

Herbal Suggestions for Common Summertime Ailments

Allergies and Allergic Reaction- Pantothenic acid (vitamin B5); combination Four- acts as an herbal antihistamine; vitamin, in the form of Citrus Bioflavonoids.

Bites and stings- Black cohosh internally to neutralize poisons. Combination four to prevent allergic reaction; activated charcoal made into a paste with water to put on bite or sting; Tei fu oil for itching, applied externally.

Bleeding- capsicum (cayenne pepper) sprinkle over cut or wound to stop bleeding. Can be used internally for bleeding also.

Burns- Aloe vera gel or Herbal trim reapply until burning sensation subsides Vitamin E to keep from scarring; Tei Fu oil or lotion to cool minor burns.

Cuts and Abrasions- Tea tree oil directly on cut or wound, this even works on dog bites! Vitamin E externally to prevent scarring; golden salve also; black salve to draw out impurities. Aloe vera gel to soothe.

Diarrhea- Slippery elm, blackberry tea, activated charcoal, acidophilus, hydrated bentonite clay; combination potassium to restore potassium levels. Homeopathic Diarrhea remedy.

Dog Bite- If dog bite is serious, seek professional care; if you do not have proof dog has been vaccinated against rabies, seek professional help. Otherwise, here are some suggestions; soak area in pau d'arcao tea; give golden seal internally; apply tea tree oil; if bleeding, apply capsicum (cayenne pepper) straight or mixed with a little aloe gel (herbal icy hot); pau d'arco internally, vitamin C, Zinc.

Driving Fatigue- Tei fu oil on tongue and on back of neck.

Dysentery- Chinese para-cleanse, garlic, acidophilus, activated charcoal, black walnut, capsicum.

Ear Ache- Garlic oil (warmed) in ear; golden seal/parthenium liquid internally; lay ear on heating pad which has been wrapped in a towel.

Fever- Vitamin C every hour; garlic enema; catnip and fennel liquid every hour until fever breaks.

Gas- Activated charcoal, chamomile, peppermint oil, catnip and fennel.

Indigestion- Activated charcoal, peppermint oil, papaya mint tablets, food enzymes for prevention.

Infection- Aloe vera externally, Black salve externally, black walnut, garlic, golden seal, Echinacea, pau d'arco, zinc internally.

Insect repellent- a few drops of peppermint oil rubbed on the skin or diluted in water and put in a spray bottle and sprayed on skin. Eat garlic, take odorless garlic tablets; stay away from sugar.

Motion sickness- take Ginger internally.

Nausea- Ginger internally, peppermint oil internally, homeopathic Nausea remedy.

Pain- Gotu Kola made into a tea; APS with white willow bark; tei fu oil externally rubbed on area that hurts-keep out of eyes and genitals.

Poison ivy/Oak- Vitamin C and ginseng to prevent; activated charcoal internally; black walnut extract applied externally and taken internally.

Sore throat- slippery elm tea; tei fu oil applied to neck; gargle with chlorophyll liquid.

Toothache- Peppermint oil or tei fu oil applied directly on tooth. Wait 20 minutes.

Sunburn- Aloe vera gel or herbal trim. Reapply until burning sensation subsides. Rub a slice of chilled cucumber over area.