

Herbal First Aid Intensive with Greta de la Montagne Traditional Roots Institute, Oct. 27-28, 2018

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.

This guide is meant to support building community resilience and offering Mutual Aid in the form of Herbal First Aid. We look toward zero-waste, biodegradable, economical “Barefoot Doctoring” or “Home-based Kitchen Medicine” in an effort to counter the Heroic Allopathic, high-waste petroleum- and chemical-based paradigm that dominates healthcare in industrialized countries.

Introduction

Herbal first aid has the advantage of using materials that are widely available, like kitchen spices, weeds, and wild plants. Most of the remedies described below can be purchased inexpensively at your local herb store, grown or made at home. Herbal First Aid medicines can also be very low cost or even free if you harvest herbs from your garden or ethically wildcraft in non-polluted areas.

It is best if you can create a first aid kit before an emergency occurs, and make sure that it is always easily accessible, well labeled, and well stocked. Teach your family where to find it and how to use it safely. Always clearly label any tincture or product that is potentially toxic in higher doses.

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.

If working a remote location, record:

- local emergency phone numbers
- time to nearest hospital, and also regional trauma center.
- include hard-copy maps to these from your location
- note location of nearest radio or telephone
- research a good regional dentist
- Figure out a fire or emergency evacuation plan for the site and write it down

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. 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.

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 "Four Thieves" essential oil blend (rosemary, eucalyptus, lemon, cinnamon, thyme, etc.).

If working an event, do research ahead of time & record local emergency phone numbers, note closest radio or telephone, note time to nearest hospital, nearest trauma center. Also helpful is to find a good regional dentist for referrals.

Good Samaritan Laws are state laws also known as “volunteer protection laws.” They are enacted to protect healthcare providers and other rescue personnel from being sued as a result of providing help to a victim during an emergency situation. Essentially they provide legal immunity if a person chooses to help. **REGARDLESS, ATTEMPT TO OBTAIN CONSENT!** Vermont and Minnesota's Good Samaritan Law are unique in the USA and requires a person at the scene of an emergency to provide reasonable assistance to a person in need. New York also

provides immunity to liability for those who assist in emergency.

Signs and Symptoms of Heart Attack:

- Uncomfortable feeling, chest pain, squeezing, or pain in upper body.
- Chest pain more than 3-5 minutes, or radiating pain
- Breathing problem/Dyspnea
- Pale, Ashen color, Sweating, dizziness.

Try to rule out Anxiety or Panic Attack! Call 911, retrieve meds, loosen any tight clothing, be prepared to administer CPR, can give Aspirin as blood thinner, use AED.

Signs and Symptoms of Stroke:

- Sudden facial droop
- Sudden numbness or weakness on one side of the body
- Trouble speaking

Cardio-Pulmonary Resuscitation (CPR) You should have at least a basic understanding of how to administer CPR. Certification Classes are of course highly recommended and regularly available in nearly all communities in the US. There is about a 40% chance of saving someone's life.

- Check the scene and the person. Make sure the scene is safe, then tap the person on the shoulder and shout "Are you OK?" to ensure that the person needs help.
- Call 911 for assistance. ...
- Open the airway. ...
- Check for breathing. ...
- Push hard, push fast. ...
- Deliver rescue breaths. ...
- Continue CPR steps.

“Wilderness Care” More than 20 minutes= “wilderness”

Potential injuries encountered more than 20 minutes away from definitive care:

Broken femur, bloody scalp wound, blunt trauma to the body, closed airway, diabetic hypoglycemia, fractured ankle, heat exhaustion, multiple police baton bruises, face-down or unresponsive patient.

The “Golden Period” is the 60-minute period of time from injury to definitive care where survival potential is best.

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. Obtain Consent
3. Assessment
4. Breathing
5. Treatment

Prevention is always the best cure!

Normal Respiration Rates:

Adult: 12-20 breaths per minute (1 every 5-6 sec)

Pediatric: 15-30 breaths per minute (1 every 3-5 sec)

Neonatal: 25-50 breaths per minute (1 every 3-5 sec)

Normal Blood Glucose level: 80-120mg/dL

Airway obstruction (Choking)

5 abdominal thrusts, 5 back blows

Plant Medicines

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. *Botany In A Day* by Thomas J Elpel is a favorite and its recent update has color plates! If you want to learn more, take a class!

