and used.

EAR

Mullein is one of the best herbs for ears. A hot fomentation can be used over the ear to ease discomfort. A Yarrow poultice over the ear may help as well. Internally, antibiotic herbs such as Oregon Grape, Usnea, or Elder can be taken as teas if ears

become infected. Herbs such as Dogwood, St John's Wort, or Willow may be taken to help reduce pain.

EYE COMPLAINTS

Pine makes an excellent wash for eye complaints.

Willow also makes an excellent wash. Yarrow fomentation applied over the eyes at night can also be helpful. Drink Yarrow tea 2-3 cups per day to help as well.

FEMALE DISORDERS

Drink Yarrow tea, 2-3 cups a day. For excessive bleeding, drink Yarrow, Horsetail, or Shepherd's Purse tea. For Cramps, drink Catnip, Spruce, and Mullein, Dogwood, or St John's Wort tea.

FEVER

Drink Yarrow, Nettle, Oregon Grape, Sage, Elder flower, Birch, Poplar, Willow, Dogwood, or Oak teas until fever breaks.

FROSTBITE

Apply Mullein tea or poultice to affected area. Drink warm Mullein or Nettle tea internally as well. Do not warm extremities before body core is warmed first.

GANGRENE

According to Kurt King, “Burns from fire or acid, frostbites that are not properly cared for, and any wound that becomes stagnant with waste matter in the system can turn into gangrene. Mortification or death to the soft tissues sets in with the failure of the local blood supply. The inflammation or drying tissues are bluish or black in color, and yellow or black spotting with dry gangrene, when the circulation is very poor. People with poor circulation or who have blood that is not clean, run a greater risk of getting gangrene...Soak the affected area with Marshmallow root tea, as hot as the person can tolerate. Use a poultice or fomentation of Oregon Grape Root, Marshmallow, Mallow, Plantain, Nettle, Horse tail, Oak or Poplar bark. Keep person calm, warm, and well nourished. Cleanse the colon with Catnip tea enema. Drink 1 cup Nettle tea first thing in the morning. Also drink Yarrow, Nettle, Plantain, Shepherd’s Purse tea, 4-8 cups a day.”

GLANDS

Drink Yarrow, Oregon Grape, Red Clover, Sage, or Plantain tea. Apply poultice of Plantain, Mullein, or Cleaver leaves.

GUMS/TOOTHACHES

For toothaches, chew on Yarrow root to numb the pain. Barks of Oak, Poplar, Dogwood, and Birch can also help. Peppermint can be applied to the area inflamed. Drink Horsetail, Oregon Grape, Plantain, Peppermint, Red Clover, Sage, Mallow, or Willow tea as well.

HEADACHE

Drink Yarrow tea 2-3 cups per day. You can also drink Nettle, Catnip, Mullein, Willow, Dogwood, Gumweed, Mint, Common Sweet Clover or St John's Wort to help relieve pain. A fomentation or poultice of Gumweed or Mint can be applied to the head to give further relief.

HEART

The best herb for the heart is Hawthorn. The berries or the leaves can be made into a tea and taken internally. Rose can also be drunk as a tea and is said to help heal

the emotional heart. Nettle, Horsetail, Alfalfa, Red Clover tea is drunk 3-4 cups per day.

HEMORRHOIDS

Drink Yarrow, Dandelion, Peppermint, Yellow Dock, Mullein, Horsetail, or Plantain tea 2-4 cups per day. Inner barks of Oak, Poplar, or Birch as a decoction can help as well. Apply any of the above herbs as a fomentation to the afflicted area for further pain relief.

HYPOTHERMIA

Drink Nettles tea and if available Cayenne to help warm up the body. According to Kurt King, "In all cases of hypothermia, the body core temperature must be warmed as quickly and safely as possible (Direct body contact, warm baths, warm drinks, etc. are all recommended methods). Do not warm extremities before body core is warmed first! Keep victim in adequate shelter, away from wind and elements. Make sure they are dry and comfortable."

INDIGESTION

Drink Nettle, Catnip, Dandelion, and/or Alfalfa tea 3-4 cups per day.

INFECTIONS

Drink Plantain, Gumweed, Yarrow, Elder, Oregon Grape, Usnea tea 2-3 cups per day. Cover area with a poultice of Yarrow, Sage, Sagebrush, Usnea, Oregon Grape, Elder, Plantain, Willow, Spruce, Mallow, and/or Gumweed.

INSECT BITES/STINGS

Apply Plantain, Yarrow, Echinacea, and/or Spruce poultice to area of bite. Drink the same herbs as a tea. Plantain is my first choice with bites or things as it is wonderful at removing toxins from the body. If the skin becomes extremely red and swollen quickly there is a chance that the insect or bee may have left a bacteria with the bite/sting and a condition called cellulitis may occur. In those cases, if medical help is not available, antibacterial herbs such as Oregon Grape, Yarrow, Usnea, Echinacea, Mallow, Pine, Sage, St John's Wort, or Wormwood should both be applied to area affected and drunk as a tea internally. Cellulitis can be a very serious condition that has at times ended in death and should not be taken lightly. For Snakebites see Holly's section on First-aid. Apply Echinacea,

Plantain, St John's Wort, and/or Yarrow to bite. Take said herbs internally as well in a tea.

POISON IVY, OAK & SUMAC

Wash the area either with soap and water or an herbal tea. Make sure affected clothing is removed. Apply Gumweed, Plantain, Yarrow, Mallow, or Mullein poultice or fomentation to the affected area. Drink Plantain, Nettles, Yarrow, Catnip, and/or Gumweed tea 3-4 cups per day.

RADIATION POISONING

If available, take Black Walnut tincture which is high in Potassium Iodine to protect thyroid. Black Walnut leaf tea can also be drunk. Yellow Dock, Wormwood, Nettle, and/or Yarrow tea could also be taken internally 4-6 cups per day.

RASHES, SKIN PROBLEMS ECZEMA

Drink Plantain, Yarrow, Dandelion, Mullein, Peppermint, Echinacea, and/or Yellow Dock tea. Wash affected area with Plantain, Pine, or Spruce tea.

SPLINTER

Apply Pine, Spruce or Fir sap to help pull out the splinter and then apply Plantain or other antiseptic herbs to avoid infection.

SPRAINS

Drink Nettle, Alfalfa, Yarrow, Horsetail tea, 3-4 cups per day. Apply Hounds Tongue, Mullein, Horsetail poultice over affected area.

THROAT (INFECTION, SORE)

Drink Burdock, Echinacea, Elderberry, Gumweed, Horsetail, Plantain, Sage, Usnea, or Wormwood teas. Gargle with any of the said herbs would also be helpful. For sore throat pain gargle or drink Dogwood, St John's Wort, Willow, or other pain relieving herbs

VOMITING/NAUSEA

Oregon Grape, Mint, Spruce, Sage, St John's Wort tea are all helpful for relieving nausea and vomiting. According to Kurt King, however, "Vomiting should be induced when it is necessary to empty the stomach, or cleanse the stomach of poison or toxins in case of fevers, nausea, food poisoning, being bitten by mad

dogs, poisonous snakes, or poisonous insects. Also, if tetanus is setting in, to get all toxins out of the body, an enema should also be used.” In cases of the stomach flu, I have found great success using Oregon Grape or Mints to calm the stomach and fight infection. Antispasmodic herbs such as Catnip, Spruce, Gumweed, Maple, St John’s Wort, or Mallow are also helpful for reducing stomach cramps.

WORMS

Drink Wormwood, Sage, or Nettle tea 3-6 cups per day.

The following is a more general list of conditions with herbs from all of my books:

Acid Indigestion/Reflux: Amaranth, Angelica, Calendula, Mints, Oregano, Stevia, Licorice, Plantain, Slippery Elm

Adrenals: Parsley, Safflower

ADHD: Alfalfa, Catnip, Lemon Balm, Mallow, Plantain, St John’s Wort

Allergies: Brigham Tea, Chamomile, Elderberry, Milk Thistle, Alfalfa, Burdock, Dandelion, Gumweed,

Horsetail, Mullein, Nettles, Raw Honey, Plantain, Alder

Anemia: Black Strap Molasses, Dandelion Root, Nettles, Red Clover, Yellow Dock, Feverfew, Pennyroyal, Peppermint

Antifungal: Arrowleaf Balsamroot, Purslane, Usnea, Argula, Chamomile, chives, Garlic, Mints, Nasturtium, Stevia, Thyme, Sage, Sagebrush (*Artemisia* spp), Black Walnut

Antiseptic: Brigham Tea, Cattail, Elderberry, Flax, Poplar, Quaking Aspen, Purslane, Serviceberry, Sagebrush, Usnea, Uva Ursa, Willow, Hops, Horehound, Lavender, Nasturtium, Oak, Stevia

Antibiotic: Alder, Arrowleaf Balsamroot, Catnip, Chamomile, Dyer's Woad, Echinacea, Elderberry, Juniper, Licorice, Lomatium, Mallow, Mountain Ash, Pine, Prickly Pear Cactus, Sage, Sagebrush, St John's Wort, Usnea, Uva Ursi, Wild Lettuce, and Yarrow

Anti-inflammatory: Birch, Brigham Tea, Buffalo Berry, Chicory, Fireweed, Flaxseed, Poplar, Quaking Aspen, Prickly Pear Cactus, Sagebrush, Thistle, Milk Thistle, Wild Rose, Willow, Teasel, Yucca, Calendula, Cleavers, Feverfew, Horehound, Wild Yam, Sage, Borage, Fennel, Cleavers, Licorice, Witch Hazel, Mallow, Chamomile, Comfrey, Hounds Tongue, Mullein,

