

# **HOME REMEDIES FOR COMMON MALADIES**



*Primum non nocere:*

## **FIRST, DO NO HARM**

The Rosehip Medic Collective is a group of volunteer Medics in and around Portland, Oregon. To contact us regarding trainings, donations, or requesting medics at your action, please visit us at our website:

<http://www.rosehipmedics.org>

### **Statement of Values**

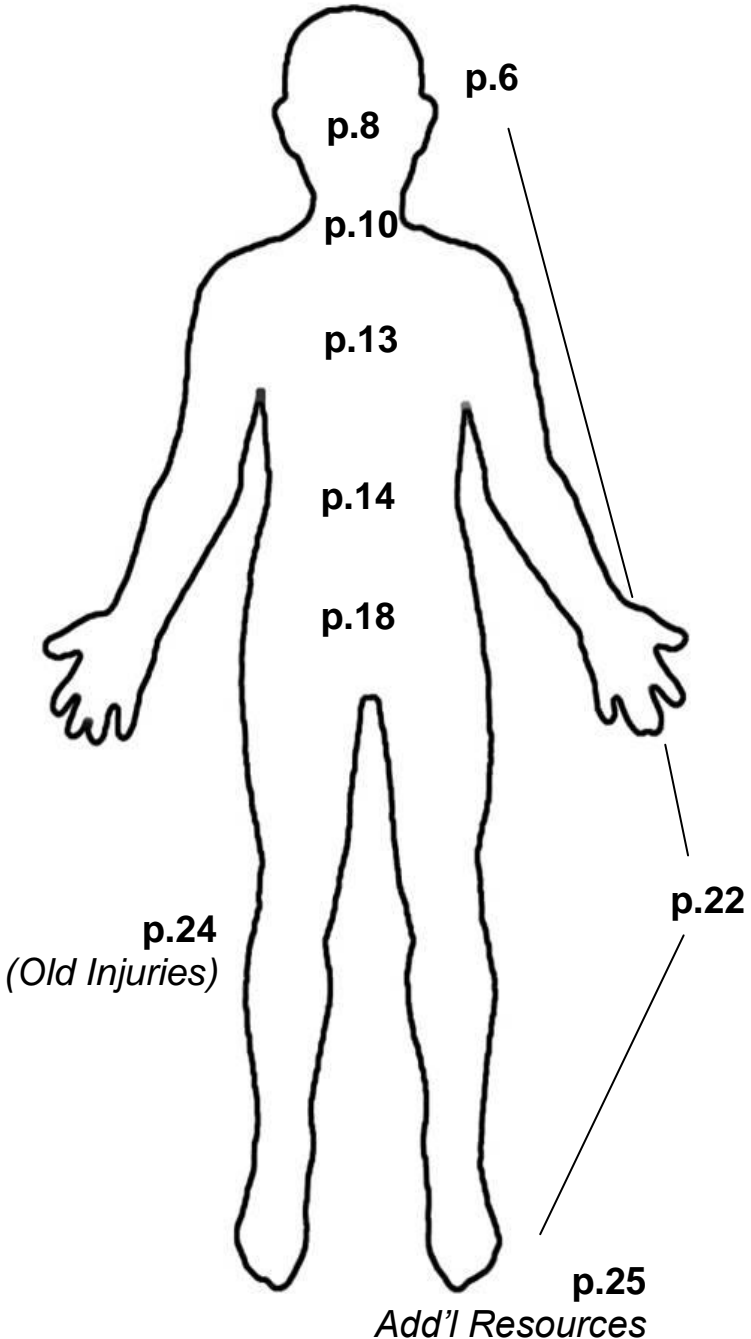
- We support all people's rights to understand, access, & direct their own health and wellness.
- We envision a world free of all oppression and seek solidarity with those struggling towards personal and collective liberation.
- We believe that the personal is political and that self-care & mutual aid are necessary to sustain resistance.
- We embrace a philosophy of harm-reduction and non-judgmental care.

