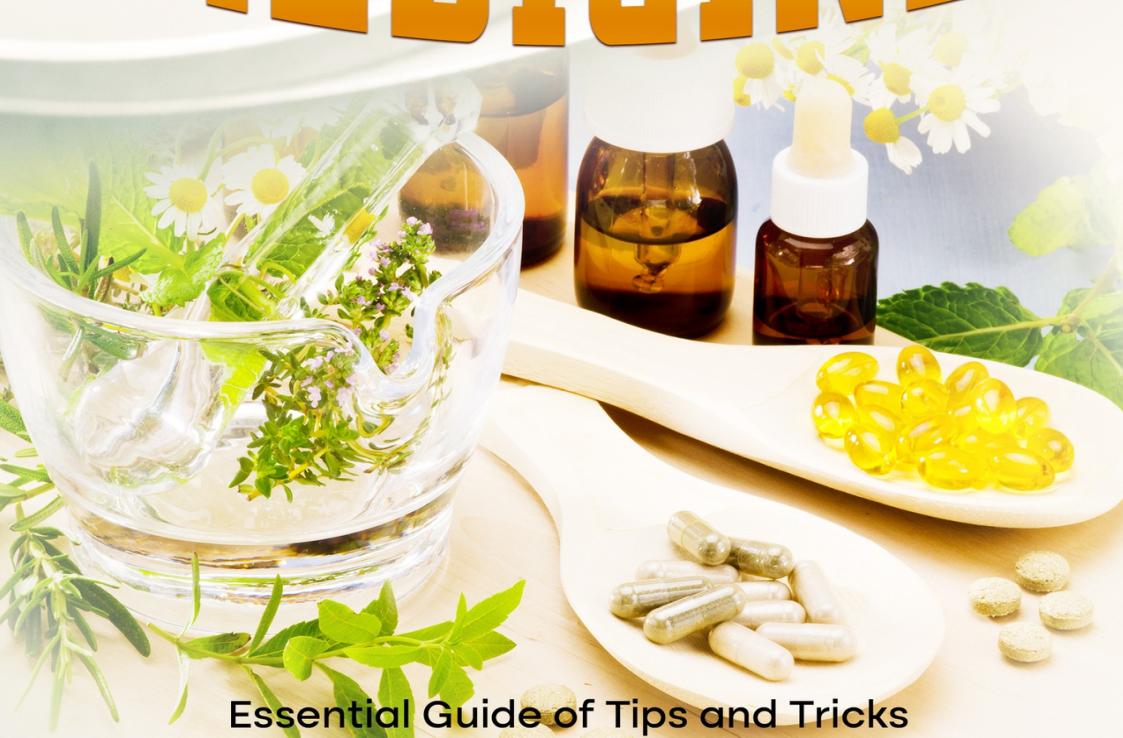


# PREPPER'S SURVIVAL *Natural* MEDICINE



Essential Guide of Tips and Tricks  
in Preparing the Best Life-Saving Herbs, Essential  
Oils and Natural Remedies

**RACHEL SMITH**

# **Prepper's Survival Natural Medicine**

*Essential Guide of Tips  
and Tricks in Preparing  
the Best Life-Saving  
Herbs, Essential Oils and  
Natural Remedies*

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# **Introduction**

After being cooped up indoors for more than a year thanks to the pandemic, most people have started participating in wilderness and outdoor activities. Whether snowboarding, sea kayaking, mountain biking, rock climbing, or hiking, more and more people have finally started enjoying the outdoors. Unfortunately, these activities can be extreme and dangerous, and there is a need for counseling and caring in both non-traditional and traditional settings.

As the number of people performing these activities is increasing, it is important to assist people to help them survive in the wilderness. What would you do if you were hurt when you were trekking or hiking? Do you know how to take care of yourself? If you do not, use this book as your guide.

This book has all the information you need about survival medicine and its importance. It gives you an idea about the basics of first aid and the essentials you need to protect

yourself in the wild. It introduces you to survival medicine and tells you what you can do to protect yourself when you are wounded and alone. When you are in the wild, you will not be close to a hospital or city. This means you must learn how to protect yourself. If you are new to survival medicine, use this book as your guide.

Throughout the book, you will learn about herbs, essential oils, and medicinal plants and how to use them to heal your wounds. The book also has some recipes you can use to heal wounds, cover them, and prevent infection. Use the tips shared to help you survive and thrive even when you are wounded.

All you must do is maintain a level head when you are outdoors and look after yourself. If you are anxious or stressed, use herbs and essential oils to calm yourself down. It is only when you are calm that you can determine what to do next. While the book has all the information you need, you must practice mastering the treatment methods explained.

# **Chapter One: The Essential First Aid Skills**

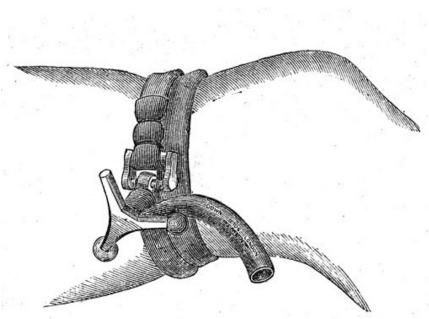
If you and your family love spending time outdoors, you must prepare yourself for any medical emergency you may face when you are in the wild and away from medical assistance. These emergencies are very common, especially if you live in the country. Unexpected injuries and accidental injuries are all too common. If you think about it, a medical crisis is one of the most common reasons why you may find yourself in a survival situation in the wilderness. Medical crises are as dangerous as getting lost in the wild.

You need to learn a few basic first-aid skills. Regardless of whether you have a doctor or nurse with you in the wilderness, you need to know what to do in such situations. What if your friend is the one who is hurt? How would you deal with such a situation? Or you may get separated from the group you are with and get injured. It is important to know

how to care for yourself. In this chapter, we will look at some essential first aid skills you need to learn in order to survive a medical emergency.

## **Applying a Tourniquet**

Do you, like most people, carry a tourniquet when you go on a trek or hike? If you do not, you need to begin now. Before you learn how to use a tourniquet when you are injured, it is important to know that not everything you find in the wild can be used for this purpose. Yes, it is true you can use a wire, rope, zip ties, or other material as a tourniquet. Having said that, if someone needs a tourniquet, it means he is bleeding badly. You cannot waste time trying to find things you can use as a makeshift tourniquet.



Carry a ready-to-use tourniquet when you hike or are outdoors. Leave a few in your first aid kit. It is best to keep these on top of your backpack or medical kit to ensure they are readily available. If you are unsure of how to use a tourniquet, you must learn how they are used so you are prepared. Time yourself to ensure you can put the tourniquet on for someone else or yourself in less than 15 seconds. You may be wondering why you need to be this quick. If an injury is so bad it needs a tourniquet, it indicates the person is losing a lot of blood. If you do not control the blood flow quickly, the patient may become unconscious, or he could die very quickly. This means you cannot waste any time if you need to use a tourniquet on someone. You can also get a pressure dressing or chest seal

if you need to.

## Packing a Wound

Packing a wound is not as easy as it sounds. The process is as painful as the injury you or someone else has experienced, but you need to know how to do this to prevent anybody from bleeding out. For a campsite cut or knife accident, you can stop the wound from bleeding by applying a clean bandage and putting some pressure on the wound. What do you think you could do if you were in the wilderness but the wound you have to deal with bleeds continuously? If you lose too much blood, you will land yourself in a very serious medical emergency. You cannot stop the wound from bleeding by simply applying pressure on the wound.

You must start by applying a lot of pressure to the wound if you ever find yourself with such an injury. Everybody's natural response to deal with a wound is to cover the wound and apply pressure to stop the bleeding. This is an instinctive response that does not benefit you. If you have hurt your limbs, hold your

limb upward to prevent the loss of blood. If you know how to work with arterial pressure points, see if you can apply pressure to those points to stop the bleeding.

What would you do if applying direct pressure didn't stop the bleeding? You may have put on a tourniquet but found it does not help. In such cases, you must use enough gauze and push the gauze into the wound cavity to prevent the bleeding. This can only work in cases of superficial wounds or small scratches. This method does not work for deep wounds.

For deep wounds, use the "power ball" technique. EMTs use this technique if their patients have a gunshot wound or are stabbed with a knife. They create pressure inside the wound to stop blood from flowing out of the wound. To do this, you need to bunch the end of the gauze roll. This ball can be slightly wider than the actual wound. Push the ball into the wound. You may need to be aggressive, and it is going to hurt terribly when you do this. Once you push the ball in, add more gauze to the wound until you see no

more blood. Now, use a pressure dressing to bind the wound and find a way to get to the hospital fast!

## **Performing CPR**

Cardiopulmonary resuscitation or CPR is a skill you need to learn, not just because you are outdoorsy. You can learn to perform CPR as it can save someone's life at work, in the wilderness, at home, or even when you are on vacation. CPR is a big deal, and everybody needs to know how to perform this. It is the process of moving the lungs and heart manually to preserve the brain's function. You must perform this movement until the person can resume breathing on his own and his heart is beating normally. It is easy to perform CPR, but you need to know where you should push. You also must master the speed at which you push and how far to push to prevent damaging the lungs or heart.

CPR is not a new technique. It was first performed in the 1700s, but the technique has changed since then. Earlier, you were also to breathe into the person's mouth to push some

air into the lungs. Now, this method is no longer relevant. You only need to learn the hands-only method. If you are forced to perform CPR in the wilderness, you may need to use the mouth-to-mouth component as well, depending on the response. If you are performing CPR in the wilderness, blow twice into the person's mouth and use your hands to perform 30 compressions on the person's chest. You need to do this until the person breathes or is revived. If you want to master CPR, it is best to learn from professionals. You can sign up for a few classes to certify yourself as a professional.

## **Learning to Fight the Cold**

If you are stranded in the wilderness, you will not have all the tools you need to protect yourself from the cold. It is important to prevent the cold from killing you. You must understand what hypothermia is and spot the symptoms quickly so that you can warm yourself or the victim quickly. Hypothermia is a common hazard in the wilderness, which denotes that the body's core temperature is

dropping to a dangerous low. You may show symptoms of hypothermia if:

- Your clothes are wet
- It is too cold outdoors
- There is too much wind

You must be aware of your surroundings when you are outdoors and watch for the following signs.

- Tingling or numb skin, shivering sluggish muscles and slurred speech. These signs are indicators of mild hypothermia
- Pale skin, strong shivering, clumsiness, and blueness of the lips and ears are indicators of moderate hypothermia
- If you have trouble with walking or speaking, you are showing signs of severe hypothermia

Some victims may also become forgetful, do irrational things or be sleepy. The best thing to do when you or someone else is showing symptoms of hypothermia is to light a fire so

that you can rewarm yourself/them. If you show mild symptoms of hypothermia, it is best to drink something warm or eat high-calorie foods. This will jump-start your body's ability to heal itself. You can also place hot water bottles around you or light a fire to keep warm.

You can also use external rewarming if you prefer. Do not use saunas, hot tubs, or hot baths to warm yourself because these can lead to certain heart conditions in the person suffering from hypothermia.

## **Dealing with Dehydration**

It is true the environment dries your throat out without you realizing it. Have you drunk enough water, or your usual amount, but find yourself thirsting for more when you are outdoors? You need to rehydrate yourself as often as possible, and when dealing with others, you must do this even if your patient has fainted.

Have you been sweating too much all day? Did you not pee even once? Do you have a

terrible headache? These indicate you are dehydrated. You must drink enough water every day. When you find yourself in a stressful situation, you may not focus on hydration but you should. If you are outdoors, you may not find the right water supply. If someone you are traveling with faints, do not pour water down their throat. You are only going to risk drowning them if you do that.

If you do not know what to do or how to take care of someone who is dehydrated, avoid using medical supplies, like giving the victim fluids through a drip. There is an easier way to push fluids into the person's body, and this method does not require any medical training. You need enough water and gumption. The method I am talking about is proctoclysis, and John Benjamin Murphy, a surgeon during World War one developed it. This method was the only way a person could give water to any wounded soldier who was unconscious.

Follow the steps given below to do this:

1. Remove your patient's pants and

make him lie down on his belly. It is best to make him lie down near a tree or branch so that you can hang the water supply. Use a hydration bladder for this method to work better

2. Take a hydration bladder tube and cut the mouthpiece, and pinch it closed
3. Insert the tube into the patient's rectum carefully and keep the tube in place. Do not squeeze the tube to push water into the person's body, but let gravity do its job
4. You must hold the patient's butt cheeks to prevent the tube from moving. To do this, you can either hold the patient's butt cheeks or use tape to seal them together

Perform the above steps at least twice a day to ensure you give the victim two quarts of water. You must do this until the EMTs or first responders arrive. You can use this method even if the patient has suffered some trauma to the throat or mouth, making it hard for him to drink water. If the patient is awake,

explain what you are doing before you push a tube into their rectum. They should know you are doing something to help them.

## **Understanding Hyponatremia**

Your body needs enough sodium to prevent the swelling of the brain. The pressure exerted by the water in your brain can put you in a coma. If you sweat too much or have a prolonged illness, the sodium levels in your body will hit an all-time low, and this is known as hyponatremia. If you do not do something to increase the sodium levels in your body, it can lead to death. Some chronic kidney and heart functions also reduce the sodium levels in the body. Unfortunately, the symptoms of this condition are varied and sneaky. Some people may be restless, tired, have a headache, or be confused. Some may show severe symptoms, such as cramps, muscle spasms, seizures, decreased consciousness, or even an altered mental state.

If you or anybody in your group has been sweating for too long or has diarrhea or

persistent vomiting, you should give them electrolytes as often as possible. Alternatively, you can add a pinch of salt to the water and keep drinking it. This is the best way to prevent hyponatremia.

## **Using Chest Seals**

You need to have some air in your chest, but if it is coming through an incorrect opening, it can suffocate you. If you have a chest wound, use a chest seal to cover the wound. Let us assume you have gone hunting, and one of your friends was shot accidentally. This is one of the scariest and probably the worst situations to be in, especially if the person was shot in the chest. The bullet may not have hurt the person's organs, but this type of injury can send too much air into the chest cavity, leading to a collapsed lung. If the air enters the space between the chest wall and lungs (called the pleural space), it can move too much air into the pocket. This will make it harder for the lungs to expand. In this situation, your lungs are being crushed or squeezed, and this can lead to suffocation. In

these cases, you must take the person to a hospital immediately.

The situation is highly stressful, but you can prevent the victim's lungs from collapsing by using some first aid measures. Your first aid kit should have a sticky plastic chest seal so you are prepared for any such injuries. These seals are airtight and big band-aids and can be used to cover both exit and entry wounds. They can seal the chest wall from any extra air. If a penetrating chest injury leaves an open wound, clean it before placing the seal over it. Ensure you have at least four chest seals in the kit. If you do not have a chest seal, use tape instead.

## **Using a Splint**

If you or anybody in your group has a traumatic injury, you can splint it. This does not mean you can reduce the pain caused by the injury. It only means you can prevent the injury from getting worse. Shattered bones, for example, can slice into muscles and tissues if they are not held tight. A splint can prevent a bone from causing more internal

damage.

Many people can fall when they are outdoors. Your legs and arms will take the brunt of this fall, and since you cannot see the bone is hurt, you never know how bad the injury is. Is, for this reason, you must know how to create a splint. A splint restricts the movement of the hurt limb, and this prevents further damage and additional pain.



## Splints

You do not have to use fancy splints. All you need is material you can use as padding to the wound to restrict movement. If you want to use a splint, you need to connect the injured area to the nearest joint. For instance, if you hurt your wrist, you can use a splint to

connect the wrist to the elbow. You can use sleeping pads or clothing to create the padding and use sticks to add some support. You can either tape or tie the sticks to the padding. Ensure you do not bind the splint very tightly because this can reduce blood circulation, meaning either you or your friend will need to receive urgent medical care. If you want to add splints to the first aid kit, choose the best products. Add a few flexible bandages and cloth to the kit as well.

## **Carry Your Medical Kit Everywhere**

You must never leave for a trip without a medical kit. Ensure you have it in your backpack and keep it stocked with the necessary supplies. You must ensure you can access these supplies easily, as well.

Most people do not consider their first aid or medical kit when they are preparing to go for an adventure outdoors. You must ensure your supplies and gear are accessible and organized. If your chest seals and tourniquets are at the bottom of your medical kit, you may not be able to reach them in time, and

this could mean the patient will lose consciousness quickly.

Organize your medical kit and keep it at the top of your backpack. Keep the urgent gear you need close to the medical kit, as well. Let us assume you have reached the campsite. You drop your backpack and pull out your tent. You set it up and then find wood to start a fire. Now, you need water, so you walk to the creek, but this may be a little away from the campsite. On your way there, you slip on a stone and cut your arm. Now you are bleeding quite a bit, but you are far away from your camp. Your medical kit is in your backpack at camp. This does not mean you run to the camp to clean your wound because you will tire yourself. If the wound is too deep, you may faint along the way. You need to carry some necessities while you walk to the creek, too. Just throw them into a belt pouch.

It does not matter how you carry the necessary items in the medical kit. It is only important to carry the tools with you everywhere you go.

## **Navigation**

If you or someone in your group is injured, you may want to guide the first responders or the search and rescue team so that they can find you quickly. Maybe this is not a medical skill, but it is extremely important to learn to navigate people so they can find your location easily. You must learn how to do this. Let us assume one of your group members is seriously injured and cannot move. In such situations, you should split up and have some people stay with the injured person and have others go look for help.

People who leave the campsite to look for help should know how to get back to camp, as well. They can do this in different ways based on the location they are in. If you have a GPS device, you can learn the exact location of the campsite and guide the person who is coming to help you. If you do not have the coordinates, you are going to be in a lot of trouble. Alternatively, you can use markers to guide you back to the campsite. Find a way to mark the route, so you can

guide people back to the campsite where you need help.

## **Chapter Two: Four Things Your Body Needs to Survive**

You now have an idea about the first aid skills you need to learn before you venture outdoors. Now, let us look at some things your body needs for it to survive when you are stranded outdoors. Heat, clothing, and shelter are some of the most important things you need when you need to be outdoors. It is convenient to find these when you are outdoors, and these make it easier for you to survive outdoors, as well. Having said that, these are not the most important things your body needs. No matter where you are, your body needs water, oxygen, and food. It is also important to ensure your nervous system functions well.

### **Water**

Water is essential for anybody who is going outdoors. Every organ and system in your body needs water for it to function in the way it is supposed to. These systems may not

necessarily use water but may need it in some form. I am sure you are aware the human body is made of at least 60% water. Your body uses water to regulate the temperature and helps the kidneys and liver flush out toxins and waste from the body. Water also lubricates the mouth, eyes, and nose. Nutrients and oxygen are both carried to different parts of the body using water.