Antimicrobial: Angelica, Basil, Calendula, Chamomile, Coriander, Cleavers, Hops, Oregano, Peppermint, Sage, Southernwood, Wormwood, Yarrow, Garlic, Cayenne, St John's Wort, Juniper, Plantain, Sage, Usnea, Thyme

Antispasmodic: (Calms muscles) Calendula, Chamomile, Anise, Caraway, Dill, Hops, Horehound, Lavender, Lobelia, Peppermint, Skullcap, Spearmint, Rosemary, Sage, Wild Yam, Maple, Cramp bark, Chokecherry, Catnip, Wild Lettuce, Elder, Feverfew, Red Clover, Mullein, California Poppy,

Antitumor/cancer: Birch, Dyer's Woad, Fireweed, Thistle, Violet, Almond, Angelica, Argula, chickweed, Chives, Cleavers, Fennel, Feverfew, Saffron, Sorrel

Antiviral: Arrowleaf Balsamroot, Catnip, Chamomile, Dyer's Woad, Echinacea, **Elderberry**, Juniper, Lemon Balm, Licorice, Lomatium, Mallow, Oregon Grape, Pine, Plantain, Prickly Pear Cactus, Sagebrush, St John's Wort, Thistle, Usnea, Wild Rose, and Yarrow, Angelica, Basil, Garlic, Peppermint, Oregano, Rosemary, Thyme, Black Walnut

Arthritis/Gout: Birch, Bringham Tea, Chicory, Elderberry, Uva Ursi, Willow, Yucca, Basil, Bay, Chickweed, Chives, Fennel, Feverfew, Hyssop, Lemongrass, Rosemary, Southernwood, Wormwood, Thyme, Wild Yam Alfalfa, Burdock, Comfrey, Dandelion, Echinacea, Elderberry, Juniper, Mallow,

Nettles, Shepherds Purse, St John's Wort, Teasel,
Willow

Note: A fomentation or poultice can be applied to the inflamed area for pain relief and to reduce swelling. The herbs should also be taken orally in order to reduce the uric acid.

Astringent (Stop bleeding inside and out): Yarrow, Shepherd's purse, Horsetail, Witch Hazel, Plantain, Chokecherry, Oak, Raspberry, Sage, Comfrey, Mullein

Asthma: Brigham Tea, Catnip, Chokecherry, Mallow, Poplar, Quaking Aspen, Prickly Pear Cactus, Purslane, Sumac, Wild Lettuce, Elderberry, Gumweed, Lomatium, Mullein, Nettle, Red Clover, Slippery Elm, Almond, Angelica, Calendula, Cattail, Lobelia, Chamomile, Chickweed, Anise, Fennel, Thyme, Horehound, Hyssop, Lavender, Mints, Parsley, Sage, Maple

Athlete's Foot: Arrowleaf Balsamroot, Nettle or Yarrow tea, Sage, Sagebrush, and Oregon Grape.

Back Problems/Pain: Chamomile, Pineapple Weed, Poplars, Willow, Chamomile, Pineapple Weed, Poplars, Cayenne, Comfrey, St John's Wort, Willow, Yarrow

Bandage: Buffalo Berry, Usnea, Plantain, Prickly Pear Cactus

Bedwetting: Poplar, Quaking Aspen, Sumac, Uva Ursi, Lemongrass, Parsley, Thyme

Bleeding: Cattail, Fireweed, Mountain Ash, Willow, Yucca, lemongrass, Oak, Witch Hazel, Cayenne, Comfrey, Hounds Tongue, Nettle, Plantain, Shepherds Purse, Yarrow

Blisters: Cattail, Flaxseed, Plantain, Mullein, Yarrow

Blood Purifier: Amaranth, Birch, Brigham Tea, Salsify, Burdock, Dandelion, Echinacea, Nettle, Oregon Grape, Red Clover, Yarrow, Cleavers, Parsley (blood builder), Lobelia, Sorrel

Blood Pressure: Buffalo Berry, Purslane, Prickly Pear Cactus, Thistle, Violet, Wild Rose, Salsify, Yucca, Argula, Feverfew, Chives, Garlic, Horehound, Hyssop, Oak, Parsley, Rosemary, Stevia, Black Walnut, Cayenne, Hawthorn, Nettle, Oregon Grape, Shepherds Purse, Yarrow

Brain: Flaxseed, Purslane, Almond, Basil, Coriander, Fennel, Feverfew, Rosemary, Sage

Broken Bones: Birch, Mallow, Yucca, Hounds Tongue, Almond, Angelica, Oak, Stevia, Comfrey, Horsetail, Nettle, Mullein

Note: Apply herbs externally as a poultice and take horsetail and nettles internally to help knit bones.

Bronchitis: Brigham Tea, Buffalo Berry, Catnip, Chokecherry, Elderberry, Mallow, Poplar, Quaking Aspen, Prickly Pear Cactus, Sagebrush, Salsify, Usnea, Violet, Elderberry, Gumseed, Horsetail, Lomatium, Mullein, Pine, Plantain, Red Clover, Sage, Slippery Elm, Angelica, Calendula, Chamomile, Chickweed, Garlic, Hyssop, Lavender, Lungwort, Marshmallow, Nasturtium, Mints, Thyme, Peppermint, Sagebrush, Wormwood

Note: Take herbs orally and also apply a poultice or fomentation of herbs externally to the chest for faster results. A salve could also be used.

Burns: Cattail, Flax, Mallow, Poplar, Quaking Aspen, Prickly Pear Cactus, Wild Rose, Comfrey, Hounds Tongue, Horsetail, Mullein, Nettles, Oak, Poplar, Plantain, Slippery Elm, St Johns Wort, Yarrow, Almond, Aloe Vera, Calendula, Lavender, Witch Hazel

Candida/Yeast: Usnea, Calendula, Oregano, Peppermint, Stevia, Black Walnut, Burdock, Echinacea, Juniper

Catarrh/Congestion: Brigham Tea, Mallow, Salsify, Elderberry, Gumweed, Juniper, Mallow, Mullein, Peppermint, Pine, Plantain, Red Clover, Slippery Elm, Basil, Coriander, Garlic, Hyssop, Lungwort, Marshmallow, Oregano, Thyme

Cholesterol (reduce): Prickly Pear Cactus, Wild Rose, Salsify, Yucca, Dandelion, Bay, Fennel, Garlic, Lemongrass

Chronic Fatigue/Mono/Epstein Bar: Amaranth, Licorice, Lomatium, Oregon Grape, Purslane, Cleavers, Stevia

Circulation: Elderberry, Milk Thistle, Wild Lettuce, Yucca, Angelica, Garlic, Rosemary, Witch Hazel, Cayenne, Dandelion, Elderberry (flowers), Hawthorn, Nettles, Peppermint, Shepherds Purse

Colic: Chamomile, Catnip, Elderberry, Mountain Ash, Pineapple Weed, Raspberry, Thimbleberry, Fennel, Bay, Calendula, Coriander, Dill, Hops, Lavender, Mints, Oregano, Thyme, Wild Yam, Mallow, Slippery Elm

Colds/Flu: Amaranth, Arrowleaf Balsamroot, Chamomile, Catnip, Chokecherry, Elderberry, Flaxseed, Mountain Ash, Pineapple Weed, Raspberry, Salsify, Thimbleberry, Sumac, Usnea, Cayenne, Echinacea, Gumweed, Juniper, Licorice, Lomatium, Mullein, Oregon Grape, Peppermint, Pine, Plantain, Red Clover, Sweet Clover, St Johns Wort, Wormwood, Yarrow, Angelica, Basil, Calendula, Chamomile, Coriander, Fennel, Feverfew, Garlic, Hops, Horehound, Hyssop, Lemongrass, Lungwort, Marshmallow, Mints, Nasturtium, Oregano, Sage, Stevia, Thyme

Constipation: Buffalo Berry, Chamomile, Mallow, Pineapple Weed, Raspberry, Thimbleberry, Black Walnut, Nettle, Oregon Grape, Red Raspberry, Slippery Elm, Yarrow, Almond, Aloe Vera, Fennel, Southernwood, Wormwood

Coughs: Arrowleaf Balsamroot, Chokecherry, Flaxseed, Poplar, Quaking Aspen, Salsify, Violet, Wild Lettuce, Basil, Borage, Chamomile, Anise, Fennel, Garlic, Hops, Hyssop, Lavender, Parsley, Thyme, Chokecherry, Comfrey, Hounds Tongue, Gumweed, Elder flower, Licorice, Mullein, Peppermint, Pine, Fir, Spruce, Plantain, Red Clover, Slippery Elm, St Johns Wort

Cuts/Wounds: Arrowleaf Balsamroot, Buffalo Berry, Cattail, Elderberry, Fireweed, Flax, Mallow, Prickly Pear Cactus, Serviceberry, Sagebrush, Usnea, Wild Rose, Willow, Yucca, Cayenne, Comfrey, Hounds Tongue, Echinacea, Lomatium, Oak, Pine, Plantain, Poplar, Sage, Slippery Elm, Yarrow, Aloe Vera, Argula, Calendula, Chickweed, Horehound, Hyssop, Lavender, Lemongrass, Lungwort, Oak, Rosemary, Sage, Southernwood, Wormwood, Stevia, Thyme