# HOME REMEDIES FOR COMMON MALADIES

Because the professional capitalist healthcare system is oriented towards maximization of profit, rather than providing viable care for the everyone's needs, many of us lack access to care anywhere but the emergency room. While institutional medicine can be good for treating some diseases and injuries, we can deal with much of what we encounter ourselves, without a visit to the emergency room (and a huge bill).

The information presented here is a mix of ethnobotany, Western herbalism, American folk, & allopathic or “mainstream” medicine. We aim to validate everyone's experience, while at the same time encouraging a cautious approach towards mutual aid & information sharing. Many resources and suggested readings are included towards the end of the zine.

Throughout we include guiding questions, treatments, and preventative measures to help us assess and care for friends and ourselves—as well as lists of RED FLAGS that signal a need for more advance care from experience complementary and allopathic medical providers.



# Basics of Herbalism

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## **The Four R's**

**Rest, Relaxation, Revitalization, Resilience**

### **What to do When Everyone is Sick:**

- Practice good sanitation (Wash hands a lot)
- Treat Yourself (Avoid what makes you sick)
- Cook for them!

***Immune Boosting Herbs:*** Echinacea\*,  
Balsam Root, Astragalus, Ganoderma  
Mushrooms, Garlic

***Know your local herbalists:*** Buy or trade plants with them. Learn to grow your own herbs, especially those that are on the United Plant Savers list for being endangered or at-risk. Plants on the **UpS** list have a \*.

***Know your plants:*** Find out what plants grow in your yard, neighborhood and bio-region. Learn to identify them *well*. Many plants are amazing; some of them are deadly. Here are a few ways to work with them:

**TEA:** Will keep for about 24 hrs unrefrigerated

**EXTERNAL:** Strain well & apply frequently as a wash, out of the bottle/spritzer, or soaked into cloth & held or taped in place for 1/2 hour, 1-3 times daily.

**INTERNAL:** 1-2 cups a day.

## **OIL, SALVE:**

**EXTERNAL:** Oils infused with herbs and salves (oils hardened with beeswax or similar) can be used on skin conditions, sore muscles, sprains, strains, & carefully cleaned wounds.

## **ESSENTIAL OIL:**

Concentrated, aromatic, & antiseptic, EO's are extracted using an intensive process & often expensive. Since most are caustic, they are generally added to other remedies, and **should not** be used internally or undiluted without careful instruction.

## **STEAM:**

**EXTERNAL:** Add essential oils or herbs to hot water. Lean over pot with towel over your head to treat facial skin.

## **TINCTURE:**

**EXTERNAL** – For small & closed injuries apply a dropper of dilute tincture directly to affected area.

### **INTERNAL:**

*Therapeutic doses, 1-3 droppers, 2-3 times a day (standard extraction)*

*Energetic doses, 3-5 drops.*

**INTERNAL:** If treating lungs, inhale steam.

## **POULTICE:**

**EXTERNAL:** Place finely chopped/ powdered herbs in gauze, cotton, muslin, or a clean sock.

Add enough warm water to moisten & make a paste (fresh herbs may require a gentle simmer & kneading)

Hold in place over the affected area, &/or wrap with a towel. Add hot water as necessary.

# Head

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## **Headaches:**

There are many different types of headaches with a range of different causes, most commonly hunger, thirst / dehydration, tension or migraines. Headaches will feel different for each individual.

### **Questions to ask yourself:**

- Have I eaten enough today?
- Have I had enough water?
- Have I had a lot of caffeine or not as much as usual?
- Is my jaw, neck or upper back feeling tense?
- Am I feeling nauseated, dizzy or sensitive to light or sound?

### **Remedies**

**Prevention:** Avoid triggers: computer/TV screens, fluorescent lights, loud noise, caffeine (caffeine helps some people), etc.

**Treatment:** Drink water(!), have a snack, rub lavender essential oil on your temples or put a few drops on a hanky and inhale. White willow bark, lemon balm, chamomile, feverfew, or skullcap - 1 cup tea or 15 drops of the tincture 3 times a day.