The human body cannot function without water. Going to the bathroom, breathing, and even sweating are processes leading to water loss. To maintain a healthy body, you should drink enough water every day to replenish water loss. It is best to drink water directly. You can also drink beverages, such as watermelon juice or electrolyte drinks to refill the water in your body. Experts recommend men drink at least 15.5 cups of water while women need to drink 11.5 cups. This means you should carry enough water with you when you are outdoors. If you are camping, it is best to find a location close to a fresh water supply, such as a stream, creek, or river but make sure your water is potable.

## Food

You need to consume essential nutrients even when you are outdoors to ensure your body remains healthy. The human body uses these nutrients for cell growth, repair, and energy. Our body needs enough nutrients to ensure the immune system is happy. It is for this reason people who follow poor diets often have numerous health problems. There are four essential food groups – carbohydrates, fat, vitamins, and proteins.

- **Carbohydrates:** Your body converts carbohydrates to energy. A specific type of carbohydrate, called fiber, assists your body in digestion and keeps your hunger at bay. It also maintains your blood sugar levels
- **Fats:** These food groups provide energy and help your body absorb the required vitamins and minerals. Fats are essential for your body's development and growth, and they are used to manage your cholesterol levels

- **Vitamins:** These play a very important role in most functions performed by the body. Your body needs at least 13 different vitamins for it to function well
- **Protein:** Your body uses proteins to repair damaged bones, organs, and tissues. Every cell in the body has protein in them. When you eat proteins, the digestive system breaks them down into amino acids.

## Oxygen

You cannot survive if you do not breathe. You inhale oxygen into your lungs, and the oxygen molecules move throughout the body via the red blood cells. Oxygen molecules in the cells break fatty acids and sugar into energy.

## Nervous System

The central nervous system is the command center of your body. It collects information, processes it, and responds to the situation accordingly. The central nervous system

controls your body's movement by moving the nerve impulses between your brain and the other parts of your body. These messages move through neurotransmitters, neurons, and synapses.

# **Chapter Three: Introduction to Survival Medicine**

In the first two chapters, you learned about the essentials one must carry in their first aid kits when they head outdoors and also about the most important things your body needs to survive.

The best part about going outdoors is you enjoy some time away from the hustle-bustle of the city and unplug. This also indicates you are far away from urgent care clinics, hospitals, and emergency responders. It is important to understand what survival medicine is. When you learn about this, you become more self-sufficient and capable. The incidents that occur in the wilderness are easily traceable and minor. When you provide the patient with aid in the wild, the objective is to protect the patient and prevent the injury from getting worse. This is the only way you can continue with the adventure. Having said that, you must be prepared for different situations. Follow the steps given

below to determine how to evaluate your patient:

1. Assess the scene
2. Identify any threats the patient may be facing
3. Perform a thorough examination of the patient to determine if the patient needs urgent help
4. Identify the treatment plan and determine what you can do in case of any problems or risks
5. Determine if you need to evacuate the patient
6. Treat the patient, and provide emotional and medical support
7. Monitor the patient

While this book has all the information you need, you must take a class to master these skills.

## **Difference between City and Survival First Aid**

If you know general first aid, you will know it is very different from survival or

wilderness first aid. The differences are based on the following factors:

### **Time**

When you are in the wilderness, you are far away from the doctor or hospital. The search and rescue team cannot respond to you as quickly as an ambulance. The team may reach you only after days or hours, so you must be ready to take care of the patient in case of an emergency. You must care for the patient to the best of your ability.

### **Environment**

The environment in the wild is unpredictable because there are physical and climatic hazards you may encounter.

### **Resources**

If you are in the wilderness or backcountry, you may not have too much in your backpack. You can look around you and see what you can use if needed. You must ensure you have the items mentioned in the first chapter in your first aid kit.

## **Communication**

Even when you have cellphone coverage, it might be difficult to call people for help since the network coverage may not be very good. This means you are the only person who can take care of the patient.

## **Preparing Yourself to Give First Aid**

Let us assume you are on a trek or hike and find someone who is unconscious and bleeding. You may want to go up to them and help them out. Before you do this, determine if the area you are going to is dangerous. You do not want to become a casualty yourself. You need to assess the situation before you start the treatment. It is for this reason you should follow the steps below:

1. The first thing to do is to determine if the area can cause the patient more harm. If the patient hurt himself on a rockslide, you should move him onto a flat path
2. Identify how the patient was injured. You should look around and

determine what items caused the patient harm. This will also help you assess how badly the patient was harmed

3. Understand the issue and assess its seriousness. Determine how badly the patient is injured and if he is sick, how sick he is
4. There may only be one person in front of you, but this does not mean you assume nobody else is hurt. Check the area to see if there were more people who were hurt
5. You must cover and protect yourself since you do not know if the patient is infectious. Wash your hands after you treat the patient

## **The Primary Assessment**

When you have determined you can treat your patient safely, you should determine your next course of action. It is important to assess the threats to the patient's life. Before you start the exercise, start with the following:

1. Ask the patient for consent. You cannot treat the patient without asking him. Check with him if you can help and ask them for the following information: their name, the issue, any symptoms, why they feel the way they do, and when they began to feel this way
2. If your patient is not responding, see if you can bring him back to consciousness

You should now begin examining the patient. Follow the steps given below to do this:

1. Check the patient's mouth to see if any obstructions are making it hard for the patient to breathe
2. Look at the patient's chest and see if you can find signs of respiration
3. Check if the patient has any major wounds that affect blood circulation. You can also check for his pulse
4. If your assessment does not help you determine whether the patient has a spine injury, you should find a way to

- protect the patient's back
- 5. Do not move the patient, but check if the patient has any injuries

Follow the steps given above to determine the extent of the patient's wounds. If you believe the wound is deep and has major consequences, you should check and stabilize the patient. This assessment also makes it easier for you to deal with different life-threatening issues you have identified.

## **The Secondary Assessment of the Patient**

Once you have performed the initial assessment of the patient, gather the necessary information to develop the treatment plan. You must determine if you should evacuate and collate the information you need to give the medical team. The team needs this information to determine the patient's treatment. You can choose to move to a safer location as well. The following steps will let you know how to perform the secondary assessment.

## **Perform a Head-to-Toe Exam**

Wash your hands and wear gloves. Before you begin the assessment, let the patient know what you are doing. You need to tell him the steps you will take so he is not taken by surprise. Go over the areas of the body and see if you can find any sore areas or injuries. Use the following detection methods to perform this assessment:

- Look for any bodily fluids or blood, unusual shapes, and discoloration
- Listen for any unusual sounds or airway noises. Move the joints to see if there is a crack you hear when you move the limb
- Check if any unusual odors are coming from the body
- Ask the patient to let you know if anything is hurting him

## **Check the Patient's Vital Signs**

When you check the patient's vitals, write the time down and make a note of the measurements. The best thing to do is to

write the details on tape and place that on the patient so the medical team coming to help knows what to do. The following are some aspects to consider:

- Is the patient responsive?
- Is he oriented and awake? Or is he unconscious?
- Check the patient's heart rate and make a note of it. You can determine if the heart rate is irregular or not
- Check how the patient's breathing is paced. Is he breathing rapidly? Or is he calm?
- Check the patient's temperature and skin color

### **Ask the Patient for His Medical History**

You should ask the patient the right questions so you know what treatment method to use. For instance, if your patient did not take an important medication before coming on the hike, make a note of it. You also need to keep yourself hydrated. Cover the following topics:

- What is the patient's most significant concern?
- When did the issue start?
- What makes the situation better or worse?
- How severe is the patient's medical condition?
- How old is the patient?
- Does the patient have any allergies?
- What sort of allergic reactions does the patient have?
- What medication does the patient take?

## **Preparing a Treatment Plan**

Once you have the information you need about the patient and what is affecting him, you need to create a treatment plan. You should also look for any problems you may anticipate because of the problem at hand. When you prepare this plan, you must follow it to the tee and monitor the patient closely to ensure he is safe. It is important to ensure the patient is comfortable.

## **Treating Issues**

Before you treat medical issues, you must identify the type of issue and assess the severity. This is the only way to determine what you should do to treat the patient. Once you treat the patient, you can continue with the activity. If you are unsure about what to do, you can take a class to learn more about the issues and how they can be treated when you are out in the wild. You will learn about the following:

- Allergic reactions (including insects, scorpions, and snakes)
- Soft-tissue and bone injuries
- Shock
- Heatstroke and heat exhaustion
- Head and spine injuries
- Frostbite and hypothermia
- Altitude illness
- Infections, wounds, blisters, and burns
- Lightning-related injuries
- Altered mental status, shortness of breath, and chest pain

## **Considering Evacuation**

If the patient's condition is severe, you must determine if they need to be evacuated. If the decision is to do this, you must determine how you can evacuate them as well. Determine if you want them to be carried by the search and rescue team, a helicopter, or walk out with them. This is a very complex decision since it is dependent on the symptoms of the patient. You also need to consider where you are when you make this decision.

## **First Aid Tips**

The following are some tips to keep in mind when you are in the outdoors:

- Ask someone in the group to perform an examination from head to toe. If you are uncomfortable with the opposite gender performing the examination, ask someone from the same gender to do it
- Ask someone in the group to help the person performing the examination to write down the information collected
- Assign any other tasks to the group.

You can ask people to look for water to boil, set up camp and find a spot for the person who is hurt

- Ensure the patient is clean, comfortable, and warm. If you are waiting for the search and rescue team to arrive, you should think about general nursing and finding shelter for the patient
- It is important to keep the patient hydrated. Having said that, you should avoid sugary and caffeinated drinks
- Be empathetic and offer support

## **Basics of Survival Medicine**

### **Infections and Wounds**

You can hurt yourself on rough surfaces, with sharp outdoor tools, and items with jagged edges when you are outdoors. The backcountry has a lot of hazards that can cause puncture wounds, cuts, and scrapes. It is important to know how to treat these wounds to prevent infection. This is an extremely useful thing to know.

If there is too much blood loss, the patient may be bleeding out, and this means you should call the search and rescue team at the earliest opportunity. The patient's body may go into shock when they hurt themselves, but you should do everything you can to help them to remain calm.

## **Controlling Bleeding**

You can stop a wound from bleeding by applying direct pressure on the wound. You should keep the wound elevated above the heart level to ensure the blood does not clot. If you must treat your wound or someone else's wound, wear gloves before you treat it. Carry a few packs of gloves in your first aid kit. Take a piece of clean gauze or cloth and apply some pressure to the wound. If the gauze or cloth cannot absorb any more blood, add more gauze or cloth to the top of the wound.

You can use pressure bandages to treat wounds and manage the blood flow. To do this, place a piece of gauze on the wound and wrap it with a bandanna or ace wrap. The

objective is not to make a tourniquet but to ensure you cover the wound carefully. Do not wrap the wound too tightly.

## **Preventing Infection**

Once you have controlled the bleeding, you should think about doing something to help heal the wound and prevent infection. This is especially important if the search and rescue team will take too long to reach you. The first thing to do is to wash the wound with clean water. You may need to use more than half a liter if needed. The objective is to remove any germs or dirt in the wound. Washing also ensures the dirt and germs under the skin are cleaned out. It is best to use a backwash pump or syringe to clean the wound. If there is a lot of dirt, you may need to pull it out carefully using tweezers and cloth.

First aid kits come with alcohol wipes, and it is important to use these to clean the skin and area around the wound. Do not use these wipes to clean the actual wound because the alcohol may damage the body tissue. Once the wound is clean, cover it using an

antibiotic ointment. Apply a clean cloth or gauze on the wound and wrap it tightly to ensure the ointment does not move. The ointment cannot be used before you clean the wound. So, ensure the wound is clean and dry first.

It is important to check the wound at least twice a day. You may need to clean the wound and apply the ointment to the wound whenever needed. It is also important to check the wound to see if there is an infection. A little warmth, pus, swelling, and redness are normal because your body is fighting the bacteria. If the symptoms get worse, it indicates your body is unable to fight the bacteria. This is when you should ask for help and use some medicine to heal the wound.

In such cases, you may need to open the wound and clean it once more with more water. If you have a fire around you, warm some water and soak the wound in it. You may also need to use antibiotics or painkillers if you cannot handle the pain. If you know which ones to use, pop a pill after you eat.

If your wound is going to be infected, you will know within a day or two. Once it is infected, stop the hike and call the search and rescue team. It is dangerous to leave it untreated.

## **Burns**

When you are on a camping trip, you will need to handle fire, hot pots, and boiling water. You need to cook over a fire, and you may burn yourself while working with these items. You may also have sunburn, but this injury is not as bad as other burns. When it comes to treating burns, the first thing to do is to stop the cause of the burning. The next thing to do is remove the heat source immediately and let the area cool down. Pour clean and cold water into the area to stop the burning process.

Once the area is cool, use clean and cold water to scrub the area clean. Use an antibacterial soap, too, to prevent any injury. The objective is to stop the area from getting infected and affecting the tissue and bone. The next thing to do is to cover the area using

an ointment and use a clean cloth or gauze to hold the ointment in place. This ointment will not only reduce the possibility of infection but also reduce the pain. You can take ibuprofen if you want to as well because there may be a lot of pain.

If you have burned in your extremities, ensure you keep the area elevated. This is the only way to prevent swelling and inflammation. You must keep yourself hydrated and avoid going into shock to ensure you do not hurt yourself in the long term. You may need to reach out to search and rescue if the burn:

- Has spread around any limb
- Exposes deep layers of bone or skin
- Covers a large part of your leg, torso, or arm

## **Ankle and Knee Injuries**

The most common reason people need to be rescued on hikes or treks is soft tissue injuries. An injured shoulder, wrist, or elbow

is only slightly inconvenient, but an injury in the ankle or knee may affect your ability to finish the hike. These injuries may not be chronic, and some may flare up because you have overused the joint. You may also have sudden injuries when you walk on uneven terrain or trip on stones or creepers. If you hurt yourself this way, you should stop and look at the issue. Assess the injury and see how you can protect it from getting worse. Do not try to be a hero because it can lead to lifelong and permanent injuries.

Your job is not to complete the hike but to care for the injury. You cannot determine if the injury is a sprain, strain, fracture, or tear. The objective is to determine if you can walk or not despite the injury.

### **Injuries That Do Not Hinder Movements**

If the injury does not affect a person's mobility and he can put his weight on his legs and feet without too much pain, it is not a very serious injury. In such cases, all you should do is wrap the injury using an ace bandage or athletic tape. You can also buy

specific wraps for such injuries at a medical store or Walgreens. If you have a bad ankle or knee, it is best to use these before going out for a hike. If you can hike with a bad ankle or knee, you must secure it with a bandage. If you want to keep hiking after you get hurt, spend some time padding the injury, so you can address the issue when you reach the base camp.

Follow the steps given below to take care of your injury:

- **Rest:** You must take some rest every few hours to ensure relief of pain. If you walk too much and the movement causes pain, it is an indication that you have tendinitis
- **Ice:** Place an ice pack on the injury for thirty minutes and remove it until the area is warm
- **Compression:** Wrap the injured area securely with an ace bandage or tape to preserve blood circulation
- **Elevation:** Ensure the injured area is kept elevated to preserve the blood flow

If you can rest for a day while you hike, you should do this. This can prevent any complications and give your body enough time to heal. It is also good to keep the injury compressed and cold. This is the best way to reduce swelling, making it easier for you to hike the next day.

## **Injuries Hindering Movement**

If someone cannot move his arms or legs easily because of an injury, this should be treated as an "unusable" injury. If you have such an injury, you may find it difficult to put any weight on it. Bear in mind that a usable injury can become unusable if you do not take care of it. For example, if you have sprained your ankle but continue to hike, the ankle will begin to swell. The sprain is a usable injury, while the swelling on the ankle makes it an unusable injury.

If you want to treat an unusable injury, you must use a splint and place it in the right position. Consider the following:

- If you have an ankle injury, you must place the injured foot at 90 degrees

- from the lower leg
- If you have a knee injury, bend your leg slightly

You must use a pad to cover the injury. Use sleeping pads, jackets, clothing, or any other soft items to pad the injury. You should also add a canoe paddle or hiking pole to prevent the movement of the joint. This is something we covered in the previous chapter. Once you put the splint and cloth in place, wrap the joint with webbing or belt to hold it tight. Consider this equation when you must create a splint:

### **Rigidity = Compression + Padding**

If you keep the injury tied and padded tightly, it is easier to protect the joints from further injury. You can then begin walking slowly. You may need to stop every few hours to adjust the padding and splint. Alternatively, you can stop only when you feel uncomfortable. Avoid tying the splint too tightly to avoid losing feeling in your limbs. You must check the padding every few minutes to determine if it is too tight. See if

the person can move his toes or fingers and see if you can push two fingers into the padding.

If the injury is very bad, you cannot hike. If you see the bone protruding from the skin or see the color of the skin around the injury has changed, you must go to a hospital at the earliest. You need professional help.

Search and rescue teams do take a few hours to get to the patient. So, do not expect people to help you immediately. You should use a splint and stay somewhere safe while you wait for the team to rescue you.

## **Blisters**

Blisters may not sound like a medical emergency, but they are the most common injury that happens outdoors. Blisters can ruin your hiking trip if you do not take care of them well. Unfortunately, blisters are often not cared for in the way they should be because people do not understand what to do with them. Experts share different tips and techniques when it comes to treating blisters, and this can be overwhelming. In this section,

we will look at how blisters can be cared for.



Blisters form on your feet or palm because of friction. When the thick skin on these parts is rubbed, it will separate from the sensitive and soft skin beneath it. If the thick skin is sweaty or warm while it is being rubbed, it can lead to blisters. Your feet will be sweaty and warm in your boots, and your feet are prone to experiencing blisters.

If a blister does not form on your foot, you can just leave it be. If you have blisters on your feet, do not let this blister pop in your sweaty and dirty sock because this can lead to an infection. You may also find it difficult to finish the hike if the blister increases in size. The best way to treat a blister is to drain the liquid out of it carefully. Treat this blister like

a small wound. This is the only way to relieve pressure, and you can soon continue on your way.

Wash the area around the blister with clean water and then sterilize it using an alcohol pad. Now, sterilize a needle or a sharp point by holding it over a flame or in alcohol. If you or the patient is worried about the process, hold the point parallel to the foot. Slowly slide the point into the top of the blister. The skin around the blister will be dead, so you or the patient will not feel any pain outside the blister. Once you create a hole in the blister, leave the top in place to protect the skin. Once the blister is drained, apply light pressure on the blister to check if the blister has drained completely. Next, cover the blister with an ointment to prevent any infection.

People choose to use moleskin to cover a blister, so it holds the ointment. Tape the moleskin to your skin to ensure it stays in place. Most people do not like it when another person sticks a sharp object into their skin, but they feel better when the blister is

completely drained. You do not have to rush to a hospital or evacuate someone who has a blister.

