

HERBAL FIRST AID INTENSIVE

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Above all, Do No Harm.

Please be aware that this handout is for educational purposes only, does not substitute for medical care and is not meant to diagnose, prescribe, or treat any disease. If you have or think you have a medical condition which requires qualified medical care you should promptly call 911 or go to your nearest hospital.

Introduction

When administering first aid of any kind, it's essential to:

Introduce yourself to the patient and that they confirm permission to treat.

Never work beyond your skill level or level of training.

If you don't understand a plant's actions and contraindications,
don't use it for first aid!



You may be comfortable with knowledge of up to 300 plants or remedies, but keep around six in your first aid kit or pockets. These plants/formulas should be the ones you know and trust the most and also can resolve a wide variety of complaints. Even better if they are locally abundant or their habitat is widespread. Be able to positively identify common weeds that have naturalized around you, grow as many as you can, and spread some seeds in vacant lots, fields or edges that you know to be clean, so the medicine will be handy in case of emergency.

These suggestions are meant to provide an improved knowledge of the uses of common weeds and kitchen herbs and relatively easy to obtain or grow herbal medicines, and not to take the place of definitive medical care.

Red Flag Signs and Safety Concerns

Some conditions cannot be treated solely by herbal treatments – if you observe any of the following signs or symptoms, call 911 and/or safely evacuate to definitive care – and note, this list is not exhaustive:

Bleeding that does not stop
 Chest pain
 Sudden loss of sensation anywhere in the body
 Spinal pain, especially after a fall or impact greater than 15 feet
 Loss of consciousness or responsiveness
 Suspected bone fractures (pain won't abate after 20-30 minutes)
 Partial or full thickness burns
 Snake or mammal bites
 Asthma attacks that are unresponsive to treatment or medications
 Suspected stroke or heart attack
 First time seizures or seizures of unknown origin
 Severe allergic reactions
 Persistent, localized, or severe abdominal pain.
 Testicular pain of unknown origin
 Fevers associated with severe headache or stiff neck
 Sudden and severe headaches
 Diarrhea or vomit with blood, or that persists despite treatment, or if person is unable to hydrate.
 Other signs or symptoms of serious injury

Trust the plants but call 9-1-1 or transport to ED when needed or if you're not positive of what to do! Always defer to another responder with more credentials or training than you, be ready to assist as needed.

- Breathe deeply and hold the space for your patient.
- Don't panic and become a victim yourself.



SCENE SAFETY

~Don't become a patient yourself~

Wash your hands frequently! Protect yourself; use gloves and eye protection when possible.

If you can't locate water for washing your hands, use lavender essential oil or hydrosol

"**Four Thieves**" EO blend: rosemary, eucalyptus, lemon, cinnamon, thyme, oregano

If working an event:

- Do research ahead of time
- Record local emergency phone numbers
- Note closest radio or telephone
- Note time to/from nearest fire station, hospital, and trauma center
- Research a good regional dentist for referrals



Plant Identification

Plant ID

There are many useful plants in wild places, back yards, and vacant lots that can be used for first aid. We are blessed to have a myriad of books to help us learn which plants are which. Please refrain from taking samples of plants that you don't see many of or are known to be rare or endangered, threatened or experiencing shrinking population, or important winter food for pollinators.



Only use plants which are positively identified – *guessing will not work here*. Plants must be unequivocally identified, especially with plants in the Apiaceae family (carrot family), which contains the two most poisonous plants in North America, poison hemlock (*Conium maculatum*) and water hemlock (*Cicuta douglasii*). Learning specific botanical language will empower you to use field guides and the Jepson Manual with confidence, and learning plant families will drastically shorten your investigations for the name of each plant. If you want to learn more, take a class!

The Shock of Trauma and Strategies for First Aid

Steps in Helping:

Helping someone be present with their injury is the first step in successful treatment. Any injury is simply a disturbance to the energetic flow. If the only thing you do is encourage proper or deeper breathing and thus restore their energetic flow, the nerve impulses will immediately calm. This is how you can help someone move beyond the "freak-out" and connect with their body. Then they can actually step away from the pain they are expressing with their mind to allow the body to focus on healing. When the energetic body is brought toward balance, healing will occur much more rapidly; blood will flow less copiously, pain will diminish more rapidly. We call this "holding space."

By acknowledging the intrusion and damage done, and seeking center, not sinking into fear, we can help avoid the inevitable freak out. Breathing with the patient is possibly the most helpful thing you can do to encourage this awareness. Breathing into the bottom of the lungs supports oxygen exchange at the alveolar membrane. Disconnection creates blockage, stoppage of the energetic flow which is essential for healing to occur. Awareness creates freedom of movement.

1. Scene Safety
2. Assessment
3. Breathing
4. Treatment

Prevention is always the best cure!

Essential Oils for First Aid

These oils have been chosen for their sustainability. Because so much plant matter goes into creating just one drop, it's imperative that we use essential oils in the most ethical manner possible, knowing their source and worldwide threats to their native habitats. Also, the plant material must be fairly traded, sustainably harvested and no risk of adulteration. We try to only use oils of plants that can be cultivated. Essential oils are highly concentrated; steam distilled "plant blood". They are used externally, and are NOT to be used internally unless specifically directed by a qualified aromatherapist. One drop can pack a massive punch, thus it's imperative know the proper amounts, and whether or not it's OK to use the oil neat (topically, on the skin without dilution in a carrier oil). If we don't distill the oils ourselves we prefer to purchase from companies we've extensively researched for ethical and sustainability reasons.

They can be handy for first aid in that they can be stored in small glass vials, don't go spoil easily, and are relatively portable.

Always

Check with your patient for skin sensitivities before applying.

Be mindful of how much plant material goes into the finished product.

Essential Oils are often applied to "pulse points" in a carrier oil such as jojoba. Pulse points include: inside wrists, behind ears, ankles, inside knees, sternum, nabi (bellybutton), and sacrum.

Essential Oils

Lavender – diverse applications: burns, brain stimulation, relaxation, headaches, bites & stings, bruises, bumps, contusions, antiseptic

Helichrysum – bumps, contusions, reduce scarring. Best oil for cell regeneration after blunt trauma.

Thyme – antibacterial, antifungal, external wash, head steam for lung crud, heating-best to dilute with a carrier oil for neat application.

Oregano – antibacterial, antifungal, antiviral, Herpes, Candida

Eucalyptus – cools body, antiseptic, antibiotic, antiviral, deodorizing, opens lung & sinus passages

Rosemary – brain, clears the mind, awakening. Inhalation, anti-microbial

Vetivert – grounding, cooling, headaches, stress (imported, difficult to grow grass)

Frankincense – immune stimulating, anti-bacterial, pain relieving topically, stomach flu

Peppermint – 1 drop on tongue for indigestion, 1 drop on crown, temples or along base of skull to revitalize, cool a heat-related headache. GI bugs: 1:10 dilute in eTOH

Blue Yarrow – 2 drops: 10ml carrier oil for SHOCK, similar to Rescue Rx

Blue Chamomile – very cooling, good for migraine headaches, cooling feverish conditions, bruises & bumps, heat exhaustion.

