

Herbal Rescue

YOUR GUIDE TO
CREATING A HOMEMADE HERBAL FIRST AID KIT



• By Andrea Muse • www.frugallysustainable.com •

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First Aid Kit

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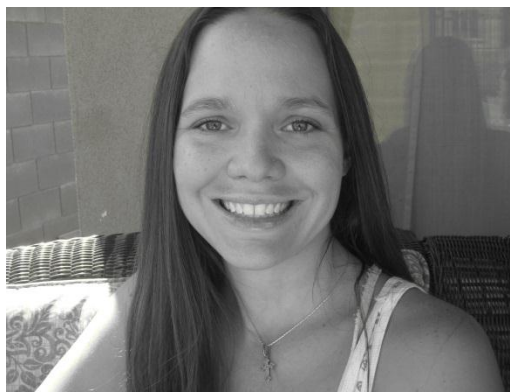
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Meet the Author

Hello! My name is Andrea, and I am a registered nurse turned frugally sustainable homemaker, a momma honored to homeschool her children, and the wife to a hard-working, supportive man.

I love to cook, work in my garden, and explore all things sustainable found in the natural world. I also love farmer's markets, frugal finds, life and seasonal rhythms, hanging my clothes to dry, and the accepted wisdom gleaned from life on the homestead.



I blog at [Frugally Sustainable](http://www.frugallysustainable.com), where I chronicle the story of our family's transition out of a culture of consumerism into the brave world of sustainability. [Frugally Sustainable](http://www.frugallysustainable.com) is about focusing on what's important amidst uncertain times. It's about returning to forgotten skills, reviving old wisdom, creating something amazing, and finding happiness.

[Frugally Sustainable](http://www.frugallysustainable.com) is host to 4-5 informative posts per week that catalogue the why, the how, and the how-to on: frugality, simplicity, health and nutrition, motivation and inspiration, homeschooling, up-cycling, recycling, and designing a life that is interdependent on like-minded others, ecologically responsible and centered around the home.

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Acknowledgments

This ebook was not created alone, rather it has been birthed through the sacrifice and hard work of so many...

As always, to my amazingly devoted husband, to Josie, Jenna, and Isaiah, thank you just isn't enough!

You continue to allow me the joy of pursuing my dreams.

Likewise, I could never adequately thank my extended family, friends, and online community of like-minded folks for all of your support, encouragement, and inspiration.

You are my motivation!

Introduction

In days gone by, many families possessed herbal recipe journals. These journals doubled as homemaking survival guides during a time when homemakers knew how to depend on the natural world by finding medicine among the plants, roots, and trees. In general, they didn't have the luxury of running to the local drug store for a tube of antibiotic ointment. Neither did they have access to modern day pharmaceuticals.

Their recipes, often hand-written, were naturally passed on from mother to daughter from generation to generation. Based upon basic plant-based materials and herbal wisdom, the household recipes of days-gone-by mostly relied on ingredients found in everyone's kitchen pantry, field, or garden.

Today, we find ourselves living in a time of rising health care costs - when a visit to the nearest urgent care clinic or emergency room requires 100's of dollars and the price of pharmaceuticals is astronomical.

My biggest fear is that as a society we have lost touch with the ability to care for ourselves. We have been conditioned to think that we are incapable of treating the everyday dings and bangs, sniffles and sneezes that for our grandmothers was second nature. Instead, we have come to rely on commercially-prepared products, created in a faraway factory, that contain ingredients we can't even pronounce.

One hundred years ago, our ancestors - model keepers of the home -- could probably go to a pharmacy in the city, but what they purchased were containers of dried herbs and bottles of herbal tinctures. Yes! That's exactly what pharmacies sold. Herbs!

Even further back, people possessed the knowledge that allowed them to go out into nature, identify, and gather the herbs themselves. Not only that, but the herbs intentionally grew in backyard gardens and they were carefully preserved and stored.

Likewise, our ancestors knew to maintain preparedness. Jars filled with steeping tinctures, burlap sacks stored with plant materials, and secret family concoctions cooking on the stove were always available whenever a friend or family member was in need. Most of what they knew came from instinct -- in large part due to the fact that there was no other way - likewise they carried the wisdom of experience.

For me, growing in herbal wisdom is all about reclaiming intentional living. Perhaps the greatest personal gain in using our own homemade, natural remedies comes from the ability to create a more sustainable daily existence, to accomplish simplicity in our lives, to empower, and, over time, to restore health and hopefully save a ton of money in the process.

Today, we find ourselves at a defining moment. Will we allow the wisdom of our past to be lost forever...or will we revive it?

I was compelled to write *Herbal Rescue* as a method of empowerment for you and your family. By creating an herbal first aid kit, you will be more than ready for those ailments that can come from family travel, the seasons, vacations, and time spent active in nature.

Every well-appointed herbal first aid kit should contain elements of the following:

- Digestive Aids
- Bug Bites, Stings, and Rashes
- Cuts, Wounds, Scrapes, and Burns
- Cold and Flu Symptoms

- Anxiety, Stress, and Sleep
- Pain Management
- Bumps, Bruises, and Blisters

It is important to note that this book provides recipes for first aid only. You should not attempt to self-diagnose or self-treat chronic conditions, medical emergencies, and/or serious injuries. These occurrences require the attention of a trained medical professional.

Although these homemade recipes use herbs and other natural ingredients, please understand that this does not mean all of the remedies are safe and appropriate for use on everyone. All pregnant and nursing mothers, parents of young children, and those with diagnosed health conditions should consult with a trained medical professional prior to using these or any other herbal preparation.

