



Above all, Do No Harm.

Never work beyond your training or skill level. Always defer to other responders who have a emergency response certification higher than yours.

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.*

If working a remote location, record local emergency phone numbers, note time to nearest hospital, and also trauma center. Note location of nearest radio or telephone, and research a good regional dentist. Figure out a fire or emergency evacuation plan for the site.

Please be aware that this lecture 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.

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.



Good Samaritan Laws

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.

Vermont’s Good Samaritan Law is unique in the USA and actually orders citizens to help fellow humans in need!

Red Flags 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

Deescalate, Defer, Do No Harm

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.

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).

Scene Safety



Plant Identification

There are many useful plants in wild places, backyards, 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

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

ABC's of First Aid: Airway, Breathing, Circulation

ABC's of Herbal First Aid: Awareness, Breathing, Compassion!

~Prevention is always the best cure~

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

Plantago



Pain

- **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. (thanks to Glenn Nagle for spending a year figuring out this tasty 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-X-10"
- **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, Papaver, Cannabis**

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.

Trauma Oil: Hypericum, Arnica, Poplar Bud, Cannabis, Comfrey, Lavender EO, Helichrysum EO, Calendula CO2

Headache, Fever, Excess heat

- 1 drop Peppermint EO on crown chakra/top of head
- EO's: Blue Yarrow, Blue Chamomile, Vetiver,
- Shotgun formula: Feverfew, Meadowsweet, Corydalis, Piscidea, Eschscholzia, 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
- Magnesium citrate to bowel tolerance

Migraine Headache (Liver Wind Rising/Pitta condition)

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

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, Nasya Oil
- 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



Immune System

Cold, flu, sore throat, lung congestion

Lung herbs: (some drying, some moistening)

- Mullein, Balsam Root, Elecampagne, Grindelia, Yerba Santa, Aralia, Lungwort, Usnea, Thuja, Osha, Pleurisy Root
- Larrea, Anemopsis, mushrooms, Elderberry syrup, Fire Cider
- Garlic, garlic, garlic. Fresh.

Sore Throat

Handy herbs: Slippery Elm, Propolis,

- 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, Licorice, any demulcent herb.



Asthma and Anaphylaxis

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

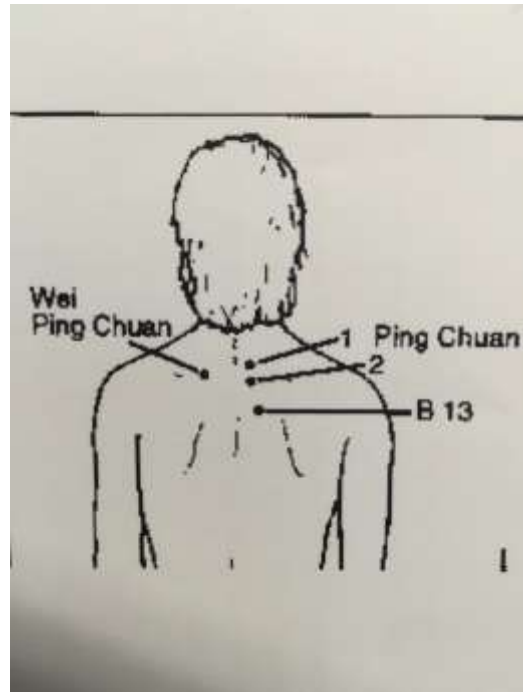
Children + infants= 1 breath every 3-5 sec

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

- Wasabi
- Moringa
- *Aralia californica*, Osha, Pine

Consider underlying stress response and treat that.

Anaphylaxis: similar herbs as for asthma, heavier dose of Osha, add Ephedra, Grindelia, Goldenrod, Nettle extract, possibly Lobelia as needed. ChlorO2, concentrated nettle extract.



Circulatory

Arrhythmia, Atrial fibrillation- Cystis scoparius (Scotch Broom) flowering spring tips, 1:5 tincture, 40 drops

Concentrated nettle extract

Hawthorn syrup

Bone Broth syrup

Motherwort





Emotional Emergencies

Psychiatric Crisis, Anger, Fear, Trauma, Anxiety, Panic Attacks

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, Pedicularis, Blue Vervain

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, Ashwaganda.