Azuline=strong anti-inflammatory

Calendula C02 extract-extremely healing to skin cells for wound repair

Cannabis C02 extract- high CBD strains

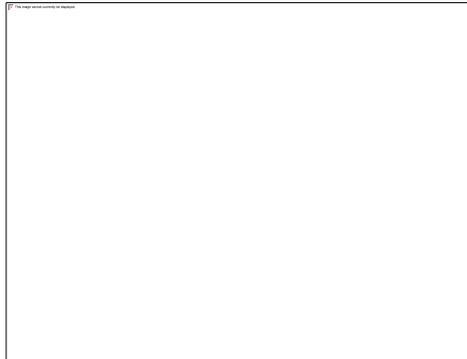
Homeopathics

"Sugar pills" are lightweight and keep for many years, come in small vials, and it's handy to pack a wide variety of remedies in one pouch. A "mother tincture" from one plant is made, then diluted many times and sugar pills are crafted of the finished product. Basic theory is "like treats like", which is the vaccine theory. Rule of thumb is 4 sugar pills every 15-20 minutes for sprains, punctures, bites. Take with a clean palate.

Major trauma: 200CK or 1M

Acute : 6x, 6c (Low Potency)

Chronic: 30x, 200c (High Potency)



Homeopathics for First Aid

Arnica – trauma, from minor swellings & sprains to horse or car wreck. For sprained ankle start with 200c then follow with 30c 4 tablets every 20 minutes. Major trauma: 200ck or 1M

Aconitum napellus – 1M for shock

Gelsemium – "bug-eyed" shock, apprehension, stage fright (good for long evacuation)

Hypericum-sprains & strains, repairing muscle tears, wounds.

Ledum – any forceful intrusion to the skin. wasp bites, pokes, punctures, dog bites

Apis – venomous insect bites, honeybee stings

Nux Vomica – nausea & indigestion, good hangover rx, hernias

Ruta graveolens – eye strain, stringy muscle & joint pain

Eupatorium – stiffness and pain associated with the flu

Rhus toxicodendron – 200ck- joint pain improved by motion, Poison Oak

Calcarea carbonica – teething (during initial budding phase)

Calcarea fluorica – teething, repeated strains (hardens tooth for final punch-out)

Cocculus indicus – motion sickness with dizziness

Ippecacuanha – nausea & vomiting with hypersalivation (duck egg allergy)

Comfrey - broken bones

Flower Essences

The flower or herb is steeped in water and the water is preserved with a tiny bit of alcohol which will fix a FE for 100 years.

Action is on the emotional, astral and/or spirit body
Small vials are lightweight and handy

Flower essences treat the emotional component of injuries: stress, pain, fear... and if they don't treat the condition by themselves, they definitely assist other remedies to work more effectively and on deeper levels.



Flower Essences

Rescue Remedy/Five Flower – 4 drops under tongue for extreme trauma, 4 drops in 1 cup water for trauma with strong emotional component. Contains: Cherry Plum, Clematis, Impatiens, Rock Rose, Star of Bethlehem

Elm – "psychological smelling salts", temporary conditions. Gives strength to the strong in moments of weakness.

Oak – chronic conditions. Overachievers, overworked, inner pressure.

Hornbeam – clears the head, stiffens the spine. Weariness and exhaustion in the Mind. Good for limp plants, too.

Olive – no reserves left, deep inner tiredness, physical & mental fatigue.

Aspen – best remedy for developing courage. Good Rx for timid cats, someone having vertigo on the knife ridge or pyramid.

Pink Yarrow – breakups, earth upheaval, climate crisis/apocalypse fears. Supports the open, protected heart.

Nasturtium - over-intellectualizing, moves intellect out of head & into heart. (professor syndrome)

Borage - for courage. for the heavy hearted, depressive behavior

Plant Medicines

Common first aid garden cultivars and weeds, easy-to-find-and-obtain wild forest & vacant lot medicines found in the Pacific Northwest, Rocky Mountains and Desert regions

Always extensively research the geology and human impacts history of the place you are gathering from!

Check the United Plant Savers threatened list.

Check the Red List to make sure the plant you want to harvest is not on it.

Take into account recent weather abnormalities such as drought.

Observe carefully before harvesting, ask people and plants for permission.

Always connect with the local indigenous people or tribal office before you head out onto their territory.

Make sure you're not digging in toxic soil, or taking from someone else's wild-cultivated stand.

All these plants are chosen because they are often readily-available, can be mashed and used instantly, or made into a tea. Many are multi-use and thus have the honor of prime position in our first aid kits.

Relatively listed in order of my most-used.

Plantain

Plantain (*Plantago spp.*)

all purpose first aid plant, poulticing, diarrhea, soothes inflammation



Lavender

Lavender (*Lavandula angustifolia*)

broad spectrum anti-biotic, anti-bacterial, anti-viral



Hypericum

Hypericum perforatum

blunt trauma, contusions, sprains



Arnica

Arnica montana, cordifolia

blunt trauma, contusions, bruises, sprains, strains



Yarrow

Yarrow (Achillea millefolium)

hemostatic; stops bleeding. UTI. Foot soak for hot conditions



Mugwort

Mugwort *Artemisia douglasiana*, *A. vulgaris*

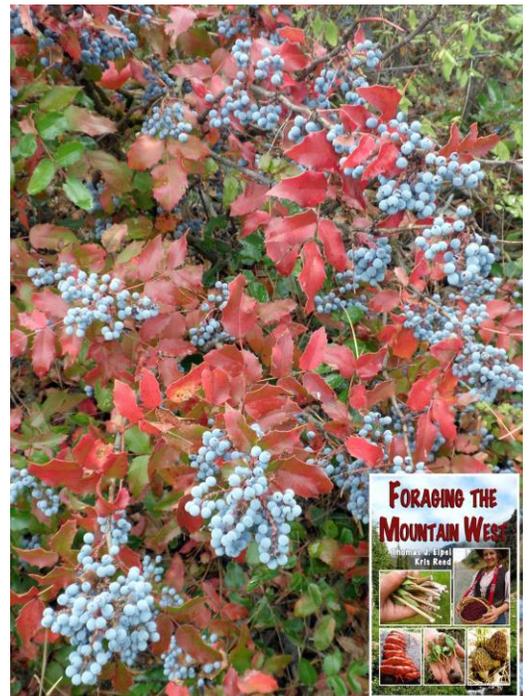
moxibustion, spring bitter tonic, magical, drawing



Mahonia

Oregon Grape Root (*Mahonia nervosa*)

Antimicrobial; liver.
 stagnation, eczema, constipation,
 heat or infections in the digestive tract,
 mouth infections, eye infections, skin infections,
 UTI, hemorrhoids, sore throat, acne, syphilis, MRSA



Calendula

Calendula (*Calendula officinalis*)

best skin herb, also soothes & heals gut lining, IBS



Usnea

Usnea spp.

hemostatic, anti-microbial, kills candida, anti-herpetic with olive leaf,
micoplasmic pneumonia
topical dressing, anti-septic, inhibits gram-positive bacteria



Chickweed

Chickweed (*Stellaria media*)

juice/succus for assisting removal of any lumps in body, cysts
cooling for hot conditions, lymph support



Cleavers

Cleavers (*Galium spp.*)

juice/succus: skin, diuretic, poultice, diuretic,
glandular fever, febrifuge, gentle lymphatic



Chamomile

Chamomile (*Matricaria*)
anti-bacterial, good stye remedy, calming, great herb for children,
soothes gut, soothes the brain-gut