Before we move forward with the information I want share with you in this ebook, I need you to understand that I am not a doctor nor am I a trained herbalist, but what I am is a well-read, self-taught, lover of herbs. I surround myself and my family with herbs at all times. At any given moment on any given day, you will find my kitchen laced with homegrown herbs drying on the rack, tinctures steeping, and salves setting. And, I use them. I use them on myself, my husband, and my children. I also give them away to my friends, extended family members, and to anyone who wants them or could benefit from their use. I love herbs...and studying them has been a regular part of my daily life for many, many years.

Chapter 1: Herbal Preparations

In a first aid situation there are many ways one can administer herbal remedies. Generally speaking, these preparations can be categorized into the following groups:

- Salves and Balms
- Herbal Teas
- Tinctures
- Syrups
- Capsules
- Compresses
- Poultices

These herbal medicines can easily be created at home, and the following instructions will help you in doing so.

Salves and Balms

A well-made salve can heal a variety of ailments. Handcrafted salves are by far my favorite first aid remedy. They have such a variety of uses, they are easy to make, and they store exceptionally well.

Herbal-Infused Oil

Two key ingredients are required for salve making, herbal-infused oil and beeswax. Herbal-infused oils may sound intimidating, however if you can boil water...you can infuse herbs in oil.

Choosing your oil should be based on availability, sustainability, and skin sensitivities. Herbal-infused oils can be made from oils such as: coconut,

apricot, sweet almond, avocado, grapeseed, or sunflower. However, many crafters of herbal medicine will tell you that a good quality, organic olive oil is the best. This is primarily due to the stability of the oil and its resistance to oxidation and rancidity.

Method of Preparation

There are primarily two ways to prepare herbal-infused oils:

1. Solar or Cold Infusion

Fill a glass jar two thirds full of herbs and then cover the contents by filling the entire jar with your oil of choice. Stir to combine, and allow oil and herb mixture to steep for four to six weeks in a warm and sunny location.

2. Hot Oil Extract

Prepare a glass jar just as you would for a solar or cold infusion. Except for this method you should place the glass jar in a pot on the stove, or in a crock pot, that is filled with a few inches of water and set on the lowest setting. Be sure to put a towel on the bottom of the pot and infuse the oil and herbs for 4-8 hours, a day, or up to 3 days.

Note: Watch the pot and add water as it evaporates.

Alternatively, according to [Rosemary Gladstar in her book *Herbal Recipes for Vibrant Health*](#), you may also do it this way; "Place the herbs and the oil in a double boiler and bring to a low simmer. Slowly heat for 30 to 60 minutes, checking frequently to be sure the oil is not overheating."

Once you have your herbal-infused oil, you are ready to create any of the salve recipes provided in the following pages!

Herbal Teas

The art of tea making has been prized for many thousands of years. In fact, it is one of the most common methods for the consumption of medicinal

herbs. Herbal teas can be prepared either through infusion or decoction based on the delicacy of the plant material.

Infusions

Creating an herbal infusion involves pouring hot water over parts of the plant such as leaves, flowers, and stems then allowing the infusion to steep, on average, for ten minutes. Cover the pot, bowl, or cup while steeping to avoid the loss of medicinal properties from evaporation.

As with oil infusions, you may also create an herbal water infusion by using solar or cold infusion methods. In order to do so, combine the herbs and room temperature water in a glass jar. For a solar infusion, place the covered jar in a sunny location and allow to steep for 2-8 hours. And for a cold infusion, you can simply leave the jar on the counter to steep overnight then strain in the morning.

Herbal infusions can be prepared in larger quantities and refrigerated for convenience and ease of use during times of illness.

Decoctions

Decoctions refer to the method of extracting the medicinal properties of the more substantial parts of the plant, such as the roots, barks, or seeds.

In order to prepare herbal teas using this method, one would be required to place the herb and water into a covered pot and bring the mixture to a simmer for 15-45 minutes on the stove, depending on the strength needed.

It is true that decoctions may not be as functional for first aid care due to the lack of convenience, but it is good information to know and be aware of.

Note: A good rule of thumb for preparing herbal infusions or decoctions is to use a ratio of 1 tablespoon of dried herbs or 2 tablespoons of fresh herbs to 1 cup of water.

Tinctures

Tinctures are extremely simple to prepare -- they practically make themselves! This makes tinctures one of the most convenient herbal remedies to keep stocked in your first aid kit.

Tincturing developed as a method of preserving fresh herbs. Whereas fresh dried herbs will lose their potency within 6 months to a year, depending on storage conditions, tinctures remain effect for 5 even up to 20 years in some cases.

Creating a tincture requires the use of a menstruum. Do not let that word throw you off, a menstruum is simply a liquid that is used to extract the medicinal properties of the herbs. There are 3 primary menstruums that are commonly used for tincturing - alcohol, vegetable glycerin, and vinegar.

Each menstruum has it's pros and cons and we will discuss them, along with specific methods for tincturing, in the recipes that follow.

Syrups

Herbal syrups are wonderful when administering plant-based preparations to children because the sweet taste easily masks the sometimes bitter taste of the herbs. Made with local, raw honey or vegetable glycerin, they are the preferred treatment for coughs and sore throats.