Grief, Shock, Rape and Crime victims:

PTSD Flower Essence: Green Gentian, Bleeding Heart, Fireweed, Echinacea, Arnica, Five Flower Formula
Hawthorn, Motherwort, Lemon Balm

Oplopanax horridum
Devil's Club
(Araliaceae)

Okanagon headwaters, BC



Aralia californica

California Spikenard, Elk Clover,
California Ginseng

(Araliaceae)



Yarrow

Achillea millefolium





First Aid 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 & mental fatigue.

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
- herbal snuffs

Skin, Soft-tissue, and Muscular-Skeletal Injuries

Handy herbs: calendula, lavender, poplar bud, rosemary, arnica

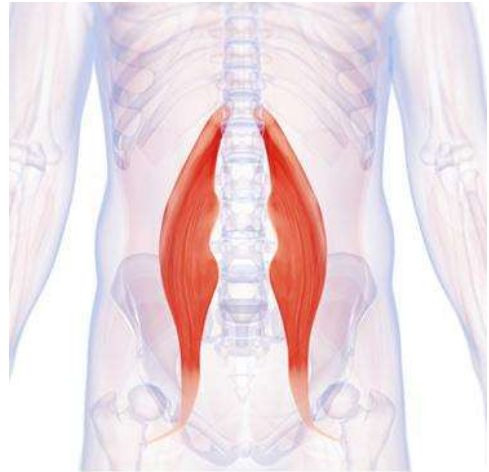
Considerations: patient compliance, comfortable resting spot.

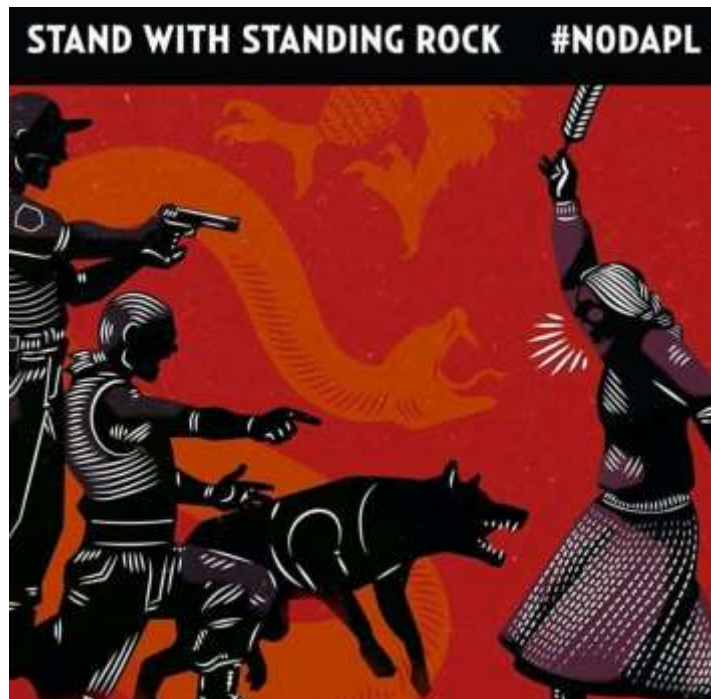
Sprains & Strains, Bumps, Bruises, Contusions

- 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

The Psoas

The muscle of the soul





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

Larrea, Bursera, Aristolochia, or Baptisia internally.

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

Bee stings

After using 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.

Brush stinger off, apply ice to reduce inflammation, apply honey or clay.

Give Apis homeopathic.

Concentrated Nettle extract.

Electrolytes.

Turmeric, Grindelia, Chickweed,

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!



Larrea

Chaparral

Gobernadora

Queen of the Desert



Elephant Tree, Torote

Bursera microphylla

Frankincense family

Soaproot order



Eye Care

Handy herbs: Black tea bag, chamomile tea, rosewater, Eyebright, Bilberry, Blueberry, Thyme

Considerations: mechanism of injury, infection isolation, grubby hands wanting to rub eyes

Eyewash:

- Rosewater & Black Pepper EO: 4oz plastic squirt bottle
- Black Tea bag, Chamomile Tea bag, squish gently and let sit 10-15 min.
- Eyebright (pinkeye, conjunctivitis)

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.