## **Dehydration**

Dehydration may not be a life-threatening or major situation, but if you do not drink enough water, it can create issues. It is important to keep yourself hydrated to ensure your joints are lubricated. Water heals your muscles and aids digestion. It also supports some crucial functions performed by the body. If either you or anybody from your group is dehydrated, it can lead to other issues.

As discussed in the previous chapter, there are two types of dehydration – mild and severe. The symptoms of the former type of dehydration are mild thirst and dry lips. The latter is characterized by poor decision-making, irritability, and frustration. In these cases, the brain shuts down. These symptoms may also occur if you have heat stroke. This does not mean you are safe in cold environments. You may be dehydrated even

in cold environments, so you need to identify and know the symptoms.

If you want to ensure nobody in your group is dehydrated, follow the rules given below:

- You must drink enough water to ensure you pee every four or five hours. If you do not pee every four hours, it is a sign you are dehydrated
- If your urine is not bubble-free, clear, or copious, it is an indication of dehydration

Bear in mind dehydration is caused due to a loss of sodium, chloride, and other key electrolytes. Hopefully, someone in your group carried salty snacks and energy drinks, which can be used to increase the electrolytes in your body.

## **Shock**

Everybody has a different reaction to situations, but the body's natural response is to go into shock. Your body will focus on pushing blood into vital organs and your brain as a response to shock. You may feel

this way when you bleed or go through major trauma. Your body may also go into shock when your heart does not pump enough blood. It may also go into shock when blood vessels do not dilate as they should, thereby making it difficult for your body to maintain the right blood pressure.

Let us explain what happens when your body goes into shock using an example. You are taking a shower at the top of a mountain. The water being used comes from the lake at the base. When you turn on the tap, water may not come out of it for the following reasons:

1. The pump (synonymous with your heart) used to push water from the hill to the top of the mountain does not have enough force. The water does not move through the pipes easily
2. The water (synonymous with your blood) leaks out of the pipe and does not move up to the mountain
3. The pipes (synonymous with your blood vessels) between the cabin and the pump are too wide, and there is

very little or no pressure

You can compare the water flowing from the pump to the showerhead with the blood flowing from your heart to other parts of your body. It is difficult to take a shower if this does not work. This difficulty is nothing compared to the lack of blood flowing through your body since this can lead to life-threatening issues.

Your body can go into shock for many reasons. If you are a responder, you must look for signs and symptoms of shock when someone around you is injured. Some symptoms include:

- Vomiting
- Nausea
- Confusion and anxiety
- Shallow breathing and a rapid pulse
- Lightheadedness, dizziness, and weakness
- Clammy, pale, and cool skin

If you are not hurt, focus on helping the person who has gone into shock to try and

come out of it. You can also use one of the following methods to treat someone who is in shock:

- Ensure the person is reassured and calm in any situation. You must also ensure you stay calm in such situations. This is the only way to lower a person's heart rate
- Ask the person to lie down to reduce their discomfort and pain. You can ask him to lie down on a sleeping bag
- Tell them to keep their feet elevated to ensure the blood moves to the core
- It may not be very cold where you are, but wrap the person to keep him dry and warm
- If the person cannot drink water on his own, do your best to keep him hydrated. Never force them to drink water since it can cause choking.

A patient who exhibits signs of shock will need to be kept calm until professionals evacuate him. If you are waiting with the patient until help arrives, help him maintain

his heart rate. Check the patient's status every 10 minutes to see if he is calm or not. You can let the person who comes to rescue the patient know how they are feeling, mentally and physically, so they know what to do.

# **Chapter Four: Knowing Your Herbs**

Since you are in the wild, you may not have access to a lot of medicines. You will, however, have access to different natural herbs around you. In this chapter, we will look at herbs and the active constituents and chemicals found in them. You will also learn how these herbs can be used. Bear in mind each constituent has a different effect on the body, so this information will give you an idea about which herbs to use.

## **Active Plant Constituents**

Let us explain the chemical structure of herbs before you understand how different herbs can be used. Every herb has a specific constituent in it, and these chemicals influence your physiological, mental, and physical health. These constituents are called active constituents, and the pharmacology of each differs from the other.

If you want to learn how to use herbs, do not focus only on the active constituents. You should consider the whole plant and see how each part of it affects the body. It is only when you focus on the entire plant that you will gather full information about how the plant works as a potential healer. Having said that, plant constituents should not be ignored either. You must study these constituents in the right way.

Various processes such as growth, development, photosynthesis, plant respiration, and reproduction come under plant chemistry. It encompasses the chemical basis of life. Most active plant constituents are classified based on their chemical structure.

## **Herbal Actions**

Different herbs have different constituents and energetics, and some herbs can belong to more than one category. In this section, we will look at some categories of herbs:

### **Adaptogen Herbs**

These herbs are often used to strengthen the HPO or hypothalamic-pituitary-ovarian axis. The following are some examples of adaptogen herbs:

- Astragalus (Astragalus Membranaceus)
- Shatavari (Asparagus Racemosus)
- Codonopsis (Codonopsis Pilosula)
- Ashwagandha (Withania Somnifera)
- Ginseng (Panax Ginseng)
- Reishi mushroom (Ganoderma Lucidum)
- Holy Basil (Ocimum Sanctum)
- Licorice (Glycyrrhiza Glabra)
- Rhodiola (Rhodiola Rosea)
- Schizandra (Schisandra Chinensis)
- Eleuthero (Eleutherococcus Senticosus)

## Anodyne Herbs

Anodyne herbs are pain-reducing herbs and can be used when you hurt yourself outdoors. There are many herbs in this category with varying strengths. Some can be used safely without too many restrictions, while others

should only be used in small quantities. The following is a list of these herbs:

- Witch Hazel (*Hamamelis Virginiana*)
- Wild Cherry Bark (*Prunus Serotine*)
- White Peony Root (*Paeonia Albiflora*)
- Violet Leaf (Violet Leaf, *Viola Spp*)
- Wild Lettuce (*Lactuca Virosa*)
- Valerian Root Valerian Root (*Valeriana Officinalis*)
- St. John's Wort (St. John's Wort, *Hypericum Perforatum*)
- Nutmeg (*Myristica Fragrans*)
- Stinging Nettle (Stinging Nettle, *Urtica Dioica*)
- Sassafras Root (Sassafras Root, *Sassafras Albidum*)
- Saffron (*Crocus Sativus*)
- Plantain (*Plantago Major, lanceolata L.*)
- Ginseng Root (*Panax Quinquefolius*)
- Red Poppy Flowers (*Papaver Rhoeas*)
- Sandalwood Oil (*Santalum Album*)
- Peppermint (*Mentha Piperita*)

- Mistletoe (*Viscum Coloratum*, *V. Album*)
- Prickly Ash (*Zanthoxylum Spp*)
- Henbane (*Hyoscyamus Niger*)
- Skullcap (*Skullcap*, *Scutellaria Lateriflora*)
- Pine (*Pinus Sylvestris*)
- Psyllium (*Plantago Psyllium*,  
*Plantago Ovata*)
- Patchouli (*Pogostemon Patchouli*)
- Oak Bark (*Quercus Robur*)
- Oregano (*Origanum Vulgare*)
- Jasmine Flower Oil (*Jasminum Officinale*)
- Lemon Balm (*Melissa Officinalis*)
- Hops (*Humulus Lupulus*)
- Kava-Kava (*Piper Methysticum*)

## **Anti-Inflammatory Herbs**

These herbs reduce and prevent inflammation in the body. The following are examples of these herbs, and it is best to carry these with you when you are outdoors to prevent any inflammation.

- Maritime Pine Bark (Pycnogenol)

- Chickweed (*Stellaria Media*)
- Ginger (*Zingiber Officinale*)
- Celery seed (*Apium Graveolens*)
- Gotu Kola (*Centella Asiatica*)
- Licorice (*Glycyrrhiza Glabra*)
- Hawthorn (*Crataegus Spp.*)
- Cat's Claw (*Uncaria Tomentosa*)
- Paprika (*Capsicum Annum*)
- Willow (*Salix Spp.*)
- Linden (*Tilia Spp.*)
- Green Tea
- Lavender (*Lavandula Spp*)
- Meadowsweet (*Filipendula Ulmaria*)
- White Willow Bark
- Plantain (*Plantago Lanceolata. P. Major*)
- Marshmallow (*Althaea Officinalis*)
- Turmeric (*Curcumin Longum*)

## **Anthelmintic Herbs**

When you are out in the wilderness, you are going to have trouble with parasitic worms. These worms invade your body and you need to destroy them. These herbs can treat such parasites, but you may need to combine the

right diet with the herbs. The following are some herbs you can carry with you in the wilderness:

- *Cinnamomum Camphora*
- *Abutilon Indicum*
- *Calotropis Procera*
- *Adiantum Capillus*
- Bee balm (*Monarda Fistulosa*)
- *Callicarpa Macrophylla*
- *Gmelina Arborea*
- *Cissampelos Pareira*
- *Anethum Graveolens*
- *Embelia Ribes*
- *Cassia Occidentalis*
- *Moringa Oleifera*
- *Mallotus Philippinensis*
- *Eclipta Alba*
- *Pongamia Pinnata*
- *Ginger (Zingiber Officinale)*
- *Mimusops Elengi*
- *Helicteres Isora*
- *Nerium Indicum*
- *Podophyllum Emodi*
- *Oxalis Corniculata*
- *Garlic (*Allium Sativum*)*

- Wormwood (*Artemisia Absinthium*)
- *Pinus Roxburghii*
- *Salvia Hispanica Black Walnut* (*Juglans Nigra*)

## Anti-Spasmodic Herbs

- These herbs affect the function of your central nervous system, and using these herbs, you can relieve any tension or cramps in your muscles. These herbs have unique properties and target specific types of cramps such as leg cramps, menstrual cramping, tense muscles, uterus cramps, and stiff shoulders. The following are some examples of antispasmodic herbs: Lemon Balm (*Melissa Officinalis*)
- California Poppy (*Eschscholzia Californica*)
- Black Cohosh (*Cimicifuga Racemosa*)
- Kava (*Piper Methysticum*)
- Lobelia (*Lobelia Inflata*)
- Mentha Piperita (Peppermint)

- Matricaria Recutita (Chamomile)
- Viburnum Opulus (Cramp Bark)
- Viburnum Prunifolium (Black Haw)
- Wild Cherry Bark (Prunus Spp.)
- Passiflora Incarnata (Passionflower)
- Jamaica Dogwood (Piscidia Erythrina)
- Humulus Lupulus (Hops)
- Motherwort (Leonurus Cardiaca)
- Zingiber Off. (Ginger)
- Wild Yam (Dioscorea Villosa)
- Skullcap (Scutellaria Lateriflora)
- Wild Lettuce (Lactuca Virosa)
- Valerian (Valeriana Officinalis)

## **Anti-Microbial Herbs**

Anti-microbial herbs can be used to clean wounds. as they destroy pathogens they can therefore be used to treat bacterial, fungal, and viral infections and reduce their symptoms. Carry one of the following antimicrobial herbs with you when you are in the wilderness to treat any infections:

- Garden sage (Salvia Officinalis)
- Usnea (Usnea Spp.)

- St. John's Wort (*Hypericum Perforatum*)
- Red Bee Balm (*Monarda Didyma*)
- Rosemary (*Rosmarinus Officinalis*)
- Yarrow (*Achillea Millefolium*)
- Oregon Grape Root (*Mahonia Aquifolium*)
- Juniper (*Juniperus Communis*)
- Bee Balm (*Monarda Fistulosa*)
- Elderberry (*Sambucus Nigra*)
- Japanese Honeysuckle (*Lonicera Japonica*)
- Garlic (*Allium Sativum*)
- Goldenseal (*Hydrastis Canadensis*)
- Elecampane (*Inula Helenium*)
- Cedar (*Thuja Occidentalis*)

## **Astringent Herbs**

Astringent herbs tighten tissues and help to tone them. These herbs are often used to treat any loose tissues. They can also be used to prevent infections and thus can be used in the wilderness. Astringent herbs can be used to treat infections, such as sore throat, mucous membrane infections, vaginal infections,

digestive tract ulcers, UTI (urinary tract infections), spongy gums, diarrhea, and varicose veins can be treated with this category of herbs. You can use the following herbs:

- Witch Hazel (*Hamamelis Virginiana*)
- Black Berry (*Rubus Spp.*)
- Horse Chestnut (*Aesculus Hippocastanum*)
- Certain plants belonging to the rose family
- Uva Ursi (*Arctostaphylos Uva Ursi*)
- Oak Bark (*Quercus Spp.*)
- Raspberry (*Rubus Idaeus*)
- Agrimony (*Agrimonia Eupatoria*)
- Goldenrod (*Solidago Spp.*)
- Shepherd's Purse (*Capsella Bursa-Pastoris*)

## **Bitters**

As the name suggests, bitters are herbs with a sour or bitter taste. The taste of these herbs stimulates the digestive system. It also promotes the release of pancreatic enzymes and bile. You need to include some bitter

herbs in your meals if you want to overcome different digestive issues. The following are examples of some bitters:

- Yarrow (*Achillea Millefolium*)
- Dandelion Leaf (*Taraxacum Officinale*)
- Boneset (*Eupatorium Perfoliatum*)
- Artichoke Leaf (*Cynara Cardunculus*)
- Chamomile (*Matricaria Recutita*)
- Horehound (*Marrubium Vulgare*)
- Gentian Root (*Gentiana Lutea*)
- Goldenseal (*Hydrastis Canadensis*)
- Oregon Grape Root (*Mahonia Aquifolium, M. Nervosa*)
- Centaury (*Centaurium Erythraea*)

## **Cardio Tonic Herbs**

Cardio tonic herbs, as the name suggests, affect your cardiac function. These herbs support the function of the heart and improve heart health. It is best to carry these herbs with you when you are outdoors to ensure you improve your heart health. It is safe to use these herbs, but it is best to speak to your

physician in advance if you are taking pharmaceutical drugs. Perhaps talk to him before your trip. The following are some examples:

- Linden (*Tilia Spp.*)
- Arjuna (*Terminalia Arjuna*)
- Convallaria Majalis (Lily of the Valley)
- Motherwort (*Leonurus Cardiaca*)
- Hawthorne (*Crataegus Spp.*)

## **Carminative Herbs**

These herbs are used to treat digestive disorders, bloating, and heartburn. If you feel you have eaten too much or are having trouble with digestion, use these herbs. Carminative herbs contain volatile oils. They also are aromatic herbs with very strong scents. The following is a list of carminative herbs:

- Fennel (*Foeniculum Vulgare*)
- Angelica (*Angelica Archangelica*)
- Cardamom (*Elettaria Cardamommum*)

- Thyme (*Thymus Vulgaris*)
- Mints
- Chamomile (*Matricaria Recutita*)
- Bee Balm (*Monarda Fistulosa*)
- Ginger (*Zingiber Officinale*)
- Parsley (*Petroselinum Crispum*)

## **Cholagogue Herbs**

These herbs help the production and release of bile in the body. Most bitter herbs fall under this category of herbs. These herbs have laxative properties since they increase the secretion of bile, thereby stimulating your bowel movements. The constituents in the herbs boost the body's ability to digest different macronutrients. The following are a list of cholagogue herbs:

- Burdock (*Arctium Lappa*)
- Fumitory (*Fumaria Officinalis*)
- Celandine (*Chelidonium Majus*)
- Barberry (*Berberis Vulgaris*)
- Blue Flag (*Iris Versicolor*)
- Artichoke Leaf (*Cynara Scolymus*)
- Gentian (*Gentiana Lutea*)
- Oregon Grape Root (*Mahonia*)

Aquifolium)

- Dandelion Root (Taraxacum Officinale)
- Gentiana (Gentiana Lutea)
- Centaury (Centaureum Erythraea)
- Boneset (Eupatorium Perfoliatum)
- Dandelion (Taraxacum Officinale)
- Yellow Dock (Rumex Crispus)

## Circulatory Stimulant Herbs

These herbs improve blood circulation and prevent the stagnation of blood or any other liquid in your body. It is best to use small amounts of these herbs. The following are examples of circulatory stimulant herbs:

- Prickly Ash (Zanthoxylum Americanum)
- Cayenne (Capsicum Spp.)
- Rosemary (Rosmarinus Officinalis)
- Ginger (Zingiber Officinale)

## Demulcent Herbs

These herbs often calm heated or irritated tissues in the body. One of the best examples

of one such herb is aloe vera. When you spread gel from the plant on your skin, it soothes any burning sensation on the skin. These herbs are also slimy and slippery to touch and can be used to cure a dry cough with no phlegm, sore throats, ulcers, urinary tract irritation, and irritation in the intestines. The following are some examples of demulcent herbs:

- Iceland Moss (*Cetraria Islandica*)
- Aloe Vera Gel (*Aloe Vera*)
- Common Mallow (*Malva Neglecta*)
- Slippery Elm (*Ulmus Fulva*)
- Marshmallow Root (*Althaea Officinalis*)
- Comfrey (*Symphytum Officinale*)
- Cornsilk (*Zea Mays*)
- Irish Moss (*Chondrus Crispus*)
- Violet Leaf and Flower (*Viola Odorata* and Other Species)
- Licorice (*Glycyrrhiza Glabra*)
- Rose Hips (*Rosa Spp.*)

## **Diaphoretic Herbs**

These herbs are good for treating fevers.

Fevers are an immune system response, and these do not require any external or artificial means to lower the body's temperature. Having said that, these herbs can help a person overcome the effects of a fever. It is important to choose the right diaphoretic herb to overcome the effects of a fever.

Diaphoretic herbs are divided into two categories based on how they work on your body - stimulating diaphoretics and relaxing diaphoretics. The former are often used when the person suffering from fever shivers or feels chills because of the cold. These herbs have a spicy nature and increase your body's internal temperature making the chills stop. The latter is used if a person has a very high temperature. The herb brings the temperature down by making the person sweat. Relaxing diaphoretic herbs increase the peripheral circulation, thereby releasing the heat trapped in the body. This opens up the pores.