## Fevers:

Fevers are a higher than usual temperature, and can cause aches, feelings of tiredness and discomfort. Fevers are your body's way of killing off viruses and bacteria, but sometimes the fever becomes a bigger problem than the underlying cause. If you can stay home and rest, and the fever isn't too high, it's often best to not intervene and let the fever do its thing.

## Remedies

### *Treatment.*

Drink yarrow, blue elderflower, & mint tea 3 times / day. Drink lots of fluids, hot is better. Apply cold compresses to the head and feet to draw heat out of the body. Stay in a cool environment but don't get chilled. For chills drink tea of ginger and thyme.

### **RED FLAGS:**

- Seizures – first-time or abnormal (for you)
- Unexplained/prolonged loss of consciousness or bodily function
- Headache accompanied by high fever, stiff neck
- Headache persists or worsens over days
- Follows significant trauma to head/neck/chest or whiplash
- Feeling of impending doom (listen to yourself)
- high fever in adult over 103°F, or that lasts for >3 days



# Ears, Eyes, Nose

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## **Pinkeye (conjunctivitis):**

Itchy, painful, & red, pinkeye may be caused by allergies or infections. While viral and bacterial pinkeye usually resolves without intervention, the rarer fungal form can do permanent damage. It is possible to only have symptoms in one eye.

### **Questions to ask yourself:**

- Are my eyes red around the conjunctiva (the usually light pink skin inside the eyelid?)
- Are my eyes making a lot of goop, especially when I first wake up?
- Are my eyes itchy?

## **Sty: Infection of a gland at the base of eyelashes.**

### **Questions to ask yourself:**

- Does it look like there is a pimple at the base of an eyelash?
- Is the surrounding area slightly swollen and itchy or tender?

## **Eye Remedies (Pinkeye/Stys)**

**Prevention:** don't touch your eyes with dirty fingers.

**Treatment:** Use a dropper to wash eyes with a tea of Eyebright, Chamomile, Comfrey Root, Oxeye Daisy, Nettle, and/or Oregon Grape Root\*.

**Earaches: can be caused by ear infections, injury, or tension in the jaw.**

**Questions to ask yourself:**

- Is my ear itchy? Does it hurt?
- Does my ear feel “plugged” or “stuffy?”
- Does my balance feel off? Am I dizzy?

**Remedies**

**Prevention:** Clean ears regularly with 3-5 drops of Mullein tincture or oil to soften and expel wax (oil will expel more slowly).

**Treatment:** For infections, clean ears with Mullein tincture or oil (for swimmer’s ear, use the tincture). Then cut an Onion in half & steam it until it softens. Let cool enough to touch & then lay down with the onion over the affected ear.

**Nose / Sinuses: Problems with the nose and/or sinuses can be caused by viruses, allergies, infections or injury.**

**Questions to ask yourself:**

- Is my nose running? What color is the mucus?
- Is my nose stuffy but not running?
- Do I also have a headache, dizziness or trouble breathing?
- Is my nose dry, bleeding, or irritated?

**Bloody Nose Remedies:** Lean forward, breathing through your mouth & pinch nostrils just below cartilage. Take 10 drops Yarrow tincture. Drink cool/warm water with a pinch of cayenne or sniff some apple cider vinegar. *Avoid* strenuous exercise, nicotine, aspirin/White Willow bark, and Garlic for one day.

**General Cold/Flu Remedies:** Make a soup of 2 cups water, 1 onion, 5 cloves Garlic, 2 Tbsp Turmeric, grated Horseradish and/or Cayenne, & salt to taste. If available, add Shiitake mushrooms & Burdock Root. Avoid dairy products, caffeine, and sugar. Drink tea of Yarrow, Peppermint, Blue Elderflower, Ginger, Lemon, &/or Cayenne.

For more serious flu symptoms, take 1 dropper of red root three times per day.

## **Sinus Congestion/Runny Nose**

**Prevention:** Carry a handkerchief or bandana. Your nose is trying to get stuff out, so help it out, don't sniff it back in.

