

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Herbal First Aid Part IV – Applications

Information from *Every Woman's Herbal* by Dr. Christopher and *Herbs to the Rescue* by Kurt King

You'll most commonly have to treat skin wounds of various kinds. Usually all you need to do is wash the wound well with soap and water, pat it dry with clean gauze or a clean cloth, and treat it with a good herbal ointment. Because of the combination of antiseptic and soothing qualities, comfrey/marshmallow/marigold ointment is very good. For wounds with the chance of infection, apply X-ceptic, an herbal antiseptic, or marigold tincture. Garlic juice or onion juice kill germs, as does cayenne (it stings!). Mullein ointment, comfrey ointment, or other similar soothing herbal ointments are wonderful.

Puncture wound

For a puncture wound, after cleansing, squeeze until the blood comes out to wash the infection out of the body. Then apply a poultice of freshly crushed plantain leaves. Reapply until wound is healing well. You can use plantain ointment when plantain is not in season. As simple as this is, I have proven it to work. One of my sons stepped on the classic rusty nail, and he has had no tetanus shots. We applied the above procedure, and he had no problem at all.

Deep cuts

For deep cuts, you may wish to check with a physician if you suspect that the nerves or some other vital connection are damaged. One family considered their sons cut deep but not too serious. Checking with a doctor, however, they found that he had severed a complex of nerves, requiring three days of microsurgery! Cleanse the wound and use Dr. Christopher's burn ointment, which is made by blending equal parts of wheat germ oil and honey in a blender, and adding comfrey leaves, fresh or dried, until the mixture becomes thick. I sometimes add a little slippery elm. This mixture is fantastic. It keeps the wound moist but helps restore flesh to its proper condition. Two boys were playing with gasoline, and an explosion burned both of their hands terribly. One of them was taken for standard medical treatment, with the result that his hands healed up like two claws for the rest of his life. The parents of the other child took him to Dr. Christopher, who applied the above burn ointment. The parents were not to remove the dressing, but just add more and more on top of the original.

The boy's hands healed perfectly, with just a little scarring to remind the family of the danger of playing with fire!

Poison Oak, Poison Ivy

Dr. Christopher used to say that the remedies for these plants grow right near the site of infestation. Burdock leaves and plantain leaves, as well as jewel weed where it grows, can help neutralize the poison. Mullein, hounds tongue and lilac leaves will counter the irritation. A poultice of comfrey

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root, marshmallow root, slippery elm, aloe vera, and witch hazel, as many as you have available and in equal parts, can heal the rash once it starts. Immersion in cold water is very effective. Internally, you can take blood-cleansing and -building herbs, such as chaparral, yellow dock, and echinacea, to help stop the reaction. Internally, lobelia and valerian or catnip or chamomile can stop the pain.

Insect Stings

Usually the formic acid in an insect sting sets up an irritating and allergic reaction that can be very painful and even cause death in sensitized individuals. Freshly-crushed plantain will reduce the swelling and pain immediately. Plantain ointment is a good second choice. Internally, drink a nervine tea such as skullcap, black cohosh, wood betony, or valerian. Echinacea and tincture of lobelia can be added to the tea.

Earache

Put four to six drops of garlic oil and the same of Ear & Nerve tincture into each ear. Stop the ears with cotton.

Place a baked onion on the ear; cut it in half and put a half on each side. Bandage in place and leave on all night.

Use three to six drops of mullein oil in each ear. Rub the oil under and around the ears.

Eye Troubles

If you get a foreign particle in your eye, or if your eyes become red and irritated, you can wash them either with Dr. Christopher's Eyewash, being sure to strain the tea carefully through a fine, clean cotton cloth, or a simple tea of red raspberry leaves. These teas astringe and heal the irritated surface.

For more information about Herbal First Aid, including more applications, we encourage you to read:

Every Woman's Herbal: http://www.christopherpublications.com/Womans_Herbal.html

Herbs to the Rescue: http://www.christopherpublications.com/King_Herbs_Rescue.html

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<http://www.herballegacy.com/Disclaimer.html>