Manzanita

Arctostaphylos

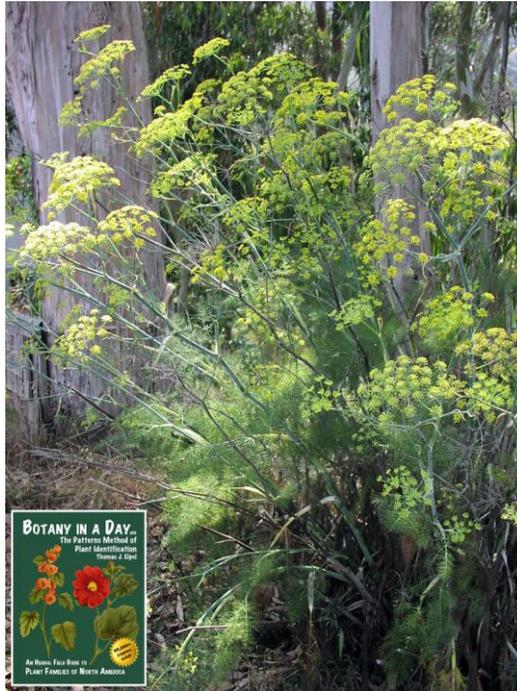
spring tips used in poison oak remedy



Fennel

Fennel (*Foeniculum*)

carminative
dispels gas
resolves hunger pains

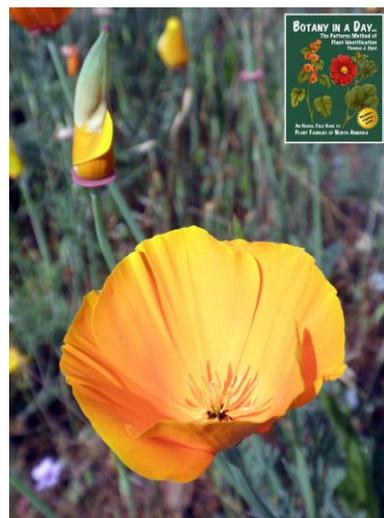


White Willow, White Oak Bark, California Poppy

White Willow Bark (*Salix alba*) All purpose pain reliever and anti-inflammatory. 1899 Bayer modifies and sells acetylsalicylic acid, aspirin

White Oak Bark (*Quercus alba*) All-purpose reliable astringent; nosebleeds diarrhea, vomiting, menstrual flow

California Poppy (*Eschscholzia californica*) all purpose pain remedy, bitter



Rose

Rose (*Rosa spp.*)
 cooling for skin
 Astringent
 Hydrosol
 rose water
 rosehips for Vit C



Borage (*Borago officinalis*) mucilaginous. good substitute for marshmallow root, aloe
Feverfew (*Tanacetum parthenium*)
Black Walnut (*Juglans spp*) broad spectrum anti-fungal, anti-parasitic
Western Red Cedar (*Thuja plicata*) powerful anti-fungal, lung support
Wild Oats (*Avena spp.*) nervine, nutritive. Skin aid for rashes, burns
Creosote bush (*Larrea tridentata*)



Nettles

(Urtica dioica) increases oxygen transport, high vit and mineral content, superfood



Hops

Hops (*Humulus lupulus*) nervine, sedative for sleep, bitter.



Wild Oats (*Avena spp.*) nervine, nutritive. Skin aid for rashes, burns
Grindelia (*Gumweed*) expectorant, Poison Oak
Goldenrod (*Solidago*) Anti-inflammatory with wide spectrum of uses
Uva Ursi (*Arctostaphylos uva-ursi*) UTI
Corn Silk (*Zea mays*) UTI
Self Heal (*Prunella*)
Blackberry (*Rubus fruticosus*) root bark ideal but leaves work. Astringent, anti-diarrheal for dysentery
Mullein (*Verbascum thapsus*) bactericide
Miner's Lettuce (*Claytonia perfoliata*) gently demulcent, Vit C
Teasel (*Dipsacus sylvestris*) pulls bacteria from tissue, into bloodstream; some are using for treating Lyme's disease & the 3 known co-infections
Self Heal (*Prunella vulgaris*) deep cuts, wounds, insect bites, styes, lipomas
Quack grass, Couch grass (*Agropyren repens*) kidney stones, gout, cystitis, prostatitis, UTI
Red Osier Dogwood (*Cornus sericea*) Pain, anti-diarrheal, laxative
Violet (*Viola spp*) 900 species worldwide. Topical for bruises. Salicylic acid reduces pain & swelling. Relieves congested tissue, swollen glands, cancer.
Sage (*Salvia officinalis*)
Creosote bush (*Larrea tridentata*)
Ailanthus (*Tree of Heaven*) cooling, astringent. Dysentery, diarrhea, asthma, epilepsy, worms, fever, spasm



Seaweeds: Red Marine Algae (*Gigartina*)- Clinical trials have shown that these sulfated polysaccharides can suppress HIV, herpes and influenza viruses.
 Bladderwrack (*Fucus*) binds with Strontium 90 and removes it from the body.
Other good friends: Capsella, Mints, Marshmallow root, Oregano, Thyme, Manzanita, Yerba Santa, Elephant Tree, Lemon Balm, Yerba Santa, Pearly Everlasting, Lemon Verbena, Monarda, Motherwort, Hawthorn, Gotu-Kola, Echinacea, Wild Carrot Seed, Chilopsis, Fireweed....
 Imports: Myrrh gum powder, clove bud



Herbal First Aid Treatment of Common Ailments

Primary conditions often seen:

- Pain, Headaches
- Skin/Soft tissue injuries: Cuts, burns, scrapes, punctures, sprains, strains, contusions, splinters.
 - subcategory: Insect bites, rashes, dermatitis, sunburn
- Immune system issues/challenges, Asthma, Anaphylaxis
- Gastro-Intestinal (diarrhea, constipation, viral gastroenteritis, parasites)
- Reproductive (cramps, flooding, pregnancy, mastitis, menopause, prostatitis)
- Eye (injuries, chemical weapons, styes)
- Dental (teething, abscess, crack or loss)
- Heat and Cold injuries (dehydration and frostbite)
- Urinary; Kidney, Bladder
- Emotional/Psychiatric (anxiety, panic attacks, organizer-overwhelm)
- Circulatory

Pain

General strategies: Analgesics, or pain-relieving herbs, often contain salicylate, the compound from which Aspirin was derived. We use herbs to quell inflammation, and interrupt the brain's signals. Give the patient a round object to hold, such as a wool ball stuffed with lavender. For children, bubbles work well as a bit of a distraction. Rub soles of feet with coconut oil, ghee, or sesame oil.

- **Rescue Remedy, or Five Flower Remedy:** 4 drops, in a cup of water
- White Willow Bark** (*Salix alba*) - may be oldest herb known to treat pain & inflammation. A relative, Red Osier Dogwood Inner bark is original source of aspirin. Soak in vinegar, lengthy decoction, add tsp. baking soda for tasty, dark tea. Cut bitter with orange slice, or sassafras, tonic water. (Glenn Nagle recipe)
- White Oak Bark** (*Quercus*) - powerful astringent, use for acute diarrhea & bleeding, mm
- Jamaican Dogwood** (*Piscidia piscipula*) - analgesic sedative for nerve pain, fear. Wide range of pain treatment. Imported. "White Willow/aspirin X10"
- California Poppy** (*Eschscholzia*) - calming, anti-inflammatory; muscle pain, non-addictive
- Red Osier Dogwood** *Cornus sericea* - fresh red bark can be chewed off twigs.
- Birch Bark** *Betula alba* - muscle pain, osteoarthritis. Similar to Wintergreen
- Aspen or Cottonwood buds** *Populus* - Balm of Gilead, a topical pain reliever
- Corydalis** *Corydalis yanhuso*- 1% analgesic strength of that of opium
- Chamomile** - 4 tea-bag tea for sleeplessness due to pain
- Black Cohosh** (*Actea racemosa*) - joints, especially Sacroiliac Joint pain
- Rosemary, Kava, Catnip, Wood Betony, Skullcap**

Pain, con't

Muscle spasm/Nerve Pain: Magnesium topically, Blue Vervain, Lobelia or Pedicularis tincture applied topically can be very helpful, along with 2-5 drops of Lobelia or 1-3 dropperfuls of Pedicularis internally. Aconite tincture is highly effective topically for extremely stiff neck pain or torticollis. Mahanarayan (Ayurvedic Pain Oil), Hypericum or Poplar bud oil or any of the analgesic essential oils, Moxibustion, cupping. Urtification.

