

Natural Healing Express Weekly

Column Volume 141 Herbal Remedies for Summer

Happy Summer everyone. It's a time of camping, swimming, cooking out, being in Nature and of course, being GRATEFUL that Old Man Winter is dormant for a few months. So, as we are enjoying ourselves and our beautiful weather in God's Country, let's also prepare our Natural Medicine Kit for those mishaps and pesky critters that seem to want to join our party.

We have a few different remedies for insect repellent, but the most basic and easiest to utilize is simply Cedarwood. Cedarwood contains astringent and antiseptic properties, so it is beneficial to many skin problems, including acne, dandruff, dermatitis, eczema, psoriasis and Insect Bites. Cedarwood has a clean woody scent and can be utilized as a perfume, which makes it easy to apply for those dreaded bites.

Here is yet another great Bug Spray from our friends at Wellness Mama:

**Wellness Mama Bug Spray Ingredients:**

- **Essential oils:** choose from Citronella, Clove, Lemongrass, Rosemary, Tea Tree, Cajuput, Eucalyptus, Cedar, Catnip, Lavender, Mint
- Natural Witch Hazel
- Distilled or boiled Water
- Vegetable glycerin (optional)

**How to Make Homemade Bug Spray:**

1. Fill spray bottle (I used 8 ounce) 1/2 full with distilled or boiled water
2. Add witch hazel to fill almost to the top
3. Add 1/2 tsp vegetable glycerin if using
4. Add 30-50 drops of essential oils to desired scent. The more oils you use, the stronger the spray will be. My personal favorite mix is: Rosemary, Clove, Cajuput, Lavender, Cinnamon and Eucalyptus... it works great and smells good too!

All of the above oils are available at Natural Healing Express. If you want large quantities, please call ahead as we do sell out almost weekly on our top items.

One of the things that I learned recently was that if you are out in the middle of nowhere without any first aid items with you that one can utilize a red clover to lessen the pain of insect bites and stings. All one needs to do is crush the flower of the red clover and apply it directly to the infected area.

Another thing you can do is apply a sliced cucumber directly to the area. Now, this one makes me giggle because if I am without my oils but happened to be carrying a cucumber, then I guess I am in luck. LOL.

Here's a new twist on an old remedy for Poison Ivy. You can add peppermint oil to calamine lotion to increase potency. The dosage is one half teaspoon of peppermint oil to a four ounce bottle of calamine.

Another thing I learned was that stinging nettles usually grow near poison ivy. Use the nettle juice from the stems to treat unintentional contact.

One very practical method of relieving Poison Oak is to rub the insides of a banana peel over the infected area. I love this one because if you buy the bananas in a bunch you can eat one while you are rubbing, but be sure not to mess up and eat the one you have rubbed the area with.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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