How To Make Herbal Syrups

1. Combine approximately 2 ounces of herbs and 1 quart of water. Begin simmering the mixture over low heat and reduce liquid down to 1 pint.
2. Strain herbs from the liquid by running through a fine mesh sieve, cheesecloth or coffee filter. Pour concentrated liquid back into the simmer pot. *Note: Be sure to compost the discarded herbs.*

3. Add 1 cup of honey (or maple syrup, vegetable glycerin, or other sweetener you have on hand) per pint of liquid.
4. Warm honey and liquid, on very low heat, just enough to blend together. *Note: Cooking honey any longer, or on a high heat, will destroy the healing properties of the honey.*
5. Bottle, label, and refrigerate syrup.

Capsules

A first aid kit isn't complete without the inclusion of ready-to-consume herbal capsules. However the downside to buying pre-packaged capsules is the uncertainty of their contents and freshness.

Making your own allows you the freedom to control the ingredients and know without a shadow of a doubt their viability.

Growing, drying, and grinding your own herbs is obviously the best option when making capsules or any other remedy. Yet it isn't always feasible due to time constraints and growing space.

I appreciate companies like Mountain Rose Herbs and The Bulk Herb Store for their commitment to providing exceptional quality plant materials.

When I first began encapsulating powdered herbs I did so using the old-fashioned method of using the two halves of a capsule to scoop up the powders prior to pushing the ends together. Wow! Is that time consuming! Since then I have purchased a small little device that allows me to prepare approximately 24 capsules at a time. These "capsule machines," along with the gelatin capsules themselves, are very affordable when purchased from The Bulk Herb Store.

And a word on gelatin capsules, there are generally two sizes of capsules "0" and "00." I much prefer the "00" because they are larger and contain more of the herb, however "0" may be better for those who struggle with swallowing pills.

Again, we will discuss this in greater detail later on in the book.

Compresses and Poultices

Before really learning about the different herbal remedies, I remember hearing “compress” and “poultices” and then thinking they were one in the same. Well, I came to understand that compresses and poultices are similar, but not the same.

Compresses and poultices are excellent remedies in first aid situations because they often provide quick relief from symptoms.

Compress

A compress uses a soft cotton cloth dipped into either a hot or cold herbal infusion - this is based on the treatment necessary for the ailment. The cloth is then applied externally to the affected area.

Compresses can be used to successfully treat chest congestion, strains and sprains, inflammations of all kinds, and sunburns.

To make a compress, one must:

1. Prepare a very strong herbal infusion or decoction (depending on the herbs used).
2. Dip the cloth into the liquid and saturate it completely.
3. Apply compress directly on the affected area and keep it on for 30-45 minutes.
4. Dip the cloth back into the mixture and repeat several times a day, as needed.

Poultice

A poultice is another remedy that is used externally; however in this case, the plant materials are mashed or grated and made into a paste that is directly applied to the ailment.

In first aid situations, we use poultices when treating stings, bug bites, rashes, burns, sprains, and skin eruptions.

To make a poultice you should:

1. Prepare the herbs by mashing or grating and then mixing them with just enough water to make a paste.
2. Apply the paste directly on the ailment.
3. Cover with a clean piece of flannel cloth or sterile bandage.

Chapter 2: Digestive Aids

Herbs have traditionally been known for their ability to help soothe the digestive tract.

Prepare and use these remedies as needed to treat the symptoms of indigestion, upset stomach, constipation, and diarrhea.

Ginger Tincture

Ingredients

- enough freshly grated ginger root to fill a glass jar $\frac{3}{4}$ full
- enough 100 proof vodka to cover ginger and fill jar

Preparation

1. Grate fresh ginger root.
2. Place the ginger in a glass jar to $\frac{3}{4}$ full.
3. Cover ginger with enough 100 proof vodka to cover and rise approximately 1-2 inches above the plant material.
4. Place the lid on tightly.
5. Steep for 4-6 weeks.
6. Strain with the use of a cheesecloth.
7. Re-bottle and label with the name "Ginger Tincture" and date of bottling.

Ginger Capsules

Ingredients

- powdered ginger
- “0” or “00” vegetable or gelatin capsules

Preparation

1. With the use of The Capsule Machine, fill as many capsules as you think your family will use within a 6-12 month period. *Note: Don't have a Capsule Machine? It's okay...simply scoop the powder into each piece of the capsule and pack it tight prior to recapping the ends.*
2. Store the capsules in a small glass jar and place the lid on tight.
3. Keep in a cool, dark, dry place. These capsules should stay fresh for 6-12 months.

Stomach Soother Herbal Tea

Ingredients

- 1 part peppermint leaf
- 1 part catnip leaf
- $\frac{1}{2}$ part marshmallow root
- boiling water

Preparation

1. Add all dried herbs to a non-reactive pot and mix until well combined.
2. Store in a glass jar in a cool, dark place until ready to use. Or, for portabilities sake and ease of use, you may fill a few of these [Disposable Tea Filters](#).
3. Cover herbs with boiling water and make an infusion according to the directions on page 11.
4. Drink up to 3 cups daily to help ease symptoms of indigestion.

Electrolyte Replacement Drink Recipe

**Please Note: This recipe is not my own. Kelsi Rea over at [Cheeky Bums Blog](#) has very graciously allowed me to share this with you. Connect with her on the blog and on [facebook](#).*

Ingredients

- 1 quart of water
- juice of 2-3 lemons (fresh is preferable, but I've also used 1/3 c. lemon juice concentrate in a pinch)
- 1/3 c. raw honey (do not give raw honey to children under the age of 1)
- 1/4-1/2 tsp. sea salt (not table salt - but unrefined sea salt)

Preparation

1. Warm about 1/2 c. of the water and place it in the bottom of a quart-sized Mason jar. Make sure it's not hot water, but warm enough to help the honey and sea salt dissolve.
2. Mix the warm water with the honey and sea salt and until mostly dissolved, and then add the lemon juice and remaining water to fill the top of the jar.
3. Mix thoroughly!