Dental (Herbs for the Mouth) : Arnica, Barberry, Barley, Bee balm, Calendula, Cardamom, Cayenne, Chamomile, Cinnamon, Clove, Echinacea, Fennel, Goldenseal, Hops, Kava, Lavender, Lemon Balm, Marshmallow, Milky oats, Myrrh, Neem, Oak, Orange

peel, Peppermint, Plantain, Prickly Ash, Propolis, Red Clover, Red Raspberry leaf, Rose hips, Rosemary, Sage, Salt, Skullcap, Slippery Elm, Stevia, Thyme, Turmeric, Willow, Wintergreen, Yarrow (Herbs taken from the book *Dental Herbalism* by Leslie M. Alexander and Linda A. Straub-Bruce)

Depression: Chamomile, Catnip, Pineapple Weed, Prickly Pear Cactus, Purslane, Milk Thistle, Wild Rose, Basil, Borage, Lavender, Rosemary, Catnip, Dandelion, Horsetail, Lemon Balm, Nettle, Plantain, St Joh's Wort, Wormwood

Diabetes: See hyperglycemia

Diarrhea: Alder, Amaranth, Birch, Chamomile, Catnip, Cattail, Chokecherry, Fireweed, Mountain Ash, Pineapple Weed, Poplar, Prickly Pear Cactus, Quaking Aspen, Purslane, Raspberry, Thimbleberry, Serviceberry, Sumac, Wild Rose, Fennel, Licorice, Lemon balm, Plantain, Raspberry leaf, Slippery Elm, Oak, Yarrow, Aloe Vera, Feverfew, Horehound, Lemongrass, Lungwort, Mints, oak, Thyme, Witch Hazel

Digestive Aid: Buffalo Berry, Chamomile, Catnip, Chokecherry, Mallow, Pineapple Weed, Prickly Pear Cactus, Purslane, Salsify, Usnea, Aloe Vera, Angelica, Arugula, bay, Chamomile, Caraway, Anise, Dill Fennel, French Tarragon, Garlic, Hyssop, Lemongrass,

Spearmint, Peppermint, Marshmallow, Parsley, Rosemary, Southernwood, Wormwood, Thyme, Catnip, Cayenne, Dandelion, Fennel, Mullein, Peppermint, Plantain

Dislocated Joints: Bay, Lemongrass,

Diuretic: Brigham Tea, Cattail, Elderberry, Mallow, Prickly Pear Cactus, Purslane, Alfalfa, Burdock, Dandelion, Elder Flower, Hawthorn, Horsetail, Juniper, Mallow, Mullein, Nettle, Argula, Cleavers, Fennel, Hops, Nasturtium, Parsley, Sorrel, Wild Yam

Dysentery: Birch, Catnip, Cattail, Mountain Ash, Purslane, Serviceberry, Sumac, Garlic, Lungwort, Peppermint, Black Walnut, Nettles, Sage, Yarrow

Earache: Gumweed, Mullein, Shepherds Purse, St John's Wort, Almond, Bay, Cleavers, Feverfew, Garlic, Thyme,

Endocrine System: Chamomile, Pineapple Weed, Raspberry, Thimbleberry, Milk Thistle, Alfalfa, Black Walnut, Dandelion, Echinacea, Licorice, Mullein, Oregon Grape, Yarrow, Borage, Cleavers, Lemongrass, Parsley

Exhaustion: Amaranth, Nettles, Alfalfa, Borage, Parsley, Cayenne, Licorice, Oregon Grape, Peppermint

Expectorant: Angelica, Anise, Dill, Caraway, Fennel, Garlic, Horehound, Lungwort, Mints, Nasturtium, Oregano, Parsley, Chokecherry

Eye Disorders: Pine (eyewash), Pineapple Weed, Wild Rose, Parsley

Female Problems: Chamomile (balances hormones), Elderberry and Red Clover (Hot Flashes), Fireweed (stops bleeding) Raspberry, Alfalfa, Licorice, Nettles, Oregon Grape, Puncture Vine, Shepherds Purse (Excess bleeding), St John's Wort (painful cramps), Red Raspberry, Sage, Wormwood, Yarrow, Angelica, Sage, Wild Yam, Witch Hazel (Stops bleeding)

Fever: Birch, Brigham Tea, Catnip, Chokecherry, Mountain Ash, Poplar, Quaking Aspen, Raspberry, Thimbleberry, Sumac, Sagebrush, Wild Rose, Willow, Aloe Vera, Angelica, Borage, Horehound, Hyssop, Lemongrass, Peppermint, Oregano, Sage, Safflower, Sorrel, Elderberry, Licorice, Oregon Grape, Oak, Peppermint, Pine, Willow, Yarrow

Fungus: Arrowleaf Balsamroot, Juniper, Peppermint, St John's Wort,

Giardia (Gastrointestinal Parasites): Black Walnut, Burdock, Chicory, Wormwood,

Gall Bladder: Chicory, Salsify, Teasel, Yucca, Nettle, Mullein, Oregon Grape, Red Clover, Calendula, Chamomile, Southernwood, Wormwood

Gallstones: Almond, Chickweed, Oak, Parsley

Gangrene: Nettles, Plantain, Shepherds Purse, Yarrow

Gout: See Arthritis

Gum/Teeth: Alder, Sumac, Oak, Willow, Sage, Echinacea, Hawthorn, Nettles and Horsetail, Yarrow, Feverfew, Mints, French Tarragon, Peppermint, Oregano, Sage, Safflower, Sorrel

Headaches: Arrowleaf Balsamroot, Birch, Chokecherry, Sagebrush, Wild Lettuce, Willow, Yucca, Catnip, Cayenne, Lemon Balm, Peppermint, St Johns Wort, Wormwood, Yarrow, Willow, Dogwood, Fennel, Hops, Lavender, Lemongrass, Rosemary, Sage, Skullcap, Thyme

Heart: Amaranth, Chicory, Flaxseed, Purslane, Sumac, Wild Rose, Black Walnut, Cayenne, Dandelion, Hawthorn, Peppermint, Red Clover, Shepherds Purse, St John's Wort, Aloe Vera, Bay, Borage, horehound, Lungwort, Rosemary, Sorrel

Heat Stroke: Alfalfa, Horsetail and Nettles

Hemorrhoids: Thistle, Maple, Alder, Cayenne, Dandelion, Hawthorn, Mullein, Nettles, Peppermint, Yarrow, Yellow Dock, Lungwort, Oak, Witch Hazel

Hemorrhaging: Alder, Amaranth, Fireweed, Raspberry, Thimbleberry, Uva Ursi, Willow,

Lungwort, Oak, Witch Hazel, Cayenne, Nettles,
Peppermint, Yarrow, Oak, Hounds Tongue, Sage

Hypoglycemia (Low Blood Sugar): Juniper (taken
with Raspberry Leaf), Sumac, Angelica, Hawthorn,
Licorice, Nettles, Oregon Grape,

Hyperglycemia (Diabetes): Flaxseed, Prickly Pear
Cactus, Raspberry, Salsify, Thimbleberry, Milk Thistle,
Uva Ursi, Wild Rose, Yucca, Bay, KGarlic, Oak,
Parsley, Stevia, Alfalfa, Juniper, Licorice, Oregon
Grape

Hypothermia: Cayenne, Nettles

Improve Immune System: Arrowleaf Balsamroot,
Birch, Elderberry, Prickly Pear Cactus, Thistle, Violet,
Calendula, Sorrel, Stevia, Echinacea, Elderberry,
Licorice Root, Lomatium, Red Clover, Yellow Dock

Indigestion/Gas/Bloating: Catnip, Mallow, Sagebrush,
Salsify, Usnea, Lemongrass, Parsley, Sage

Infections: Cattail, Willow, Aloe Vera, Calendula,
Garlic, Mints, Yarrow, Sage, Sagebrush, Usnea,
Oregon Grape, Elder, Plantain, Willow, Spruce,
Mallow, and/or Gumweed.

Inflammation: Amaranth, Birch, Brigham Tea,
Buffalo Berry, Chicory, Fireweed, Flax, Poplar,
Quaking Aspen, Prickly Pear Cactus, Sagebrush,
Thistle, Milk Thistle, Wild Rose, Willow, Cayenne,

Echinacea, Licorice, Mallow, Mullein, Peppermint, Plantain, Slippery Elm, Willow, Yarrow

Irritable Bowel: Chamomile, Fireweed, Mallow, Pineapple Weed, Lemon Balm, Licorice, Mallow, Plantain, Slippery Elm, Wormwood

Insect/Bee Stings/Spider Bites: Arrowleaf Balsamroot, Cattail, Mallow, Echinacea, Plantain, Yarrow, Calendula, Feverfew, Lobelia, Rosemary, Witch Hazel, Echinacea, Plantain, Yarrow,

Insect Repellent: Buffalo Berry, Yarrow, Basil, Chives, Lavender, Garlic, Pennyroyal, Rosemary

Insomnia/Sedative: Chamomile, Catnip, Buffalo Berry, Pineapple Weed, Wild Lettuce, Wild Rose, Basil, Bay, Borage, Chamomile, Coriander, French Tarragon, Hops, Lavender, Mints, Skullcap, Thyme, Mullein, Lemon Balm, Peppermint, St Johns Wort

Kidneys: Brigham Tea, Chicory, Flax, Uva Ursi, Burdock, Dandelion, Horsetail, Juniper, Nettles, Yellow Dock, Cleavers, Fennel, Hops, Hyssop, Lemongrass, Lungwort, Nasturtium, Parsley, Rosemary, Burdock, Dandelion, Horsetail, Juniper, Nettles, Yellow Dock