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 prime position in our first aid kits. Relatively listed in order of my most-used.

- **Plantain** (*Plantago spp.*) all purpose first aid plant, poulticing, diarrhea, soothes inflammation
- **Lavender** (*Lavandula angustifolia*) broad spectrum anti-biotic, anti-bacterial, anti-viral
- **Yarrow** (*Achillea millefolium*) hemostatic; stops bleeding. UTI. Foot soak for hot conditions
- **Hypericum perforatum**- blunt trauma, contusions, sprains
- **Arnica montana**- blunt trauma, contusions
- **Mugwort** (*Artemisia douglasiana*) moxibustion, spring bitter tonic, magical, drawing
- **Calendula** (*Calendula officinalis*) best skin herb, also soothes & heals gut lining, IBS
- **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
- **Usnea spp.** hemostatic, anti-microbial, kills candida, anti-herpetic with olive leaf, micoplasmic pneumonia. topical dressing, anti-septic, inhibits gram-positive bacteria
- **Chickweed** (*Stellaria media*) juice/succus for assisting removal of any lumps in body, cysts, cooling for hot conditions, lymph support
- **Cleavers** (*Galium spp.*) juice/succus: skin, diuretic, poultice, diuretic, glandular fever, febrifuge, gentle lymphatic

- **Chamomile** (*Matricaria*) anti-bacterial, good stye remedy, calming, great herb for children, soothes gut
- **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
- **Manzanita** (*Arctostaphylos*) spring tips used in poison oak remedy
- **Fennel** (*Foeniculum*) carminative, dispels gas, resolves hunger pains
- **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*)
- **California Poppy** (*Eschscholzia californica*) all purpose pain remedy, bitter
- **Nettles** (*Urtica dioica*) oxygen transport, high vit and mineral content, superfood
- **Black Walnut** (*Juglans spp*) broad spectrum anti-fungal, anti-parasitic
- **Western Red Cedar** (*Thuja plicata*) powerful anti-fungal, lung support
- **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
- **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*) Gobernadora, Queen of the Desert
- **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*) bonds 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*,....
- 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)
- Emotional/Psychiatric (anxiety, panic attacks, organizer-overwhelm)
- 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
- Circulatory, Anaphylaxis

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
- **Purple, Black or White Willow Bark** (*Salix purpurea*, *S. nigra*, or *S. alba*) - may be oldest herb known to treat pain & inflammation. Tasty tea: Soak in vinegar, lengthy decoction, add tsp. baking soda for tasty, dark tea. Cut bitter with orange slice, or saffron, 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"
- **High CBD Cannabis strains:** Charlotte's Web, Sour Tsunami, Ringo's Gift, Remedy
- **St. John's Wort, Blue Vervain**
- **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, Spirea**
- **Skunk Cabbage** (back pain)

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, Kudzu also works similarly. 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*, *Lobelia*, Yarrow, Prickly Ash, *Cannabis*, *Melilotus*. Add a few drops of Sweet Birch EO.

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

Headache, Fever, Excess heat

- Electrolyte Formula
- "Shotgun" formula: Feverfew, Meadowsweet, Corydalis, Piscidea, Cal Poppy, Butterbur..
- Neem oil, cool foot bath
- Acupressure points: LI-4 (Hegu) middle of webbing at base of thumb and index finger, GV-42.5 "Third Eye Point", also Spleen 6 one palm width above inner anklebone, on the back of shinbone (demonstration)
- *Altitude sickness:* red clover & nettles tea, "ChlorOxygen" 4 drops: 1qt H2O

- Lavender hydrosol
- Blue Yarrow EO
- Blue Chamomile EO
- Vetivert EO
- Magnesium glycinate or citrate to bowel tolerance

Migraine Headache (Liver Wind Rising/Pitta condition)

There are several kinds of migraine headaches; most are liver-based, basic cause is instability/wind, common cause is food allergy, especially artificial additives. Gradual onset, paresthesias, sensitivity to light & sound, difficulty concentrating, nausea & vomiting, vertigo, diarrhea common, visuals black & white.

Common food triggers include:

Aged cheeses, bananas, figs, raisins, beer, wine, hard liquor, red wine, dairy products (ice cream/milk/yogurt, cheese, Sour cream), fermented and pickled products, citrus fruits, papaya, passion fruit, red plums, seasoned salt, soy sauce, MSG, avocados, chocolate, lentils, nuts, peanuts and peanut butter, onions, pea pods, lima bean pods, nitrite containing meats and processed meats, saccharin/aspartame (diet sodas), sulfites in shrimp and processed potatoes, yeast containing products (donuts, breads).