The following is a list of relaxing diaphoretic herbs:

- Yarrow (*Achillea Millefolium*)

- Chamomile (*Matricaria Recutita*)
- Boneset (*Eupatorium Perfoliatum*)
- Linden (*Tilia Spp.*)
- Meadowsweet (*Filipendula Ulmaria*)
- Elder Flower (*Sambucus Nigra*)
- Willow (Salix Alba and Other Species)

If you want to use stimulating diaphoretic herbs, use the following:

- Yarrow (*Achillea Millefolium*)
- Ginger (*Zingiber Officinale*)
- Bee Balm (*Monarda Fistulosa*)
- Horseradish (*Armoracia Rusticana*)
- Hyssop (*Hyssopus Officinalis*)

## **Diffusive Herbs**

These herbs use the energy stored in your body. They are broken down into segments and distributed throughout the body. For example, if you eat spicy peppers, you will feel a rush of heat in your body. These herbs promote digestion and ease discomfort after heavy meals. It is best to use smaller amounts of these herbs. The following herbs are

categorized as diffusive herbs:

- Nutmeg (*Myristica Fragrans*)
- Prickly Ash (*Zanthoxylum Americanum*)
- Cayenne (*Capsicum Spp.*)
- Cumin (*Cuminum Cyminum*)
- Ginger (*Zingiber Officinale*)

## Diuretic Herbs

Diuretic herbs improve the function of your kidneys. These herbs improve your body's ability to remove toxins through urine. These herbs are effective when added to warm teas. These herbs also lower blood pressure and treat urinary infections. Some examples are:

- Nigella Sativa
- Green and Black Tea
- Celery Seed (*Apium Graveolens*)
- Dandelion Leaf (*Taraxacum Officinale*)
- Parsley (*Petroselinum Crispum*)
- Elderflowers (*Sambucus Nigra*)
- Horsetail (*Equisetum Arvense*)
- Juniper (*Juniperus Communis*)

- Hibiscus
- Nettle Leaf (*Urtica Dioica*)
- Cleavers (*Galium Aparine*)
- Horsetail
- Caraway
- Yarrow (*Achillea Millefolium*)

## Emmenagogue Herbs

Women who have trouble with their menstrual cycles most often use emmenagogue herbs. These herbs ease menstrual pain and ensure the cycle is regular. Refrain from taking these herbs during pregnancy. The following are different types of emmenagogue herbs:

- Yarrow (*Achillea Millefolium*)
- Motherwort (*Leonurus Cardiaca*)
- Black Cohosh (*Cimicifuga Racemosa*)
- Parsley (*Petroselinum Crispum*)
- Chasteberry (*Vitex Agnus-Castus*)
- Blue Cohosh (*Caulophyllum Thalictroides*)
- Ginger (*Zingiber Officinale*)
- Mugwort (*Artemisia Vulgaris*)

## **Expectorant Herbs**

These herbs help to decongest built-up mucus and expel it. There are two types of expectorant herbs – stimulating and relaxing. The former promotes mucus expectoration, and it is best to use these herbs if you have congestion or a stuffy nose. The latter works as an antitussive and demulcent and has anti-inflammatory properties. These are cooling herbs, and they remove dry, stagnant mucus and soothe bronchial tissues. The type of expectorant you use depends on the quality and nature of the mucus. Use relaxing expectorant herbs if the mucus is yellow in color. This color indicates your body temperature is very high. If the mucus is white or clear, it indicates coldness, which means you will benefit from warming herbs such as stimulating expectorants.

The following are examples of stimulating expectorant herbs:

- Horehound (*Marrubium Vulgare*)
- Bee Balm (*Monarda Fistulosa*)
- Horseradish (*Armoracia Rusticana*)

- Garlic (*Allium Sativum*)
- Elecampane (*Inula Helenium*)
- Ginger (*Zingiber Officinalis*)

The following are examples of relaxing expectorant herbs:

- Licorice (*Glycyrrhiza Glabra*)
- Violet (*Viola Odorata*)
- Linden (*Tilia Spp.*)
- Comfrey (*Symphytum Officinale*)
- Marshmallow (*Althaea Officinalis*)

## **Hypotensive Herbs**

These herbs are used to bring your blood pressure down. You can use these herbs along with adopting a healthy lifestyle. This includes an exercise regime, adequate sleep, and a good diet plan. This is the only way you can maintain healthy blood pressure.

- Hawthorne (*Crataegus Spp.*)
- Dan shen (*Salvia Miltorrhiza*)
- Arjuna (*Terminalia Arjuna*)
- Garlic (*Allium Sativum*)
- Yarrow (*Achillea Millefolium*)

- Mistletoe (*Viscum Album*)
- Linden (*Tilia Spp.*)
- Motherwort (*Leonurus Cardiaca*)

## **Immunomodulating Herbs**

These herbs are often used to improve immunity and boost the function of the immune system. If you are prone to illnesses when you are in the wilderness, it is best to use these herbs. If you have symptoms of a dysfunctional immune system such as colds, flu, seasonal allergies, environmental allergies, cancer, autoimmunity problems, and food intolerances, use these herbs. Using these herbs will nourish and develop the immune system, making your immune system more resilient to illnesses. The following are some examples of immunomodulating herbs:

- Astragalus (Astragalus Membranaceus)
- Cordyceps (*Cordyceps Sinensis*)
- Shitake (*Lentinula Edodes*)
- Tulsi (*Ocimum Sanctum*)
- Reishi (*Ganoderma Lucidum*)

## **Immunostimulant Herbs**

These herbs have a quick and short-term reaction to the immune system. They can be used to boost the function of the immune system. For example, using Echinacea increases phagocytosis, and using elderberry disrupts viral replication. It is best notto use these herbs long-term because they cannot be considered permanent solutions. Instead, use immunomodulating herbs instead, like the following:

- Echinacea (*Echinacea Purpurea*)
- Boneset (*Eupatorium Perfoliatum*)
- Spilanthes (*Acmella Oleracea*)
- Elderberry (*Sambucus Nigra*)

## **Laxative Herbs**

As the name suggests, these herbs improve and facilitate bowel movements. You can either use these herbs for purgative purposes or to support bowel movements. Some herbs in this category act as lubricants and thereby help to improve bowel movements. There are different types of laxative herbs:

- **Supportive Laxatives:** These are the gentler kind of laxatives.
- **Cathartic Laxatives:** These are stronger laxative herbs and can cause griping or discomfort. These are often used in mixtures to offset the effects of the herb. Use cathartic herbs only for a short period. If you use it too much, you will become dependent on the herb.

It is best to avoid relying on either supportive or cathartic laxatives for a bowel movement to avoid becoming dependent on them. The following are some examples of supportive herbs:

- Dandelion Root (*Taraxacum Officinale*)
- Aloe Vera Gel
- Yellow Dock Root (*Rumex Crispus*)
- Triphala

The following are the list of cathartic laxative herbs:

- Senna (Senna Spp.)

- Rhubarb (*Rheum Rhabarbarum*)
- Aloe Leaf

## **Lymphatic Herbs**

These herbs are used as alternative herbs and have specific uses. They can be used to reduce swelling and inflammation in the lymph glands, work on removing any congestion and reduce the size of benign cysts. The following is a list of herbs:

- Poke Root (*Phytolacca Spp.*)
- Alder (*Alnus Spp.*)
- Calendula (*Calendula Officinalis*)
- Red Root (*Ceanothus Spp.*)
- Chickweed (*Stellaria Media*)
- Violet Leaf and Flower (*Viola Odorata*)

## **Nervine Herbs**

As the name suggests, Nervine herbs affect the nervous system, and there are two typesstimulating and relaxing nervine herbs. The former type of herbs acts as a stimulant for your nervous system. These herbs have a

direct impact on the nervous system and act as stimulants. These herbs may also increase circulation and wake up your nervous system due to their diffusive effects. Relaxing nervine herbs relax the nervous system. While some varieties of relaxing nervines calm you, others act as sedatives, thereby inducing sleep.

The following is a list of stimulating nervine herbs:

- Peppermint (*Mentha X Piperita*)
- Kola (*Cola Acuminata*)
- Cayenne (*Capsicum Spp.*)
- Coffee (*Caffea Arabica*)
- Rosemary (*Rosmarinus Officinalis*)
- Chocolate (*Theobroma Cacao*)
- Horseradish (*Armoracia Rusticana*)
- Tea (*Camellia Sinensis*)
- Prickly Ash (*Zanthoxylum Americanum*)

The following are relaxing herbs you can use:

- Valerian (*Valerian Officinalis*)
- Milky Oats (*Avena Sativa*)

- California Poppy (*Eschscholzia Californica*)
- Lavender (*Lavendula Officinalis*)
- Cramp Bark (*Viburnum Opulus*)
- Lemon Balm (*Melissa Officinalis*)
- Passionflower (*Passiflora Incarnata*)
- Chamomile (*Matricaria Recutita*)
- St. John's Wort (*Hypericum Perforatum*)
- Vervain (*Verbena Officinalis*)
- Skullcap (*Scutellaria Laterifolia*)

## Tonic Herbs

Tonic herbs are used differently in the West and East. In the West, tonic herbs are used for their eliminating, draining, and alternative abilities. If you are unsure of what attributes are being discussed, read the section above about alternative herbs. Examples of such herbs are raspberry leaf and dandelion root. The former is used to manage and handle the digestive system, while the latter is used to soothe any irritation in the digestive system. In the East, tonic herbs are used for their nourishing and body-building properties.

They taste sweet and are best to use for the long term.

## **Trophorestorative Herbs**

These herbs work by balancing the energy and function of systems and organs in the body. They can be used to treat any imbalances in the kidneys, nervous system, adrenals, mucus membranes, heart, or liver. You must identify the herb to use depending on the wound you want to treat. These herbs can balance the functioning of the organs and remove imbalances. These herbs include:

- Hawthorn (*Crataegus Spp.*)
- St John's Wort (*Hypericum Perforatum*)
- Yerba Mansa (*Anemopsis Californica*)
- Goldenseal (*Hydrastis Canadensis*)
- Milky Oats (*Avena Sativa*)
- Rose Herbs
- Nettle Seed (*Urtica Dioica*)
- Milk Thistle (*Silybum Marianum*)

## **Vulnerary Herbs**

These herbs can heal, and it is best to use this herb if you want to heal wounds, scrapes, cuts, or any other injuries. You can use them directly on the wound or ingest them as well, depending on how you consume the herbs. Make a poultice or balm using this herb and apply it to the wound. Some vulnerary herbs include:

- Aloe (Aloe Spp.)
- Calendula (Calendula Officinalis)
- Chamomile (Matricaria Recutita)
- Comfrey (Symphytum Officinale)
- Plantain (Plantago Major, P. Lanceolata)
- Turmeric (Curcuma Longum)

# **Chapter Five: Herbal Teas**

Herbal teas are used to facilitate good health, and these were consumed in Ancient Egypt and China. It is consumed even now for medicinal purposes. Herbal teas are extremely healthy to drink and taste quite good, too. Herbs used to prepare herbal teas often contain a combination of vitamins, minerals, and antioxidants. Herbal teas are a great way to improve your health. You can consume herbal teas for the long term because there are no side effects. In this chapter, we will look at what herbal teas are and their benefits.

## **Ingredients Used in Herbal Teas**

Herbal teas do not have tealeaves in them. The ingredients used when making herbal teas include a combination of flowers, herbs, and roots. These are steeped in boiling water to prepare tea. You can use different combinations of herbs, and each tea made will have its unique flavors and properties. It

is important to choose the right combination of herbs so that you can alleviate multiple problems at once. You can use herbal teas to treat different conditions, including the common cold, flu, anxiety, stress, and more, since these herbs do not have side effects and thus can be consumed frequently.

## **Health Benefits of Herbal Tea**

### **Anti-Aging**

You can think of herbal teas as the fountain of youth if you use them right. Herbal teas make you look and feel younger. These teas have antioxidants, and these play a key role in slowing down the aging process. Cell damage through oxidation can be prevented, and the aging of cells can be slowed down using these teas. Herbal teas also repair and rejuvenate your hair and skin.

### **Anxiety and Stress-Relief**

You can treat stress and anxiety using herbal teas. The constituents in the herbs calm your mind, and this relaxes your mind and body. If you are worried about being outdoors, and it

stresses you out, drink herbal tea. Herbal teas have comforting properties and thus can be used as antidepressants. The soothing effect of herbal teas treats insomnia, thereby improving sleep quality.

### **Boosts Immune System**

Herbal teas are rich in vitamins and antioxidants and boost the immune system. Herbal teas fight and prevent diseases and infections. These teas also lower the risk of oxidative stress and chronic diseases. It is best to drink herbal teas containing echinacea, licorice root, ginger, and elderberry to improve your immunity.

### **Improved Digestion**

Herbal teas improve digestion. They break fats down and remove any accumulated wastes in your body. Herbal teas with chamomile, cinnamon, ginger, dandelion, or peppermint aids in digestion and alleviate several digestion problems such as constipation, bloating, vomiting, and indigestion.

## **Improves Skin Health**

You can use herbal teas to treat different skin conditions, such as eczema and psoriasis. Unfortunately, most modern medicines used to treat skin conditions have side effects. The best way to treat these issues is by drinking herbal tea. Alternatively, you can apply the tea to the affected areas. Herbal teas with spearmint, rooibos, or chamomile are the best options for the skin since they contain antioxidants and have antibacterial properties.

## **Lower Blood Pressure**

Herbal teas are often used to lower your blood pressure. It is best to drink herbal tea when you are in the wilderness, especially if you are often stressed. You do not only have to resort to consuming modern medicines since these can affect your organs. Herbal teas also protect your kidneys and heart from high blood pressure. This method is safe. Hibiscus tea is the best tea to reduce blood pressure.

## **Reduces Inflammation**

If you drink herbal tea every day, it can reduce the symptoms of arthritis, such as weakness, joint pains, and swelling. Using ginger in your herbal concoction is a great way to alleviate pain and relieve inflammation. Ginger contains the chemical gingerol, and this compound is ideal for treating muscle issues and joint pains.

## **Infusions and Decoctions**

Decoctions and infusions are processed where herbs are soaked in hot water to extract the active constituents. To make an herb infusion, you should pour boiled water into a vessel with aerial herbs. These herbs grow above the ground and are extremely light. Placing dense herbs in boiling water, on the other hand, makes decoctions. These processes are very simple to follow when it comes to preparing herbal teas. These methods have been used for a long time. It is easier to use store-bought herbs or medicines to make infusions or decoctions.

It is important to use fresh herbs when you make herbal teas to ensure the quality of the

infusions and decoctions is high. This may not often be practical since not everybody has access to fresh herbs unless they have their very own herb garden. The alternative is to use dried herbs, but you must preserve these better to ensure they are viable for you to use any time you need.

# **Chapter Six: What Are Essential Oils?**

People often forget they can extract essential oils from most plants around them. Essential oils can be used to improve your health, wellness, and beauty. Essential oils are extracted using different methods. Among the most well-known or commonly used mineral oils obtained from distillation are eucalyptus, patchouli, lavender, peppermint, and tree tea. Citrus fruit oils are the result of the expression, while essential oils are derived from flowers using the solvent extraction method. Since essential oils have many uses, including pharmaceutical, medical and aromatherapeutic uses, the range of products associated with essential oils is extensive.

These encompass products like essential oils for categories like:

- Hair
- Stress and Relaxation
- Insect Repellants

- Pets
- Skin

If you want to use essential oils and blend them for different uses, you must use carrier oils to reduce the effect of the essential oil. Apart from carrier oils, you also need some tools to store essential oils and blends, including diffusers, glass bottles, bags, and tinctures.

## **Buying and Storing Essential Oils**

Essential oils are used for health and wellness, so you need to buy essential oils from a known vendor. This is the only way you can ensure the quality of the essential oil. Poor quality or adulterated essential oils will not provide you with the benefits you desire and may actually be harmful. Consider the following when you purchase essential oils:

- Do not buy products labeled "fragrance oil," "perfume oil," or "identical nature oil" since these are not pure forms of essential oil
- Do not buy from suppliers who claim

their essential oils are "therapeutic grade" or "aromatic grade" because they are lying

- Buy essential oils from vendors who sell essential oils in dark glass containers. If they sell these oils in other containers, the oils will have impurities
- Be wary of vendors who sell all kinds of essential oils at the same price
- Buy from vendors who provide adequate information about the product being sold by them
- Learn the botanical name of the essential oil, country of origin, and extraction method before you buy it
- Learn everything you can about essential oils and how you can use them in the wild. Read the FDA guidelines to ensure you do not harm yourself.

When it comes to storing essential oils, consider they are volatile and prone to losing their essence if exposed to air, sunlight, and inappropriate temperature. The following are

some aspects to consider when it comes to storing essential oils:

- Store essential oils in a cool place. You can store them in the refrigerator (not in the freezer).
- Use dark glass bottles to store essential oils with airtight lids.
- Keep away from sunlight.
- Avoid leaving the essential oils near a stove, candle, or fire. This is a big no-no, as these oils are often flammable.

## **Using Essential Oils Safely**

Essential oils can be considered dangerous substances since they contain some chemical compounds. These compounds are highly concentrated. If you handle essential oils the right way, the risk of using essential oils are minimized. Be aware of potential risks and follow basic guidelines when you use essential oils. Owing to their strong nature, one does need to exercise caution while using essential oils. Given below are the safety measures you need to take when using

essential oils. If you are still unsure of how to use the oil, it would be best to consult a physician or an aromatherapy practitioner.

## **Never Use Undiluted Essential Oils on Your Skin**

Experts may know how to use undiluted essential oils on their skin or to use on their patients. Having said that, this is something you must avoid doing since undiluted essential oils harm your skin. It is only recommended you use undiluted essential oils if you know for sure that they will not harm you. Every essential oil has a specific component, and this component reacts differently with your skin. Some instances of when you can use essential oils in their undiluted state are when you get a bug bite, burn, or sting. If you choose to use an essential oil in this way, it is important to know you should never use an essential oil on a child without first diluting it.

Some oils may cause allergic reactions or sensitivity to the skin. Before you use new oils topically for the first time, do a skin

patch test on a small area of skin before using it in other parts of your body. Sensitization occurs when you become susceptible to a reaction from an essential oil you previously did not react to. If you find you are suddenly reacting to essential oil, stop using it.

Before using any essential oil, it is important to do a patch test to understand how your skin reacts to the oil. It is easy to perform this test to help you determine how the essential oil affects your skin. Essential oils have different effects on people. If the oil does not affect you, it does not mean it will not affect another person. If you are allergic to a plant, you are more than likely allergic to the essential oil extracted from the plant.

Follow the steps given below to perform a patch test:

- Using a drop orifice, add one or two drops of diluted essential oil to the inside of your elbow. By diluted, I mean you must mix a few drops of the chosen essential oil with a carrier oil.

- Apply a bandage or gauze to cover the area. Do not let this area get wet while you test the effects of the oil on you.
- If you feel any irritation or reaction, remove the bandage immediately and wash the area with warm water and soap.
- If there is no irritation after twenty-four hours, the diluted essential oil is safe to use on your skin.

## **Differentiate Between Phototoxic and Non-Photo Toxic Essential Oils**

Phototoxic essential oils can cause inflammation, irritation, redness, blistering, and burning when they are exposed to UVA rays. All citrus essential oils are phototoxic. There are exceptions to this rule, such as lemon (steam distilled), lime (steam distilled), mandarin, sweet orange, tangerine, furocoumarin, and bergapten free bergamot.