Note from Kelsi: "I don't technically worry about dosage when we have the stomach flu because honestly, *you'll know when they've had too much..* I simply try to get my kids (and myself and hubby) to sip on this throughout the day as much as possible, or several sips per hour. This is a basic electrolyte replacement drink , so you don't just need to use it when you're sick - it's ideal for workouts, traveling, and hot summer days. My hubby does manual labor and in the summer time, I send several containers of this with him to work each day, to make sure that he stays hydrated."

Chapter 3:

Bug Bites, Stings, and Rashes

One of the best ways to treat the irritating results of bites, stings and rashes is to prevent them in the first place. But we all know how difficult that can be!

Once you have been bitten, you need relief and you need it fast. Prepare yourself by stocking up on a few of these preventative and treatment remedies.

Natural Bug Repellent Spray

Ingredients

- 1 ounce witch hazel
- 1 ounce grape seed oil
- 35 drops citronella essential oils
- 20 drops eucalyptus essential oils
- 15 drops lemon essential oils
- 15 drops lemongrass essential oils
- 15 drops cedar essential oils

Preparation

1. Combine all ingredients in a small bowl or directly into a small spray bottle.
2. Shake well before use.
3. Reapply often, up to every 1-2 hours as needed.

Honey Ointment

Ingredients

-local, raw, un-filtered honey

Preparation

Apply a dab of honey to the affected area and leave on to be absorbed into the skin.

Vinegar Relief Spray

Ingredients

-apple cider vinegar

-small spray bottle

Preparation

Load apple cider vinegar into a spray bottle and spray directly to affected area as needed for itch and inflammation relief.

Itch Relief Stick

Ingredients

-1 ounce (approx. 2 tablespoons) olive oil infused with calendula flowers, chickweed, nettle leaf, lemon balm leaf, plantain leaf, and goldenseal root

-1 ounce (approx. 2 tablespoons) Shea butter

-1 ounce (approx. 2 tablespoons) cocoa butter

-1 ounce (approx 2 tablespoons) beeswax

-1 teaspoon Neem oil

-2 teaspoons essential oil blend (You can use a blend of clove, lavender, rosemary, peppermint, tea tree and/or ginger)

Preparation

1. Infuse your oil with the herbs ([Read more here to learn how to make an herb infused oil](#)).
2. In a double boiler, or small pot, over very low heat slowly melt the olive oil, butters, beeswax, and neem oil.
3. Once melted remove from heat and allow to cool slightly before adding the essential oils.
4. Pour mixture into a clean roll-up or push-up tube and allow it to cool on the counter overnight.

Herbal Miracle Balm

Ingredients

- 1 1/4 cup good-quality olive oil
- 0.3 ounces dried calendula flowers
- 0.3 ounces dried plantain
- 0.2 ounces dried St. John's wort
- 0.2 ounces dried Oregon grape root
- 1-2 ounces beeswax
- essential oils (*Note: I like to use essential oils of clove, lemon, eucalyptus, cinnamon, rosemary, lemongrass, and lavender. Each of these essential oils - should you choose to add them - are in themselves antimicrobial and will provide a powerhouse of healing and medicinal properties. They also give a preservative-like effect to your salve.*)

Preparation

1. Combine all of the dried herbs and prepare an oil infusion per the instructions given on page 10.
2. Strain your oil and herb infusion through a cheesecloth. Squeezing to extract as much oil as possible. Be sure you collect at least 1 cup of herb infused oil.
3. In a saucepan, over very low heat, melt 1-2 ounces (depending on how hard you'd like your salve) of beeswax. I suggest starting with the lesser

amount of wax and adding more if needed. *Note: To check if the mixture is the right consistency, because the salve hardens as it cools, Rosemary Gladstar suggests placing a "tablespoon of the mixture in the freezer for just a minute or two. If it's soft, add more beeswax; if too hard, add more oil."*

4. When the consistency is to your liking, pour the salve into your containers of choice.

5. This salve is great for rashes, eczema, bug bites, and fungal infections.

Poison Ivy Paste

Ingredients

- 1 tablespoon bentonite clay
- 1 $\frac{1}{2}$ teaspoon baking soda
- 12 drops lavender, chamomile, or geranium essential oils
- enough water to make a thick paste

Preparation

1. In a small non-reactive bowl, combine all of the ingredients.
2. Spread paste over poison ivy rash.
3. Allow to dry. Rinse off and reapply as often as needed.

Bite and Sting Relief Poultice

Ingredients

- fresh plantain leaves

Preparation

Mottle a few fresh plantain leaves and make a poultice according to the directions on page 14. If you are outdoors, simply chew the leaves and then apply them directly to the affected area for immediate relief.

Herbal Bath for Hives

Ingredients

- $\frac{1}{2}$ cup plantain leaves
- $\frac{1}{4}$ cup chamomile flowers
- $\frac{1}{4}$ cup calendula flowers
- $\frac{1}{4}$ cup lavender petals
- cheesecloth

Preparation

1. Mix all of the dried herbs on a piece of cheesecloth and then tie the ends together to make a bag.
2. Fill the bath with warm water (*Note: Hot warm will only make the hives worse.*) and allow the water to run over the bag of herbs.
3. When soaking in the water, squeeze the bag directly over the affected areas of your skin.

