

Herbal First Aid

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Bleeding, cuts, and scrapes:

Finely powdered peppermint leaf or yarrow immediately clots blood

Astringent herbs such as lavender and rose made into an infusion are great for removing debris from scrapes

St. John's Wort oil: stimulates nerve endings for rapid healing

Bug bites and stings:

Plantain, violet, and red clover blossoms soothe bites - rub the juice from the freshly crushed or chewed plant onto the area

For a large number of bug bites or stings, help the body break down toxins by drinking infusions such as oat straw, dandelion root, red clover, and burdock root

Natural bug repellent smudge: tie together dried lavender, peppermint, mullein, or catnip into a tight cylindrical bundle and burn

Bruises:

Use lemon balm, mallow root, plantain, violet, walnut leaf, and borage as compresses, poultices, or fresh herbs which can be applied directly to skin

Burns:

To ease minor sunburn, cook mallow root until the liquid looks like gooey egg white, allow to cool, and apply. Once healing begins, mix this with an equal amount of thick oat water for itch relief

Inflammations and infections:

Poultices of mallow root or leaf or plantain leaf draw out infections and soothe inflamed tissues – apply as hot as is tolerable and then place a hot water bottle or cloth on top to keep it warm

Red clover blossom tea helps in internal inflammations

Violet poultices soothe inflamed skin sores and abscesses, as well as draw out infections

Reference: The Herbal Home Remedy Book, Joyce A. Wardwell