Handy herbs: *Viburnum opulus*, *Tanacetum*, Lemon Balm,

Considerations: Stress, Vit B deficiency, Mg deficiency, migraine.

Prevention:

- Feverfew leaf (*Tanacetum parthenium*), *Calamus* root, Butterbur (*Petasites*) root and leaf, Ginger root, 2T dried powder: glass of water, or 2-4 oz fresh juice to abort episode before it starts. Nettle concentrate, Bone Broth. Vetiver EO
- Myers Cocktail (Yale study) Mg, Cal, B Complex micronutrient complex, ~7tsp of nutrient solution in slow IV push ~ 20min.
- Vit D, Lithium, Magnesium (bowel tolerance dose ~1200mg)
- Valerian paste on forehead, coconut or sesame oil on soles of feet.
- Treat the liver, pacify liver wind rising, eat real food

Chologogues to enhance bile secretion:

- Gentian
- Artichoke leaf
- Dandelion root and leaf
- Barberry
- Bupleurum
- Fringetree
- Boldo
- Milk Thistle

Gallbladder meridian: GB-1 to GB-3 (temples to corner of eyes), outside of leg (hip to fourth toe; GB-30 to GB-41

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* (Charlotte's Web, Harlequin and Ringo's Gift)
- Nasya Oil, herbal snuffs

Circulatory Emergencies

Handy Herbs for core circulation: ginger, cinnamon, garlic, linden.

For surface circulation: cayenne, yarrow, figwort.

For enhancing circulation to the extremities: Prickly Ash, Rosemary, Gingko

Arrythmia, Atrial fibrillation- *Cystisisus scoparius* (Scotch Broom) flowering spring tips, 1:5 tincture, 40 drops

Support with: Hawthorn syrup, Bone Broth syrup, concentrated Nettle extract, Red Clover tea.

Herbs that improve blood circulation:

- Gingko
- Cayenne
- Gotu Kola
- Hawthorn
- Thyme
- Turmeric

Skin, Soft-tissue, and Muscular-Skeletal Injuries

Handy herbs: *Calendula*, Lavender, Poplar Bud, Rosemary, Arnica, *Hypericum*

Considerations: patient compliance, comfortable resting spot.

Sprains & Strains, Bumps, Bruises, Contusions

- R.I.C.E.: Rest, Ice, Compression, Elevation = outdated.
- Moxibustion, cupping, Gua-Sha, massage.
- 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 bear weight by 2nd day. Do not use Arnica oil topically if skin is broken - use *Hypericum* oil instead. Wrap affected body part 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 for rest.
- Trauma Oil: Comfrey root/leaf, populus, calendula, arnica, cannabis, rosemary, lavender, helichrysum EO
- Turmeric and salt poultice
- Yarrow, Comfrey, Rosemary
- Skeletal-Muscle relaxants: Blue Vervain, *Pedicularis*
- Hydrotherapy

Infections

Handy herbs: *Larrea*, Lavender, Calendula, *Anemopsis*, Oregon Grape, *Coptis*, White Oak Bark, Goldenseal, *Echinacea*, Licorice

Considerations: access to clean, 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. Heat packs.

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

Lacerations, Bleeding

Apply pressure! Have a bleeder box or tray handy and bloody waste container. Put patient in Comfort Position

Handy herbs: Cayenne powder, Plantain, Yarrow, Slippery Elm, Mullein, Shepherd's Purse, Licorice powder

Other handy items: Micropore tape, finger cots, athletic tape

- Yunnan Bai Yao: internal & external for bleeding; no more than 1/8 tsp in water at once. Slows bleeding, stay alive til ambulance comes
- Spider's web (VitK)

Burns

Never use salve/oils on a burn, it will accelerate the remodeling process. Maintain a moist microenvironment to promote healing and formulation of granulation tissue. Use lavender EO or hydrosol, then honey for deeper burns.