**Treatment.** Follow cold/flu treatment above. Prepare a steam with Eucalyptus & other loved essential oils. Use a *neti pot* to wash nasal cavities with salt water.

Regularly apply a healing salve around the nose, dab with essential oils, or add a few drops to your hanky and sniff regularly.

Take 15 drops, 4-5 times a day of one or more decongestant tinctures: Yerba Santa, White Sage, Nettle, and California Mugwort.

### **RED FLAGS:**

- Persistent pain, burning, ringing, dizziness, vertigo
- Loss or change of function, esp. with head injury
- Inability to remove foreign object, chemical, or insect
- Abnormal discharge of fluid (eyes, ears)
- Does not respond to treatment
- Breathing problems
- Nose fracture or bruising around eyes

# Mouth & Throat:

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**Cold Sores:** are caused by the herpes virus and manifest differently depending on the type of virus and the person. Often the first coldsore comes with flu like symptoms and future breakouts will come with fewer or no symptoms besides the sores.

## Questions to ask yourself:

- Am I experiencing tingling, burning or itching near a closed “blister” or bump on my lips or near my lips, nose or eyes?
- Is there a fluid filled blister or multiple blisters?

## Remedies

**Prevention:** The herpes virus, which normally hides in big nerve bundles, gains access to the surface most easily when the nervous system is stressed.

Take teas and tinctures regularly that *sooth nerves* (St. John's Wort, Lemon Balm, Skullcap, Catnip, Hops, Chamomile) and *cool the liver* (Dandelion, Burdock Root, Oregon Grape Root, and Yellow Dock Root).

**Treatment.** Apply a salve of Lemon Balm, St. John's Wort, and Licorice Root. Licorice tincture works well on open sores to speed healing.

Take 1 dropper full of Lemon Balm, St. John's Wort, or Black Walnut tincture internally 3 times a day. Take when sores begins to form &/or when exposed to a trigger (chocolate, peanuts, stress).

**Canker sores:** (mouth ulcers) are open sores in the mouth that can be caused by injury, hormonal changes, viruses, vitamin deficiency, food allergies, toothpaste with sodium lauryl sulfates, & more.

**Treatment.** Make a mouthwash with 1 cup water, 1/4 vodka, 2 droppers of Calendula tincture and 2 droppers Oregon Grape Root\* tincture. Take nettle internally as tea or tincture (1 dropper, 3 times a day).

## **Toothaches:**

Toothaches have many different causes, of which many can be prevented with regular dental care. If you get a toothache you will probably have to treat the cause sooner or later with a visit to the dentist.

### **Questions to ask yourself:**

- Am I experiencing sensitivity to sweet, hot or cold foods?
- Is there pain, throbbing or aching around one or more teeth? My gums? My jaw?
- Have any of my teeth been broken or injured (even if a while ago or it didn't seem so bad)?

### **Remedies:**

**Prevention:** Brush & floss after meals, & use herbal mouth wash.

**Treatment.** Hold a clove of Garlic, Plantain leaves, or piece of Pine resin on the tooth. Apply Clove essential oil to tooth. Apply a Ginger compress to the cheek.

# Sore Throat:

## Questions to ask yourself:

- Is my throat sore because of irritation like coughing, exposure to smoke or yelling?
- Is my sore throat the only issue I'm having or do I have other symptoms?

## Remedies:

**Treatment.** Apply 1 dropper full of Black Cottonwood directly on the back of the throat. Gargle salt water or Garden Sage tea.

Make a tea to spray onto throat with Echinacea\* or Balsamroot, Garden Sage, and a few drops of Eucalyptus or Tea Tree essential oil.