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, 1-4 drops EtOH 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 fillet/sprout of onion, wrap with ghee, insert into ear canal.

Apply essential oils just behind and around ears for middle ear problems. (thyme, oregano)

Gua-sha the lymph nodes in and around neck.

Bleeding

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

Yunnan Bai Yao: internal & external for bleeding; no more than ¼ tsp in water at once. Slows bleeding, stay alive til ambulance comes

Spider's web (VitK)

Put patient in resting position, apply pressure, and calm them down. Bleeding should stop in 5-10 minutes, 20 minutes for bigger wounds. The more calm and centered you can encourage them to be, in general the faster the bleeding will stop. Handy to have picture books on hand for smaller kids and adults alike.





Burns

Cool down with ice bath, then apply RAW HONEY



Spread raw honey on plastic sheet, cover with wool flannel or poly gauze, wrap with coban or Ace for night.



Blisters have popped, time to irrigate









Tear gas canister
burn at Standing
Rock





Lightning Strike









Sunburn

Lavender hydrosol sprayed on topically is superior.
Hydrate internally.

Neem leaf in sesame oil or Larrea wash or strong oil is helpful too.

Plantain mash, seaweeds.

Apply aloe gel topically and drink 2-4 oz aloe juice (inner fillet only, not whole leaf) internally.

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

Tropical Insect Bite



Bee Stings

Brush stinger off with edge of tweezers or a credit card, apply ice to reduce inflammation, apply honey or clay, black tea bag.

Echinacea tincture and/or lavender EO can be applied directly to the sting, then covered with a soaked clay or plantain poultice
Give Apis homeopathic.
Grindelia, Concentrated Nettle extract, Turmeric.

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.



Lice, Scabies and Other Bothersome Parasites

Scabies

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

Initial signs are usually itching between base of fingers, then elbows. Can be common in low-income homes for the elderly.

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

Extreme household-wide hygiene is 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, Calendula, Lavender to support skin healing.

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

- Ledum homeopathic internally for the bite

Potential herbs for a Lyme's Formula or pulsing rotation:

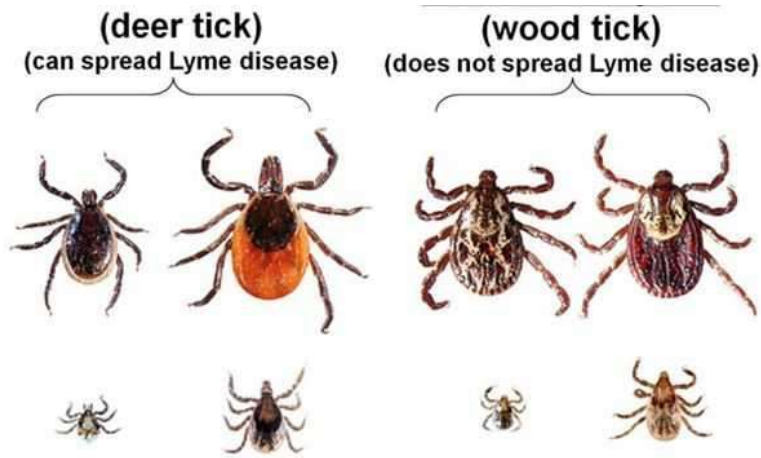
- Spilanthes, Anemopsis, Echinacea, Teasel, Bidens, Isatis, Baptisia, Aristolochia watsonii, Tulsi, Corydalis, Andrographis, Astragalus, Uncaria, Allium, Coptis, Polygonatum, Corydalis, Hypericum, Berberine, Bursera, Anemopsis, Ceanothus

Associated Brain Fog: Gotu Kola, Gingko, Rosemary

Thuja EO, 3 drops topically pulls juices out of bite area is still red after tick removal. 1 drop Frankincense EO or Lavender EO also work.

Then mix Blue Chamomile with Bentonite clay and patch on topically.