## **Know When Not to Use Essential Oils**

Some essential oils should be avoided if you

are pregnant, have asthma, epilepsy, or other health conditions. Consult your physician or a trained practitioner before using any essential oils if you have any health conditions or any concerns about using essential oils.

## **Using Less Is More**

Essential oils are very concentrated. If a recipe calls for one to two drops of essential oil, then this is the quantity you will need to get the job done. Use a carrier oil if you are applying essential oils to your skin.

## **Determine the Oils Used in Aromatherapy**

Some essential oils cannot be used for aromatherapy, including rue, wintergreen, bitter almond, onion, and wormwood. Ensure you choose the right essential oils for aromatherapy before you begin using them. If you are unsure about the oils to use, speak to an expert.

## **Do Not Ingest Essential Oils**

Since most essential oils are highly concentrated, it is important to never consume them before understanding how

essential oils work. You must also understand the risks involved with using essential oils.

## **Some Quick Pointers on Using Essential Oils**

It is essential to know what essential oils are and understand how they should be used safely. Most essential oils are highly concentrated. It is for this reason they are dangerous if not used carefully. Ensure you can handle yourself and the oils you use when you have decided to use them for your body. The following are some rules you must follow when you use essential oils. Keep these points in mind, especially when you use them outdoors.

### **Use a Drop Orifice**

If you prepare essential oil blends at home or want to use a few drops on a tissue paper or cotton ball, use a drop orifice. Ensure you use the correct proportion of the oil based on what has been prescribed by your doctor or the professional you consulted. If you are going with your children, ensure you use a

drop orifice with an adjustable orifice. This is the best way to ensure you reduce the dosage. If you find you consume more than necessary, visit the doctor immediately. You can reduce the effects of the oil by drinking a glass of milk or buttermilk. Ensure you do not use more than necessary when you use essential oils.

### **Speak to a Physician or Expert**

If you want to use essential oils, it is important to speak to someone who knows how to use them and the effect of the oils. Understand the effects of the oil on your body so you do not find yourself in trouble when you are outdoors.

### **Understand the Effect of Essential Oils**

Before you use essential oils, determine how your body reacts to them. You must make sure your skin is safe when you use essential oils. Test the oil on a patch of your skin using the steps mentioned above. It is important to do this before you use the oil, especially if you want to carry it outdoors. If you find the oil harms your skin even slightly, ensure you

wash it off immediately.

## **Use Blends**

It is important to use essential oils in their blended form since using essential oil in its pure form can have a strong effect, and you may not be expecting such an effect. This book has some blends you can use when you are outdoors. Apply a little oil on your skin and wait for a few minutes. If you find there is no negative response to the oil, you can continue to use it. Use carrier oils whenever you make any essential oil blends.

## **Be Careful When Applying Essential Oils**

Keep the following tips in mind when you use essential oils:

1. Essential oils should never be used on bruised, burned, or scarred skin for the reasons mentioned above. In addition, it could also make the wound turn septic, and this would lead to a different set of problems.
2. Some essential oils may affect objects and other tools. If you find

you have used essential oils and touched your contact lenses, you may be damaging them permanently. You may also hurt your eyes in the process. Remove the lenses immediately and apply two drops of vegetable oil to your eyes. Clean the lenses before you use them again.

3. You must be very careful about your ears and avoid applying essential oils anywhere close to your ears.
4. Essential oils have different effects when in the sun and when in the dark. If you want to use essential oils in the outdoors, learn how the oil works or reacts to sunlight.

## **Chapter Seven: Popular Essential Oils**

Now you have an idea about essential oils and how you should use them. Let us look at different essential oils and their benefits.

### **Bergamot**

Bergamot essential oil is extracted from the bergamot herb, and it is used often because of its sweet smell. It also has many health benefits and is extracted by cold or hand pressing the rind of the fruit from the tree. This essential oil is used to repel mosquitoes, and a salve can be used to treat insect bites. It can also be used during massages to soothe the person. This oil is manufactured in Italy, Ivory Coast, Argentina, Morocco, Turkey, and Brazil.



## Cinnamon

Cinnamon essential oil has been used for centuries and is primarily used as a digestive agent. This essential oil boosts the immune system and improves a person's mood. Having said that, it can also be used to improve air quality. You can use this essential oil when you are in the wild to purify the air around you. You can also use it if you feel constipated. Other uses of cinnamon essential oil are to improve oral health, blood circulation, alleviate joint and muscle pain and improve your overall well-being.

Since cinnamon essential oil is highly concentrated, you must dilute it before you use it. You should avoid using this oil on

children below 6 years. You should exercise caution even when you use a diffuser. If you inhale too much of the essential oil, the nasal passage may be damaged. It is also a good idea for you to perform a patch test to ensure the oil does not harm you.



## Clove

The essential oil extracted from clove has a spicy and sweet fragrance. The active component in this essential oil is eugenol, and dentists use this compound on their patients' gums before tooth extraction. This essential oil also has antioxidant properties. It is often used to relieve toothache, reduce throat inflammation, reduce nausea, fight fungal infection, cure headache, combat and reduce acne, relieve joint and rheumatoid pain,

enhance sexual drive, and reduce sinus and chest congestion. It is also used as a fungicide and herbicide.



Clove essential oil can also be used directly if it is diluted using coconut, olive, or jojoba carrier oil. If you use it in undiluted form, it can lead to skin issues. Before applying the oil to the skin, you must perform a patch test to ensure the oil does not cause any problems. If you use anticoagulants or aspirin, avoid using clove essential oil. You should also avoid this oil if you have diabetes.

## **Eucalyptus**

Eucalyptus essential oil has a unique taste and fragrance, and this oil is extracted from the fresh leaves of the eucalyptus. It is

versatile because of the eucalyptol compound present in the essential oil. This oil is used as a rash cream in rubs, inhalers, ointments, mouthwashes, and more.

One of the other benefits of eucalyptus is its antiseptic properties. It is important to carry this oil with you when you are outdoors. This oil can be used to treat wounds. It also has antimicrobial and antibacterial properties. Eucalyptus oil is used to treat respiratory problems and has cooling properties. This essential oil also treats intestinal problems, diabetes, muscle pain, and skin infections.



This essential oil is also used in aromatherapy with other essential oils, such as thyme,

rosemary, lavender, and cedarwood. When you use eucalyptus oil, you must exercise caution since this oil can be toxic if used in large quantities. Experts recommend you consult a physician before you begin to use this essential oil. Ensure you perform a skin patch before you use eucalyptus oil.

## **Frankincense**

Frankincense essential oil is extracted from the resin of the *Boswellia Sacra* Tree of Somalia. It is often used in aromatherapy because it has many therapeutic properties. The therapeutic properties of this essential oil are:

- Provide relief from stress and anxiety
- Decreases inflammation
- Improves immunity

Research also shows this essential oil prevents the growth of cancerous cells. The best way to use this essential oil is to either inhale or apply the oil to your skin. It is important to dilute the oil using a carrier oil, such as jojoba oil.



## Grapefruit

Grapefruit essential oil has energizing capabilities and is rich due to the antioxidant limonene present in the oil. You need to avoid going out into the sun once you apply this oil since this oil is phototoxic. If you apply this oil outdoors, dilute it and combine it with another essential oil to prevent any skin irritation. It is best to avoid using this essential oil on children. Grapefruit essential oil is known for its properties to reduce weight and inflammation. It also curbs sugar cravings and helps one overcome hangover symptoms. Some people also use grapefruit oil in household cleaning products because of its pleasant smell.



## **Geranium**

Geranium is an essential oil extracted from the stems, flowers, and leaves of the geranium plant. This oil has numerous benefits. It also has antifungal and antibacterial properties. It is best to carry it with you when you go outdoors to ensure you have something handy to clean the wound. Geranium can boost immunity and metabolism. It can act as a diuretic, treat respiratory disorders, remove depression, and detoxify your body.



Most importantly, geranium is known to combat inflammation in the neural pathways, thereby helping prevent early symptoms of Alzheimer's and dementia. Since this essential oil is found only found in a concentrated form, it is best to use it after you speak to your physician. You may end up hurting yourself if you do not know how much of the oil to use. It is important to perform a skin test to ensure the oil does not hurt your skin.

## **Lavender**

Lavender is one of the most popular essential oils because of its versatility and fragrance. It can enhance one's skin and beauty and improve your energy and stamina. Some of its other uses are:

- Lavender essential oil is often used to induce sleep
- It has a calming effect on the nervous system. If you are outdoors, it would be best to carry some of this essential oil to calm yourself or the group down when you are in difficult situations
- It relieves different kinds of pains and aches
- Improves digestion and blood circulation

Lavender oil also improves menstruation, and there is some evidence to show lavender oil can prevent the growth and development of cancer cells.



## **Lemon**

Lemon essential oil has numerous benefits. The ancient Indian system of medicine, Ayurveda, recommends the use of this essential oil to cure numerous ailments. Some of the benefits of lemon essential oil include maintaining good oral health, cleansing the system, quenching a thirst, relieving a cough, curing nausea, nourishing the skin, and weight loss.

Lemon essential oil also reduces cholesterol, thereby improving heart health. Research states lemon oil is good for your overall health since it is rich in the antioxidant limonene, and this compound may prevent the growth of cancerous cells. Lemon oil is also known to help combat depression and even addiction. Having said that, you can use lemon essential oil to protect food from pathogens such as E. Coli and Salmonella. It is best to carry this oil with you when you are outdoors, so you can protect the food you carry.



## Oregano

You may think of oregano only as a cooking spice, but the essential oil is packed with a host of powerful antioxidants. This essential oil is extremely beneficial to your immune system. It is rich in carvacrol and thymol, and these compounds give the oil its dual cleansing and antioxidant properties. It is important to exercise caution when using this essential oil, regardless of whether you pass it through steam or use it in a diffuser. Only use one or two drops of this oil if you use it in a diffuser. If you apply the oil topically, dilute it with coconut oil. Do not use this essential oil if you are taking medication or are pregnant. Keep it away from children, as well.

## **Peppermint**

Peppermint essential oil is versatile because of the active ingredients in the oil, namely menthol and menthone. These active ingredients make the essential oil ideal for a host of healthcare applications. Experts recommend the use of essential oil to cure nausea and soothe the gastric lining of the colon. It can also be used to reduce any muscle spasms you may have. It is important to carry this oil with you when you are outdoors to cure nausea.

Ancient Egyptians, Chinese, and Japanese incorporated peppermint essential oil in most of their medicines. In modern times, this oil is used in blends to treat conditions such as stomach ache, digestion problems, bad breath, headache, respiratory tract infection, muscle pain, sinusitis, aching joints, allergy relief, ADHD, fever, and even hair care. Peppermint oil also acts as a natural energizer and relieves hunger pangs. It is important to use peppermint essential oil moderately since it is highly concentrated.

## **Rosemary**

Rosemary is a very popular essential oil because of its properties about stimulation of hair growth, pain alleviation, enhancing mental activity, and providing relief from respiratory issues. This essential oil is traditionally used in Mediterranean cooking. Some studies show rosemary oil can balance androgen and estrogen in the body, thereby reducing the risk of prostate and other forms of cancer. This essential oil also helps heal the central nervous system, but further research needs to be done to confirm the same. It also improves gallbladder function and detoxes the liver. This essential oil is versatile and can improve health. It is best to avoid using this for children below four years of age.

## **Sweet Orange**

Sweet orange is an essential oil with numerous health benefits. It can be used as a diuretic, sedative, tonic, carminative, aphrodisiac, and antidepressant, among other things. It is also used to add some flavor to

desserts, beverages, and other food items and is used extensively in the cosmetics range in the manufacture of body lotions, soaps, creams, and more. Some chefs also use sweet orange oil in biscuits, chocolates, confectionery, room fresheners, and deodorants. Having said that, you must exercise caution when you use sweet oranges since consumption of a large quantity of this oil can lead to nausea, vomiting, and loss of appetite.

## **Tea Tree**

Tea tree oil is derived from the Australian plant, *Melaleuca alternifoliate*, and is known for its powerful antiseptic properties which can be used to heal wounds. It is for this reason this oil is used for numerous ailments. It is best to carry a diluted version of this essential oil when you are outdoors since it can be used to treat wounds. No wonder it sees extensive use in the treatment of acne, cold sores, congestion of the respiratory tract, bad breath, sores, sunburn, head lice, insect bites, and more. Tea tree oil can also be used

as a laundry freshener, deodorant, mold remover, and household cleaner. It can be used aromatically through a diffuser or topically by mixing it with coconut oil in an equal ratio. Do not ingest the oil since it is poisonous.

## **Chapter Eight: An Introduction to Aromatherapy**

We have now looked at what essential oils are and how they can be used. We have also looked at the different essential oils you can carry with you while you are outdoors. In this chapter, we will look at what aromatherapy is and how inhaling essential oil vapors will help you overcome different illnesses.

Aromatherapy is the process of using essential oils to improve a person's health or mood. Most people, unfortunately, believe this treatment method is unscientific because they do not think inhalation of essential oils alleviates pain or cures illnesses. Having said that, research shows aromatherapy is effective and can make a person feel better. There is, however, no evidence to show aromatherapy cures illnesses.

Essential oils used in aromatherapy have a different effect on people compared to other herbal products you can purchase. During the

distillation process, lighter phytol molecules are released from the essential oils.

## **History of Aromatherapy**

Aromatherapy may be a new practice to some, but it is an age-old practice. It has only become popular in the recent decade since the fragrance of essential oils can improve a person's mood and physical well-being. Many civilizations over the years have used oils extracted from different plants, such as cinnamon, ginger, sandalwood, rose, and lavender. They had extracted these oils for the medicinal properties they contain.

Egyptians used essential oils extracted from Chamomile and Galbanum to cleanse the bodies of Pharaohs before they were embalmed. Once they built the case for the Pharaoh, they placed Cinnamon, Myrrh, and Cassia oils in the case. The Pharaohs were wrapped in a separate cloth, and this cloth was dipped in the oils of cinnamon, cedarwood, juniper, and myrrh. The body of the Pharaoh was also rubbed with essential oils since the Egyptians believed the oils

would preserve the body for life after death.

Wealthy Egyptians used essential oils in their baths, for skincare, and as lotions. The Romans and the Greeks were not far behind. They, like the Egyptians, mastered the art of aromatherapy and used essential oils in their medicines and as cosmetics.

Aromatherapy has deep roots in India as well. Indians identified medicinal plants and extracted oils from the plants to treat different illnesses. Early Indian medicine texts have over 700 plants and their uses. These oils are still used in an alternate form of medicine – Ayurveda. Ayurveda is traditional Indian medicine, and it uses aromatic massages as a therapy to treat patients. These massages use essential oils extracted from different plants. It is only recently that aromatic massages have become popular across the world, especially in the West.

The Chinese took the use of essential oils a step further. They used oils to cure numerous illnesses. A Chinese practitioner and pharmacist, Shen Nung, had written a book about different herbs used to cure illnesses.

This is one of the oldest Chinese texts to have information on 400 plants and their medicinal properties. It was during this time the Egyptians had also begun to use essential oils. Apart from using essential oils to embalm their Pharaohs, they also used essential oils to cure illnesses. Some people also used essential oils and burnt herbs and barks with different fragrances to worship their Gods.

## **How Does Aromatherapy Work?**

Aromatherapy is the use of natural plant extracts to treat different illnesses. When you inhale essential oils, the active components in the oil stimulate or trigger the olfactory system. This system is that part of the brain affecting your sense of smell. When you inhale an essential oil, your central nervous system is triggered, and a signal is sent to the part of your brain that controls your emotions. This part of your brain retrieves your memories leading to a release of hormones in your body, leaving you with a sense of calm.

When you use essential oils, the fragrances target the olfactory system. These fragrances affect you differently. The application of essential oils on your skin only activates thermal receptors, destroying any fungi or bacteria on your skin. We will look at some recipes of balms and poultices later in the book. You can use these to cure any skin infections you may have developed in the wild. When you use essential oils topically, the benefits of the essential oil will only affect your skin. If you use too much of the oil, your skin may absorb it. You must use the recommended quantity to avoid overdose.

## **Benefits of Essential Oil Inhalation**

When you inhale the fragrance of essential oil, the fragrance moves into your lungs, which is beneficial for your psychological and physical health. The following are some benefits of inhaling essential oils. It is important to carry some of these with you to overcome feeling a few emotions while you are out in the wild.

### **Stress Relief**

You are going to be stressed and tired when you are outdoors. I, for one, know how exhausting it can be to only live outdoors. You will find yourself in stressful situations, and if you cannot control your thoughts and emotions, you will have a difficult time finding your way back home.

- Vanilla essential oil
- Lavender essential oil
- Roman Chamomile essential oil
- Rose essential oil
- Frankincense essential oil
- Bergamot essential oil
- Basil essential oil
- Sage essential oil
- Marjoram essential oil
- Ylang-ylang essential oil



## Lavender Essential Oil

### Sinus Congestion Relief

It does get very cold outdoors, especially at night. If you catch colds frequently or have trouble with blocked sinuses, use the following oils to get rid of those blocks.

- Oregano essential oil
- Eucalyptus essential oil
- Tea Tree essential oil
- Peppermint essential oil
- Lavender essential oil



### Eucalyptus and Tea Tree Oil

### Sore Throat Relief

- Sage essential oil

- Camphor essential oil
- Rosemary essential oil
- Eucalyptus essential oil
- Thyme essential oil

## Cough Relief

- Lemon essential oil
- Myrrh essential oil
- Tea tree essential oil
- Lavender essential oil
- Peppermint essential oil



Peppermint

## Bronchitis Relief

- Peppermint essential oil
- Lavender essential oil
- Eucalyptus essential oil

- Frankincense essential oil

## **Depression Relief**

- Marjoram essential oil
- Rose essential oil
- Lavender essential oil
- Geranium essential oil
- Sandalwood essential oil
- Bergamot essential oil
- Jasmine essential oil

## **Insomnia Relief**

- Roman Chamomile essential oil
- Marjoram essential oil
- Ylang-ylang essential oil
- Lavender essential oil
- Neroli essential oil

## **Different Means to Inhale Essential Oils**

When you decide to inhale essential oils, it is important to ensure you are doing it correctly. There are different methods you can use to inhale your favorite oils. All these methods

will mean you are breathing the compounds of the chosen oil into your throat, lungs, and bloodstream.

### **Adding a Few Drops to Your Sleeping Bag**

Inhalation works best when it is given time to work. For this reason, you should place a cotton ball or tissue paper in your sleeping bag. This is the best way to inhale essential oils. All you must do is add a few drops of the essential oil or a combination of the oil and leave it in your bag.