Kidney Stones/Bladder Stones: Birch, Chicory, Uva Ursi, Almond, Chickweed, Marshmallow, Oak, Parsley, Chokecherry, Juniper, Willow, Yarrow

Liver: Birch, Catnip, Chicory, Sagebrush, Salsify, Milk Thistle, Teasel, Yucca, Burdock, Dandelion, Nettles, Oregon Grape, Wormwood, Yarrow, Yellow Dock, Aloe Vera, Basil, Calendula, Chamomile, Coriander, Cleavers, Anise, Dill, Caraway, Fennel, Feverfew, Hops, Horehound, Rosemary, Safflower, Lemon Balm,

Lowers Blood Sugar: Flaxseed, Prickly Pear Cactus, Raspberry, Thimbleberry, Milk Thistle, Uva Ursi, Wild Rose,

Lymphatic System: Elderberry (flowers), Violet, Burdock, Dandelion, Echinacea, Elderberry (Flowers), Licorice, Mullein, Nettles, Oregon Grape, Plantain, Wormwood, Yellow Dock, Angelica, Calendula, Cleavers, Horehound, Hyssop, Lemongrass, Oak, Parsley

Lungs: Buffalo Berry, Catnip, Flaxseed, Mallow, Mountain Ash, Sagebrush, Usnea, Comfrey, Hounds Tongue, Horsetail, Mullein, Nettles, Pine, Plantain, Wormwood, Almond, Angelica, Basil, Borage, Chickweed, Caraway, Horehound, Hyssop, Lungwort, Nasturtium, Rosemary

Nausea: Arrowleaf Balsamroot, Chamomile, Mountain Ash, Pineapple Weed, Raspberry, Thimbleberry, Serviceberry, Alfalfa, Lemon Balm, Licorice, Oregon Grape, Peppermint, Basil, Bay, Calendula, Chamomile, Coriander, Caraway, Anise, Dill, Fennel, Feverfew,

Lavender, Lemongrass, Spearmint, Peppermint,
Marshmallow, Wormwood, Stevia,

Nervous tension/anxiety: Buffalo Berry, Catnip,
Chamomile, Chokecherry, Elderberry, Pineapple Weed,
Wild Lettuce, Wild Rose, Elderberry, Hawthorn,
Lemon Balm, Mullein, Peppermint, Red Clover, St
John's Wort, Wormwood, Basil. Chamomile,
Coriander, Caraway, Anise, Dill, Fennel, Feverfew,
Lavender, Lemongrass, Spearmint, Peppermint,
Mallow, Marshmallow, Wormwood, California Poppy,

Pain Relief: Birch, Catnip, Chamomile, Mallow,
Pineapple Weed, Poplar, Quaking Aspen, Prickly Pear
Cactus, Thistle, Wild Lettuce, Willow, Teasel, Yucca,
Mullein, St John's Wort, Dogwood, Teasel, Yarrow,
basil, Bay, Chamomile, Coriander, Fennel, Feverfew,
Hops, Horehound, Hyssop, Lavender, Lemongrass,
Lobelia, Peppermint, Rosemary, Skullcap, Wild Yam

Parasites: Chicory, Purslane, Sagebrush, Black
Walnut, Basil, Dill, Caraway, anise, Hops, Horehound,
Wormwood, Thyme

Pituitary/Hypothalamus: Milk Thistle, Borage,
Dandelion, Juniper

Poison Ivy: Alder, Gumweed, Mullein, Plantain

Pneumonia: Mallow, Mountain Ash, Sagebrush,
Salsify, Usnea, Violet, Cayenne, Comfrey, Gumweed,
Licorice, Lomatium, Mallow, Mullein, Sage, Plantain,

Red Clover, Slippery Elm, Yarrow, Basil, Calendula,
Hyssop, Lavender, Thyme

Prostate: Fireweed, Nettles

Quench Thirst: Juniper, Licorice

Radiation Poisoning: Black Walnut, Licorice,
Wormwood, Yellow Dock,

Skin Problems (Eczema and Psoriasis): Alder,
Cottonwood, Poplar, Quaking Aspen, Sagebrush,
Violet, Black Walnut, Burdock, Dandelion, Echinacea,
Peppermint, Pine, Yarrow, Yellow Dock, Borage,
Chickweed, Horehound, Lavender, Nasturtium, Sorrel,
Stevia, Thyme

Snakebites: Echinacea, Plantain, St John's Wort,
Prickly Pear Cactus, Lavender,

Spleen: Chicory,

Sore Muscles: Wild Lettuce, Willow, Teasel,
Dogwood, Feverfew, Sage, Skullcap, Arnica, Cayenne,
Gumweed

Sore Throat: Birch, Fireweed, Mallow, Mountain Ash,
Sumac, Usnea, Violet, Chamomile, Chickweed,
Cleavers, Hyssop, Oak, Sage, Witch Hazel, Burdock,
Elderberry, Gumweed, Horsetail, plantain, Wormwood

Stomach Cramps: Amaranth, Arrowleaf Balsamroot,
Cattail, Chamomile, Chicory, Chokecherry, Elderberry,

Mallow, Mountain Ash, Pineapple Weed, Sagebrush, Thistle, Yucca, Dandelion, Elderberry, Mullein, Nettle, Oregon Grape, Peppermint, Slippery Elm, Wormwood, Aloe Vera, Spearmint, Rosemary, Basil, Coriander, Hops, Horehound, Lemongrass

Sunburns: Mallow, Aloe Vera, Marshmallow, Witch Hazel, Nettle, Yarrow

Teething (Babies): Catnip, Fennel

Thyroid: Black Walnut

Urinary Tract Infections: Amaranth, Arrowleaf Balsamroot, Birch, Mallow, Mountain Ash, Usnea, Uva Ursi, Coriander, Garlic, Nasturtium, Cleavers, Willow, Usnea, Fir, Yarrow

Ulcers: Chamomile, Mallow, Pineapple Weed, Comfrey, Licorice, Plantain, Slippery Elm, Arugula, Calendula, Lobelia

Weight Loss: Alder, Chicory, Arugula, Chickweed, Fennel, Stevia

Caution Herbs for Pregnancy:

The following are herbs not safe for pregnancy. My list comes from David Hoffman's book *Medical Herbalism* in which he quotes *Botanical Safety Handbook*. He says, "Unfortunately, the authors do not adequately clarify whether inclusion in this safety category is based on actual clinical records or on theoretical extrapolation from in vitro studies on constituents." Also, they are listed by their botanical names. I added some of the herbal names in parentheses.

Achillea millefolium (Yarrow), *Achyranthes bidentata*, *Acorus calamus*, *Acornus gramineus*, *Adiantum pedatum*, *Agathosma betulina*, *A. crenulata*, *A. serratifolia*, *Albizia julibrissin*, *Alkanna tinctoria*, *Aloe ferox* (Cape aloes), *Aloe perryi*, *Aloe vera* (*Aloe Vera*), *Andrographis paniculata*, *Angelica archangelica*, *A. atropurpurea*, *A. Sinensis*, *Anthriscus cerefolium*, *Apium graveolens*, *Aralia californica*, *Aralia nudicaulis*, *A. racemosa*, *Arctosaphylos uva-uris*, *Arisaema japonicum*, *Aristolochia clematis*, *Aristolochia contorta*, *Arisholochia debilis*, *A. serbentari*, *Arnica spp*, *Artemisia abrotanum* (Southernwood), *Aretemesia absintium* (Wormwood), *Artemesia annua*, *Artemesia.cappillaris*, *Artemesia. douglasiana*, *Artemesia lactiflora*, *A. scoparia*, *A. vulgaris*, *Asarum canadense*, *A. europaeum*, *a. heteropides*, *A. sieboldii*, *Asclepias asperula*, *A. tuberos*, *Baptisia tinctoria*, *Berberis vulgaris*, *Borago officinalis*, *Capsella burs-pastoris* (Shepherds Purse), *Carthamus tinctorius* (Safflower), *Caulophyllum thalictoides* (Blue cohosh), *Cephaelis ipecauanha*,

Chamaelirium leteum, *Chamaemelum nobil*, *Changium smyrnoides*, *Chelidonium majus*, *Cimicifuga racemosa*, *Cinchona calisaya*, *C. ledgeriana*, *C. officinalis*, *C. pubescens*, *Cinnamomum camphroa*, *Cinnamomum cassia*, *Cinnamomum verum*, *Cnicus benedictus*, *coffea Arabica*, *Cola acuminata*, *Cola nitida*, *Commiphora madagascariensis*, *Commiphora molmol* (Myrrh), *Commiphora makul*, *Commiphora myrrha*, *Coptis chinensis*, *Coptis groenlandica*, *Corydalis yanbusuo*, *Crocus sativus*, *Cullen coryfolia*, *Cubhea balsamona*, *Curcuma aromatic*, *Curcuma domestica*, *Curcuma longa*, *Curcuma zedoaria*, *Cyanthula officinalis*, *Cymbobogon citranus*, *Daucus carota*, *Dryopteris filix-mas*, *Ephedra distachya*, *Ephedra equisetina*, *Ephedra gerardian*, *Ephedra intermedia*, *Ephedra sinica*, *Equisetum byemale*, *Eschscholzia Californica*, *Eupatorium purpureum*, *Ferula assa-foetida*, *Ferula foetisa*, *Ferula rubricaulis*, *Forsythia supensa*, *Fouquieria splendens*, *Fritillaria cirrhosa*, *Fritillaria thunbergii*, *Genista tinctoria*, *Glycyrrhiza echinata*, *Glycyrrhiza glabra* (Licorice), *glycyrrhiza uralensis*, *Gossypium herbaceum*, *Gossypium hirsutum*, *hedeoma pulegioides*, *Hepatica nobilis*, *Hordeum vulgar*, *Hydrastis canadensis*, *Hysopus officinalis*, *Inula helenium*, *Iris versicolor*, *Iris virginica*, *Juniperus* (Juniper) *communis*, *Juniperus monosperma* (Juniper), *Juniperus osteosperma*, *Juniperus oxycedrus*, *Juniperus virginiana*, *Leonurus cardiac* (Motherwort), *Leonurus heterophyllus*, *Leonurus sibiricus*, *Leptandra virginica*, *Levisticum officinale*, *Ligusticum chuanxiong*, *Ligusticum porteri* (Osha), *Lobelia inflata*, *Lobelia siphilitica*, *Lomatium (Lomatium) dissectum*, *Lycium barbarum*, *Lyceum chinense*, *Lycopus europaeus*, *Lycopus virginicus*, *Magnolia officinalis*, *Mahonia aquifolium*, *Mahonia nervosa*, *Mahonia repens* (Oregon Grape),