## RED FLAGS:

- Intense swelling makes it difficult to breath (esp. with allergies, inflammation)
- Isolated sore throat with fever + red & white patches
- Persistent inflammation of gums, mouth, or throat
- Total or partial obstruction by foreign object, substance
- Broken/dislodged tooth (urgency will depend on pain and cosmetics)
- Painful/swollen infection around base of tooth (esp. accompanied with fever)

# Cough & Respiration

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A “productive” cough brings up phlegm at least some of the time, while a “dry” cough does not (people with either may feel a need to dislodge mucous or “congestion”.) A productive cough may be best left alone unless causing a lot of discomfort. Be aware that many over-the-counter cold and flu medications contain cough suppressants.

## ***Treatment.***

### **Congestion Remedies**

Use general cold/flu treatment. Keep chest warm. Apply a poultice of Mustard Seed or Ginger to chest. Drink hot and spicy soups.

### **Wet Cough Remedies**

***Treatment.*** Use general cold/flu treatment. Take 1 dropper full of Black Cottonwood Bud, Balsam Root, and/or Horehound tincture.

### **Dry Cough Remedies**

***Treatment.*** Follow general cold/flu and congestion treatment. Take 1 dropper Black Cottonwood Bud, Balsam Root, &/or Western Coltsfoot tincture 3 times per day. Other herbs at same dose: Horehound, Lomatium\*, Devil's Club.

### **Painful and/or Bloody Cough Remedies:**

***Treatment.*** Follow general cold/flu and congestion treatment. Take 1 dropper full of black cottonwood bud and/or western coltsfoot tincture 3 times per day.

## Smokers Cough:

**Treatment.** Use general cold/flu treatment and other treatments for coughing or congestion. Replace Tobacco with Mullein leaves, Western Coltsfoot, and Vanilla leaf until symptoms improve.

## RED FLAGS:

- Dull pain &/or squeezing/pressure in center of chest; may be felt in shoulders, neck, jaw, back or either arm
- Severe, persistent, or first-time symptoms of asthma (wheezing, breathing obstruction, esp. exhaling), or other breathing difficulty
- Prolonged congestion without ability to clear or cough up, esp. on one side
- Loss of consciousness
- Difficulty/inability to breathe

# Abdomen

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**Nausea:** Feeling as though you might throw up. There are many different reasons why someone may feel nauseated or why vomiting might occur.

## Questions to ask yourself:

- What other symptoms am I experiencing?
- Have I already thrown up? How many times? Did it make me feel better or worse?
- How long have I been feeling this way?
- What have I eaten in the last 6-24 hours?

## Remedies:

**Treatment.** 10 drops of Angelica tincture, Clove and Ginger tea, or tea/tincture (30 drops) of mint family (Lemon Balm, Spearmint, Peppermint)



## **Constipation:**

Irregular bowel movements can lead to discomfort and the feeling of having incompletely defecated. There are many causes, mostly dietary or side effects of taking certain drugs (eg. opiates). Hormonal changes (with the menstrual cycle or pregnancy) & quitting nicotine / coffee (both laxatives) can also cause constipation.

### **Questions to ask yourself:**

- How many times this week have I had a bowel movement (pooped)?
- Were they uncomfortable or painful? Hard?
- Am I experiencing gas, bloating or abdominal pain and/or discomfort?

Remedies:

***Prevention:*** High fiber diet & plenty of fluids.

***Treatment.*** Drink lots of water. Take tea/tincture (30 drops) of Yellow Dock 3 times a day.

Dandelion is also helpful. For a stronger effect, add a little Cascara Sagrada\* to the tea of Yellow dock and/or dandelion and drink before bed

## **Diarrhea or Loose stools:**

These frequent, loose/liquid bowel movements have a range of causes similar to constipation.

Additionally, parasites, food poisoning, viral and bacterial infections can cause diarrhea.

### **Questions to ask yourself:**

- How many bowel movements have I had today?
- Am I experiencing cramping or discomfort prior to a bowel movement?

- Are there other associated symptoms?
- Have I traveled recently? Worked with children? Eaten or drank anything unusual in the last 6-24 hours?