Western Black Legged/Deer Tick vs Dog Tick



Teasel

Dipsacus sylvestris

syn fullonum



Punctures, Splinters, Non-healing wounds, Staph infections

All-Purpose Poultice Powder or Drawing Poultice:

- 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.

Puncture Wounds

Irrigate, irrigate,
irrigate.



Itching & 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.

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

Poison Oak

Leaves of three, let it be.

- White ash is preventative and curative. Gather in am after logs have burned all night. Dust or poof on skin.
- Fels Naptha laundry bar soap, Dr. Bronner's Sal Suds, Marie's Poison Oak soap, Charcoal soap, super hot frequent showers.
- Witch Hazel, Apple Cider Vinegar, Manzanita leaves, Grindelia, Oregon Grape Root, green Acorns, Yerba Santa, Sassafras, etc. Steep 2 weeks, strain and put in spray bottle.
- Internally: Nettles-Grindelia-Goldenrod, White Oak, Turmeric, Chlor 02





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)

Nephritis, deep-seated kidney pain: Agropyron, Hydrangea, Solidago (Goldenrod). High doses of Anemopsis. 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.

Viral Gastroenteritis: Coptis powder, Anemopsis, Chapparo armagosa, Echinacea angustifolia

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 manner of gut bugs & as preventative while travelling, eating street food. (Huang Lian Fen). Available in handy tablet rolls in Chinatown.
- Activated charcoal capsules or liquid suspension for poisoning. Burned toast in a pinch.

Dysentary:

- Ailanthus

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. 1-2 Tablespoonful doses, safe for children in slightly lesser amounts:.

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

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, or 10 drops Peppermint spirits if child, elderly, or cool/deficient.
- Triphala, 2 Tablespoons in warm water is good for most and normalizes both diarrhea and constipation.
- 1:16 strength Ginger root honey syrup with dry and fresh root can be outstanding for some.

Sulphur Burps, Indigestion:

Strong Peppermint tea

Neutralizing Cordial

Green papaya salad

Papaya enzymes, Triphala

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

Amoebas, Giardiasis:

- “Parasites Be Gone”: Neem, Kutaja, Vidanga, Juglans. (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, Anemopsis, Juglans, Wormwood, Sweet Annie, Silk Tassel, Cloves, Oregano, Thyme, Ailanthus, Pennyroyal
- Bitters, Papaya seeds, lime, ginger

Bleeding Ulcers: Capsella, Cinnamomum, Erigeron, Quercus

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

Vomiting: Anemopsis, Caffea, 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

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, Anemopsis
- 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, 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

Environmental Exposure

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

Cold Exposure harimake, mugwort heat packs, deep warming herbs. Heat slowly.

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, 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, staph

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 Wound Wash tea, Lavender ess oil to this to bump it up a degree in healing power.

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 (can make Simple Syrup instead)
- 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 it's own waterproof container

Dosage is one ounce:16 oz water.

Wound Wash

Sterile Mason jar, make a strong infused tea, strain with butter muslin, use for irrigating wounds.

Can contain: Mugwort, Larrea, Hops, Lavender, Calendula, Usnea, Yarrow, Thyme, Oregano, Berbine-containing root bark coarse powder, Seaweeds, Licorice, Plantain, Comfrey, Roses, Violet, Monarda, Sages, etc.



Poisoning

Activated Charcoal is the go-to.

Universal Antidote:

Pulverized, activated charcoal (or burnt toast)	2 parts
Tannic acid (strong black tea)	1 part
Magnesium oxide (or Milk of Magnesia)	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