Marrubium vulgare (Horehound), *Mentha pulegium*, *Monarda clinopodia*, *Monarda didyma*, *Monarda fistulosa*, *Monarda pectinata*, *Monarda punctata*, *Myristica frans*, *Nardostachys jatamansi*, *Nasturtium officinale* (Watercress), *Nepeta cataria* (Catnip), *Paeonia suffruticosa*, *Panax notoginseng* (Ginseng), *Petroselinum crispum*, *Phellodendron*, *Phellodendron chinense*, *Picrasma excelsa*, *Pilocarpus jaborandi*, *Pilocarpus micrphyllus*, *Pilocarpus pennatifolius*, *Pimpinella anisum*, *Pinellia ternate*, *Podophyllum hexandrum*, *Podophyllum peltatum*, *Polygala senega*, *Portulaca oleracea*, *Prunus persica*, *Quassia amara*, *Rhamnus cathartica*, *Rhamnus fragula*, *Rhamnus purshiana*, *rheum officinale*, *Rheum palmatum*, *Pheum tanguticum*, *Ricinus communis*, *Rosmarinus officinalis* (Rosemary), *Ruta graveolens*, *Salvia officinalis* (Sage), *Sanguinaria canadensis*, *Senna alexandrina* (Senna), *Senna obtusifolia*, *Senna tora*, *Symphytum officinale* (Comfrey), *Tanacetum parthenium* *Tanacetum vulgare*, *Thuja occidentalis*, *Trichosanthes kirilowii*, *Trifolium pratense* (Red Clover), *Trigonella foenum-graecum*, *Trillium erectum*, *Tussilago farfara*, *Verbena hastata* (Blue Vervain), *Verbena officinalis*, *Vetiveria zizanioides*, *Vitex agnus-castus* (Chaste tree), *Withania somnifera*, *Zanthoxylum americanum*, *Zanthoxylum bungeanum*, *Zanthoxylum clava-berculis*, *Zanthoxylum schinifolium*, *Zanthoxylum simulans*, *Zingiber officinale*, *Ziziphura spinosa*

Finding and Sanitizing Water

One of the easiest ways to get headache is to get dehydrated. My mountain man friend told me that the worst headache he has ever had came from going without water for three days. He said it was extremely painful. For this reason, I believe that finding water is an important part of First-Aid. The best information I have been able to find on finding water comes from the following websites, <http://www.wilderness-survival-skills.com/how-to-find-water.html> It says, “ Knowing how to find water in the wild is important. Actually, there are many ways you can find water, whether you are in a desert or forest. First, look for surface water, such as streams, rivers and lakes. Running water such as springs or streams in isolated areas at high altitudes is probably safe for consumption. Be aware that, for instance, melted water from ice and glaciers contains bacteria in abundance. If you are not familiar with the area, and are unsure about the water quality, purify the water. Take no risk.

In areas where no surface water is available, dig into damp soil and allow this muddy water to settle and become clear or learn how to make a water filter. Be careful of stagnant water with little or no signs of life.

To increase your chances of finding water, look for the following:

- Valleys and low areas are places where water naturally drains.
- Rock crevices. Rainwater may have been collected.
- Muddy or damp ground.
- Patches of green vegetation indicate water of some sort.
- Places where animal tracks converge, maybe a water source nearby?
- Insects, as they often stay close to water.
- Birds, as they will often circle a watering hole.

More about water:

Clean water is not only crucial for survival, water is crucial for life on our planet. Take the opportunity to learn more about the water cycle and the processes and activities between ground water and surface water. Check this great site and find information on many aspects of water. It will also increase your knowledge how to find water in the wild.”

Sanitizing Water

Perhaps the easiest way to sanitize water is to boil it. According to the website, <http://www.natureskills.com/survival/water-purification-process/>

“How to Purify Water-Water Purification Process:

Boiling

The simplest method to purify water is probably boiling. You need to bring the water to a full, rolling boil for at least five minutes to be safe, with some experts recommending an even longer time. The downside to boiling your drinking water is that it removes the oxygen and the water ends up sating flat. You can improve its quality by pouring it back and forth between two containers to put oxygen back in, or simply shake it up.

Water Purification Process:

Purifiers

There are also several chemical purifiers on the market. Iodine comes in either liquid form, (which can be messy), or tablet form. One to two tablets or drops will clear up a quart of water. Shake your water bottle or container and wait twenty minutes before drinking. Water treated with iodine will have a darker color and a bit of an unpleasant flavor.

It is possible to mask this flavor by adding a powdered drink mix, but be sure to wait the twenty minutes before adding it, as it will interfere with the iodine's effectiveness.

Other chemical treatments to purify water that work similarly to iodine are chlorine tablets, potassium permanganate, or halazone tablets. You should be able to pick these up fairly cheaply at most outdoor stores.

You can even add a few drops of bleach in a pinch, though I wouldn't recommend overusing this one. It is important when using chemical purification to make sure all surfaces have been decontaminated. After waiting the twenty minutes, slightly unscrew the lid of your water bottle or container and rinse around the threads and lid. The nice thing about using tablets is the container is very small and portable and can be slipped into a pocket, a plus if you do not want to carry a stove or pot, or take the time to boil water. Chemical treatment can be done on the hoof with minimal stopping time.

Water Purification Process:

Filters

A third method of treatment is commercial filters. These come in all shapes, sizes and price ranges. Most work by pushing the water through a charcoal or ceramic filter and then chemically treating it.

Normally, they have one hose with a float that goes from the water source to the filter and a second hose, for clean water, that goes from filter to water bottle. When using this type of filter it is important to not cross contaminate the hoses. Keep the clean hose in a separate plastic bag so it never touches the contaminated hose. The plus side to this method of how to purify water is that there is not flat or funky flavor. Commercial filters are also good for when the water is on the murky or dirty side, as they will remove this also. The drawback is that the sediment or tannins that you are filtering out will quickly clog up the filter. Some can be cleaned, with others you need to buy a replacement filter. Like all technical equipment, cost and breakage are things to be considered.

Water Purification Process:

Primitive Methods

Beyond these common methods, there are more primitive techniques for the serious survivalists (or the unlucky person who was caught unprepared.) One is filtering through soil or, preferably, sand. Keep rinsing the water repeatedly through the sand until it is looking clear. A variation of this is to dig a hole near where the source is and use the water that filters through into the hole. Be aware, that although soil is a good filter for sediment and other particles, it is not a guarantee for things like bacteria. This is even true for spring water,

which many people assume is safe to drink without treatment.

Distilling is a method that can be used for either collecting water or gathering fresh water out of salt water. To collect water from the ground, dig a deep hole and place a collecting container or water bottle in the center. Cover the hole with a clear sheet of plastic. The plastic needs to be weighed in the center with a rock or heavy object so that it points down into the container. Then secure the sides of plastic tightly around the hole, such as by covering with dirt. The clear plastic acts like a greenhouse. The water in the soil evaporates as it heats up. When it hits the plastic it runs down to the point and drips off into the container. If all you have is salt water, you can distill it by placing a small pot inside a larger pot. The salty water goes in the larger pot not the smaller one. Invert a lid over the pots that will point down into the smaller pot, then bring the water to a boil. As the water boils fresh water will evaporate, hit the lid and drip down into the smaller pot, leaving the salt, or other minerals behind. An alternative if you don't have a smaller pot is to put a cloth over the pot that will absorb the steam. Use caution when removing it to wring it out so you don't get burned. For another primitive method of how to purify water, see our article Boiling Water with Sontes. Above all, be cautious and use common sense when choosing where to gather your water. Do the plants

surrounding it look healthy? Are there dead animals near by that might have contaminated it? Don't collect any water that looks stagnant. Generally, water that is further upstream will be cleaner than that downstream, but there are not guarantees. Don't automatically go for the fast rushing water, as fast water carries more sediment. You can avoid picking up a lot of sediment by making sure you dunk your water bottle completely under the water. This will avoid all the dirt and debris that floats on the surface. With so many ways to purify water, there should be something for everyone and no reason to ever take chances drinking untreated water. There are die-hards out there who will argue that the risk is small and not worth worrying about. But a nasty case of beaver fever in the back country can be not only uncomfortable, but life threatening. Diarrhea and vomiting can cause serious dehydration and sap your strength to the point that you can get yourself to safety."