### **On a Tissue or Handkerchief**

If you catch a cold while living outdoors, this is the best way to get rid of it. Add a few drops of the essential oil to your handkerchief or tissue and carry it with you. Inhale as often as you can.

### **Use an Aromatherapy Inhaler**

This is not a viable option at all times. An aromatherapy inhaler is like a tobacco vaporizer. To use the inhaler, all you must do is add the preferred essential oil to the opening and slide the slate into the plastic

inhaler tube and seal it with the cap. You can now inhale the essential oil you want easily.

## **Steam Inhalation**

This is a little difficult if you are outdoors, but you can use this method for instant healing if you have the necessary items with you. If you have a fire going, add some water to a vessel and bring it to the boil. Now, add a combination of essential oils or one essential oil. Cover your head with a towel and lean your face about ten inches over the steaming bowl for one to two minutes, with your eyes closed. Take deep breaths through your nose and repeat two to four times, as necessary.

## **Using a Diffuser**

This method is the least efficient if you are trying to clear congestion or a similar ailment. If you are looking for stress, depression, anxiety, or insomnia relief, investing in an essential oil diffuser is a very good idea.

When you use any of the above methods, you can blend essential oils.

## **Risks of Aromatherapy**

As with anything, there are some risks to using aromatherapy. There are some instances when you should be extra cautious as you explore aromatherapy:

- If you have any skin conditions such as eczema or psoriasis
- If you have any allergies
- If you suffer from asthma
- If you suffer from hay fever

You must be extremely cautious with aromatherapy and essential oils if:

- You are pregnant
- You have deep vein thrombosis
- You suffer from epilepsy
- You suffer from hypertension
- You are breastfeeding

Occasionally you may experience some side effects from using aromatherapy. The side effects can include nausea, headaches, and some allergic reactions. The reactions tend to be very mild and do not last long.

# **Chapter Nine: Aromatherapy Blends**

In the previous chapter, we looked at different essential oils and how they can be used in aromatherapy. If you are outdoors, you can use some aromatherapy blends for different feelings or emotions you may be going through. When you are outdoors, you are bound to have trouble keeping a calm head. I am sure you may have gone on a trek or hike in the past and were worried about making it to the top of the peak. How did you overcome this feeling? It may have taken you some time to feel better, but there is an easier way to do this. Use the following blends when you are anxious or stressed during a hike.

## **Anxiety Aromatherapy Blend**

- 10 drops of bergamot essential oil
- 10 drops of sage essential oil
- 5 drops of frankincense essential oil

## **Insomnia Aromatherapy Blend**

- 5 drops of bergamot essential oil
- 5 drops of sage essential oil
- 10 drops of roman chamomile essential oil

## **Stress Relieving Aromatherapy Blend**

- 10 drops of roman chamomile essential oil
- 5 drops of lavender essential oil

## **Calming Aromatherapy Blend**

- 5 drops of lavender essential oil
- 5 drops of ylang-ylang essential oil
- 10 drops of grapefruit essential oil

## **Congestion Aromatherapy Blend**

- 26 drops of myrrh essential oil
- 30 drops of eucalyptus essential oil
- 4 drops of peppermint essential oil

# **Chapter Ten: Importance of Carrier Oils for Blends**

The primary purpose of carrier oils is to dilute the concentration of essential oils. These oils can lead to skin irritation, redness, and swelling when you apply the oil topically. The name carrier oil is drawn from its function of carrying essential oil. A carrier oil is extracted from the fatty part of a plant, such as kernels, nuts, and seeds.

Carrier oils not only reduce the effect of the essential oils but also add value to essential oils. Most carrier oils have their own therapeutic qualities. Some examples of carrier oils are almond oil, apricot kernel oil, hemp seed oil, grapeseed oil, hazelnut oil, evening primrose oil, borage seed oil, avocado oil, and so forth.

## **What Are Carrier Oils?**

As mentioned earlier, essential oils must be diluted before they are used on your skin.

Water cannot be used to dilute essential oils, so it is best to use carrier oils instead. These oils are also termed base oils. This chapter will look at different carrier oils you can use and explore some of their properties. Most recipes and blends of essential oils use carrier oils or butter. You can choose your own carrier oil for most blends, but you must learn the basics of carrier oils and the different types before you do this. If you experiment with different carrier oils, you can identify the right oil to use for your skin. You will also learn about the following:

- The shelf life of the carrier oil
- Consistency
- Aroma
- Absorbency and other characteristics

It is best to use carrier oils in any essential oil blend since the latter is often concentrated. Carrier oils can dilute essential oils, thereby preventing skin irritations caused due to the use of the essential oil. This is also true when you are using your essential oils in a distiller or inhaling. Constantly inhaling essential oils

without diluting them first can lead to stripping the mucus membranes in your lungs, leading to lung issues.

The carrier oils listed in this chapter are not the only ones for you to consider. You can use lotions if you prefer. A lotion is a good choice when you are looking for something with fast absorption. Since your skin absorbs lotion quickly, it is best to use this as the base of the blend if you want to soothe sore muscles and joints.

## **Hazelnut Oil**

Hazelnut carrier oil is extracted from cold-pressed and roasted hazelnuts. It is pale yellow and has natural fat. This fat conditions and moisturizes the skin. It also decreases the appearance of lines and marks on your skin. Hazelnut oil protects your skin from UV rays and can be used as a substitute for sunscreen. This oil has a high concentration of tannins and catechins, and these compounds make it suitable for all skin types. Some characteristics of this oil are:

- **Shelf Life:** Two years when

refrigerated

- **Consistency:** Liquid
- **Aroma:** Very mild scent
- **Absorbency:** Quickly absorbs and leaves a non-greasy feeling on the skin
- **Best Uses:** Massage and aromatherapy, skincare
- **Other Facts:** Deeply penetrating and stimulating to the circulatory system also helps to tone and tighten the skin.

## Grapeseed Oil

Grapeseed oil is one of the lightest carrier oils, and this is readily available in the market. This oil is extracted from grape seeds. The seeds are first dried before they are cold-pressed to extract the oil. Grapeseed oil is yellowish-green in color and popular in the cosmetic industry. It is often used for skincare products like lotions and creams and also in aromatherapy.

Most massage therapists use this oil often when compared to other carrier oils since it is

smooth and has a satin-like finish. Grapeseed oil is easily absorbed by the skin and carries a reduced danger of allergy, making it a good choice for those with sensitive skin. This carrier oil has some astringent qualities. This essential oil is a good choice if you have acne-prone or oily skin. Some characteristics of this carrier oil are:

- **Shelf Life:** Six to twelve months. Placing it in the fridge may extend the shelf life.
- **Consistency:** Liquid
- **Aroma:** Light, slightly sweet with a hint of nuttiness
- **Absorbency:** Fairly quick, leaves a light oily sheen on the skin
- **Best Uses:** Full body massage
- **Other Facts:** Grapeseed oil has a lower price point and is very moisturizing.

## Sweet Almond Oil

Sweet almond oil is extracted from the kernels of the almond tree. These kernels are dried and pressed before the oil is extracted

from them. This essential oil is used to smoothen and soften skin. It is also used to rejuvenate the skin by retaining any moisture absorbed. This oil is also known to relieve inflammation, itching, and irritation and works well with all skin types. Sweet almond oil promotes a clear, younger looking complexion and helps relieve muscular aches and pains when used as a massage oil. The following are some characteristics of this essential oil:

- **Shelf Life:** Six to twelve months
- **Consistency:** Soft oil
- **Aroma:** Slightly sweet and nutty, many people feel it is odorless
- **Absorbency:** Absorbs rapidly, leaves a slight oil on the skin
- **Best Uses:** Massage oil, also ideal for individuals who spend a lot of time in the sun as it performs as a natural UV blocker
- **Other Facts:** People with any allergies to nuts will need to be careful about using this oil since it may give rise to an allergic reaction

even if they are not allergic to almonds. Sweet almond oil is also loaded with protein making it perfect for deep tissue massages.

## **Jojoba Oil**

Jojoba oil is extracted from the seed of the jojoba plant (*Simmondsia Chinensis*). Jojoba is a shrub native to southern Arizona, southern California, and northwestern Mexico. Jojoba oil is not actually an oil but is liquid plant wax. Jojoba oil is an emollient. This means the oil has soothing properties. It also helps to unclog pores and hair follicles. Jojoba oil is rich in iodine, and this compound prevents the growth of harmful bacteria, thereby reducing the breakouts of acne or pimples on the skin. It is also rich in antioxidants, soothes fine lines, wrinkles, and slows down other signs of aging. The following are some characteristics of jojoba oil:

- **Shelf Life:** Up to five years
- **Consistency:** Soft oil
- **Aroma:** Slightly nutty

- **Absorbency:** Non-greasy absorption, very similar to the natural oils of the skin
- **Best Uses:** Face wash, face mask, shampoo
- **Other Facts:** Can be added to other carrier oils to extend their shelf life

## Olive Oil

Olive oil is a carrier oil extracted from olive fruit. Most people know how healthy this oil is when consumed, but they do not know how effective it is when used topically. Extra virgin olive oils are the preferred variety if you want to use olive oil as the carrier oil in your blend. Olive oil also has antioxidant properties, and these are great for cleansing and moisturizing the skin. Some properties of olive oil are:

- **Shelf Life:** Eighteen months
- **Consistency:** Liquid oil
- **Aroma:** Strong aroma
- **Absorbency:** Leaves the skin with an oily feeling
- **Best Uses:** Rheumatic conditions,

shampoos, and soaps

- **Other Facts:** Popular and easy to find, the extra virgin varieties have more nutrients in them

## Sunflower Oil

Sunflower oil is extracted from cold-pressed sunflower seeds, and this process of extraction ensures the sunflower seeds retain nutrients. This carrier oil is light and does not leave a greasy or heavy feeling on the skin. If you use this carrier oil regularly, it provides a barrier on skin resistant to infection.

Sunflower oil is also rich in vitamin E. It has antioxidant properties and is beneficial to heal scar tissues and bruises. The antioxidants also prevent fine lines and wrinkles from appearing on the skin. Since sunflower oil has a mild scent, it is good to use this as a carrier oil for any blend. You can smell the fragrance of the essential oil over the fragrance of the carrier oil. The following are some factors to consider:

- **Shelf Life:** Twelve months

- **Consistency:** Liquid
- **Aroma:** Faint and sweet
- **Absorbency:** Average speed absorbency, doesn't leave an oily residue
- **Best Uses:** Massage and Aromatherapy
- **Other Facts:** Bring oil to room temperature before using

## Fractionated Coconut Oil

Fractionated coconut oil is only a fraction of the oil extracted from the coconut. The triglycerides are removed before this carrier oil is extracted. The removal of triglycerides gives the oil a longer shelf life when compared to coconut oil. Fractionated coconut oil is used often in aromatherapy, hair care, and the manufacture of cosmetics. One of the disadvantages of this carrier oil is its cost. It is more expensive when compared to other oils because the processing takes longer. Since it has a longer shelf life, it is worth it to pay the amount to purchase coconut oil. The following are some

characteristics of fractionated coconut oil:

- **Shelf Life:** Indefinite
- **Consistency:** Liquid at room temperature
- **Aroma:** Not noticeable
- **Absorbency:** Absorbs well; the skin will be left feeling silky
- **Best Uses:** Massage oil
- **Other Facts:** This is a liquid form of coconut oil where the long-chain trans glycerides have been removed

## **Coconut Oil**

Coconut oil is an expensive carrier oil, and unlike the other types of coconut oil, it has all the triglycerides extracted from coconut. Unfortunately, it is because of these triglycerides that the shelf life of the carrier oil decreases. The carrier oil, however, has the same properties as fractionated coconut oil. Since coconut oil is solid at room temperature, it can be used as a base for a thick lotion or balm. This is a great choice if you are looking for a carrier oil for an essential oil you want to use on your skin or

hair. Some other characteristics of coconut oil are:

- **Shelf Life:** Two to four years
- **Consistency:** Solid at room temperature, thick, creamy but not oily
- **Aroma:** Very distinct coconut aroma
- **Absorbency:** Readily absorbed, leaves skin feeling silky
- **Best Uses:** Lotions, skincare, soap
- **Other Facts:** Can be used to give other carrier oils a longer shelf life

## **Wheat Germ Oil**

Wheat germ oil is a carrier oil that is extracted from the center of a wheat berry, hence the name of the oil. The center of the berry supplies the plants with nutrients to grow. Wheat germ oil is nutrient-rich and has antioxidant properties, and these properties restore overall health and boost the immune system.

Wheat germ oil is not a good choice if you have a gluten or wheat allergy or sensitivity.

It is rich in vitamins A, E, and D, proteins, iron, calcium, lecithin, and fatty acids, such as linoleic, palmitic, and stearic acids. If you want to use essential oil blends to treat dermatitis, eczema, and psoriasis, use this oil as the carrier oil for the blend. Some characteristics of wheat germ oil are:

- **Shelf Life:** Two years when refrigerated

**Consistency:** Liquid

**Aroma:** Distinct earthy aroma

**Absorbency:** Leaves an oily feeling on the skin, not well absorbed

**Best Uses:** skincare, hair care

**Other Facts:** It is best used diluted with other carrier oils and can be added to blends with other carrier oils since it helps extend their shelf life.

## Cocoa Butter

If you do not want to use carrier oils, use butter or lotions. Butters are great when you

want an essential oil to absorb slowly over a longer period, and one such butter is cocoa butter. Cocoa butter is a carrier oil that has natural fat and is also extracted directly from the cacao bean. These beans are found in oval-shaped pods and harvested, fermented, and dried before the butter is extracted. These beans, once dried, are called cocoa beans. These beans are pressed in a hydraulic machine to extract cocoa butter from them.

Some moisturizers use cocoa butter because it is a natural moisturizer. This butter is rich in fatty acids and can penetrate through the skin easily to hydrate it from within. Its melting point is above room temperature. Cocoa butter also has anti-aging properties, and these remove stretch marks, age spots, and scars. This carrier has the following properties:

- **Shelf Life:** Two to three years
- **Consistency:** Solid at room temperature
- **Aroma:** Sweet chocolate aroma
- **Absorbency:** Average, leaves an oily barrier on the skin

- **Best Uses:** Facial wrinkles, skincare, stretch marks
- **Other Facts:** Best to use when melted and blended with other carrier oils, forms a barrier. This barrier retains the moisture in the skin while still allowing the skin to breath.

## **Shea Butter**

This is another type of butter that can be used instead of carrier oils. Shea butter is extracted from the seeds of the fruit of the Shea or Karite tree. This butter is rich in vitamins A, E, and F. Shea butter does not protect your skin from UV rays but is rich in fatty acids and nutrients, and these moisturize and soften your skin by producing collagen. Raw, unrefined Shea butter is the best variant of shea butter to use when you prepare blends. During the refining process, some of the beneficial nutrients are lost. When you purchase unrefined shea butter, it is best to melt and pour it through a cheesecloth to remove any trace particles of nut remaining in the butter. Some properties of the butter

are:

- **Shelf Life:** One to two years
- **Consistency:** Soft oil, semi-solid
- **Aroma:** Distinct nutty odor
- **Absorbency:** Average, leaves a waxy feeling on the skin
- **Best Uses:** Lip balm, dry skin, stretch marks
- **Other Facts:** Effective to use "as is" or in a compound of carriers

## **Tips to Consider When Using Carrier Oils**

When it comes to carrier oils, you need to look at the shelf life of the oils. This is especially true if you want to mix your blends. Most essential oils have a shelf life of about 8 years, but carrier oils only last for a year. It is important to use the carrier oil in batches before the oil turns rancid. If a carrier oil has a foul odor and looks cloudy, you must get rid of the oil immediately. Experts recommend you should avoid using soy oils, canola oils, and most other vegetable oils as

carrier oils. It is also important to avoid using refined, processed, or non-organic oils. Raw and organic oils are the best to use as carrier oils.

Some people may suggest you use water as a carrier if you do not want to use carrier oils. This is something you should avoid doing since water does not mix well with essential oils. Some bath products work best when mixed with water. Having said that, using bath products with essential oils does not often serve the purpose since the oils may be washed off your skin.

Consider if a carrier oil may lead to sensitivities and allergies. Choose the oil depending on how you react to it. If you are trying a carrier oil for the first time, it is a good idea to do a skin patch test for an allergy to ensure you can use it. It is important to do this, especially if you use a blend with a new essential and carrier oil.

# **Chapter Eleven: Medicinal Plants**

Medicinal plants have been used for quite some time. The use of these plants represents a healthier way of living. Speak to your physician before you use any home remedies prepared using these medicinal plants. In this chapter, you will learn about 14 medicinal plants you can use to prepare poultices, pastes, or teas.

## **Blackberry**

Blackberries, and other berries, taste delicious. Blackberry leaves are good to treat diarrhea. They also have an astringent nature, and this means they can be used as a mouthwash. You can make an infusion using blackberry leaves. Let the leaves steep in the water for at least 10 minutes. You can use this as a mouthwash.

## **Lemon Balm**

Lemon balm can be used to make the best

lemonade. This medicinal plant can also be used to treat cold sores and is considered a nightcap to improve your sleep. You can crush the medicinal plant and bind it over the cold sores. It can also be used to prepare a cream.

## **Lavender**

This medicinal herb is now used as a fragrance alone, but it has been used in the past to treat burns, bug bites, repel insects, and treat skin disorders. It was used to reduce swelling or inflammation caused due to any insect bites. Crush the leaves of the plant and apply the paste to the affected area. Alternatively, you can fill a jar with olive oil and add lavender leaves to it. Let the leaves soak in the oil for 8 weeks, and decant this oil. It can now be used to treat a variety of skin problems. Do not consume lavender if you are breastfeeding or pregnant.

## **Comfrey**

Mashed and cooked roots of comfrey can treat burns, sprains, bruises, and arthritis. Never eat this plant since it can damage the

liver if it is consumed in very high quantities. Comfrey roots have varying quantities of pyrrolizidine alkaloid content, and the poultices or pastes are not safe to ingest. If you find a product free of pyrrolizidine alkaloids, you can consider consuming this product. Some people drink comfrey tea, but the effect of the alkaloids on the body has grave consequences. It is for this reason you should avoid ingesting young leaf and comfrey root preparations.

If you want to make a poultice or paste, bring water to the boil, and add fresh or dried root to the vessel. Lower the flame and continue to simmer the root for 15 minutes in the water. Now, soak a gauze or cloth in this mixture and place the cloth on the affected area. Alternatively, you can crush fresh leaves and apply the paste directly to your skin. You can also use ointments and pastes made from the leaf or root.