Topical Pain Liniment: Piscidea, Petasites, Hypericum, Spirea, Salix, Rosemary, Papaver, Yarrow, Prickly Ash, Cannabis, Yarrow, Melilotus. Add a few drops of Sweet Birch EO

Synovial Arthritis: Birch and Ginger EO with 1 oz sesame oil. Mahanarayan Oil.

SI Joint Pain: Black Cohosh internal, St. John's Wort oil topically

Headache, Fever, Excess Heat

Headache, Fever, Excess heat

Blue Yarrow EO

Blue Chamomile EO

Vetivert EO

Shotgun formula: Feverfew, Meadowsweet, Corydalis, Piscidea, California Poppy, Butterbur

Neem oil, cool foot bath

Acupressure points on inside of ankles (demonstration)

Altitude sickness: red clover & nettles tea, "ChlorOxygen" 4 drops: 1qt H₂O

Lavender hydrosol



Have patient take cold shower or plunge, wear wet sarong or white clothing and hat, stay in shade, resting with head raised above body

Endocrine Emergencies

Handy herbs: Catnip, Gotu Kola, celery

Considerations: clear excitatory estrogen from body: oregano, thyme rosemary, turmeric, sage

Epileptic seizures

Endocrine emergencies; messaging system is responding incorrectly to changes in the body. Hormone regulation is key. Estrogen is excitatory with more electrical discharge. Progesterone is inhibitory hormone that calms brain cells. Risk of seizure is higher when Body is making more estrogen than progesterone.

Clinical features: abrupt onset, episodes last minutes, consciousness is clouded, visuals are colored, spherical, sensory is burning, throbbing, nausea uncommon, aura variable, aphasia, olfactory acuity.

- Catnip essential oil, 10 drops transdermal in bellybutton
- Rauwolfia serpentina- bitter sedative, hypotensive. Generally indicated in mental disorders. Very sedating, 1-2 gm powder for epilepsy and autism.
- Lobelia- classic for preventing and treating seizures. Exceptionally successful at curing seizures with daily preventative doses over a few months. Can cause nausea. Dry herb tincture, Acidified fresh herb tincture, Acidified seed tincture, tea or capsules.
- Peony (Bai Shao) - sedative and anti-spasmodic, softens and comforts the liver, increases circulation. 6-15g/day, tea or capsules.
- 3 Chinese bugs: scorpion, centipede, stiff silkworm (whole insect larva)
- High CBD Cannabis
- Nasya Oil

Circulatory Emergencies

Arrythmia, Atrial fibrillation- Cystisus scoparius (Scotch Broom) flowering spring tips, 1:5 tincture, 40 drops
Hawthorn syrup, Bone Broth syrup.



Skin, Soft Tissue and Muscular-Skeletal Injuries

Handy herbs: calendula, lavender, poplar bud, rosemary, arnica
Considerations: patient compliance

Sprains & Strains, Bumps, Bruises, Contusions

Moxibustion, cupping, Gua-Sha, massage.

R.I.C.E.: Rest, Ice, Compression, Elevation = outdated myth.

Arnica : 4 tablets 200ck homeopathic for severe sprains with pain, then give every 20 minutes for 2 hours, then every 2 hours for 1 day, then every 4 hours for 1 day, should be able to walk by 2nd day. Do not use Arnica oil topically if skin is broken - use

Hypericum oil instead. Wrap ankle in Hypericum oil soaked muslin and elevate above heart over a basin, keep pouring oil over muslin or wrap with plastic wrap and cover with wool sock.

Trauma Oil: Comfrey root/leaf, populus, calendula, arnica, cannabis, rosemary, lavender, helichrysum EO

Turmeric and salt poultice

Yarrow, Comfrey, Rosemary

Why glass bottles should never be left in wilderness



Tangle with Voldemort Day 2 and 4



Freshly stitched up,
day one



Calendula CO2 extract, Trauma
Oil beginning to be applied



Tangle with Voldemort

Day 6



Infections

Handy herbs: Larrea, Lavender, Calendula, Anemopsis, Oregon Grape, Coptis, White Oak Bark, Goldenseal, Echinacea, Licorice
 Considerations: access to hot water for repeated bathing or submersion, hydrotherapy.

Antiseptic Wound Powder: Usnea, Goldenseal, Oregon Grape, Echinacea, Lavender, Larrea. This will keep about a decade in a small glass vial or jar in your emergency kit. Add sage, mugwort, tobacco, plantain as needed.

Wound Wash: Same ingredients as above, add more Larrea, Gigartina as needed.

Topical Disinfectant Spray or Wash:

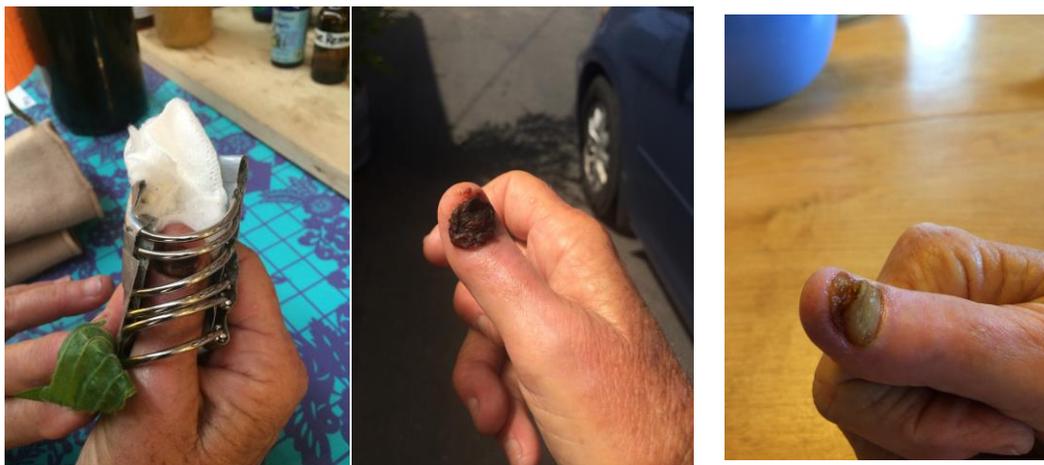
Powerful bactericide for spraying on sinks, door handles, toilet seats, mattress (bed bugs), toe fungus, etc:

Essential oils of (or raw fresh or dried plant material):

- Lavender 2 parts (10 drops)
- Thyme 4 parts (20 drops)
- Eucalyptus 1 part (5 drops)
- Oregano 1 part (5 drops)

8 drops in a bowl of water for washing or 15 drops to a spray bottle

Year+ Staph infection under nailbed



Bleeding

Cayenne powder, Mullein, Shepherd's Purse, Yarrow, Slippery Elm , Licorice powder
Can all be applied directly into a bleeding wound

Yunnan Bai Yao
internal & external for bleeding;
no more than 1/8 tsp in water at once.
Slows bleeding, stay alive til ambulance comes

Small cuts in thin skin:
Spider's web (VitK)



Burns

*Never use salve/oils on a burn, it will accelerate the remodeling process.
Use lavender EO or hydrosol, and honey!*

Honey - apply carefully to non-stick bandage or plastic
Apply to burn and cover with wool flannel
Wrap with muslin, Coban or Ace bandage.