More on Water

According to the website

http://www.survivaloutdoorskills.com/purifying_water.htm

“**DON'T** drink any suspected contaminated, discolored and or smelly water without first filtering and purifying it or it could give you diarrhea and or make you vomit thus speeding up your dehydration and death too. So what should you do if you're dying of thirst and come across some water that you're not sure if it's safe to drink or not? Well it's entirely up to you and depends on how desperate you are for water. But if you've been wandering around for days without any water and you're starting to feel weak, delirious, and downright desperate for something to drink. You got a choice, (a) *you can either die from dehydration or (b) die from drinking unsafe contaminated water.* The choice is entirely yours, as only you know your own limitation when it comes to how long you can go on without water. Now personally if I was wandering around for days without any water and suddenly came across some. Provided it wasn't discolored and didn't have a strange odor, I would drink it. Why? I'd rather risk drinking unsafe water and hope it would give me enough strength to continue on a little bit further than

to give up, lie down and die right there of dehydration. Because a tree holds an enormous amount of water, if you tie a clear plastic bag over and around a leafy green branch, you'll be able to produce water through condensation. Important: Make sure the bag is tightly sealed over and around the branch or it won't produce any condensation water at all. And of course, the best time to acquire clean drinking water is when it rains too. And the fastest and easiest way to gather it is by laying out sheets of plastic such as from trash bags. But if you don't have anything to carry the water in, then it's probably best to just roll up the sides of a trash bag and allow mother nature to slowly fill it and then close when it's full or stops raining.

And lastly, in the early mornings and sometimes late at night. If you tie a couple of handkerchiefs or rags around your ankles or around the end of a stick and walk through some tall grass...you'll be able to soak up quite a bit of moisture. And then all you gotta do is wring it out into something. Yep, a crude and slow method, but it works!

CAN URINE and SALT WATER BE MADE INTO SAFE DRINKING WATER? Every so often someone asks me this question **and the answer is yes.** And this here is one way you can do it, What you'll need is 2 x cans + 2 x [can] covers + something made out of metal or aluminum to connect the two cans/covers and of course fire. For this method to work you will need **(a)** to place the urine or salt water in one can which will go into the fire, **(b)** place another can on some rocks sitting higher up and away from the fire, **(c)** cover both cans with a lid and **(d)** connect the two cans with a metal or aluminum tubing. How does it work? As the fire heats the urine or salt water in the first can it will produce sterile water vapors & steam that will rise and flow through the tubing and into the second can which when cooled can be safely consume. The more urine or salt water you boil the more steam & water vapors you'll produce. “

The first time I heard of filtering water from urine, I totally grossed out. My friend said that a man was kept alive after being buried in his house after an earthquake by drinking his own urine. He begged his wife and daughter to do the same, but they refused and died before help could arrive. Help arrived three days later and he survived. It is also good to know that you can purify salt water to survive.

In an emergency situation, water becomes vitally important. If possible, it is important to keep water filters in survival packs to help keep from getting sick. If you are going into the wilderness to go back packing, filters are wonderful to have. Giardia can be miserable in an emergency situation.

When I was on a herb walk, the herbalist said that Yarrow can also sanitize water. I have never tried it personally, but it is said that soldiers took Yarrow with them to help sanitize water.

Water can be an important part of First-Aid. It is good to know that there are different ways to obtain it and to sanitize it.

Wild Edibles

In this section I have included all of the plants that I could find that are edible. Some are from my previous books and this one. Others are from other books including my favorite by Ken Larson, *God's Free Harvest*.

Alder *Alnus spp.* -leaves in a tea, dried inner bark (fresh inner bark may cause vomiting and used as an emetic)

Alfalfa *Medicago sativa* - leaves, sprouts, and flowers

Amaranth *Amaranthus retroflexus* - leaves and seeds

Arrowleaf Balsamroot *Balsamorhiza sagittata* - leaves and seeds

Birch *Betula occidentalis* - Inner bark, sap, tender buds, twigs, young leaves, catkins

Bittercress *Cardamine pensylvanica*- leaves

Brambles *Rubus spp.* -leaves, shoots

Brigham Tea *Ephedra viridis* - seeds and twigs

Buffaloberry *Shepherdia canadensis* -fruit

Burdock *Arctium spp.* - whole plant

Black Walnut *Juglans nigra* – nut

Carrot, Wild *Daucus carota*-leaves, roots, shoots

Catnip *Nepeta cataria* - leaves

Cattail *Typha spp.* - root, young stems, heads

Chamomile *Matricaria* - flowers and leaves

Chickweed *Stellaria media* -flowers, leaves

Chicory *Cichorium intybus* - roots and leaves

Chokecherry *Prunus virginiana malanacarpa* - fruit,
inner bark

Common Sweet Clover *Melilotus Officinal*-flowers,
leaves

Dandelion *Taraxacum officinale* - whole plant

Echinacea *Echinacea spp.* – leaves

Elderberry *Sambucus caerulea* - berries, flower

English Daisy *Bellis perennis* - leaves, flowers

Evening Primrose *Oenothera biennis*- leaves, root

Fillaree *Erodium cicutarium* - leaves

Fir *Abies spp.*-sap, inner bark, leaves, cones

Fireweed *Epilobium angustifolium* - flower buds, young leaves, stalks, young shoots, root

Flax *Linum lewisii* and *L. perenne* - seed

Greenbrier- leaves, shoots, tendrils, roots

Goldenrod *Solidago odora*-leaves, flowers, seeds

Grapes *Vitis spp.*-leaves, tendrils, shoots, fruit, vines that produce a clear liquid

Grasses, bladed *Graminae spp.*-leaves, seeds

Greenbrier *Graminae spp.*-leaves, shoots, roots

Gumweed *Grindelia squarrosa*. - leaves for tea

Hawthorn *Crataegus spp.* - berries

Henbit *Lamium amplexicaule*- leaves

Juniper *Juniperus spp.* - berries

Kudzu *Pueraria lobata*-leaves, flowers, shoots, roots

Lamb's Quarter *Chenopodium album* - leaves, seeds

Lemon Balm *Melissa officinalis* - whole plant

Lichens *Usnea spp.* -whole lichen

Licorice *Glycyrrhiza spp.* - root

Lomatium *Lomatium macrocarpum and Lomatium
cous* - root, seeds

Mallow *Malva neglecta* - whole plant

Maple *Acer spp.* -seeds, inner bark, sap

Milkweed *Asclepias speciosa & Asclepias syriaca* -
Flower buds, flowers, fruit, young leaves

Miner's Lettuce *Montia perfoliata* or *Claytonia
perfoliata* – leaves

Mint *Mentha spp.* - leaves, flower

Mountain Ash *Sorbus scopulina* - berries

Mullein *Verbascum thapsus* - leaves and flowers

Mustard, Wild *Brassica spp.*-leaves, seeds and seed pods, flower buds and flowers

Nettle- leaves, stems, root (cooked, dried)

Oak *Quercus spp.* - acorns

Onion/Garlic, Wild *Allium spp.*-leaves, underground bulbs, flower stem bulblets

Oregon Grape *Mahonia spp.* - fruit

Pine *Pinus spp.* - inner bark, needles, cones, nuts, pollen, shoots, flower clusters

Peppergrass *Lepidium spp.*- leaves, seeds (looks a lot like Shepherd's Purse, except the seeds are not purse like and have a pepper smell to them)

Pineapple Weed *Matricaria matricarioides* - flowers and leaves

Plantain *Plantago spp.* - leaves, seeds

Poplar *Populus spp.* - Inner and outer bark, catkins, leaves

Prickly Pear Cactus *Opuntia rhodantha* - fruit, pads (leaves), seeds

Purslane *Portulaca oleracea* - leaves, stems, seeds, buds

Red Clover *Trifolium pratense* - whole plant

Raspberry *Rubus* spp. - flowers, fruit, young shoots, leaves

Rose *Rosa* spp. -flowers after white base removed, leaves for tea, hips

Sagebrush *Artemisia tridentata* – leaves, seeds,

Salsify *Tragopogon* spp. - roots, young leaves, shoots, flower buds

Sassafras *Sassafras albidum*-leaves, buds, root bark

Sedum *Sedum* spp.- young stems, leaves,

Serviceberry *Amelanchier* spp. - fruit, shoots, leaves

Sorrel, Sheep *Rumex acetosella*-leaves (leaves also act to quench thirst), flowers, seeds

Sorrel, Wood *Oxalis stricta*- leaves, flowers, seeds, tubers/roots

Shepherds Purse *Capsella bursa-pastoris* - leaves, seeds

Slippery Elm *Ulmus rubra* – leaves, inner bark
Spring Beauty *Claytonia lanceolata* - whole plant

Spruce *Picea spp.*-sap used as chewing gum, inner bark eaten raw, or cooked like spaghetti, or dried and later ground to flour, boiled cones

St John's Wort *Hypericum perforatum* – leaves for tea, flowers

Sumac *Rhus glabra* - berries

Thimbleberry *Rubus parviflorus* - flowers, fruit, young shoots, leaves

Thistle, Bull *Cirsium spp.* - roots, flower buds, seeds, leaves

Thistle, Milk *Silybum marianum* - young stalks, leaves, flowers, roots, seeds

Thistle, Sow *Sonchus oleracea*-leaves

Uva Ursi, Kinnikinnick *Arctostaphylos uva-ursi* - fruit

Violet *Viola spp.* - flowers, leaves, buds

Wild Lettuce *Lettuca quercina* - leaves

Wild Rose *Rosa spp.* - hips, flowers, leaves, roots

Wild Strawberry *Fragaria spp.* - flowers, fruit

Willow *Salix spp.* - bark, shoots, leaves, catkins

Yarrow *Achillea millefolium* - leaves

Yellow Dock *Rumex crispus* - whole plant, Leaves

Yucca- *Yucca spp.* - fleshy fruits, flowers, buds

CAUTION: Never eat a plant you have not positively identified. Some wild plants are poisonous or can have serious adverse health effects. It is not worth the risk to eat a plant that may be poisonous.