## **Yarrow**

Yarrow is a perennial herb, and this plant is one of the most commonly used medicinal

plants. This plant is a healing plant and is used to treat abrasions, wounds, and cuts. It is applied topically only. The genus name for this plant is Achillea, and this word is derived from the mythical character Achilles. According to Greek mythology, Achilles carried this plant with him to treat any wounds during battle. Crushed flowers and leaves are placed on scratches and cuts to reduce the chance of infection. This plant can also be used to stop bleeding. This medicinal plant is also called soldier's woundwort and staunch weed. The leaves of this plant act as antiseptics and encourage clotting. This plant is dried and powdered. The powder is mixed with comfrey or plantain water and is used as a poultice to cover the wound.

## **Burdock**

A concoction prepared using leaves and roots of the burdock plant can be used to purify the blood and body. This medicinal plant can be used to treat the liver as well. Common uses of a paste prepared using burdock root are to treat skin problems, such as acne, eczema, psoriasis, etc. You can prepare a tincture

using the dried burdock root and alcohol. Drink 10 drops of this tincture every day. Once you boil fresh roots and leaves, you can eat them after you drain the water.

## **Plantain**

Plantain is a weed found in fields and lawns across America and all over the world. This plant has a rubbery feel and parallel veins, and its green leaves can be crushed to create a paste. You can apply this paste to bites and stings to alleviate any pain you feel. This medicinal plant cannot work on venomous bites, but it can neutralize the effects of venom from scorpions, wasps, bees, and other creatures. All you must do is place a leaf of the plant on the wound and wait until it is dry before you replace it.

## **Dandelion**

If you have trouble with digestion or want to treat your liver, add a spoon of dried root to a vessel with hot water. You can use the tincture you prepare at least thrice a day. Experts recommend combining alcohol with this tincture to clean the wound. The active

constituents in the medicinal plant can dissolve in water. Dandelion can also be used as an appetite stimulant and a mild diuretic. To prepare this concoction, boil water and add 2 spoons of the dried dandelion leaves. Drink this decoction at least thrice a day.

## **Willow**

If you want to use willow like a medicine, it is important to choose the medicinal plant you know. One of the most common trees found in North America is the weeping willow. This plant is not native to the continent, but it grows well in any moist condition. If you want to identify this plant, look for its droopy branches and twigs. The bark and leaves of this tree have been used as medicine for years. You can prepare herbal tea using this medicinal plant by adding a few willow leaves to a cup of boiling water for at least 10 minutes, and this can be used as an astringent. Now, soak a cotton ball or clean cloth in this solution and apply it on carbuncles, boils, ulcers, and abscesses. You can do this even if you have other medical treatments available. Take several twigs and

scrape the bark off. Now, you can soak the bark in hot water for a few minutes. Drink the concoction if you want to treat diarrhea.

You can also use bark from other willow family species to alleviate pain and treat inflammation. The bark of the tree contains salicin, and this compound was used before aspirin came into existence. People often chew the bark to treat fever and pain.

## **Echinacea**

If you are outdoors and you feel the symptoms of cold showing, drink herbal tea with echinacea. This medicinal plant can reduce the effects of the common cold and reduce the duration of the cold. Using echinacea products when you have a vaginal yeast infection is a good idea since it has antibacterial and antifungal properties. It is recommended to use echinacea products along with medicated cream. The infection rate will drop to 16% from 60.5% when you use echinacea products. It is best to use the dried leaf or root to make herbal tea.

## **Elderberry**

You can use elderberries to treat cuts and wounds. In most countries, the flower is consumed orally since it has properties to treat respiratory illnesses, such as flu, sore throats, colds, and other infections. The chemicals and active constituents in the elderberry and elderflower reduce the swelling and inflammation in the mucous membranes to relieve any nasal inflammation or congestion. This medicinal plant has antiviral, anticancer, and anti-inflammatory properties. You can consume wine or jam prepared using this medicinal plant, but avoid using raw berries since they can be toxic. These berries may interact with diabetes medications, laxatives, diuretics, chemotherapy, theophylline, chemotherapy, and other medicines that suppress the immune system, so be aware of asking medical advice.

## **Black Walnut**

Folk medicine uses the husk of walnuts to remove any infections caused due to parasites. You can mix a few spoons of the walnut husk in boiling water to prepare an

herbal tea. This tea will taste horrible, and you should drink it when you want to expel parasites. Drink one cup of tea every day for at least a week. These husks can also be used as antiseptics for small wounds and cuts instead of iodine.

## **Jewelweed**

When you are in the wild, you may come in contact with sumac, poison ivy, or oak. In such cases, find some jewelweed and crush the purplish and juicy stalk into a paste. This paste will look icky, but when you apply this on your skin, it can soothe the effect of the poison ivy on your skin. Leave the paste for two minutes on your skin and clean it with water. You should try to do this within 30 minutes of coming into contact with poison ivy. If you take longer to find this medicinal plant, you can still use the paste to relieve the rash. This paste can still be used as a wash. If you have an itch and blisters, it means 24 hours have passed since you touched poison oak.

## **Birch**

Birch is often used as an analgesic. If the bark, especially the bark of a sweet birch tree, has enough salicylates, it can be used as an analgesic. You can also use the bark extracted from a sweet birch tree to prepare herbal tea. It is best to stick to the recommended dosage to avoid causing an upset stomach, tinnitus, and nausea. If you develop these reactions, you should stop drinking the tea. It is recommended to restrict the dosage between 10 and 100 milligrams a day. Newer research shows you can increase your intake of salicin to 240 milligrams to reduce pain. To prepare an herbal tea using sweet birch, boil seven ounces of water with 2 grams of sweet birch bark. Boil it for ten minutes. Drink this tea at least five times a day.

# **Chapter Twelve: Survival Medicine Tips**

It is only when you go deeper into the wilderness that you have more opportunities to fish, hunt, or hike. These places also pose a lot of risks, and it is worse because people do not experience these situations every day. Accidents can occur, and in most cases, help is not within easy reach. In this chapter, you will find some tips you can use to help you when you are in the wild.

## **Treating Sunburns**

If you are outdoors for a very long time, you may have trouble with being sunburnt. This can be dangerous for you. You may not have enough sunscreen available. If you do not want to stay in the sun for too long, look for some shade. Alternatively, you can look for an aspen tree. The bark of these trees exudes bloom or white powder, and this is often used as sunscreen. You can also cover the affected area with charcoal, woven grasses, leaves,

caked mud, or ash.

## **Dealing With Wounds on the Scalp**

Most scalp wounds bleed heavily, and it is often difficult to clean and inspect them. You cannot close these wounds either, since the surrounding hair can stick to the gauze. If you want to close a scalp wound, tie the hair strands around the wound and cover it.

## **Keep Warm**

We have discussed what one should do if one is hypothermic. If you or someone in your group is hypothermic, you must wrap yourself to stay warm. It is also important to drink something warm and with sugar to increase your caloric intake. You can wrap yourself into a burrito. To do this, spread a waterproof cloth on the ground and place an inflatable sleeping or foam pad on the cloth. Now add three or four sleeping bags on the foam pads and ask the victim to lie down on the bags.

Ask the person to remove any wet clothing and place warm bottles near the underarms

and pelvic region. Close the bags and cover the person with the tarp. Ensure there is no hole in the burrito. This is the only way to prevent cold air from getting in. You must monitor the person's consciousness and ensure the temperature of the victim is stable. Do not ask the victim to take a warm or hot water bath to increase the body temperature since it can lead to shock.

## **Do Not Use Gas**

When you refuel a cookstove or combustion engine in cold temperatures, you must be very careful. Diesel, gasoline, white stove gas, and kerosene are volatile, and they can quickly move from the liquid state to the gas state. The change in states leads to an endothermic reaction, which sucks heat and needs more energy. If you are in cold temperatures, liquid gas on your skin will evaporate quickly. It will use the heat from your skin to do this, which can immediately lead to frostbite. You may also have some tissue or muscle damage.

## **Carry Energy Shots**

Yes, you may carry energy bars with you, but have you ever wondered why some people carry a jello mix with them? If you want a quick energy boost or need to warm up, a cup of hot jello is the best way to do this. Jello is an efficient and quick way to get a bolt of energy. Unlike cocoa or coffee, jello mix does not contain caffeine, and it does not dehydrate your body.

## **Getting a Fish Hook Out of the Skin**

It can be difficult to remove barbed fishhooks from your skin. The process can also be destructive. The safest way to remove the hook from your skin is to push it through your skin and remove the barbed part of the hook. You must then de-barb the hook and slowly pull it out of your skin. You can also pull the fishhook backward and bend it out of your skin. If you have ice around, apply it to your skin to numb the affected area. Do this before you try to pull the hook out, and this can relieve some pain. Once you remove the hook, clean the area using saline or sterile water. Finally, dress the wound and keep

checking it to ensure there is no infection.

## **Using Crazy Glue**

Some wounds can be closed easily using crazy glue. Yes, this does sound very crazy, doesn't it? This does not mean you should use hardware store glue. It is best to stick to medical glue. This glue controls bleeding by applying direct pressure on the wound. Before you use the glue, clean the wound using saline or sterile water. You can also use pine pitch or spruce for the same purpose. Do not use glue on punctures or deep wounds. It is difficult to clean such wounds properly, and the pus may not drain. These actions can cause infection.

## **Dealing with a Cracked Tooth**

You should carry a plumber's candle with you when you are outdoors. This is an invaluable component. The paraffin wax from these candles can be used in different ways. It can be used as a source of light. You can also melt the wax, you can use it to fill a cracked or chipped tooth. You can use a pinch of

paraffin wax to secure any loose teeth. If you crack or fracture a tooth, use the wax to prevent bleeding. When you hurt yourself, and there is blood coming out of the center of the tooth, it indicates the pulp is exposed. You must get this looked at quickly since the tooth may die in a few days.

## **Tips to Soak Excess Liquid**

Tampons can be used in different outdoor situations. They can be used to absorb and wrap items to ensure they are safe from water. It is best to carry this product in your first aid kit. Tampons are highly absorbent, and since they are packed in sterile packets, you can use them to dress wounds, as well. Tampons have cotton fillers, and these can be used in an emergency. You can also use tampons to plug wounds or bullet holes to prevent the flow of blood.

## **Watch Out for Trenches**

Immersion or trench foot is a condition caused when your foot is exposed to moist or cold conditions. In these situations, the blood

vessels in the foot constrict to keep the leg warm. Over time, the circulation may stop, which can lead to the killing of the toe and feet tissue. If you want to prevent this condition, you must dry your feet and keep your feet warm. It is also important to dry your footwear regularly. You must change the socks and thermals you frequently wear, too. You can change damp socks and hang them out to dry. Another way to prevent this condition is to wear breathable socks and footwear. This may also prevent athletes' foot.

## **Treating Snakebites**

How do you think one should treat snakebite? Do you think you should resort to the cut and suck method? Bear in mind this is a treatment of the past. If a snake bites you, you must treat the bite like any other puncture wound. The wound should completely bleed out before you clean it superficially. Use a sterile and loose bandage to cover the wound. The wound area should be maintained below heart level. It is best to evacuate the person

immediately, but ensure you keep the person calm and quiet. It is important for the victim to be less stressed to change the way the body reacts to the bite. If you can kill this snake, it is best to carry it along with you or take a photo of it, so the doctor can identify the treatment method.

## **Dealing with Stings**

If an insect or bee stings you, you are going to be uncomfortable. There is a remedy to treat stings, too. Experts recommend the use of plantain as a remedy for insect stings. Plantain is a weed growing in grassy areas. This plant has been used for years in herbal remedies. It has extractive and anti-inflammatory properties. If an insect stings you, prepare a poultice of plantains and apply it to the affected area. Cold or ice packs relieve pain and reduce swelling. This can give you enough time before you reach a hospital to be treated.

## **Use Protection**

I am sure you are wondering why I even said

this, but a condom does not only have to be used during sexual intercourse. You can use a latex condom as a waterproof tinder patch, an emergency water bladder, a pressure-irrigation source to clean wounds, a compression wound dressing, or a slingshot band.

## **Understand the Difference between Frostbite and Frostnip**

It is important to understand the difference between the two. Frostbite is the freezing of deeper tissue, marked by a wooden feeling and numbness. Frostnip, on the other hand, is the freezing only of the superficial tissue. For example, you may see waxy and white patches on the exposed skin on your face, which can be thawed by using a warm hand or even with warm breath.

Frostbite is dangerous when compared to frostnip because the former indicates the bone and muscle may be frozen. In such cases, you need to get medical attention immediately. It is never a good idea to re-warm the area before you visit the doctor. You may have a

loss of tissue and experience significant pain when the area is re-warmed. If you are outdoors without a hospital near you, you may need to treat the frostbite yourself.

If you start re-warming your body, ensure it does not freeze again. Dip the area in water between 100 and 108 degrees Fahrenheit. Keep adding hot water to the container to maintain this temperature. You must let the area soften and thaw, and this may take at least twenty minutes. Now, clean the area using a clean towel and apply aloe vera.

## **Chapter Thirteen: Quick Tips**

### **How to Create a Double Boiler**

Place a pot half-filled with water over low to medium heat. Add those ingredients that need to be melted into a heatproof bowl (use a heatproof bowl that just fits nicely at the top of the pot. The bowl should not float in the water). Place the heatproof bowl on the top of the pot. Make sure the water doesn't touch the heatproof bowl. The water should not enter the heatproof bowl either. Whisk frequently until the entire mixture melts and is smooth.

Remove the heatproof bowl from the double boiler and proceed with the other steps.

The double boiler is generally used to make balm and a salve. So, this procedure is not going to be repeated in every recipe.

### **How to Infuse Herbs with Oil**

Fill a clean and dry jar with the herbs of your choice or those mentioned in the recipe. Pour enough oil (oil of your choice like olive,

sunflower, jojoba, coconut, etc.) to fill up the jar. Fasten the lid and shake the jar. Keep the jar in a cool, dry place over a plate (this is to collect any spills from the jar). Shake the jar 2 – 3 times daily. Do this for 3 to 6 weeks, depending on how strong you want the infused oil.

Strain the oil through a strainer lined with a cheesecloth into a jar. Fasten the lid and store it in a cool and dry place. Use as required.

The infused oil is used in a few recipes. The procedure is not going to be repeated again. Use the mentioned herb in that recipe and infuse the oil.

## **How to Do a Patch Test**

This step is necessary because maybe sometimes the essential oils may not suit a particular skin. So, you can use some other essential oil or a combination of essential oils if it does not suit you. Drop 2 – 3 drops of the essential oil on a small piece of bandage pad and place it on the inside part of your forearm. It is preferable to dilute the essential

oil with a few drops of carrier oil before conducting the patch test. Let it remain for 48 hours. If you have no irritation, you can go ahead and use the oil to make balm or a salve.

The storage containers should be clean and dry. Sterilizing the jar is recommended.

If you are adding more than one essential oil in a particular recipe, make sure to add them one at a time and stir well each time.

# **Chapter Fourteen: Balm Recipes**

## **Hormone Balancing Balm**

**(To Balance PMS Discomfort)**

### **Things You Need:**

- 4 tablespoons raspberry leaf infused coconut oil
- 2 tablespoons Shea butter
- 20 – 30 drops peppermint essential oil
- 4 tablespoons evening primrose oil
- 4 tablespoons beeswax
- Glass jar with lid
- Double boiler

### **Directions:**

1. Melt raspberry leaf infused coconut oil, Shea butter, evening primrose oil, and beeswax in a double boiler.
2. Take the heatproof bowl out of the double boiler. Stir in the peppermint

oil.

3. Pour the mixture into the jar. Let it cool to room temperature before fastening the lid. Label the jar with the name and date of preparation. Use the balm within 6 months.
4. Smear some of the balm on the abdomen and lower back and rub it lightly.

## **Eczema Balm**

**(To Relieve Eczema)**

### **Things You Need:**

- $\frac{1}{4}$  cup coconut oil
- 1 tablespoon beeswax
- 2 tablespoons raw honey
- 2 tablespoons Shea butter
- 1 tablespoon almond oil
- 7 – 8 drops cedarwood essential oil
- 10 drops lavender essential oil
- 7 – 8 drops thyme essential oil
- Double boiler
- Glass jar with lid

### **Directions:**

1. Melt coconut oil, Shea butter, and beeswax in a double boiler.
2. Take the heatproof bowl out of the double boiler. Let the melted mixture cool for about 10 – 12 minutes.
3. Stir in the essential oils, almond oil, and honey.
4. Pour the mixture into the jar. Let it

cool to room temperature before fastening the lid. Label the jar with the name and date of preparation. If you are placing the jar at room temperature, make sure to use the balm within 3 months. If you place it in the refrigerator, it can last for a year.

5. Apply the balm directly to the affected area.

## **Breathe Easy Balm**

**(To Ease Congestion and Breathe Easily)**

### **Ingredients:**

- ½ ounce beeswax
- ½ ounce coconut oil or sunflower oil or apricot kernel oil

### **Essential Oils Blend for Kids (3 – 17 Years):**

- 8 drops eucalyptus essential oil
- 10 drops cypress essential oil
- 6 drops Rosalina essential oil

### **Essential Oils Blend for Adults:**

- 10 drops peppermint essential oil
- 16 drops rosemary essential oil
- 20 drops eucalyptus essential oil
- 26 drops cypress essential oil

### **Directions:**

1. Melt coconut oil and beeswax in a double boiler.

2. Take the heatproof bowl out of the double boiler. Stir in the chosen essential oil blend.
3. Pour the mixture into the jar. Let it cool to room temperature before fastening the lid. Label the jar with the name and date of preparation. Use the balm within 12 months.
4. Take a little of the balm and rub it over the back, chest, and throat. You can apply a thin layer of balm just under the nose and temples if desired.

# **Tropical Cuticle Balm**

## **(To Use on Dry or Cracked or Damaged Cuticles)**

### **Things You Need:**

- 4 tablespoons coconut oil
- 1 teaspoon cocoa butter
- 1 teaspoon lemon juice (optional)
- Double boiler or saucepan
- Glass jar with lid

### **Directions:**

1. Melt the coconut oil and cocoa butter in a double boiler or saucepan.
2. Turn off the heat.
3. Add lemon juice only if you want a short shelf life. For a longer shelf life, do not add lemon juice.
4. Transfer the mixture into the jar. Let it cool completely. Close the lid and label the jar with the name and date of preparation.
5. Take a little of the balm and apply it on the cuticles. Rub gently. Use

whenever required.

# **Rose Lip Balm**

**(To Use on Dry or Cracked Lips)**

## **Things You Need:**

- $\frac{1}{2}$  tablespoon beeswax
- $1 \frac{1}{2}$  tablespoons rose-infused oil
- $\frac{1}{2}$  tablespoon cocoa butter
- $\frac{3}{4}$  teaspoon castor oil
- $\frac{1}{2}$  teaspoon vanilla extract
- $\frac{1}{8}$  teaspoon powdered alkanet root
- Lip balm container

## **Directions:**

1. Melt beeswax in a double boiler.
2. Take the heatproof bowl out of the double boiler. Stir in castor oil, rose-infused oil, and cocoa butter.
3. Add vanilla extract and powdered alkanet root and stir well. Cool for 10 minutes
4. Pour the mixture into the lip balm container. Let it cool to room temperature before fastening the lid. Place it in the refrigerator for a few

hours to set.