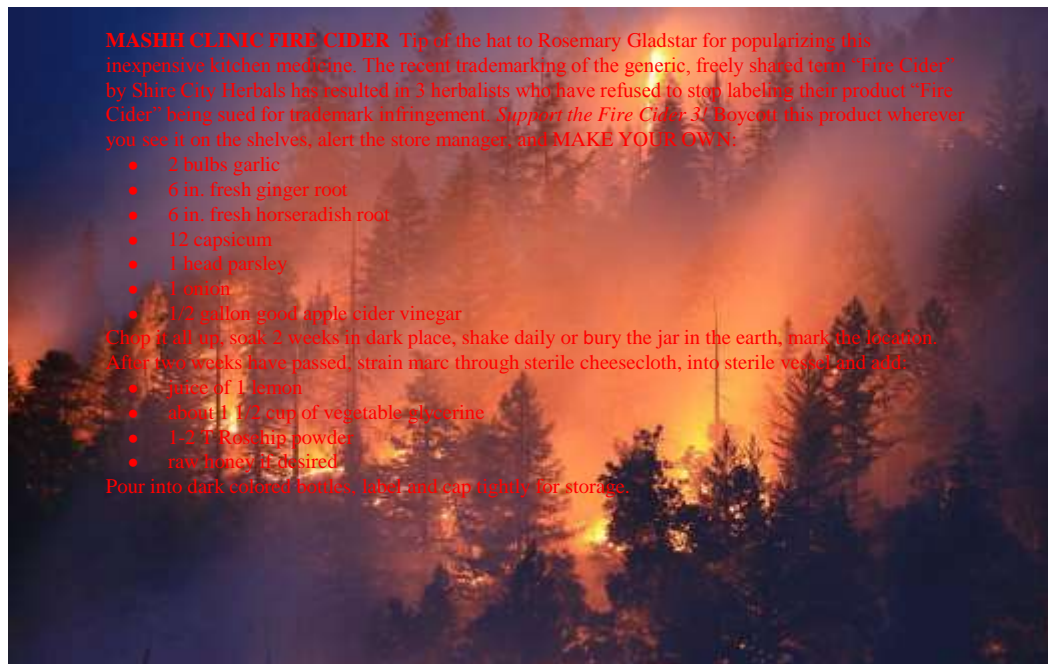
Dandelion root powder

Burdock root powder

optional additions:

Marshmallow root powder

Turmeric root powder



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

CPR
 NO BREATHING

AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

1 GIVE 30 CHEST COMPRESSIONS

Push hard, push fast in the middle of the chest at least 2 inches deep and at least 100 compressions per minute

TIP: Patient must be on firm, flat surface.



2 GIVE 2 RESCUE BREATHS

- Tilt the head back and lift the chin up.
- Pinch the nose shut then make a complete seal over the person's mouth.
- Blow in for about 1 second to make the chest clearly rise.
- Give rescue breaths, one after the other.

Note: If chest does not rise with rescue breaths, retilt the head and give another rescue breath.



3 DO NOT STOP

Continue cycles of CPR. Do not stop CPR except in one of these situations:

- You find an obvious sign of life, such as breathing.
- An AED is ready to use.
- Another trained responder or EMS personnel take over.
- You are too exhausted to continue.
- The scene becomes unsafe.



WHAT TO DO NEXT

- IF AN AED BECOMES AVAILABLE—Go to AED, PANEL 7.
- IF BREATHS DO NOT MAKE THE CHEST RISE—AFTER RETILTING HEAD—Go to Unconscious choking, PANEL 5.

TIP: If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.







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, baking soda, 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, para cord, clamps, waterproof tape, clothes pins, rubber bands, lighter, candles, cheap toothbrushes, paste, dish pans for foot soaks

Office/Tool buckets (containers should be waterproof):

Office supplies like pens & waterproof notebooks, Green painter's tape for labeling, Sharpie ultra-waterproof markers, 3x5 note cards, extra tent stakes, small axe or hatchet, rope, 2-way radios, pony clamps, plastic bags all sizes

First Aid essentials:

Steri-Strips, Butterfly bandages, all sizes band-aids, knuckle & fingertip bandages, finger cots, gauze 4X4s, 3X3s, 2X2s, Tegaderm or other waterproof goretex bandage, micropore tape, athletic tape, vet wrap/Coban, irrigation syringe, Epi-Pen, thermometer, sharps kit, Sierra cup, Lavender EO

The MASHH Clinic Collective:
Plants * People * Planet
Herbal First Aid, Education, Events, Wellness, Disaster Preparedness

MASHH is a grassroots collective based in far northern California and Oregon. We are primarily Clinical Herbalists, EMTs, WFRs, 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, 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!



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 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

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

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

"The Male Herbal" by James Green, Christopher Publications, 2001

"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