When and How to Harvest Medicinal Herbs

In his book *The Herbal Medicine-Makers Handbook* James Green has some of the best information I have found on when to harvest medicinal herbs. The information that follows comes from his book.

Roots

For those herbalists who like to harvest in conjunction with the lunar and solar influences, roots are dug on the new moon. The following is more information based on whether the plant is an annual, perennial, or biennial. Biennial plants should be dug in the fall of the first year or very early spring of the second year.

Perennial plants are dug late in the fall after above ground parts have died back.

Annual roots are dug immediately before flowering. Most annual roots are not used medicinally.

A root should be dried if it is not going to be used immediately. Most roots are dried in a heat of 100 degrees. However, Dandelion, Burdock and other succulent roots are dried at 150 degrees in order to destroy the eggs that may have been deposited by insects. They need to be dried thoroughly.

Stems

Stems are best gathered after the leaves appear and prior to flowering.

Barks

Whenever possible, take any bark you wish to harvest from small branches or from pruned branches. Barks are best harvested in the fall. Barks of shrubs are best harvested in the spring. Never harvest a ring all the way around its trunk or inner core. This will kill the tree. If you are going to extract from its main trunk, do so with incisions of less than $\frac{1}{4}$ its circumference. The outer bark is removed and the inner bark is stripped and made into medicine.

Leaves

Leaves are gathered when fully developed, before the flower blossoms develop and of course before they are ready to fall off the trees. Leaves are best picked after the morning dew has evaporated and before the heat of the day. Leaves of high resinous plants such as Rosemary, Peppermint, and Calendula are best picked during the hottest part of the year when their oils and resins are best developed. Leaves of biennial plants are picked in the spring of the second year.

Flowers

Flowers are picked just before they are fully developed. Harvest them on a dry morning after the morning dew has evaporated. Never wash flowers and buds, simply shake them off to remove insects or debris. It is best to dry them in the shade without artificial heat.

Saps and Pitches

These are harvested in late winter or early spring.

Fruits

Fruits are best harvested when they are close to, but not fully ripe.

Seeds

Seeds are best picked when they are fully ripe. They require little, if any drying, You just need to be sure they are not at all wet before storing.

Whole Plants

When harvesting whole plants such as Scullcap, Cleaver, and Chickweed, the herb should be gathered when it is freshly in flower. If the flower is not included, then the herb should be collected before the flowers appear, but after the foliage has appeared.

The first thing you want to do once you have collected the desired plants is to extend its potency. The section that follows describes how to make tinctures and other herbal preparations. Tinctures made from alcohol have the longest potency. They may last indefinitely. If you are not going to use the herb immediately, it is best to dry them to avoid having them go bad. Dehydrating plants, when done correctly is an excellent way to extend its potency.

Drying Medicinal Herbs

When drying herbs it is important to remember that if you dry them too quickly by using too much heat, they can roast and lose their potency. By drying them too slowly they can mold and begin to self-destruct by enzymatic action which lowers their quality. Herbs dry the best in warm, shaded, well-ventilated areas. Never dry them in direct sunlight. Protect the drying herbs at night from the moist air which can rehydrate them. Plants are dry enough to be placed in storage only when all of the parts are brittle. All parts must be able to snap crisply when bent. Cut large roots through the center to make sure they are completely dry. If any moisture remains in any portion of a plant they will mold and rot. Check stored herbs regularly to make sure they have not rehydrated. If they have, simply dry them again.

The best temperature to dry plants ranges from 85 to 100 degrees depending on the plant and what part is being dried. As said before, some roots are the exception and are dried at 150 degrees. The Pioneers used to bundle them and hang them from their ceilings for future use. It is best to use small bundles when doing this so that the center is not cut off from air circulation. It is an excellent way to preserve herbs.

Vitamins and Minerals

When I put this book together, I added the things I would want to have on hand in case of an emergency and additional information that is easy to find. I added this section because it includes simplified information on the functions of Vitamins and Minerals for the body and which plants they can be found from my three books. Most of my information comes from the book *The Ultimate Healing System* by Donald Lepore and from WebMD.com. As with all medical conditions, it is best to consult a qualified doctor for specific medical concerns. Vitamins are either water soluble (Vitamin C and B Vitamins) or fat soluble (Vitamins A, D, E and K). Water soluble need to be taken daily and any excess is excreted. Fat soluble vitamins are able to be stored in the body's fat and taken up for later use. Minerals help with functions like bone and tooth formation, blood coagulation and muscle contraction. Vitamins release energy from food along with many other body functions. A simplified description of selected Vitamins and Minerals follows:

Vitamin A: Promotes good eyesight and normal functioning of the immune system; nourishes the eyes, skin, hair, teeth, bones, gums; builds resistance to respiratory disorders.; protects against the damaging effects of polluted air and increases the permeability of blood capillaries contributing to better tissue oxygenation.

Found In: Alfalfa, Nettles, Mullein, Dandelion, Comfrey, Cayenne, Yellow Dock, Burdock, Red Clover, Peppermint, Yarrow, Chickweed

B Complex: Aids with the nerves and stress.

Overconsumption of sugar or alcohol destroys B-vitamins. All are water soluble and need to be replaced daily. Any excess is excreted and not stored in the body.

Found In: Catnip, Hawthorn Berries, Parsley, Rose Hops, Licorice, Anise, Burdock, Caraway, Hops, Thyme, Wormwood, Yucca

Vitamin B-1 (Thiamine): Helps produce Hydrochloric Acid in the stomach; aids in digestion particularly of protein; helps stabilize emotions and relieves irritability and depression; helps the heart muscles, brain, and entire nervous system.

Found In: Catnip, Dandelion, Red Clover, Red Raspberry leaves, Slippery Elm, Alfalfa, Burdock, Cayenne, Mullein, Yellow Dock, Chickweed

Vitamin B-2 (Riboflavin): Helps the body make red blood cells and turn food into energy; helpful for the eyes and great for skin and reducing wrinkles.

Found In: Alfalfa, Catnip, Cayenne, Horsetail, Red Clover, Dandelion, Echinacea, Chickweed

Vitamin B-3 (Niacin): Helps with digestion and converting food into energy; aids the body to make cholesterol; helps relieve depression; May alleviate toothache and backache; Raises irritability threshold;

Mellows personality; reduces high cholesterol as well as helps regulate blood sugar in hypoglycemia.

Found In: Alfalfa, Dandelion, Slippery Elm, Red Raspberry, Burdock, Red Clover, Mullein, Cayenne,

Vitamin B-5 (Pantothenic Acid): Stimulates the adrenal Glands to increase production of Cortisones and other Adrenal hormones; helps correct hypoglycemia; anti-stress vitamin and helps to avoid premature aging.

Vitamin B-6 (Pyridoxine) Supports the nervous system; helps the body break down sugars and absorb Vitamin B12; feeds the Pituitary gland and aids in balancing the body's electrolytes –Potassium and Sodium; may help heal wheat allergies; useful for anemia, edema, depression, migraine headaches.

Found In: Red Clover, Catnip, Alfalfa, Burdock, Cayenne, Dandelion, Mullein, Chickweed

Vitamin B-12: Helps make red blood cells; involved in many metabolic and enzymatic processes; prevents anemia, promotes growth in children, aids eyes. Deficiency may cause loss of mental energy and difficulty in concentration.

Found In: Catnip, Alfalfa, Comfrey, Burdock, Dandelion, Mullein, Red Clover, Oak, Cayenne, Chickweed, Saffron, Brigham Tea, Angelica

Folic Acid: Essential to the formation of red blood cells and aids in protein metabolism for division of blood cells. Folic Acid prevents birth defects and promotes heart health.

Found In: Red Clover, Mullein, Catnip, Alfalfa, Burdock, Cayenne, Chickweed, Dandelion

Choline: Combines with Inositol to nourish brain cells and lower cholesterol; helpful in reducing high blood pressure; minimizes excessive deposits of fats in the liver and arteries; helps eliminate poisons from the body by aiding the liver and gall bladder functions.

Found In: Alfalfa, Catnip, Mullein, Red Clover, Chickweed, Burdock, Dandelion, Cayenne

Inositol: Inositol can help reverse the symptoms of degeneration in the Myelin Sheathing of the nerves which can cause paralysis of the lungs, hands, limbs.

Found In: Red Clover, Mullein, Dandelion, Catnip, Alfalfa, Burdock, Cayenne, Chickweed

Biotin (Vitamin H): Essential for the normal metabolism of fats and proteins: helpful for skin disorders, mental depression, drowsiness.

Found In: Red Clover, Mullein, Cayenne, Dandelion, Alfalfa, Burdock, Chickweed, Catnip

Vitamin C: Promotes a healthy immune system and the production of collagen. There is evidence that Vitamin C plays a role in the protection against bacterial infections. Necessary in making certain chemical messengers in the brain; plays an important role in the repair of tissue cells, gums, blood vessels, bones and teeth; helps the body absorb iron and other nutritional substances.