Yarrow (Blue Yarrow EO;
Azuline=amazing wound healing property)

Helichrysum EO unparalleled cell regenerating power
Larrea, rose, lavender tea for irrigation/wash

Wild Carrot Seed EO for scar reduction

Emu oil, Rosehip oil for emollient

Comfrey

Fresh Plantain and Chickweed salve



Kitchen burn. SHOES, people, close-toed SHOES!!!!



Pour hot water into glass vessels in the sink, lesson #1



Thigh burn con't



Ten days later...



Chemical burns



Bites and other skin intrusions

Spider bites, Snake Bites, Marine toxins, Wasp & Mosquito Bites

- Activated charcoal poultice, replace every 20 minutes
- Lavender EO, neat
- Ledum homeopathic, 5-6 X/day
- Honey, Clay, Chickweed, Plantain
- Baking soda paste for wasp stings
- Drawing & Anti-Bacterial Poultice (see recipes)
- Plantain and Echinacea for Brown Recluse Spider bites
(spreading, bulls-eye, necrotizing flesh)
- Chamomile compress relieves itching immediately



Bee Stings

After using flat credit card to brush stinger off, or fine tweezers:

Echinacea tincture and/or lavender EO can be applied directly to the sting

Cover with soaked clay or plantain poultice.

Apply ice to reduce inflammation, honey or clay

Give Apis homeopathic.

Those with serious bee allergies will find it most prudent to carry their own Epi-Pen along with Benadryl, and teach themselves and those who they spend time with how and when to use it.

Most people can train and modify their response after an initial strong reaction.

Adrenaline is a rush!



Lice, Scabies and other Bothersome Parasites

Herbal allies: EO's: Balsam of Peru, Lavender, Tea Tree, Lemon, Thyme,

Scabies

A burrowing parasite that generally needs skin contact for transmission but also loves couches and travelers.

Initial signs are usually itching between base of fingers, then elbows.

Red "tracks" develop, from female diving beneath skin to lay eggs and popping up again about ¼ inch later.

Extreme hygiene required to remediate.

Disrobe while standing on a garbage bag so clothes can be immediately washed and dried on HOT cycle.

Apply Neem seed oil mixed into sesame oil with Lavender essential oil added head to toe twice or thrice daily.

Take a hot Borax bath nightly (2 c Borax: bathtub)

Diligently scrub infected areas HARD with veggie scrub brush to dredge up the eggs beneath skin

Isolate & wash bed linens daily, dry on HOT, isolate couches and put all fabric items in plastic garbage bags for 2 weeks

Use gloves while handling all this.

Similar protocol for crabs, body lice but maybe not as extreme.

Lice

Thyme Rinse:

1 oz. Thyme herb

1 qt. water

To make a strong infusion, place the thyme in a canning jar or ceramic teapot with good fitting lid, pour just-boiled water over the herb and let steep for 3 hours.

After the three hours have passed, add:

- 2 cups Apple Cider Vinegar
- 1 Tablespoon Thyme essential oil

Steep again for 3 hours; shake very well before each application.

Use as a hair & scalp rinse 7 nights in a row. Stop for 6 days. Repeat for 3 days. Stop for one week. Repeat 1-3 days if needed.

Apply neem seed oil (diluted in sesame) to nape of neck twice daily as preventative.

Keep head & hair well oiled with coconut or sesame and wrapped with a scarf.

Tick Bites

Identify the species using a magnifying glass to determine if the tick could be a Lyme's carrier and to determine if the tick has begun to engorge with its blood meal. Dog ticks are brown with a white collar and are size of a pencil eraser. "Deer ticks", (*Ixodes pacificus* or *scapularis*) are brown with black legs and about the size of a large poppy seed. "Deer ticks" can transmit *Borrelia burgdorferi*, the bacterium responsible for causing Lyme's disease, "Dog ticks" do not.

AVOID squishing the tick and forcing it's gut contents back into the body.

To Remove: Use a Q-tip and massage around the tick for several minutes, if this doesn't work, tape a moist soapy cottonball over the tick. The tick will release it's mouth parts and begin backing out, making removal much easier after about a 15 minute wait. Or use a tick removal tool and turn counterclockwise as you gently tug.

Be sure to carefully check that you have removed all mouthparts and send in to a lab with the moist cottonball in a sealed container for testing. We use iGeneX, Inc for the Western Blot Test, but ispotlyme.com is claiming 95% accuracy; ~\$600 though.

Potential herbs for a Lyme's Formula:

- Spilanthes, Echinacea, Teasel, Bidens, Isatis, Baptisia, Sambucus, Tulsi, Corydalis, Andrographis, Astragalus, Uncaria, Allium, Coptis, Polygonatum, Corydalis, Hypericum, Berberine, Bursera, Anemopsis, Ceanothus

Associated Brain Fog: Gotu Kola, Gingko, Rosemary

Thuja EO, 3 drops topically pulls juices out of bite area is still red after tick removal. Then mix Blue Chamomile with Bentonite clay and patch on topically.

Teasel (*Dipsacus*)



Non-healing wounds

All-Purpose Drawing Poultice or Wound Wash:

- Mugwort
- Nicotiana
- Calendula
- Plantain
- Lavender
- Bentonite Clay or Activated Charcoal
- Usnea
- Sage
- Larrea
- Licorice
- Any Berberine-containing herb
- Myrrh gum powder or any anti-biotic resin
- Hops resin/hash
- Figwort (*Stachys*) specific for cutaneous eruptions, abscesses, wounds, burns, gangrene



Moisten ground herbs with hot water, fold into cloth or gauze or pre-make in press-on tea bags. Apply to injured area and add hot water by spoonfuls on top of cloth, or tape on in case of splinter or puncture, cover with hot water bottle, and leave on overnight.

Itching and Allergic Reactions

Internally treat the underlying inflammatory response with anti-histaminic herbs like:

Turmeric
 White Oak
 Grindelia
 Goldenrod
 Nettles,
 Fireweed
 Chickweed
 Plantain
 strong Nettles extract
 Fresh young Coconut water

Topically:

Bentonite Clay poultice, baking soda, plantain, black tea bags.

Poison Oak and other contact dermatitis

- White ash is preventative and curative. Gather in am after logs have burned all night. Dust on skin.
- Fels Naptha laundry bar soap
- Dr. Bronner's Sal Suds
- Marie's Poison Oak soap
- Charcoal soap
- super hot frequent showers.
- Ted Dawson's Wintu Herbs Remedy: Witch Hazel, Apple Cider Vinegar, Manzanita leaves, Oregon Grape Root, green Acorns, Yerba Santa.
- Herb Pharm's Sassafrass-Grindelia spray
- Internally: Nettles-Grindelia-Goldenrod, White Oak, Turmeric, Chlor 02



Allergy

Immune system overreaction. Hives, swelling, runny nose, rash, itchy eyes, trouble breathing, nausea

Allergy Shotgun Formula (choose 5-6)

- Nettles (freeze-dried caps or CO2 extract)
- Goldenrod
- Grindelia
- Chickweed
- Ambrosia
- Wasabi
- Ephedra
- Ambrosia
- Euphrasia (Eyebright) *cultivated only
- Ragweed

Immune, Asthma and Anaphylaxis

Average ventilation rates: Adults=12-20/m (1 breath every 5-6 sec.)
Children + infants= 1 breath every 3-4 sec.