## Remedies

**Treatment.** Take 30 drops Blackberry Root tincture. Red Raspberry leaf tea/tincture & regular black tea will also work. To recover, drink tea from Yarrow and Oregon Grape root.\* Also, important to replace lost electrolytes, probiotics (yogurt, miso, etc.), and lubrication (cold infusion of Cheeseweed (Mallow family), Licorice Root tea (don't use if pregnant or have kidney disorders), or slippery elm bark\*.

**Electrolyte recipe:** 3 T sugar, 1 tsp salt, 1 tsp baking soda, 1/4 tsp lite salt (if possible), and 1 qt water.

## Indigestion, Gas and Bloating:

This can hurt a lot and be really uncomfortable! Common causes include eating foods your body cannot digest easily, eating too quickly, eating immediately before physical activity, and stress. Relieving the symptoms of chronic indigestion will only work short-term; finding the underlying cause is important for a long-term solution.

## Remedies (Gas, Bloating, Pain)

**Treatment.** Drink a tea of Cardamom, Fennel, and Cinnamon especially for gas and bloating. Mint family teas (Peppermint, Spearmint, Lemon Balm) help as well. Kitchen herbs (Rosemary, Oregano. Thyme. Marjoram) are also helpful.

## Heartburn Remedies (Acid, Pain)

**Prevention:** Take a few drops of a bitter tincture such as Yarrow or Gentian before meals. Drink tea from the herbs listed below. Eat slowly and enjoy your meal.

**Treatment:**  
Tea of Peppermint, Chamomile, Hops, Skullcap or Lemon Balm.

### Appetite

Take a few drops of a bitter tincture such as Yarrow or Gentian after or a big meal to help the body digest or to stimulate the appetite.

### RED FLAGS:

- Blood (bright/dark red, tarry, “coffee grounds”) in vomit, urine, feces
- Persistent pain (>12-24 hrs) despite treatment efforts, esp. constant
- Localized acute pain/tenderness
- Severe pain with movement
- Persistent anorexia, vomiting, or diarrhea (>24-72 hrs)—drink fluids!!
- Fever > 102° F
- Signs/Symptoms Pregnancy
- Unexplained change in body weight of > 5 % in a month
- Intense/Unusual chest pain, esp. when spreading elsewhere
- Symptoms persist for 1-2 weeks without resolution
- Ingested Poison/Overdose: *Poison Control (1-800-222-1222) or 9-1-1*

# Bits

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## **Urinary Tract Infections (UTI's):**

This is an infection caused by bacteria getting into the urinary tract & multiplying. Common causes include frequent, vigorous sexual activity involving genitals, traveling without access to showers or toilets, chronic dehydration, and/or drinking lots of sugary liquids. Some people are prone to UTI's and having one infection can make it easier to get more.

### **Questions to ask yourself:**

- Am I urinating (peeing) more than usual?
- Does it hurt right before, during or after urination?
- Do I have to urinate RIGHT AWAY when the urge comes?
- Do I feel the urge to urinate but can't?
- Does my urine look or smell different than usual? Is it cloudy?

### **Remedies:**

**Prevention:** Drink 8 cups of water a day. Urinate regularly. Urinate before and after sex. Avoid sugar, alcohol, and caffeine.

**Treatment.** Tea of Cleavers, Cranberries, Uva-Ursi, Chickweed, & Cheeseweed. Avoid sugar, alcohol, and caffeine. Add Parsley to your food.

## **Menstrual Cramps:**

This is a fairly common problem that is different in every individual. The pain may be mild or severe, dull or sharp, before and/or during menstruation, associated with other symptoms or stand alone.

## Questions to ask yourself:

- When does pain start? How long does it last?
- Are there other symptoms? What are they?
- Is this something I've felt before or new?
- Where in my menstrual cycle am I?

## Remedies:

**Prevention:** Eat foods/herbs high in minerals, such as Nettles, Almonds, Greens (*except* spinach and chard), Horsetail, Oatstraw, and Raspberry Leaf. Treat for constipation the week before. Avoid caffeine, fats, and dairy products. Support liver function the week before with tea/tincture (1 dropper) 3 times per day of Burdock, Artichoke Leaf, and/or Dandelion. Stay warm during menstruation.