- **RAW Honey** - apply carefully and cover with non-stick bandage or plastic and then wool, then wrap with muslin, Coban or Ace bandage.
- **Lavender Essential Oil** (the one thing I would choose to take to the desert island)
- **Yarrow** (Blue Yarrow EO; Azuline=amazing wound healing property)
- **Larrea wash, Seaweed wash**
- **Helichrysum** EO unparalleled cell regenerating power
- **Wild Carrot Seed** EO for scar reduction
- **Calendula CO2 extract**
- Prickly Pear cactus inner filet
- Calcium Alginate dressings (seaweed)
- Plantain
- Chickweed, Comfrey, Emu Oil

Bites

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

- Brush stinger off with edge of something like a credit card, or use fine tweezers to remove any residual stinger.
- Echinacea tincture and/or lavender EO can be applied directly to the sting, then covered with a soaked clay or plantain poultice.
- Apply ice to reduce inflammation, apply 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

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. Balsam of Peru dilute in carrier oil for massage.

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.

Tick bites

Considerations: Kha-Vaigunya (previous injury or sickness, a pot-hole or lesion in deep tissue)

- 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 its gut contents back into the body. Use a Q-tip and massage around the tick for several minutes, if this doesn't work, tape a moist soapy cotton ball over the tick. The tick will release its 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 cotton ball in a sealed container for testing. ELISA and Western Blot Test are the current ones being used by healthcare practitioners. We used to use IGeneX, Inc for the Western Blot Test, but ispotlyme.com is claiming 95% accuracy; ~\$600 though.
- Not everyone develops Erythema migrans, the bulls-eye rash, nor the flu-like symptoms; fever chills, bodyache, fatigue, headache.

Potential herbs for a rotating Lyme's Formula:

- *Spilanthes*, *Echinacea*, Teasel, *Bidens*, *Isatis*, *Baptisia*, *Sambucus*, Tulsi, *Corydalis*, *Andrographis*, *Astragalus*, *Uncaria*, *Allium*, *Coptis*, *Polygonatum*, *Hypericum*, Berberine, *Bursera*, *Anemopsis*, *Ceanothus*
- Western Fence Lizard/Blue-Bellied Lizard Essence

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.

Prevention:

Topical sulphur powder or neem seed oil may act as a preventative but ultimately more people need to learn how to notice the presence of a tick crawling on them and then how remove them effectively before they embed their mouthparts.

Punctures, Splinters, Non-Healing wounds, Staph infections

All-Purpose Poultice Powder, Drawing Poultice or Wound Wash Tea for Irrigation:

- Mugwort
- *Larrea*
- *Calendula*
- Plantain
- Lavender
- *Usnea*
- *Coptis* or any Berberine-containing herb

Depending on type of wounds, add:

- Bentonite Clay or Activated Charcoal
- Sage
- Licorice
- Myrrh gum powder or any anti-biotic resin
- Hops resin/hash
- *Nicotiana*
- 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.

Other Non-Healing wound strategies:

Epsom salt soaks

Irrigation, irrigation, irrigation

Mind humidity factors

Use heat

Itching & Allergic Reactions, Contact Dermatitis

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.

Poison Oak

- 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 Sassafras-Grindelia spray.
- Internally: Nettles-Grindelia-Goldenrod, White Oak, Turmeric, Chlor 02
- Bentonite Clay in squeeze tube. Mix with Plantain mash or juice

Sunburn

Lavender hydrosol topically is superior. Neem leaf in sesame oil or Larrea oil is helpful too. Apply aloe juice topically and drink 2-4 oz aloe juice (inner filet only, not whole leaf) internally. For extended sudden sun exposure add to lavender hydrosol essential oils of: Lavender, Calendula, Geranium, Sesame, Roman Chamomile, Sandalwood and Seaweed Extract.

Allergy Shotgun Formula (choose 5-6)

Base formula:

- Nettles (freeze-dried caps or CO2 extract)
- Goldenrod
- *Grindelia*
- Chickweed

Additions depending on presenting symptoms:

- Ambrosia
- *Filipendula* (Meadowsweet)
- Willow or Oak bark
- Turmeric glycerite
- Wasabi
- *Euphrasia* (Eyebright) *cultivated only

Immune, Asthma and Anaphylaxis

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

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

Internally:

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

Limit intensity of asthma attacks: Tarragon, Rosemary, Cypress, Plai in diffuser or inhalation

Anaphylaxis: Transport to definitive care! Similar herbs as for Asthma; heavier dose of lung-openers such as Thyme, Balsam root, Osha if you have it. Add *Ephedra*, *Grindelia*, Goldenrod, Nettle extract, possibly *Lobelia* as needed. ChlorO2, concentrated nettle extract.