Found In: Red Clover, Burdock, Nettles, Mullein, Comfrey, Plantain, Alfalfa, Cayenne, Pine, Catnip,

Chickweed, Garlic, Dandelion, Echinacea, Peppermint, Yarrow, Rose Hips, Yellow Dock, Oregon Grape root, Juniper Berries, Rosemary, Sage, Scullcap, Shepherd's Purse, Spearmint, Thyme, Violet, Witch Hazel,

Vitamin D: Maintains bone health and helps the body process calcium and phosphorus; aids in the assimilation of Vitamin A.

Found In: Alfalfa, Nettle, Chickweed, Mullein, Red Raspberry, Rose Hips, Thyme, Basil

Vitamin E: Strengthens muscles and dilates blood vessels, helping to prevent heart disease; relieves muscle spasms, helps to heal scar tissue, helps to protect the lungs against air pollution; has been known to prevent and dissolve blood clots; may nourish the Pituitary gland, aiding in hormone production.

Found In: Dandelion, Alfalfa, Rose Hips, Red Raspberry leaf, Comfrey, Burdock, Echinacea, Slippery Elm, Yarrow, Angelica, Birch, Horsetail, Licorice, Scullcap, Shepherds Purse, Witch Hazel

Vitamin F: Helps regenerate the skin; important for tissue repair.

Found In: Slippery Elm, Yarrow, Red Raspberry leaf, Nettle, Safflower Red Clover

Vitamin K: Helps in blood clotting and maintains bone health; used to prevent hemorrhaging.

Found In: Alfalfa, Chicory, Plantain, Safflower, Shepherds Purse, Slippery Elm, Nettles, Horsetail, Yarrow

Vitamin P (Bioflavonoids): P stands for permeability, increasing capillary strength and regulating absorption; prevents capillary hemorrhaging; builds resistance to infection

Found In: Burdock, Cayenne, Red Clover, Slippery Elm, Chicory, Nettle, Witch Hazel, Rose Hips, Dandelion,

Minerals:

Calcium: Helps build and maintain strong bones and teeth; Helps muscles work, Supports cell communication; Essential for proper heart function and blood clotting. Deficiency can cause muscle cramps, fragile bones, joint pain

Found In: Alfalfa, Aloe Vera, Angelica, Anise, Horsetail, Nettles, Shepherds Purse, Peppermint, Red Clover, Red Raspberry leaf, Plantain, Slippery Elm, Oregon Grape Root, Mullein, Comfrey, Oak Bark, Black Walnut, Cayenne, Marshmallow, Parsley, Rosemary, Saffron, Sate, Scullcap

Chromium: Helps maintain proper sugar levels; needed for proper sugar metabolism, influential in reducing plaque buildup in arteries; cofactor with insulin to move glucose from the blood into the cells.

Found In: Nettles, Red Clover, Catnip, Yarrow, Horsetail, Chickweed, Echinacea, Garlic, Licorice

Copper: Necessary for the central nervous system; promotes blood cell production in bone marrow; must be present with Iron to form hemoglobin; helps produce energy for cells

Found In: Birch, Burdock, Caraway, Comfrey, Dandelion, Echinacea, Bringham Tea, Garlic, Hops, Horsetail, Juniper, Nettle, Parsley, Peppermint, Valerian, Pine, Witch Hazel, Yarrow, Yucca, Chickweed, Slippery Elm,

Iodine: Essential part of the hormone thyroxine; combines with Tyrosine to produce Thyroid hormones; Helps regulate body metabolism, energy production, body weight; increases metabolism of Calcium

Found In: Black Walnut, Burdock, Caraway, Echinacea, Hops, Horsetail, Licorice, Peppermint

Iron: Carries oxygen to all parts of the body through the red blood cells; helps form hemoglobin; necessary for the formation of myoglobin found in muscle tissues necessary for muscle contraction

Found In: Alfalfa, Aloe Vera, Anise, Basil, Birch, Black Walnut, Cayenne, Caraway, Chamomile, Comfrey, Dandelion, Echinacea, Garlic, Hawthorn, Hops, Horehound, Horsetail, Mullein, Parsley, Peppermint, Red Raspberry, Rosehips, Rosemary, Scullcap, Shepherds Purse, Slippery Elm, Yellow Dock, Sage, Yarrow, Oak, Red Clover, Chickweed, Comfrey, Mullein

Magnesium: Helps muscles and nerves work; catalyst to many enzyme reaction; considered effective in reducing cholesterol levels and preventing heart attacks; steadies heart rhythm, combines with Calcium and phosphorus in the bones, thus strengthening bones and teeth; helps the body produce energy

Found In: Mullein, Dandelion, Alfalfa, Garlic, Red Clover, Peppermint, Comfrey, Catnip, Cayenne, Nettles, Horsetail, Sage, Anise, Basil, Birch, Black Walnut, Caraway, Hops, Spearmint, Valerian, Chamomile, Aloe Vera

Manganese: Supports bone formation and wound healing; important component of several enzymes involved in the metabolism of carbohydrates, fats, and proteins; strengthens connective tissue; essential element in the tissues of bones, liver, glands, heart, brain, and intestines; improves eyesight. Lack of Manganese may cause arthritis in hands and feet where connective tissue is important

Found In: Aloe Vera, Black Walnut, Catnip, Chamomile, Chickweed, Garlic, Hops, Horsetail, Nettles, Red Clover, Red Raspberry, Pine, Witch Hazel, Wormwood, Yarrow, Yellow Dock, Yucca, Alfalfa, Oregon Grape, Mullein, Peppermint

Phosphorus: Helps make up the bones. It is the outer bone and enamel coating on teeth; important in the makeup of nerve and brain tissue; helps body deliver oxygen.

Found In: Alfalfa, Comfrey, Chickweed, Dandelion, Nettles, Red Raspberry, Oregon Grape, Oak, Cayenne, Catnip, Horsetail, Garlic, Slippery Elm, Yellow Dock, Peppermint, Mullein, Red Clover, Basil, Birch, Black Walnut, Licorice, Yucca, Calendula

Potassium: Responsible along with Sodium in maintaining proper fluid balance; regulates heart

muscle action; helps the nervous system and muscles; important in the formation of Glycogen in the liver, muscles, and cartilage; helps the kidneys eliminate waste matter; Feeds the entire endocrine system; vital in preventing heart attacks and strengthening the heart along with Magnesium

Found In: Alfalfa, Aloe Vera, Birch, Black Walnut, Burdock, Cayenne, Caraway, Chamomile, Comfrey, Dandelion, Echinacea, Fennel, Flaxseed, Garlic, Horehound, Mullein, Nettle, Parsley, Peppermint, Plantain, Rosehips, Rosemary, Saffron, Sage, Shepherds Purse, Slippery Elm, Valerian, Oak, Wormwood, Yarrow, Yucca, Plantain

Selenium: Helps protect cells from damage; can help regenerate the liver after damage; may alleviate hot flashes and menopausal symptoms.

Found In: Red Clover, Garlic, Slippery Elm, Alfalfa, Catnip, Comfrey, Peppermint, Chickweed, Echinacea, Horsetail, Witch Hazel

Silicon: Found in connective tissues, including those within the brain and nervous systems; essential for building strong bones and for normal growth of hair, nails, teeth; enables the system to throw off accumulated pus

Found In: Birch, Horsetail, Dandelion, Mullein, Echinacea, Chickweed, Black Walnut, Burdock, Caraway, Hawthorn, Parsley, Peppermint, Thyme

Sodium: blood electrolyte responsible for making blood minerals soluble; contributes to formation for

saliva and other digestive enzymes while maintaining correct amount of water in the body; neutralizes acidity in the blood and aids the lymphatics; needed for proper muscle contraction;

Found In: Alfalfa, Catnip, Oak, Horsetail, Dandelion, Rosehips, Slippery Elm, Chickweed, Comfrey, Sage, Mullein, Nettle, Aloe Vera, Birch, Parsley, Saffron, Shepherds Purse, Pine, Wormwood, Hops,

Sulfur: Aids in dissolving acids in the body, improves circulation, normalizes heart action; essential in the formation of some amino acids.

Found In: Burdock, Cayenne, Catnip, Comfrey, Echinacea, Fennel, Garlic, Hawthorn, Horehound, Juniper, Mullein, Nettle, Parsley, Peppermint, Plantain, Rosehips, Sage, Oak, Alfalfa, Shepherds Purse, Spearmint, Thyme

Zinc: Supports the immune, reproductive, and nervous systems; helpful in treatment of acne; important in the production of new cells and formation of keratin; helps body utilize Iron. Lack of Zinc may slow healing of wounds, lowers resistance of infections

Found In: Aloe Vera, Burdock, Chamomile, Chickweed, Comfrey, Dandelion, Garlic, Hops, Hawthorn, Licorice, Marshmallow, Nettle, Rosemary, Scullcap, Shepherds Purse, Slippery Elm, Alfalfa, Sage, Oak

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“With this book on Herbs, I wanted to focus specifically on all the ways herbs can be used medicinally for First-Aid. This can allow the average person to be able to find methods and plants that can help them increase their health, plus help heal injuries, and illnesses.” *Kathy Wilson*

“I began learning first aid at a rather young age. I have always loved being in nature especially in the woods. When you do this, it is a given that you will get injuries and I learned to take care of things myself rather than run home.”

Holly Phillips



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