**Treatment:** Add Turmeric and Ginger to food. Take Yarrow, Raspberry Leaf, Crampbark (local variety is called High Bush Cranberry) as a tea/tincture (1 dropper) 3 times per day.

## Yeast Infections:

Yeast infections are an overgrowth of candida and usually manifest in the mouth or genitals.

In people with vaginas the symptoms are usually itching, unusual vaginal discharge (more of it, and often white & lumpy).

People with penises usually experience fewer symptoms (commonly red skin, itching or burning). Yeast infections are contagious and any sexual partners **MUST** treat themselves even if they don't have symptoms or else it can get passed back and forth!

## Remedies:

**Treatment.** Tea of Mullein Leaf, Raspberry Leaf, and/or Garden Sage. Cold infusion of Red Cedar. Eat probiotics such as acidophilus. Garlic suppository. Put 3-5 drops of Lavender essential oil on a tampon. Immune system function can be boosted with Garlic, Echinacea\*, or Balsam Root.

## Viral Infections (Genital Herpes):

See “coldsore” in the Mouth section. It’s basically the same situation, but often genital herpes are associated with more severe breakouts and flu-like symptoms before sores appear.

## Remedies:

**Treatment.** For genital herpes, follow treatment for cold sores (sex is another trigger for sores so follow the treatment even if you don't have open sores now to prevent infecting your partner).

For herpes and genital warts (HPV) take 1 dropper of Lemon Balm, St. John's Wort, or Black Walnut tincture internally 3 times a day.

### RED FLAGS

- Green, yellow, other unusual genital discharge (or *lack of* menstrual bleeding)
- Unexplained lesions or masses.
- Localized acute abdominal pain

# Skin:

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## **Rashes, warts and fungus:**

Skin problems have a tendency to look like each other and can be difficult to sort out. Check out pictures of your problem in books/online, but be careful—since it is easy to get caught up & starting experiencing all the symptoms you read about.

**Warts** tend to be raised, rough patches of skin. **Rashes** and **funguses** are usually red, blistery, patchy, dry or runny. Fungus especially likes to warm, damp parts of the body.

**Parasites & insects (etc.)** can cause itchy, painful, raised, can result parasitic or biting/stinging insect, spiders, & mites

### **Questions to ask yourself:**

- What does the rash look like?
- Is it spreading?
- Is it runny or dry? Itchy or burning? What other adjectives would I use?
- Does my roommate/date/parent/affinity group have the same thing going on?
- Was I exposed to anything unusual recently?
- Where on my body is it?

**Sunburn Treatment:** apply Aloe Vera gel or a cooled tea compress of Comfrey and Calendula.

**Rash Treatment:** Apply poultice of Cleavers, Chickweed, Burdock, and Dandelion.

**Wart Treatment:** Apply tincture of Red Cedar or Black Walnut hulls or the sap from dandelion frequently. Tape the inside of a ripe banana peel to wart. Duct tape.

**Fungus Treatment:** Make a powder, compress salve, &/or hot soak with Black Walnut hulls, White Sage, Red Cedar (essential oil or whole herb), Usnea, and/or Oregon Grape Root\*.

## Acne/Detox Remedies

### **Prevention:**

*Increase* intake of water & green vegetables.

*Decrease* stimulants, sugar, fats, animal products, and alcohol (they are hard on the liver).

1 dropper of Yellow Dock 4-5 times per day. 1 dropper of tincture 3 times per day of Burdock, Artichoke leaf, Red Clover, and/or Dandelion.

**Treatment.** Dab unopened pimples with Lavender or Clove essential oils. Apply salve of Echinacea\*, Yellow Dock root, Burdock leaf, Calendula, &/or Self-heal.