Kloss's Herbal Liniment

Ingredients

- 1 ounce Echinacea powder
- 1 ounce goldenseal root powder
- 2 ounces myrrh gum powder
- $\frac{1}{2}$ ounce cayenne pepper powder
- rubbing alcohol to cover (approximately 1 quart)

Preparation

1. In 1 quart glass jar combine all of the powders.
2. Pour rubbing alcohol over herbal powders to fill jar, leaving 1-2 inch head space.
3. Mix thoroughly.

4. Place lid tightly on jar and let mixture stand in a warm location. Let jar stand for at least 4 weeks, shake well every day. After 4 weeks strain liniment well using a piece of cheesecloth and re bottle. *Note: Be sure to clearly label For EXTERNAL USE ONLY.*

Dosage: Apply the liniment every few minutes for an hour or two in acute instances. Otherwise, use freely until desired results are achieved.

Tips:

- I like to re-bottle my liniment in 2-4 ounce spray bottle for ease of use.
- This liniment is so powerful it will stop a stye from developing on the eye. Simply apply to the exterior lid with a saturated Q-tip until resolved. Take care not to get it in the eye.
- By applying the liniment to the temples, back of the neck, and to the forehead it can be used as an excellent remedy for a headache.
- Spray on to painful and swollen joints to relieve the symptoms of arthritis.
- Useful as a treatment for athlete's foot. Apply frequently and saturate the affected area thoroughly.
- Treat a toothache or sores in the mouth by saturating a cotton ball with the liniment and then cleaning the mouth with the medicated swab. Focus on the area surrounding the toothache/mouth sore. Take extreme caution not to swallow the liniment; spit it out.
- Can also be used on cuts, ringworm, bruises, sprains, sunburn, poison ivy, and chicken pox.

A Drawing Salve

This drawing salve is most effective when applied to a boil, sting, or bite after a 15 minute hot warm compress.

Ingredients

- 6 ounces olive oil infused with goldenseal, chickweed, and plantain
- 2 oz castor oil
- 1 ounces beeswax
- 1/2 cup Activated Charcoal
- 1/2 cup Bentonite clay
- 1 tsp. of each clove, rosemary, lemon, lavender, and eucalyptus essential oils

Preparation

1. Infuse olive oil as directed on page 10.
2. Over low heat, combine olive oil and beeswax. Stir until beeswax is melted.
3. Remove from heat and stir in castor oil, activated charcoal, bentonite clay, and essential oils.
4. Pour into a glass jar or tins and store in a cool, dark place.

To use: Place a small amount of salve to affected area and keep bandaged for 12 hours. Re-dress and reapply salve every 2 hours until area is healed.

Chapter 4: Minor Cuts, Wounds, Scrapes, and Burns

Homemade Hand Sanitizer

Ingredients

- 2 tsp. witch hazel extract
- 2 oz. cheap vodka
- 5 drops eucalyptus essential oils
- 5 drops tea tree oil
- small spray bottle

Preparation

Mix all ingredients together and pour into a small spray bottle. To use, spray on hands as you would similar commercially-prepared products.

Wound Cleansing Spray

Ingredients

- 1 ounce water
- 2 ounces liquid castile soap
- 5 drops tea tree oil
- 10 drops rosemary essential oils

Preparation

1. Combine all ingredients in a small spray bottle.
2. Use when needed to clean cuts, scrapes, and abrasions.

First-Aid Antiseptic Ointment

Ingredients

- 1 1/2 ounces beeswax, grated
- 1 cup olive, almond, or coconut oil (Note: For an added punch of healing properties, infuse your oil with dried calendula flowers.)
- 1/4 teaspoon vitamin E oil
- 1/2 teaspoon tea tree oil
- 20 drops lavender essential oil
- 10 drops lemon essential oil

Preparation

1. Over very low heat, in a small pot or double boiler, melt oils and beeswax.
2. Remove from heat and add vitamin E oil and essential oils. Stir with a chopstick.
3. Pour mixture into small sterilized jars (or a mason jar). Allow to cool on counter.
4. Store in a cool, dark place. Use as needed on wounds.

Burn Relief Spray #1

Ingredients

- 2 ounces aloe vera gel
- 2 ounces cold water
- 1/2 teaspoon vitamin E oil
- 15 drops tea tree oil
- 15 drops lavender essential oils

Preparation

1. Combine all ingredients into a small spray bottle.
2. Shake well prior to application. This spray can be applied to the entire burned area as often as needed.
3. Store in the refrigerator for approximately 5-7 days.

Burn Relief Spray #2

Ingredients

- 1 cup boiling water
- $\frac{1}{4}$ cup plantain leaves
- 50 drops total of lavender or chamomile essential oils

Preparation

1. Make an infusion with the boiling water and plantain per the directions given on page 10.
2. Strain off the herbs.
3. In a small spray bottle combine plantain infusion and essential oils. Allow it to cool in the refrigerator prior to use.
4. Mixture will keep in the refrigerator for 3 days.

Burn Treatment

Ingredients

- lavender essential oils

Preparation

Lavender essential oil may be applied directly to a burn. This is one of the best treatments for small kitchen burns that I've ever used!