Be alert for Multiple Chemical Sensitivities (MCS).

Cold, Flu, sore throat, lung conditions

Lung herbs: (some drying, some moistening)

- Plantain, Balsam Root, Elecampane, *Grindelia*, Yerba Santa, *Aralia*, Lungwort, *Usnea*, *Thuja*, Coltsfoot, Thyme, Oregano, Peppermint, Rosemary
- Fresh garlic mashed in honey. Camphor topically with StyraX EO.

Sore Throat

Handy herbs: Slippery Elm, Propolis, Licorice, Marshmallow root

- First “warning bell” sign, take all precautions immediately to rest, restore, rejuvenate. Boost immune system with garlic and *Echinacea*, move lymph, sauna, do “circulatory whip” with brief cold plunges.
- Sitopaladi in Honey, Licorice, Yerba Mansa gargle, Propolis.
- Slippery Elm, Marshmallow, Linden, any demulcent herb.

Herbs for Seasonal and Pandemic Influenza:

Echinacea, *Coptis*, *Larrea*, *Bursera*, *Lomatium*, *Eupatorium*, *Actaea*, *Ceanothus*, *Anemopsis*, AZ Cypress, Yarrow, *Usnea*

Elderberry is specific against Influenza A&B, as well as Herpes Simplex and HIV.

Add Apple Cider Vinegar to a Honey-based Elderberry syrup.*

*Remove/exclude seeds early in processing! Contain an alkaloid that can cause projection vomit!

Smoke Inhalation; Forest Fire or Burning Cities:

Stay hydrated! Wear a protective mask! Use an indoor filter and humidifier.

Moistening expectorants: marshmallow root (infused in cold water), mullein (filter well), licorice, coltsfoot.

Connective tissue rebuilders: *Echinacea*, Horsetail, Gotu Kola, Nettle, *Harpagophytum*

Support O2 transport: Vit C, C0-Q10, beta carotene, omega fatty acids, bromelain, quercetin.

Check your blood oxygen saturation occasionally. (Normal 95-99%)

Clear toxins in blood stream with red clover tea or Detox caps. (See recipes)

Possible lung syrup ingredients: *(thanks Taproots Medicinals for supporting Tubbs Fire victims)*

- Nettle
- Mullein
- Thyme
- Elecampane
- *Rhodiola*
- Milk Thistle
- Marshmallow
- Rosemary
- Reishi
- Anise seed
- Orange peel
- Licorice

Urinary, Kidney, Bladder

General UTI: *Agropyron* (couch grass/orchard grass root), *Althea* (marshmallow) cold infusion root tea, *Cannabis*, Kava, *Zea mays* (dried cornsilk tea), Uva Ursi, *Chimaphila* (Pipsissewa), *Vaccinium* (blueberry)

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

Gastro-Intestinal Issues

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

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

Diarrhea:

- Kaolin Clay, Apple Pectin, Activated Charcoal
- Blackberry root tea or tincture
- *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.

Dysentery:

- *Ailanthus* or Chaparro Amargosa will kill the amoebas.
- The combination of **Bananas, Rice, Applesauce, and Toast (BRAT)** is rich in fiber and nutrition but gentle and bland enough to pass easily through a weakened digestive tract.
- Rice porridge or congee.

Constipation:

Keeping bowels moving is super important! Death begins in the colon.

- Magnesium glycinate or 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 Tbs in warm water is good for most and normalizes both diarrhea and constipation.

Sulphur Burps, Indigestion:

Strong Peppermint tea, Green papaya salad, Neutralizing Cordial, Papaya enzymes, Triphala

Dry heaves, dry mouth: paste of a whole lemon & sea salt, for someone passing, insert tiny fingerful in mouth between cheek and gum.

Protozoan Intestinal Parasites

Symptoms generally include diarrhea, gut/intestinal pain, bloating, indigestion lasting 2 weeks or more.

Giardia, Cryptosporidia, Blastocystis:

Treat with bitters before each meal and/or powdered bitter herbs.

- GSB's "Parasites Be Gone": Neem, Kutaja, Vidanga, Juglans. ¼ tsp on tongue before meals, minimum two weeks. (UCSC 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

Salmonella

Apple Cider Vinegar. Add ~6 garlic cloves to 32 oz vinegar for added effect. Take 1 Tbs/day for minimum two weeks.