Asthma: Lobelia topically on chest, also low dose internally. Acupressure points on back.

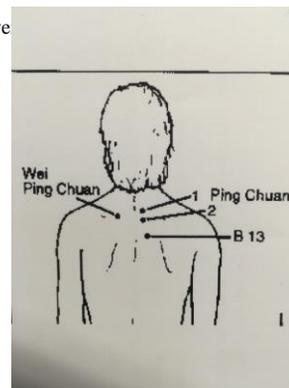
- Aesclepius tuberosa (Butterfly weed, Pleurisy root)
- Wasabi
- Moringa
- Aralia californica
- Osha

Anaphylaxis: similar herbs as for asthma

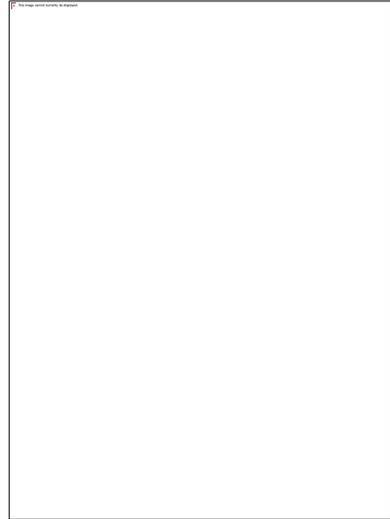
Heavier dose of Osha

add

Ephedra, Grindelia, Goldenrod, Nettle extract, Lobelia



Mitigate early



Immune, con't

Cold, Flu, sore throat, lung conditions

Lung herbs: (some drying, some moistening)

Balsam Root, Elecampagne, Grindelia, Yerba Santa
 Aralia, Lungwort, Usnea, Thuja, Osha
 Garlic, garlic, garlic. Garlic with honey & lemon & honey

Shotgun Immuni-Tea

Yerba Santa
 Osha
 Grindelia
 Ginger
 Anemopsis
 Red Root
 Alder

Sore Throat

- Sitopaladi in Honey, Licorice, Yerba Mansa gargle, Propolis.



Urinary, Kidney, Bladder

General UTI:

Agropyron (couch grass/orchard grass root),
 Althea (marshmallow) cold infusion root tea
 Cannabis
 KavaKava
 Zea mays (dried cornsilk tea)
 Uva Ursi
 Chimaphila (Pipsissewa)
 Vaccinium (blueberry)
 Parsely
 Dandelion

Nephritis, deep-seated kidney pain: Agropyron, Hydrangea, Solidago (Goldenrod).
 High doses of Anemopsis (Yerba Mansa). Althea, Uva Ursi, Juniper.
 Wear a harimake (warm belly band).



Gastro-Intestinal

Handy herbs: Blackberry root, fennel, clove, activated charcoal, mint

Considerations: handwashing and dishwashing stations, communal toilets, kitchen protocols, water purity, identifying stomach flu early

Diarrhea:

Blackberry root tea or tincture

Salmonella: 1 qt. Apple Cider Vinegar & 6 cloves garlic. Take 1 tbs/day for 2 weeks.

Coptis chinensis rhizome for all manners of gut bugs & as preventative while travelling. (Huang Lian Fen). Available in handy tablet rolls in Chinatown. Montezuma's Revenge.

Activated charcoal capsules or liquid suspension for poisoning. Burned toast in a pinch.

Dysentary:

- Ailanthus

G-I con't

Constipation:

- Magnesium citrate is our go-to reliable stool softener.

There are three main factors that can contribute to constipation: insufficient fiber, insufficient moisture, and insufficient peristalsis.

Drinking 8 oz of marshmallow/ginger infusion with two dropperfuls cascara sagrada tincture will help address the moisture and peristalsis factors.

½ to 1 tsp of psyllium husk powder dissolved in 8 oz of water can help address the fiber aspect. Staying relaxed and actually taking the time for a bowel movement will also help.

- 1 drop of Peppermint essential oil on tongue sometimes helps certain individuals.
- Triphala, 2 Tablespoons in warm water is good for most and normalizes both diarrhea and constipation.

Sulphur Burps, Indigestion:

Strong Peppermint tea

Green papaya salad

Dry heaves, dry mouth: paste of a whole lemon & sea salt, tiny fingerful in mouth

G-I con't

Appendicitis:

- Ocotillo, Ceanothus. Moxibustion, localized massage. Hayden's Viburnum Compound, topical essential oils

Amoebas, Giardiasis:

- GSB's "Parasites Be Gone": Neem, Kutaja, Vidanga, Juglans. (control study with livestock for parasites), works for pinworms in children too.
- Huang Lian Fen (Chinese yellow coptis) super high in Berberine. Can buy as yellow tablets in handy rolls for travel in Chinatown. Excellent preventative for Montezuma's Revenge. Oregon Grape Root a milder substitute.
- Chapparro, Bitters, Papaya seeds, lime, ginger, Oregano, Thyme, Ailanthus
- Voyage Botanica's "Amoeba Rid": Chaparro, Chilopsis, Anemopsis, Silk Tassel, Juglans, Wormwood, Sweet Annie, Poleo (pennyroyal) mint, Cloves

Bleeding Ulcers: Capsella, Cinnamomum, Erigeron, Quercus

Duodenal with pain shooting to navel: Piper menthysticum (Kava)

Vomiting: Anemopsis, Coffea, Dioscorea, Mentha piperita (peppermint), Nepeta (catnip)

For large events, put up ½-1 gallon of cold infusion of Althea root (marshmallow)

Neutralizing Cordial

An Eclectic Physician formula from the 1930's. "Herbal Tums"

Broad spectrum belly medicine, tasty and highly effective for wide variety of stomach issues from sulphur burps to mild indigestion.

- Turkey Rhubarb
- Goldenseal
- Cinnamon Bark
- Peppermint spirit
- Simple Syrup
- Potassium bicarbonate



Emotional, Psychiatric Crisis; anxiety, panic attack, organizer-itis/overwhelm

Handy herbs: Anemone, Passiflora, Oats, Lavender, Pedicularis, Eleutherococcus, American Ginseng, Blue Vervain. Flower Essences.

Considerations: trauma history, drug ingestion or overdose, stress intensity

Anxiety EO blend:

- Orange
- Lavender
- Clary Sage
- Rose Geranium
- Chamomile
- Vetiver

Mother's Little Helper for adrenal exhaustion:

- Eleutherococcus
- Pedicularis
- Skullcap
- Blue Vervain
- Licorice

Hawthorn, Rhodiola, Codonopsis, Panax quinquefolium, Schizandra, Shiitake, Poria, Trimetes, Reishi, Hericeum.

Grief, Shock, rape and crime victims: PTSD Flower Essence: Green Gentian, Bleeding Heart, Five Flower Formula, Fireweed, Echinacea, Arnica



Eye Care

Handy herbs: Black tea bag, chamomile tea, rosewater, Eyebright, Bilberry, Blueberry, Thyme
 Considerations: mechanism of injury, infection isolation

Eyewash:

Rosewater & Black Pepper EO: 4oz plastic squirt bottle
 Black Tea bag, Chamomile Tea bag
 Eyebright (pinkeye, conjunctivitis)
 Black tea bag, Chamomile tea bag-place on eye, let sit 10-20 min.