Comfrey-Calendula Salve

Ingredients

- 1 $\frac{1}{4}$ cup organic olive oil
- equal parts of Comfrey, Calendula, and St. John's wort
- 1-2 ounces beeswax

Preparation

1. Select the size of glass jar you will use.
2. Combine all of the dried herbs in a bowl and then fill your jar with the plant material, leaving a 2 inch space below the rim.
3. Prepare an oil infusion per the instructions given on page 10.
2. Strain your oil and herb infusion through a cheesecloth. Squeezing to extract as much oil as possible. Be sure you collect at least 1 cup of herb infused oil.
3. In a saucepan, over very low heat, melt 1-2 ounces (depending on how hard you'd like your salve) of beeswax. I suggest starting with the lesser amount of wax and adding more if needed. *Note: To check if the mixture is the right consistency, because the salve hardens as it cools, Rosemary Gladstar suggests placing a "tablespoon of the mixture in the freezer for just a minute or two. If it's soft, add more beeswax; if too hard, add more oil."*
4. When the consistency is to your liking, pour the salve into your containers of choice.
5. This salve is great for burns and even bites.

Chapter 5: Cold and Flu Symptoms

Herbal Cold and Cough Syrup

Ingredients

- 1/4 cup dried echinacea root
- 1/4 cup dried licorice root
- 1/8-1/4 cup freshly grated ginger root (to taste)

Preparation

1. Grate Ginger.
2. Add dried herbs, ginger, and 1 quart of water to pot. Simmer on low heat until liquid is reduced to 1 pint.
3. Strain herbs.
4. Add 1 cup of honey to liquid. Over low heat, warm just enough to mix well.
5. Bottle, label, and refrigerate.

Dosage: The syrup can be used as often as needed, up to every hour, until symptoms are relieved.

- *For Children:* 1 teaspoon
- *For persons 10 years and older:* 1 tablespoon

Expiration: Syrup will keep in refrigerator for approximately 3 months.

Horehound Lozenges

Ingredients

- 1 cup dried horehound leaves
- 1 cup water
- 1 1/2 cup raw, local honey

Preparation

1. In a small stainless steel pot, boil the horehound leaves and water, covered, for 25 minutes.
2. Cool and strain the mixture using a cheesecloth.
3. Reserve the liquid and compost the leaves.
4. Add the honey to the liquid, return to the pot, and bring to a boil once again.
5. Once boiling reduce to a simmer.
6. Cook mixture, stirring constantly, until the syrup reaches 300 degree F (this will take a while). Or, if you're like me and don't have a candy thermometer, use the "test" (see below).
7. Grease a cookie sheet with butter or coconut oil and pour in the syrup.
8. When the syrup has cooled and is pliable, begin pulling off small piece and rolling between the palms of greased hand, form a small ball. Work quickly as the mixture hardens pretty fast. I like to institute the help of little hands! The children love helping at this step:)
9. Allow lozenges to cool on pan.
10. Store in a cool, dry place.

Notes: The "test." I do not own a candy thermometer so I use the "test" method when making this remedy. To insure that the syrup has reached the right temperature/consistency, I place just a drop or two of the syrup into a bowl full of ice water. If the syrup turns and stays hard (like a cough drop) then you know it's ready. If it is still soft and sticky, it needs to keep cooking.

Elderberry Syrup

Ingredients

- 1 cup of fresh (or 1/2 cup of dried elderberries)
- 3 cups of water
- 1 cup of honey
- 2 tablespoons grated ginger (optional as a warming agent but not necessary for effectiveness)
- spices such as whole cloves and cinnamon are optional add-ins as well

Preparation

1. Place berries, ginger (if using), and water in a pot. Bring to a boil, reduce heat, and then simmer over low heat for 45 minutes.
2. Smash the berries. Then strain the mixture through a cheesecloth.
3. Add honey and stir until well combined.
4. Bottle syrup and store in the refrigerator for up to 3 months.

Dosage:

- Child: Administer 1 teaspoon per day for prevention or 1 teaspoon per waking hour at the onset of cold/flu-like symptoms.
- Adult: Administer on same schedule, however increase dosage to 1 tablespoon.

Note: Not suitable for children under one year of age.

Elderberry Glycerin Tincture

Ingredients

- 1 cup vegetable glycerin
- 1 cup water
- 1/2 pound dried elderberries

Preparation

1. In a quart jar place the dried elderberries. Pour the glycerin and water over the berries.
2. Place the lid on the jar and keep in a cool, dark place. Shake the jar at least twice a day for 4-6 weeks (the longer the more potent the solution).
3. Strain the mixture using a cheesecloth. Be sure to squeeze all of the liquid out of the berries.
4. Store in an airtight container on the pantry shelf for up to 6 months.

Dosage: This tincture is safe for all ages. Alcohol is left out of this recipe to be safe for pregnant mama's and infants.

- For adults and children: Administer 1 teaspoon daily for prevention and up to 4 teaspoons daily at the first signs of illness.

Elderberry Vodka Tincture

Ingredients

- Dried elderberries enough to fill quart-sized jar 1/3 full or fresh berries to fill jar
- 100 proof vodka

Preparation

1. Fill quart-sized jar 1/3 full with dried elderberries (or completely full for fresh). Add enough warm water just to cover dried elderberries (this step not necessary with fresh berries).
2. Fill jar with 100 proof vodka.
3. Place the lid on the jar, label with date, and keep in a cool, dark place. Shake the jar at least twice a day for 3 months.
4. Strain the mixture using a cheesecloth. Be sure to squeeze all of the liquid out of the berries.
5. Store in an airtight container on the pantry shelf for up to 2 years.

Dosage: For adults and older children: Administer 1-2 tablespoons daily for prevention and up to 4 times daily at the first show of cold/flu symptoms. May be administered in a cup of hot warm, sweetened to taste for a more palatable route.

