

Herbal First Aid Kit

by Sandra Lory Folk Herbalist and Food Educator, Barre VT

<http://www.mandalabotanicalsVT.com>©2010

Miscellaneous:

- Hydrogen Peroxide to clean wounds
- Dr. Bronner's or other biodegradable soap
- Matches, needle and thread, safety pins, tweezers, band-aids, gauze and tape,
- Chopsticks, spoon, fork, bowl, a sharp knife (watch out for airport confiscation, though)
- Smudge bundle and/or Medicine/Prayer bundle, protective stone or amulet
- Hot Water Bottle – for swelling, tension, fear relief; for comfort and warmth

Herbs to include:

For Calming in an emergency:

- A flower essence remedy for calming in emergency situations, such as Rescue Remedy or Self-Heal flower essence, or Red Clover flower essence (for calm & centeredness in chaos)
- Spike Lavender Essential Oil (calming, aromatherapeutic, and can be applied directly to burns, inflammation, wounds and bites). Spike lavender is the strongest anti-bacterial lavender.

For immune boosting properties:

- Zinc lozenges – take at first sign of strep or sore throat, for up to 3 days only
- Echinacea tincture or other immunity enhancing/anti-viral tincture/anti-histamine (important for plane rides and during transport where the air is recycled – good preventative medicine) – refer to winter health hand out for a list of other appropriate immune herbs. Spilanthes (tincture or dried herb) is a great anti-viral, immune boosting, and anti-bacterial herb that can be exchanged with Echinacea. It is specific for the teeth and gums and can be squirted full strength (tincture) onto skin or teeth.
- Propolis (resin or tincture) or Organic Goldenseal Root (tincture or powder) or goldthread/coptis tincture– strong antibiotics for bad infections
- Sea salt – for gargles and soaking wounds, cold feet, etc.
- Garlic (fresh, dried or tinctured) optional
- Raw honey (optional, can be messy if not in tightly sealed container) antibiotic & burn relief

For muscle, tissue and nerve injuries:

- Arnica Flower (homeopathic or oil or liniment) for muscle and tissue damage
- Saint John's Wort (Hypericum) Oil, tincture, liniment, or homeopathic – for nerve and blood vessel damage
- Traumeel (herbal homeopathic blend for injuries and emergency traumas) available in cream and tablets

For Pain Relief:

- Traumeel (see above) You can make your own homemade dilute tincture version with Saint Johnswort, Yarrow and Arnica.
- Crampbark or Valerian Root (dried or tinctured) – chew dry plant, drink tea or ingest tincture frequently, every hour if needed.
- Arnica homeopathic or dilute tincture
- Chamomile (dried or tincture) is antispasmodic, settles the tummy, pain relieving
- Wild lettuce leaf tincture, meadowsweet tincture, kava, valerian, or other anodyne

For Digestive Issues:

- A bitters blend such as burdock, yellow dock and dandelion root (tincture or dried), or a tummy blend like ginger, lemon/orange peel, chamomile, fennel seed, and catnip.
- Alternately to the above tincture, fennel seeds or ginger chews travel easily and are quick nausea treatments.
- Blackberry root/White Oak Bark or Meadowsweet Leaf tincture for diarrhea
- Sweet Annie, Wormwood or Epazote for intestinal parasites and worms, also Malaria prevention
- Slippery Elm Bark powder or Marshmallow root – mix with beverage or prepare as tea to soothe the GI tract and stomach lining if inflamed or raw
- Miso paste (to keep digestive flora healthy during travel. A cup of hot water needs only a teaspoon dissolved, is very grounding and alkalizing)
- Seaweed, milk thistle seed tincture or caps, charcoal tablets, homeopathic ipecac - poison antidotes
- Spirulina, dried comfrey, dried nettles, or a green drink powder – helps rejuvenate the body tissues, respiration, elimination, digestion, and raises your energy level by enriching the blood

For Topical first aid:

- Kloss' Liniment – the recipe of famous herbalist Jethro Kloss –
 - 1 ounce Echinacea powder
 - 1 ounce organically grown Goldenseal powder
 - 1 ounce Myrrh powder
 - ¼ ounce cayenne powder
 - 2 cups alcohol (vodka, brandy, gin, etc.)

Combine the powdered herbs. If starting with dried herbs that are not powdered, use a coffee grinder or Vitamixer to grind as fine as possible. Cover with alcohol, leaving 2” of space between the surface of the alcohol and the rim of the jar, and put a lid on it. Shake daily for one month, and then strain the liquid, composting the herb. Bottle and label your liniment, recording the ingredients, date, and any other info you'd like to include. Use this liniment as a disinfectant, to ease rheumatism and sprains, and to heal wounds, bruises, and burns.

If you'd like to make a local version of this recipe, simply omit the Myrrh, and use locally grown Echinacea, Goldenseal, and Cayenne infused in Sunshine Vodka or another locally made alcohol. By omitting Myrrh you can also use this blend as an immune stimulating tincture for internal use.

- Yarrow (dried or tincture) to stop bleeding, also to drive out a fever. Moisten leaves with saliva (chew em!) first if applying to open wound. **MUST HAVE.**
- Plantain (dried or tinctured) to pull out venom, or infection close to the skin surface. Tobacco is also a great drawing agent.
- A skin salve, all purpose, anti fungal or anti-bacterial (containing herbs such as: calendula, yarrow, plantain, saint johnswort, black walnut, comfrey, usnea, etc.)
- Lavender Oil (see above) can also use for foot soaks, face steams, and massage into areas with a carrier oil or salve
- Tea Tree Oil or Thieves Oil – Rosemary, Thyme, Lemon, Eucalyptus - potent anti-fungal and anti-parasitic.
- Sea salt – has a myriad of uses, for infected skin soaks, nasal/throat rinses, food preserving, etc.
- Raw local vinegar can be used as a skin cleanser, digestive purifier, and immune booster.

A MINI 1st AID KIT from the above:

- Hydrogen Peroxide
- Yarrow herb or tincture,
- Calming Flower Essence like Rescue Remedy
- Plantain or Tobacco,
- Spike Lavender, Tea Tree or Thieves essential oil,
- Immune Tincture or Kloss Liniment Tincture
- Arnica dilute tincture or Homeopathic, and
- Wound salve.
- Fennel seeds or ginger chews.