Neutralizing Cordial: an Eclectic Physician formula from the '30s. "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

Bleeding Ulcers: *Capsella*, *Cinnamomum*, *Erigeron*, *Quercus*

Duodenal with pain shooting to navel: *Piper menthyisticum* (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)

Appendicitis:

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

Emotional, Psychiatric Crisis, Anxiety, Panic attacks, Organizer-itis

General Strategies: Nervines, Nutritives

- Assess for physical wounds
- Get them to a safer space
- Calm them down
- Get them back in their body
- Feed and water them
- Rest
- Encourage debriefing

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

Handy herbs: Drop dose *Anemone*, *Passiflora*, Oats, Lavender, Self-Heal, Gotu Kola, Lion's Mane, Pink Yarrow, Redwood, *Rhodiola*, Mugwort, Sage, Poplar Bud, Hawthorn, Blackberry, Mullein, Lemon Balm, Blue Vervain, *Pedicularis*, *Eleutherococcus*, cultivated American Ginseng

Use the **Doctrine of Signatures** to come up with herbs from your bioregion that will lend strength.

In the Pacific Northwest we frequently align with:

- *Oplopanax*
- *Aralia californica*
- Yarrow

Anxiety EO blend: Orange, Lavender, Clary Sage, Rose Geranium, Chamomile, Vetiver

Herbs 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

Hawthorn, Motherwort, Lemon Balm, Blue Vervain

Flower Essences

- **Five-Flower/Rescue Remedy**- 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
- **Aspen**- best remedy for developing courage. (timid cats, fear-based vertigo)
- **Borage**- for Courage. For the heavy-hearted
- **Pink Yarrow**- breakups, earth upheaval, climate crisis/apocalypse fears. Supports the open, protected heart.
- **Olive**- no reserves left, deep inner tiredness, physical and mental fatigue.

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*, Onion

Painful or infected ears: Mullein and garlic infused olive oil, 2-3 drops of the warmed oil applied in canal. 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. Mongolian: take out inner filet/sprout of onion, wrap with ghee, insert into ear canal.

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

Reproductive

Menstrual flooding: *Capsella*, *Alchemilla*, Cinnamon, Erigeron-Cinnamon compound.
Canadian fleabane.

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

PCOS- Poly Cystic Ovarian Syndrome

Vitex, Dandelion, Milk Thistle, Licorice, Saw Palmetto, Nettle, White Peony,
Caulophyllum, *Gymnema*, *Tribulus*
Evening Primrose Oil
Diet, exercise

1 cup spearmint leaf, raspberry and red clover flower tea/day
Chew a pea-sized chunk of Dong Quai root per day

Black Cohosh- orchitis and epididymitis

Blue Cohosh- ovarian pain

Khella- antispasmodic for hollow organ pain

Herbs Not Safe in Pregnancy: (Mainly any that trigger hormonal activity or are purgative)
Saw Palmetto, Goldenseal, Dong Quai, Yohimbe, Pennyroyal, Passionflower, Black Cohosh,
Blue Cohosh, Ginseng, Kava, Senna, Feverfew, Evening Primrose, Aloe

Environmental Exposure/Thermal Injuries

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

Cold Exposure

- Wool or cashmere harimake, mugwort heat packs, deep warming herbs like *Astragalus*, cover neck and ears with silk or wool.
- Find shelter, remove cold wet clothing, heat the body slowly, encourage movement and warm fluids, avoid putting body in warm water.

Chills

- Try a 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-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.

Essential Oils

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).

Always check with your patient for skin sensitivities before applying. Be mindful of how much plant material goes into the finished product. They can be handy in first aid in that they can be stored in small glass vials, don't go spoil easily, and are relatively portable. They are often applied to pulse points in a carrier oil such as jojoba, which include: inside wrists, behind ears, ankles, inside knees, sternum, nabi (bellybutton), and sacrum. If we don't distill the oils ourselves we prefer to purchase from companies we've extensively researched for ethical and sustainability reasons.

- **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

Also lightweight and keep for many years, come in small vials, 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)

- **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
- **Ipecacuanha** – nausea & vomiting with hypersalivation (duck egg allergy)
- **Comfrey** - broken bones

Flower Essences

Also Planetary Essences, Mushroom Essences, Tree Essences
The flower, mushroom 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. The 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.