### **RED FLAGS:**

- Pale, ashen, cool, bluish or clammy skin
- Extensive blistering or charring burns; burns that surround a body part, involve face, hands/feet or genitals
- expanding redness, itchiness, soreness, streaks
- Skin others feel is “hot to the touch,” esp. resting; unable to sweat in heat
- wound that do not heal
- signs of spreading infection (red streaks or rash from injury, fever)



# Old Injuries

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## **Breaks, Sprains, Strains, Wounds, & Neuralgia**

Traumatic injuries demand our attention in the moment & in their immediate treatment. However, even seemingly minor injuries can mean serious long-term pain, tenderness, & loss of function.

Hospitals are required to provide emergency care for serious injuries & medical situations, but are not required to provide long-term therapy.

Consulting with a complementary practitioner &/or seeing a physical therapist is recommended if possible.

**Treatment.** Apply oil or salve of St. John's Wort, Comfrey, and/or Yarrow. For pain, take 15 drops of California Poppy or Valerian 3-5 times a day. For nerve pain, take 15 drops of St. John's Wort 3-5 times per day until pain subsides.

For nerve damage, apply St. John's Wort oil or salve and tincture of Cow Parsnip.

### **RED FLAGS:**

- Sudden or progressive loss of circulation, sensation or motion in extremities (or elsewhere)
- Sounds of grating bone/other indication of severe fracture
- noticeably different shape than pre-injury
- Severe swelling that does not go away

# RESOURCES

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## Books

Brigitte Mars, ***Natural First Aid*** (1999)

Hesperian Foundation, ***Where There is No Doctor: A village health care handbook*** (2010),  
***Where there is No Dentist*** (2010) & More!  
(also at [www.hesperian.org](http://www.hesperian.org))

James Green, ***Herbal Medicine Maker's Handbook***

Jim Pojar & Andy MacKinnon, ***Plants of the Pacific Northwest Coast*** (1994)

Michael Moore -- anything, but particularly:  
***Medicinal Plants of the Pacific West*** (1993)

Rosemary Gladstar, ***Planting the Future*** (2000),  
***Family Herbal*** (2001)

Steven Foster, Christopher Hobbs, ***Peterson Field Guides: Western Medicinal Plant and Herbs*** (2002)

Robin Rose, Caryn Chachulski, & Diane Haase  
***Propagation of Pacific Northwest Native Plants*** (1998)

Richo Cech, ***Making Medicine*** (2000)  
***Growing At-Risk Medicinal Herbs*** (2002)

## **Digital Resources**

***A Modern Herbal*** -- [www.botanical.com](http://www.botanical.com)

Herbal & medical resources, past & present

***United Plants Savers*** -- [www.unitedplantsavers.org](http://www.unitedplantsavers.org)

Information on endangered and at-risk plants.

***Henriette's Herbal*** -- [www.henriettesherbal.com](http://www.henriettesherbal.com)

Clearinghouse for other herbal resources

***Icarus Project*** -- [www.theicarusproject.org](http://www.theicarusproject.org)

Self-care resources & community for people affected by 'mental illness'

***Street Medic Wiki*** -- [www.medic.wikia.org](http://www.medic.wikia.org)

Resources on & for Street/Activist Medics

***Healing Trauma*** -- <http://healingtrauma.pscap.org/>

One of many resources for survivors of trauma—in this case focused on activists

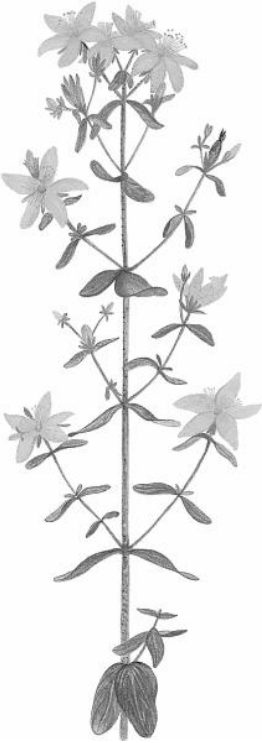
***Rosehip Medics*** -- <http://rosehipmedics.org>

Our Collective's resources & contact information, digital copies of this & other zines

**FIGHT THE POWER. DO NO HARM**



**Yarrow**



**St. Johns Wort**



**Lemon Balm**