Cold and Flu Tincture

Ingredients

- 2 ounces dried echinacea root
- 1 ounce fresh lemon balm
- 1 ounce fresh horehound
- 1 ounce fresh sage
- 100 proof vodka (or a mixture of 60% vegetable glycerin and 40% water) to fill jar

Method

1. Measure your herbs using a small kitchen scale.
2. Chop fresh herbs, until fine.
3. Add all herbs to glass jar.
4. Pour solvent over herbs to fill the jar. The solvent should rise 1-2 inches above the herbs.
5. Place the lid on the jar and shake until the herbs are well combined.
6. Label jar with contents and date.
7. Set in a warm, sunny window and steep for 2-6 weeks, shaking daily.
8. Strain with a cheesecloth, compost the plant material, and place tincture in dark colored bottles for storage in a cool, dark place. The tincture should keep for up to 5 years.

Note: Dried herbs may be substituted for fresh.

Adult Dosage: At the sudden onset of cold and flu symptoms, begin taking 1/4-1/2 a teaspoon of the tincture every 30 minutes to an hour until symptoms subside.

Child's Dosage: I recommend calculating a child's dose by using "Young's Rule." Add 12 to the child's age then divide his/her age by that number. For example, my daughter is 6 therefore the calculation that I will use is $6/18=0.33$ I will give her 33% of an adult dose.

Herbal Cold Care Capsules

Supplies Needed

- [The Capsule Machine](#) (*optional*)
- ["00" gelatin](#) or [vegetable capsules](#)

Ingredients

- 1 part Echinacea angustifolia root powder
- 1 part Rose hips powder
- 1/2 part Thyme leaf and flower powder
- 1/4 part Cayenne pepper powder

Preparation

1. In a non-reactive bowl, mix all of the herbal powders together until well combined.
2. With the use of [The Capsule Machine](#), fill as many capsules as you think your family will use within a 6-12 month period. *Note: Don't have a Capsule Machine? It's okay...simply scoop the powder into each piece of the capsule and pack it tight prior to recapping the ends.*
3. Store the capsules in a small glass mason jar and place the lid on tight. Keep in a cool, dark, dry place. These capsules should stay fresh for 6-12 months.

[Click here to read more about making your own homemade herbal capsules..](#)

To Use: According to Rosemary Gladstar in her book [Medicinal Herbs: A Beginner's Guide](#), at the onset of illness, take 1-2 capsules every 2-3 hours (do not take more than 9 capsules a day). This regime may be continued for 2 days – after that you should reduce the dosage to 2-3 capsules two to three times a day (taking no more than 6 caps a day).

Fever Reducing Tea

Ingredients

- Yarrow
- Peppermint
- Elder flowers

Preparation

1. Add equal part of all of the dried herbs to a non-reactive pot and mix until well combined.
2. Store in a glass jar in a cool, dark place until ready to use. Or, for portability's sake and ease of use, you may fill a few of these [Disposable Tea Filters](#).
3. Cover herbs with boiling water and make an infusion according to the directions on page 11.

Dosage: Young children may take 1-2 teaspoons, older children may take 1-2 ounces, and adult may take 1/2-1 cup every 30 minutes until fever breaks. Can be made in large batches and had throughout the day for ease of use.

Breathe Easy Decongestant Salve

Ingredients

- 4 ounces olive oil (Note: I like to infuse my olive oil with eucalyptus and peppermint leaf, however this is not necessary)

- 1/2 ounce beeswax
- 2 tsp. eucalyptus essential oils of eucalyptus
- 2 tsp. essential oils of peppermint
- 2 tsp. essential oils of thyme
- 2 tsp. essential oils of clove bud
- 2 tsp. essential oils of menthol

Preparation

1. Melt beeswax and olive oil over very low heat. Stir until the beeswax is melted.
2. Remove from heat to add the essential oils.
3. Pour salve into a glass jar and allow to cool prior to use.

Dosage: If nasal congestion associated with seasonal allergies, common cold symptoms, the flu, or sinus headaches have you down...make this salve to provide outstanding relief.

For best results, massage ointment to the chest, back, soles of the feet, under the nose, or temples. Relax and feel the sinuses open almost immediately.

Chapter 6: Anxiety, Stress, Pain, and Sleep

Valerian Tincture

Valerian is an antispasmodic and excellent painkiller. It has the power to relieve intestinal and cramps associated with the monthly cycle. Valerian tincture is a cure all for headache, general aches, and pains. It will also bring sleep when nothing else will.

Ingredients

- 2 parts Valerian root
- 1/2 part Hop flowers
- 100 proof vodka (or a mixture of 60% vegetable glycerin and 40% water)

Preparation

1. Measure out your herbs.
2. Choose your jar size.
3. Add herbs to glass jar, leaving 2 inches of headspace.
4. Pour solvent over herbs to fill the jar. The solvent should rise 2 inches above the herbs.
5. Place the lid on the jar and shake until the herbs are well combined.
6. Label jar with contents and date.
7. Set in a warm, sunny window and steep for 2-6 weeks, shaking daily.
8. Strain with a cheesecloth, compost the plant material, and place tincture in dark colored bottles for storage in a cool, dark place. The tincture should keep for up to 5 years.