- **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

Recipes

Hydrotherapy

The 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.

How to Apply a Castor Oil Pack

Castor Oil stimulates deep tissue and organ healing. Mildly purgative, it has a drawing power up to 4" deep, and is useful for old or hard-to-heal injuries, lubricating ligaments and tendons, healing deep infections and organs, and shrinking cysts and tumors.

Ingredients/Equipment needed:

Castor oil, wool flannel cloth, plastic to cover wool flannel, hot water bottle or electric heating pad.

Directions: Warm the castor oil by placing the bottle in a pan of hot water, or add hot basalt rocks to the measured amount in a glass or metal container. Fold the flannel so that it is 4 layers thick. Cut down to size if treating a smaller area, like a knee.

Lay the flannel on the plastic sheet and massage in the warmed oil into the flannel until it is thoroughly saturated. Apply flannel to the area being treated and cover with the plastic sheet, then place the heating source on top. Cover with a folded towel to focus the heat toward the body. Leave it on for a minimum of 20 minutes, up to 8 hours.

Use mild soap to clean oil off skin.

Store the wool flannel in glass or plastic ziplock in cool cabinet or refrigerator for future re-use or the oil can become rancid.

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 or 1c Simple Syrup
- 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 block ice floating in its own container
- Dosage is one ounce:16 oz water.

Poisoning

Activated Charcoal is the go-to for poisoning from substances such as chemical weapons, pentobarbital, strychnine, and malathion.

To make at home: Place the charcoal in an oven heated to 215 degrees Fahrenheit, and allow it to bake for 3 hours.

Remove the charcoal and crush it into powder form using a hammer or an industrial blender. The grains should be as small as you can make them. Store the activated charcoal in Ziploc bags until you need it.

Universal Antidote

Pulverized, activated charcoal	2 parts
Tannic acid (strong black tea)	1 part

Follow with **MASHH Clinic Detox Blend** (treats tear gas and chemical weapons exposure through the liver). 2 capsules with 3 meals/day for 2 weeks.

Equal Parts:

- Standardized Milk Thistle Seed Powdered Extract
- Dandelion root powder
- Burdock root powder

optional additions:

- Marshmallow root powder
- Turmeric root powder
- Eleutherococcus powder (prevents side effects of radiation and chemotherapy)

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!*
freefirecider.com

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.

Tea for Sleeping _____

3 parts Chamomile
1 part Hops
1 part Yarrow
1 part Catnip
1 part Peppermint
1 part Skullcap

C-C-F Tea for Indigestion _____

simmer the seeds 15-20 min. Equal parts:

Coriander
Cumin
Fennel
Strain, add sweetener if desired.

Tellur Fenner's Super Strong Ginger Syrup

- Fresh and Dry Ginger Root 1:1
- 2 oz herb: 32 oz H2O
- 1:16 Strong Decoction, simmer ~ 45 minutes
- Turn heat off, strain, double boil & reduce by ~1/2.
- Measure Volume. (8-10oz ideal)
- Add 8-10 oz honey, back on double boiler on HI, decrease by ~1/2 again. (Can get away with 2/3)
- Add 10-15% Ginger Tincture when cool.

Zoom Balls

Combine the energetics of nourishing herbs with high-powered stimulants to provide a balanced form of energy. This recipe is from Rosemary Gladstar's *Family Herbal*, Storey Books, 2001. Makes 60 large, delicious zoom balls.

3 cups tahini
1-2 cups hazelnut, cashew or almond butter
2 cups honey
4-6 Tbs Guarana powder (leave Guarana and Kola Nut out if kids will be ingesting these)
4 Tbs Kola Nut powder
6 Tbs Siberian Ginseng powder
2 Tbs Panax Ginseng powder
½ tsp Cardamom powder
1 tsp nutmeg and/or mace, optional
4-6 Tbs bee pollen, optional
2 vials Royal Jelly, optional
1 ½ -2 cups carob or chocolate chips
1-2 cups unsweetened shredded coconut, lightly toasted
1-2 cups finely chopped almonds or walnuts
1-2 cups dried cranberries or cherries, chopped
unsweetened cocoa powder

Mix the tahini, nut butter and honey until smooth. Combine the herbal powders and others and add to the tahini mix.

