

Natural Healing Express Weekly

Column Volume 100 First Aid in the Back Yard

This week, it seems like we have had large occurrence of bee stings, bug bites, rashes and poison ivy. Maybe it is the full moon, actually the blue moon, that is bearing responsibility for the sudden desire to “play” in Mother Nature’s wonderland, but nonetheless, it is not without havoc. So, while out in the backyard, let’s look at the “weeds with benefits” if you know what I mean.

I will offer one recipe at the end of the article, but please consider the following as information only, being offered to build your knowledge of those things growing in your backyard. If you plan to utilize these herbs according to their purpose, please do your own research and consult with a well-respected herbologist as needed when making your own concoctions.

Burdock- Burdock is plentiful in our region and is very rich in vitamins and minerals. It is a fantastic blood purifier and is excellent for the skin. Burdock helps to take poison out of the body.

Chickweed- Chickweed contains large amounts of iron, calcium and potassium. It is wonderful for skin irritations and eye inflammations. It is a very good herb to use as a poultice and is a safe diuretic. It helps soothe the pain from poison ivy.

Dandelion- Dandelion is also a safe diuretic, and is a wonderful digestive bitter. It contains Vitamins A & C, calcium, magnesium and iron and helps with metabolism.

Mullein- Mullein is good for respiratory infections, bronchitis and bronchial infections and asthma. When infused into oil, mullein is fantastic for ear infections.

Nettle- Nettle is rich in iron, calcium, potassium, magnesium, manganese and zinc. It is an excellent reproductive tonic and good for liver concerns. It can also be utilized for allergies.

Plantain- Plantain is nutritious and is in my opinion, the best poultice herb. It is good for working with blood poisoning both internally as a tea and externally on the infected area. It is also good for inflammation of the digestive tract. This helps with bee stings and bug bites as well.

Red Clover – Red Clover is good detoxification herb and a good respiratory tonic. It can be used for coughs, colds and bronchitis. It is also very rich in minerals.

Yarrow- Yarrow is used to promote sweating, which helps to reduce fevers. It can be used internally and externally to stop bleeding. It can also be used to relieve menstrual cramps and stomach upset.

Here’s a very simple home remedy that I think you will find useful in the coming months.

I am not a huge fan of the taste, but it certainly gets the job done. CLIP and POST ALERT

Sore Throat Gargle

1 Cup of Apple Cider Vinegar

1 Cup of Sage Tea (strong)

2 to 3 teaspoons of Salt

Pinch of Cayenne (I go a little stronger than a pinch)

Combine all ingredients and gargle three times a day. You will find your sore throat diminishes quite rapidly.

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 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express