Inflamed or Itchy Eyes: Rose hydrosol or chamomile tea bag applied to the affected eye. For pink eye or styes, Berberine-containing herbs such as Oregon Grape Root or Coptis tea applied topically and taken internally can help address the infection. 1 cup blueberries/day.

Ear Care

Handy Herbs: Mullein, Anemopsis, Catnip, Gingko, YellowDock, Garlic, Echinacea, Bayberry, Calendula, Hypericum

Painful or infected ears: Mullein and garlic infused olive oil, 2-3 drops of the warmed oil applied in canal.
 Lavender, Thyme or Oregano EO behind ear.

Clogged Ears: Hydrogen peroxide or vodka can break up wax plugs.

Appalachian remedy: Bake ½ onion 20-30 min., hold to ear for half hour

Apply essential oils just behind and around ears for middle ear problems
 Gua-sha the lymph nodes in and around neck.

Dental First Aid

Clove Bud-3 drops of the essential oil mixed into Myrrh gum powder on Q-tip cotton or wrapped in gauze, or clove bud between cheek & gum.

Spilanthes "toothache plant"

Barberry, Coptis, Oregon Grape Root all high in Berberine

Neem ("the Village Herbalist" in India; the sticks are used as toothbrushes)

Triphala "Three Fruits"

Hydrogen Peroxide (H2O2) diluted to 10% with water, rinse, can add 5 d peppermint oil.

TMJ (Temporal Mandibular Joint) massage.

Witch Hazel, White Oak, Echinacea, Myrica, Commiphora, Propolis

Oil pulling; ½ cup sesame oil held in mouth ~5 min before bed.

Transport a knocked-out tooth in saline solution

| Traditional Chinese Medicine Organs | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Heart, Small Int., Circulation/Sun, Triple Warmer | Spleen Pancreas | Large Intestine | Liver Gallbladder | Kidney Bladder | Kidney Bladder | Liver Gallbladder | Spleen Pancreas | Large Intestine | Heart, Small Int., Circulation/Sun, Triple Warmer | | |
| Right Shoulder, elbow, hand (outer side), Middle Ear, Right heart, R. Coccyx, Terminal Spleen, CNS, Ant. axillary | Right TMJ, anterior hip/neck, medial wrist, Right heart, R. Coccyx, Terminal Spleen, CNS, Ant. axillary | Right TMJ, anterior hip/neck, medial wrist, Right heart, R. Coccyx, Terminal Spleen, CNS, Ant. axillary | Right TMJ, anterior hip/neck, medial wrist, Right heart, R. Coccyx, Terminal Spleen, CNS, Ant. axillary | Right TMJ, anterior hip/neck, medial wrist, Right heart, R. Coccyx, Terminal Spleen, CNS, Ant. axillary | Right TMJ, anterior hip/neck, medial wrist, Right heart, R. Coccyx, Terminal Spleen, CNS, Ant. axillary | Right TMJ, anterior hip/neck, medial wrist, Right heart, R. Coccyx, Terminal Spleen, CNS, Ant. axillary | Right TMJ, anterior hip/neck, medial wrist, Right heart, R. Coccyx, Terminal Spleen, CNS, Ant. axillary | Right TMJ, anterior hip/neck, medial wrist, Right heart, R. Coccyx, Terminal Spleen, CNS, Ant. axillary | Right TMJ, anterior hip/neck, medial wrist, Right heart, R. Coccyx, Terminal Spleen, CNS, Ant. axillary | Right TMJ, anterior hip/neck, medial wrist, Right heart, R. Coccyx, Terminal Spleen, CNS, Ant. axillary | Right TMJ, anterior hip/neck, medial wrist, Right heart, R. Coccyx, Terminal Spleen, CNS, Ant. axillary |
| 31 | 30 | 29 | 28 | 27 | 26 | 25 | 24 | 23 | 22 | 21 | 20 |
| 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 |
| Associated Western Medicine Joints, Organs and Glands | | | | | | | | | | | |
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| 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 |

Acupuncture Tooth-Organ Relationships from various sources including Gliditch and Klinghardt (www.NeuroTherapy.com). Compiled by Dr. Ralph Wilson

Reproductive

Menstrual flooding: Capsella, Erigeron (*Canadian fleabane*), Cinnamon compound.

Hayden's Viburnum Compound: "the Queen of Cramp Remedies"

Viburnum opulus
 Viburnum prunefolium
 Gossypium root bark
 Wild Yam
 Skullcap
 Cloves
 Cinnamon bark
 Orange Peel
 simple syrup

Emergency Contraception: Wild Carrot Seed (*Daucus carota*) ¼-½ tsp within 20 minutes of potentially fertilizing sex
 30-60 drops tincture daily throughout fertile wave.

Environmental Exposure

Handy herbs: ginger, cardamom, Fire Cider

Considerations: Length of time of exposure, shock symptoms, hydration, glucose levels, comfort, fear, distance & time to transport to better environment, better care

Cold Exposure Harimake (warm belly band), mugwort heat packs, deep warming herbs & broths. Heat slowly.

Chills Foot bath in a warming herbal infusion: oregano, rosemary, and thyme can be nice and is generally easily available.

Heat exhaustion: This can quickly progress into a dangerous condition, so attend carefully to anyone showing any symptoms of heat exhaustion and evacuate anyone showing signs of heat stroke. Electrolyte and Vit C- rich rehydration blends can be very helpful for preventing heat injuries. Also try lemon, hibiscus, and rosehip tea, which also can be effective to help prevent overheating.

Lavender hydrosol is amazingly effective at cooling the whole body, and prevents sunburn & heat rash.

Lemonade berry (*Rhus integrifolia*), is a great refrigerant.

Peppermint EO, one drop on top of head.

Recipes

Hydrotherapy - classic German method:

9 revolutions of hot and cold, 20 minutes total.

Highly effective for reducing swellings due to sprains and strains, overuse and will speed healing time exponentially

Indications: sprains & strains, any congested tissue, frostnip, Raynaud's, slow-healing wounds, gangrene

Materials needed: 5 gal buckets for ankles, visible clock or timer, kitty-litter pan sized basin for arms, smaller vessels for hands or feet.

Place towel between the buckets to absorb drips, and have one handy to dry off after.

Fill one with iced water and the other with hot to tolerance (about 112 degrees is good)

Keep more ice, tea kettle with boiled water handy.

Submerge in hot water for 3 minutes, plunge in cold for 90 seconds, back and forth for 9 revolutions or roughly 20 minutes.

Start with hot, end with cold. About halfway you'll need to add more hot and more ice to keep the temps ideal.

Add mugwort mash to this to bump it up a degree in healing power.

Recipes, con't

Oral Rehydration Blend

1 gal. strong herbal sun tea: Hibiscus, Lemon Balm, Lemon verbena, Lemongrass, Tulsi, Spearmint or Peppermint, Rosehips

Mix with a little warm water or tea: 2c sugar, 1c salt

1 quart fresh lemon juice, or 10-12 fresh squeezed lemons

1 quart Aloe Vera Juice * NOT Aloe gel! =purgative

Strain and pour into a 5 gallon vessel

Add one 10# bag crushed ice

Dosage is one ounce:16 oz water.