Add the carob or chocolate chips, coconut, and almonds and mix in well. (This usually requires mixing with your hands) Mix in enough cocoa powder to bring the dough to the desired thickness.

Use graham crackers if you don't want to add cocoa.

Roll the dough into small balls- about 1-1 ½ inches in diameter. Roll the zoom balls in cocoa or carob powder or shredded coconut and store in tins lined with wax paper in a cool place. They will last a few weeks. Have a ball! Don't eat too many!

Hospital Advocacy

It's helpful to proactively learn how to navigate area hospitals in case you are allowed in with a potential patient. Flower essences and homeopathics are easiest to dilute into water or tea. Massaging the patient's feet with therapeutic oils is another good method to get herbal medications to your patient in a hospital setting. 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.

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

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

Topical: 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 “all purpose” salve

Hot water bottles, 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, dish pans for foot soaks ...

Office supplies:

Light green painter’s tape for labeling, Sharpie ultra-waterproof markers, 3x5 note cards, pens, clipboards, extra tent stakes, small axe or hatchet, rope, 2-way radios, solar lanterns, headlamps

Attire of an Herbal Medic: Personal Protection is Paramount (as with EMS). Fluids fly and it’s faster and easier to change into a second set of clothes than to shower. Closed-toe protective shoes are a must. Appearance ideally is fashion-neutral. Pockets are basically critical. Rugged workwear is ideal, layers always optimal. Knee protection should be considered. Hair should be contained/controlled in case of need for rapid movement or extended focus.

Must-haves on person: Knife, Tweezers, magnifying lens, headlamp, pen, waterproof writing pad, tick removal tool

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 have been available in the past 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.

Wilderness First Aid trainings and certifications

Aerie Backcountry Medicine: aeriemedicine.com

Foster Calm Wilderness First Aid and Leadership training: fostercalm.com

NOLS Wilderness Medicine: nols.edu

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

Considerations: Six Core Elements necessary to run a successful campaign:
Medical, Logistical, Security, Media, Kitchen, Organizers

The relief phase of disasters can extend for years. We the people must help each other! People have the agency and ability to direct their own autonomy. By expanding the network, following by listening, and striving to organize horizontally and with collective liberation always at the forefront of our efforts, we can effectively amplify the grassroots community-led initiatives that blossom following disasters.

Climate justice is a term used for framing global warming as an ethical and political issue, rather than one that is purely environmental or physical in nature. A fundamental proposition of climate justice is that those who are least responsible for climate change suffer its gravest consequences.

- Supporting the most vulnerable members of our community is one of our goals. **This is why we define safe(r) space as a space that is encouraging for people who have been made uncomfortable at other events due to racism, sexism, physical and sexual assault, etc.”**
- Vetting incoming volunteer medics. Taken from Standing Rock protocols: Not all modalities are licensed, and licensing may vary state-to-state. When licensure information is publicly available, vetters can check to see that the applicant’s license is current and that there are no disciplinary actions taken against them. For nurses and advanced care providers, ask applicants to send a PDF of their current license. All applicants are expected to send in a resume/CV with prior experience.

Recommended Reading:

“Herbal Repertory 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 J. Elpel, HOPS Press/Green University

“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

"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

Web-links and Connections:

CBD Cannabis:

Further info on CBD for Epilepsy & Seizures: Projectcbd.org
isum.com/best-high-cbd-cannabis-strains/

MADR- Mutual Aid Disaster Relief:

mutualaiddisasterrelief.org

Solidarity, Not Charity

American Herbalist Guild

americanherbalistguild.com

Top-Notch list of resources for Analysis, Action, Reflection, Alliance. The hard work of being human. Intersectionality. Everything from microaggressions to cultural appropriation:

White Noise Collective: www.conspireforchange.org

Do No Harm, Anti-Oppression, Safer Spaces

thirdroot.org/anti-oppression-initiative

Climate Justice: Follow the landmark US Federal Climate Lawsuit: ourchildrenstrust.org

About the MASHH Clinic Collective:

MASHH is a grassroots collective based in far northern California and Oregon. We are primarily Clinical Herbalists, 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, the International Permaculture and Building Resilient Communities Convergence, and are available for hire at large events whose presence has been approved by the indigenous landholders. Respect Treaty Rights and Indigenous Territory!

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.

Our crew and volunteers are available for hire at large events. Contact us at
mashhclinic@gmail.com

Herbs First! www.mashhclinic.com