Migraine Tincture

Ingredients

- 3 parts lemon balm
- 2 parts feverfew
- 100 proof vodka to fill

Preparation

1. Measure out your herbs.
2. Choose your jar size.
3. Add herbs to glass jar, leaving 2 inches of headspace.
4. Pour solvent over herbs to fill the jar. The solvent should rise 2 inches above the herbs.
5. Place the lid on the jar and shake until the herbs are well combined.
6. Label jar with contents and date.
7. Set in a warm, sunny window and steep for 2-6 weeks, shaking daily.
8. Strain with a cheesecloth, compost the plant material, and place tincture in dark colored bottles for storage in a cool, dark place. The tincture should keep for up to 5 years.

Adult Dosage: At the sudden onset of migraine symptoms, begin taking 1/4-1/2 a teaspoon of the tincture every 30 minutes to an hour until symptoms subside.

Chamomile tea bags

Chamomile tea is an excellent remedy when you find yourself in a stressful situation - it may also help with insomnia. Make up a few tea bags and take as needed. *Note: Chamomile may not be suitable for those with ragweed allergies.*

Dream Pillow

The Dream Pillow is a wonderful aromatic small pillow that can be assembled and taken on the road for use as a sleep aid.

Ingredients

- 1 part lavender flowers
- 1 part rose petals
- 1 part chamomile
- 1 part mugwort
- 1 part hop flowers
- 1 part cedar tops
- a small amount of rosemary

Creating Small Pillows

If you are handy with a sewing machine you can easily make small pillows or sachets from various fabrics or you could even make animal shapes that are stuffed with your own herb mixture to give as gifts for children. You could also sew these easily by hand with a simple stitch.

To make a dream pillow, I prefer to use muslin. Begin by cutting 2 identical sizes of fabric. I like these pieces of muslin to be 5" by 5" (Although any size will do. It's a matter of preference). With the wrong sides of the material (if there are any) together, stitch down 3 of the sides to the depth of 3/4". Turn the little sachet inside out so that the seams are now on the inside. Begin filling your sachet with my favorite recipe below. Once filled to your liking, complete the pillow by stitching the fourth side by hand.

Preparation

1. Combine all herbs in wooden or glass bowl and mix with a wooden spoon.
2. Fill small, hand-sewn pillows with enough of this herbal mixture. *Note: Be sure not to overfill. The sachet should go unnoticed slipped inside the pillow case.*

Tips

- Dream pillows help you drift off to sleep naturally. Simply insert a dream pillow inside of your pillow case.
- If using dream pillow with babies, you should place the pillow under the crib sheet to avoid a choking hazard.
- The herbs in the pillow will maintain their scent for years. You may want to store them in plastic bags when you are not using them to maintain the scent longer.
- Organically grown flowers and herbs are preferred for dream pillows.

Rosemary & Lavender Calming Spray

Ingredients

- 2 ounces water
- 20 drops rosemary essential oils
- 20 drops lavender essential oils

Preparation

1. Combine all ingredients in a 2 ounce mister/spray bottle.
2. Spray whenever necessary for calming effect. *Shelf stable, no need to refrigerate, and will last indefinitely.*

Tips

- Rosemary has a revitalizing effect (relieving headaches and tension) and lavender is proven to reduce stress and anxiety.
- I keep a bottle of this in the car at all times -- spraying whenever the tensions rise. It's especially useful on errand days and during times of extended travel This spray immediately brings a sense of calm.

Chapter 7: Bumps, Bruises, and Blisters

Arnica Oil

Ingredients

- olive oil
- dried arnica flowers

Preparation

1. Prepare an oil infusion as instructed on page 10.
2. Store oil in a glass jar in a cool, dark place for up to a year.

To use: Apply oil to bruises and sore muscles for fast relief and to reduce swelling. Do not apply to broken skin.

Blister Treatment

Ingredients

- witch hazel
- dry piece of flannel or gauze pad

To use: Saturate a small piece of flannel or gauze pad, apply it over the blister, and then secure it with a piece of adhesive. When blister opens, wash with a mixture of diluted Kloss's Liniment (page 22) with an equal part of water. Finally, apply the comfrey-calendula salve (page 28) and cover with a bandage.

Sore Muscle Salve

Ingredients

- 1 $\frac{1}{4}$ cup olive oil infused with equal parts arnica flowers, mullein, St. John's wort, and cayenne pepper
- 1-2 ounces beeswax
- 2 tsp. each of eucalyptus, menthol, sweet birch, and clove bud essential oils

Preparation

1. Make an herbal oil infusion as instructed on page 10.
2. Strain your oil and herb infusion through a cheesecloth. Squeezing to extract as much oil as possible. Be sure you collect at least 1 cup of herb infused oil.
3. In a saucepan, over very low heat, melt 1-2 ounces (depending on how hard you'd like your salve) of beeswax. I suggest starting with the lesser amount of wax and adding more if needed. *Note: To check if the mixture is the right consistency, because the salve hardens as it cools, Rosemary Gladstar suggests placing a "tablespoon of the mixture in the freezer for just a minute or two. If it's soft, add more beeswax; if too hard, add more oil."*
4. When the consistency is to your liking, remove from heat and add essential oils.
5. Pour the salve into your containers of choice.

Resources

[Mountain Rose Herbs](#) and the [Bulk Herb Store](#) are my online go-to for all of my raw material, dried herb, essential oil, new container, and accessory needs.

Disclaimer

The statements made in the pages of this book are the sole opinion of the author and have not been approved by the Food and Drug Administration, or the EPA for that matter. Likewise, these statements are not intended to diagnose, treat, cure, or prevent any disease or germ. Use the recipes in this book with caution and at your own discretion - safety is not guaranteed.

Please consult with a medical professional prior to use of any of these remedies. This notice is required by the United States Federal Government's Food, Drug and Cosmetic Act.

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