FIRE CIDER FIRE CIDER FIRE CIDER FIRE

MASHH CLINIC FIRE CIDER The recent trademarking of the generic, freely shared term “Fire Cider” by Shire City Herbals has resulted in 3 herbalists who have refused to stop labeling their product “Fire Cider” being sued for trademark infringement. *Support the Fire Cider 3!* Boycott this product wherever you see it on the shelves, alert the store manager, and **MAKE YOUR OWN**:

- 2 bulbs garlic
- 6 in. fresh ginger root
- 6 in. fresh horseradish root
- 12 capsicum
- 1 head parsley
- 1 onion
- 1/2 gallon good apple cider vinegar

Chop it all up, soak 2 weeks in dark place, shake daily or bury the jar in the earth, mark the location. After two weeks have passed, strain marc through sterile cheesecloth, into sterile vessel and add:

- juice of 1 lemon
- about 1 1/2 cup of vegetable glycerine
- 1-2 T Rosehip powder
- raw honey if desired

Pour into dark colored bottles, label and cap tightly for storage.

Poisoning

Poisoning (Universal Antidote)

Pulverized, activated charcoal (or burnt toast)

2 parts

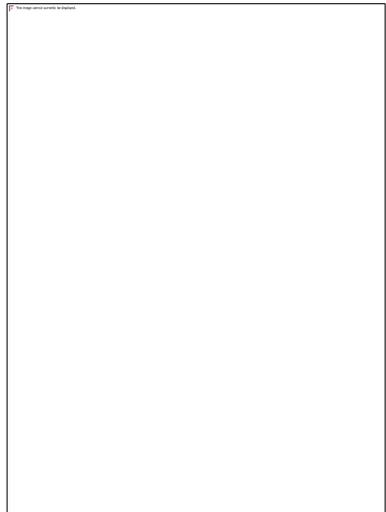
Tannic acid (strong black tea)

1 part

Magnesium oxide (or Milk of Magnesia)



Poisoning con't



Hospital Advocacy

- Bring your flower essences; they're easiest to gently place into water that you innocently administer without drawing suspicion under their nurse's watchful eye. (Homeopathics are a sham and aren't recognized by science, right?)
- Massaging the patient's feet with therapeutic oils is another good method
- Herbs and spices can be decocted in milk, soups and broths teeming with herbal ingredients can be delivered

Zoom balls are an excellent way to disguise herbal ingredients that might draw attention otherwise

- 3c tahini
- 1-2 c almond butter
- 6 T Eleuthero powder
- ½ tsp cardamon
- 2 T Panax quinquifolium
- 4 T bee pollen
- 1-2 cups finely chopped nuts
- 2-6 T raw Cacao powder
- 4-6 T maple syrup powder
- 1 T vanilla powder
- Roll in shredded coconut

First Aid Kit Ingredients

Primary Conditions to account for:

- Skin injuries: Cuts, burns, punctures, rash
- Sprains, strains
- Pain, headaches
- Immune support
- GI support
- Reproductive support
- Eye injuries
- Dental problems
- Endocrine problems
- UTI/Kidney problems
- Organizer-itis
- Circulatory



Kit ingredients

Basic Random tools you may want to include in your kit:

Skin: Wool sock tops, toddler socks, finger cots, steri strips, plastic wrap, strips of wool fabric, tweezers or cuticle clippers, micropore tape, baking soda, vet wrap, irrigation syringe, aloe gel, sunblock, honey, clay, wool flannel for staunching bleed outs or using as emergency moon pads, shotgun salve

hot water bottle, kitty litter pans (new, for hydrotherapy with hands, wrists, elbows), 5 gal buckets (lower extremity hydrotherapy), extra clothes, raincoat, sleeping bag, pillows, strips of old t-shirts, safety pins, flashlight, muslin, butter muslin, ziplocks, spray bottles, water bottles to give, disposable camera with flash, condoms, preg test kits, veggie broths, saltines, jerky, Vit C, funnels, solar shower, office supplies, para cord, clamps, waterproof tape, clothes pins, rubber bands, lighter, candles, cheap toothbrushes, paste
....

Further your skills, become a trained medic

Recommended First Aid Training

Generally, first aid courses with a wilderness focus are the most useful. They generally teach a wider scope of skills than urban first aid courses, and account for the fact that people do not usually have all the optimal supplies and may have extended contact with the victim before emergency personnel arrive.

-Three or Four-day Wilderness First Aid (WFA) courses are appropriate for those who want a general introduction to the most common first aid situations.

-Ten-day Wilderness First Responder courses are very comprehensive and are highly recommended for anyone who lives or spends much time in places more than 20 minutes from definitive care. Take note that during direct actions or natural disasters, even the inner city can be considered being more than an hour from definitive care if the roads are shut down or if there are mass casualties that exceed the medical system's capacity.

Wilderness First Responder and Wilderness First Aid courses with supplemental herbal training are available through a partnership of the MASHH Clinic and Wild River Medical Training. Herbal First Aid courses of varying lengths are also offered through the MASHH Clinic Collective. We are currently on a 2-year hiatus.

Clinic Administration

Pop-up, or Off-Grid Clinic Administration for Disaster Response

Considerations: Logistical, Security, Media, Kitchen, Random Task Force, Organizers



Recommended Reading

Recommended Reading:

"Herbal Reperatory in Clinical Practice" by Michael Moore, SWSBM

"Medicinal Plants of the Pacific Northwest" and all other field guides, website & chap books by Michael Moore, Southwest School of Botanical Medicine.

"Botany in a Day" by Thomas Elpel, HOPS press

"Shanleya's Quest" by Thomas Elpel, botany card game with accompanying story book

"Pocket Guide to Herbal First Aid" by Nancy Evelyn, Crossing Press, 1998.

"Backcountry First Aid & Extended Care" by Buck Tilton, WMI of NOLS, The Globe Pequot Press, 2002.

"Healing Wise" by Susun Weed, Ash Tree Publishing, 1989

"The Herbal Kitchen" by Kami McBride, Conari Press, 2010

Recommended Reading, Con't

"A City Herbal" by Maida Silverman, Ash Tree Pub, 3rd Ed 1997.

"The New Healing Yourself" by Joy Gardner, The Crossing Press, 1989

"Natural Medicine for Children" by Julian Scott, Avon Books, 1990

"The Complete Herbal Handbook for Farm & Stable" by Juliette de Bairacli Levy

"Herbal Healing for Women" by Rosemary Gladstar, Fireside by Simon & Shuster, 1993

"Dental Herbalism- Natural Therapies for the Mouth" by Leslie M. Alexander, 2014

"Complete Book of Dental Remedies" by Flora Parsa Stay

"Where there is No Doctor" and "Where Women Have No Doctor" and "Where There is No Dentist"

Kids, Herbs, Health by White and Mavor, 1998

About the MASHH Clinic Collective:

MASHH is a grassroots collective based in far northern California and Oregon. We are primarily Street and Forest Medics who are experts in herbal first aid. We offer our skills and help get medical supplies & clinical support to a variety of off-grid events including nonprofit gatherings of herbalists, primitive skills gatherings, forest defense campaigns, native lands rights actions, base clinics at social justice movements, as well as disaster zones around the world. We have set up remote clinics at events such as the Northern California Women's Herbal Symposium, the Montana Herb Gathering, the Northwest Herbal Fair, the Buckeye Gathering, North American Permaculture Convergence, and are available for hire at large events that have been approved by the indigenous landholders.

Our mission is to provide accessible, sustainable, affordable, natural medicine for all people but especially those engaged in environmental and social justice, and particularly those engaged in nonviolent direct action campaigns to defend wilderness ecosystems and biodiversity. We take direct action against the industrial medical complex and provide traditional, plant-based first aid, preventative healthcare, and education meant to empower the people.

Herbs First!