5. Take a bit of the balm and rub it on your lips. Use 1 – 2 times daily

# **Orange Lip Balm**

**(To Use on Dry or Cracked Lips)**

## **Things You Need:**

- 4 teaspoons beeswax
- 2 tablespoons olive oil
- 4 teaspoons Shea butter
- 2 tablespoons coconut oil
- 10 drops vanilla extract
- 18 – 20 drops sweet orange oil
- Lip balm container

## **Directions:**

1. Melt beeswax, olive oil, Shea butter, and coconut oil in a double boiler.
2. Take the heatproof bowl out of the double boiler.
3. Stir in vanilla extract and orange essential oil.
4. Pour the mixture into the lip balm container. Let it cool to room temperature before fastening the lid. Place it in the refrigerator for a few hours to set.

5. Take a bit of the balm and rub it on your lips. Use 1 – 2 times daily.

# **Vegan Lip Balm**

**(To Use on Dry or Cracked Lips)**

## **Things You Need:**

- ½ tablespoon coconut oil
- 1 tablespoon soy wax or carnauba wax, or candelilla wax
- 5 drops lavender essential oil
- 10 drops carrot seed oil or any other carrier oil
- Double boiler
- Lip balm container or tube

## **Directions:**

1. Melt coconut oil and the chosen wax in a double boiler. Take the bowl out of the double boiler and let it cool for 10 minutes.
2. Stir in carrot seed oil and lavender oil. Pour into the container and let it cool completely before closing the lid.

## **Headache Balm**

**(To Relieve Headache)**

### **Things You Need:**

- 4 tablespoons coconut oil
- 8 – 10 drops peppermint or lavender, or rosemary essential oil
- Double boiler
- Glass jar with lid

### **Directions:**

1. Melt the coconut oil in a double boiler.
2. Take the bowl out of the double boiler. Stir in the preferred essential oil.
3. Allow it to cool down for 15 – 20 minutes.
4. Pour into the jar. Let it cool completely. Close the lid and label the jar with the name and date of preparation.

# **Cleansing Balm**

## **(To Remove Makeup and Cleaning in General)**

### **Things You Need:**

- 4 tablespoons Shea butter
- 2 tablespoons cocoa butter
- 2 tablespoons coconut oil
- 2 teaspoons calendula oil
- 10 drops bergamot essential oil
- 10 drops frankincense essential oil
- 10 drops geranium essential oil
- Microwave safe container (glass)
- Glass or plastic or metal jar with lid

### **Directions:**

1. Combine coconut oil, Shea butter, and cocoa butter in a microwave-safe container.
2. Cook on high for about 1 – 1½ minutes, stirring every 30 seconds.
3. Let the mixture cool for 15 – 20 minutes, until a bit warm.
4. Stir in calendula oil and the essential

- oils. Transfer the mixture into the jar. Fasten the lid on cooling completely and label the jar with the name and date of preparation.
5. Rub a little of the balm to cleanse your face or remove makeup. Wipe off with a moist cloth

# **Cracked Foot & Heel Balm**

## **(To Heal Cracked Feet and Heels)**

### **Things You Need:**

- 2.8 ounces beeswax
- 2.8 ounces Shea butter
- 7 ounces coconut oil
- 1 teaspoon vitamin E oil
- 20 drops frankincense essential oil
- 20 drops lavender essential oil
- Double boiler
- Jar with lid

### **Directions:**

1. Melt beeswax, Shea butter, and coconut oil in a double boiler.
2. Take the heatproof bowl out of the double boiler. Let the mixture cool for 15 minutes.
3. Stir in vitamin E oil and essential oils.
4. Pour the mixture into the jar. Let it cool to room temperature before fastening the lid. Label the jar with

- the name and date of preparation.
5. Apply on cracked feet or heels and rub gently into the skin. Repeat 2 times in a day until you are relieved

# **Soothing Foot Balm**

**(To Soothe Your Foot)**

## **Things You Need:**

- ½ cup Shea butter
- 4 tablespoons olive oil
- 4 tablespoons coconut oil
- 1 ounce beeswax
- 26 drops peppermint essential oil
- 30 drops melaleuca essential oil
- Double boiler
- Glass jar with lid

## **Directions:**

1. Melt beeswax, Shea butter, and coconut oil in a double boiler.
2. Take the heatproof bowl out of the double boiler. Let the mixture cool for 15 minutes.
3. Stir in the essential oils.
4. Pour the mixture into the jar. Let it cool to room temperature before fastening the lid and label the jar with the name and date of preparation.

5. Apply on your foot and rub it lightly into the skin

# **All-Natural Soothing Skin Balm**

**(To Use on Dry Skin, to Keep Hands Soft and Supple, to Moisturize Overnight)**

## **Things You Need:**

- 4 tablespoons extra-virgin olive oil
- 4 teaspoons sweet almond oil
- 4 tablespoons coconut oil
- 4 teaspoons beeswax
- 16 drops lavender essential oil
- 16 drops lemon essential oil
- 20 drops peppermint essential oil
- $\frac{1}{2}$  teaspoon vitamin E oil
- 4 tablespoons honey (optional)
- Double boiler
- Glass jar with lid

## **Directions:**

1. Melt beeswax, almond oil, olive oil, and coconut oil in a double boiler.
2. Take the heatproof bowl from the double boiler. Let the mixture cool for 15 minutes.
3. Stir in vitamin E oil and essential

oils. Add honey if using and stir.

4. Pour the mixture into the jar. Let it cool to room temperature before fastening the lid. Use it within 6 months.
5. Apply a little of the balm on the required area and rub it into the skin.

# **Moisturizing Hand Cream**

## **(Great Cream for Dry Hands and Cracked Hands)**

### **Things You Need:**

- 4.2 ounces unrefined Shea butter
- 1.8 ounces extra-virgin olive oil
- 1 tablespoon beeswax pastilles
- 40 – 60 drops essential oil (optional, choose from cedarwood, geranium, Roman chamomile, rose, myrrh, or lavender)
- Double boiler
- Glass jar with lid

### **Directions:**

1. Melt beeswax, Shea butter, and extra-virgin olive oil in a double boiler.
2. Take the heatproof bowl out of the double boiler. Let the mixture cool for 15 minutes.
3. Stir in the essential oil if using.
4. Pour the mixture into the jar. Let it cool to room temperature before

fastening the lid.

5. Take a little of the cream and place it on one of your palms. Rub your hands together to spread the cream. Dab a little on the back of your hands and on the cracked part if desired.

# **Chapter Fifteen: Salve Recipes**

## **Anti – Wrinkle Eye Cream**

**(To Use under the Eyes and Wrinkles around the Eyes)**

### **Things You Need:**

- 6 teaspoons jojoba oil
- 6 teaspoons rosehip oil
- 3 tablespoons apricot kernel oil
- 10 drops carrot essential oil
- 10 teaspoons rose water (optional)
- 3 teaspoons beeswax pastille
- Double boiler
- Glass jar with lid

### **Directions:**

1. Melt jojoba oil, apricot oil, rosehip oil, and beeswax in a double boiler. Take the heatproof bowl from the double boiler and let it cool for 10 minutes. Add carrot essential oil and

rose water if using and stir.

2. Pour into a glass jar. Keep the jar in the refrigerator until the cream sets.
3. Close tightly with the lid and label the jar with the name and date of preparation.
4. It has a shelf life of about 5-6 months.
5. Rub the cream under your eyes in the morning and before bedtime.

# **Muscle Relaxing Cream**

## **(To Relax Sore Muscles)**

### **Things You Need:**

- 4 ounces coconut oil
- 1 ounce beeswax, grated
- 2 ounces almond oil or olive oil
- 4 ounces Shea butter
- 2 teaspoons ground ginger
- 1 teaspoon turmeric powder
- 1 teaspoon ground cayenne pepper
- 20 drops peppermint essential oil
- 10 drops eucalyptus essential oil
- 10 drops camphor essential oil
- 20 drops clove essential oil
- Glass jar with lid
- Double boiler
- Cheesecloth
- Fine wire mesh strainer
- Measuring cup

### **Directions:**

1. Melt together olive oil and coconut oil in a double boiler.

2. Take the heatproof bowl out of the double boiler.
3. Stir in the spices. Mix until well combined. Keep it aside for an hour for the spices to infuse. Line a fine wire mesh strainer with cheesecloth. Strain the mixture into the measuring cup.
4. Wipe and clean the heatproof bowl. Add beeswax into the heatproof bowl and melt the beeswax in the double boiler. Once melted, add Shea butter, and stir until well combined.
5. Take the heatproof bowl out. Pour the spice oil into the heatproof bowl. Stir well.
6. Add essential oils and stir until well combined.
6. Pour into a container or glass jar with a lid. Let it cool completely. Fasten the lid. This cream can last 6 – 7 months. Label the jar with the name and date of preparation.
7. Take a little of the cream and rub on the sore muscles that need to be

relaxed in a circular manner. Repeat this twice a day if required.

8. After you apply the cream, make sure to wash your hands very well with soap and water.

## **Wonder Salve**

**(To Use from Top to Toes, i.e., Dry Hair, Dry Skin, Dry Hands, Cracked Lips, and Dry Feet)**

### **Things You Need:**

- 6 tablespoons Shea butter
- 2 tablespoons coconut oil
- 2 tablespoons beeswax
- 6 tablespoons jojoba oil
- 20 – 40 drops essential oil of your choice
- 2 teaspoons jojoba oil
- Glass jars with lid

### **Directions:**

1. Melt beeswax, Shea butter, and coconut oil in a double boiler.
2. Take the heatproof bowl out of the double boiler. Add jojoba oil and vitamin E oil and stir well. Let the mixture cool for 15 minutes.
3. Stir in the essential oil.
4. Pour the mixture into the jars. Let it

cool to room temperature before fastening the lid and label the jar with the name and date of preparation.

5. Rub the salve on any part from top to toes.

# **Miracle Night Cream**

**(To Use on Any Part of the Skin and Under the Eyes)**

## **Things You Need:**

- 1 teaspoon beeswax
- 4 tablespoons almond oil
- 2 teaspoons vitamin E oil
- 2 teaspoons raw honey
- 10-20 drops lemon essential oil
- 2 teaspoons coconut oil
- 1 teaspoon Shea butter
- $\frac{1}{2}$  cup aloe Vera gel
- 1 teaspoon bentonite clay
- Double boiler
- Non-metallic bowl
- Wooden spoon or any non-metallic spoon
- Blender
- Glass jar with lid

## **Directions:**

1. Melt coconut oil, almond oil, Shea butter, and beeswax in a double

boiler. Stir well. Remove the heatproof bowl from the double boiler and cool completely.

2. Blend aloe Vera gel in a blender until smooth.
3. Add the blended oil mixture and blend until smooth.
4. Add aloe Vera gel mixture, honey, vitamin E oil, and lemon oil into the non-metallic bowl and mix well.
5. Add bentonite clay and stir with a wooden spoon. Do not use a metal spoon at all.
6. Scoop it into a glass jar with a lid. Close tightly with the lid.
7. Store in a cool and dark place. Use it within 6 months. This cream can be made into daytime cream by omitting lemon essential oil.
8. It has a shelf life of about 5-6months. Use every night.

## **Neosporin Salve**

**(To Use on Cuts, Bruises, and Scrapes.  
Also Good for Dry and Cracked Hands or  
Feet)**

### **Things You Need:**

- ¼ cup olive oil
- 2 tablespoons grated beeswax
- ¼ cup coconut oil
- 3 tablespoons dried calendula
- 3 tablespoons dried lavender
- ½ tablespoon raw honey
- 3 – 6 drops lavender essential oil
- 3 – 5 drops tea tree essential oil
- Small glass jar with lid
- Double boiler
- Fine wire mesh strainer
- Cheesecloth

### **Directions:**

1. Add coconut oil and olive oil into the heatproof bowl of the double boiler. Melt the mixture until smooth.
2. Stir in lavender and calendula.

Reduce the heat of the double boiler and let it simmer for about 18 – 20 minutes.

3. Line a fine wire mesh strainer with cheesecloth and place it over a bowl. Pour the oil mixture into the strainer and strain the oil. Discard the lavender and calendula.
4. Pour the strained oil into the heatproof bowl of the double boiler. Add honey and beeswax and place the bowl in the double boiler.
5. Once the mixture melts and is smooth, take the bowl from the double boiler and let it cool for 15 – 20 minutes. Stir in essential oils.
6. Transfer the mixture into the jar and let it cool completely.
7. Apply the salve on any of the cuts, bruises, and scrapes. Cover with a bandage if required.

## **Tummy Tuck Cream**

### **(To Tighten Skin and Reduce Fat around the Abdomen)**

#### **Things You Need:**

- 30 drops lavender essential oil
- 30 drops frankincense essential oil
- 30 drops grapefruit essential oil
- 30 drops geranium essential oil
- 2 cups extra-virgin olive oil
- $\frac{1}{2}$  cup grated beeswax
- $\frac{1}{4}$  cup vitamin E oil
- 2 cups rose water
- Double boiler
- Salve containers

#### **Directions:**

1. Melt together olive oil and beeswax in a double boiler.
2. Remove the bowl from the double boiler. Add vitamin E oil and stir. Transfer the mixture into a blender, and leave it to cool completely before blending to a smooth mixture.

3. With the blender machine running, pour rose water in a thin stream through the feeder tube. Blend until smooth and emulsified.
4. Add essential oils and pulse until well combined.
5. Scoop the cream into salve containers. Fasten the lid and store it in a cool and dry area.
6. Take a little of the cream and massage it over your abdominal area. This cream is also good for abdominal bloating. Do this once daily.

# **Ointment for Burns and Scrapes**

## **(To Apply on Burns and Scrapes)**

### **Things You Need:**

- 4 tablespoons refined coconut oil
- 2 – 4 teaspoons beeswax pastilles (to use only if you want firm salve)
- 4 drops frankincense essential oil
- 4 drops helichrysum essential oil
- 4 drops lavender essential oil
- Double boiler
- Salve container

### **Directions:**

1. Add coconut oil and beeswax into the heatproof bowl of the double boiler. Melt the mixture until smooth.
2. Take the bowl out of the double boiler and let the mixture cool for about 10 minutes.
3. Stir in the essential oils. Pour the mixture into the salve container, and refrigerate until the salve sets.
4. Place the salve in a cool and dry

place.

5. Take a little of the salve and apply over burns and scrapes. Place a bandage on the salve if required

# **Activated Charcoal Salve**

**(For Relief from Bites and Stings and in Removing Splinters)**

## **Things You Need:**

- ½ cup calendula infused oil
- 4 teaspoons grated beeswax
- 6 teaspoons bentonite clay
- ½ cup coconut oil
- 6 teaspoons activated charcoal (about 30 capsules)
- 20 drops tea tree essential oil
- 20 drops lavender essential oil
- Salve container
- Double boiler
- Non Metallic bowl
- Wooden spoon

## **Directions:**

1. Melt coconut oil, calendula oil, and beeswax in a double boiler. Melt the mixture until smooth.
2. Take the bowl from the double boiler. Pour the mixture into a

nonmetallic bowl if your heatproof bowl is metallic.

3. Add bentonite clay and activated charcoal and stir well. Let the mixture cool for about 10 minutes.
4. Stir in the essential oils. Pour the mixture into the salve container, and refrigerate until the salve sets.
5. Place the salve in a cool and dry place.
6. Take a little of the cream and apply it onto the skin where you have an insect bite or sting or at the point where a splinter is in the skin. Cover the area with a bandage pad. Fasten with tape if required. Repeat 12 hours for a few days until the wound heals.

# **Chapter Sixteen: Poultice Recipes**

## **Basic Poultice**

**(For General Wounds or Abscess)**

### **Things You Need:**

- 3 – 4 tablespoons or more if required fresh herbs or dried herbs or activated charcoal powder or healing clay
- Cheesecloth or thin organic cloth to make poultice or gauze, to cover the wound
- Hot water or cold water, as required (when to use hot or cold water is mentioned in the directions)
- Reusable waterproof covering to cover the poultice
- Bowl
- Mortar and pestle or blender or mini food processor

### **Directions:**

1. You should use hot water if you want to remove the abscess. You should use cold water if you are using the poultice to relieve inflammation.
2. Grind the herbs in a mortar and pestle or in a blender.
3. Place herbs in a bowl. Add hot or cold water and stir until well combined.
4. The paste is to be applied to the wound or spread between 2 pieces of cloth. Now place the cloth on the wound. Cover the cloth with some waterproof covering. Tape it up if necessary. Let it remain there for a minimum of 20 minutes and a maximum of 3 hours.

# **Herbal Poultice**

**(For Wounds and Abscess)**

## **Things You Need:**

- 1 ½ teaspoons turmeric powder
- 1/3 small onion, sliced
- 3 teaspoons coconut oil
- 1 ½ ounce freshly chopped or grated ginger
- 1 ½ cloves garlic, peeled, chopped
- Pan
- Cheesecloth
- Bowl

## **Directions:**

1. Combine coconut oil, onion, turmeric powder, ginger, and garlic in a pan.
2. Place the pan over low heat and stir often until the mixture is nearly dried. Make sure the mixture doesn't burn. Remove the pan from heat and add all the ingredients into a bowl.
3. Take a piece of cloth, place it flat, and place the mixture in the center.

4. Fold the cloth over the mixture. You can keep it together with a string so that the mixture does not fall out.
5. Place the poultice on the area of the wound. Cover the cloth with some waterproof covering. Tape it up if necessary. Let it remain there for a minimum of 20 minutes and a maximum of 3 hours.

## **Bread Poultice**

**(For Cysts, Abscess, or Splinter)**

### **Things You Need:**

- 3 – 4 tablespoons milk
- A slice of bread
- Pan
- Cheesecloth

### **Directions:**

1. Pour milk into a pan and let it heat over low heat. When milk is slightly hot, remove the pan from heat. Let the milk cool until it is a bit warm.
2. Drop the bread slice in the pan. Soon the bread will absorb all the milk. Now mix it up and spread the paste on the problem area.
3. Wipe it off after 15 minutes. Do this 2 – 3 times in a day until relieved.

# **Baking Soda Poultice**

**(For Razor Burns, Mild Sunburns, and Minor Skin Irritations)**

## **Things You Need:**

- 2 – 3 tablespoons baking soda
- Cold water, as required
- Bowl

## **Directions:**

1. Make a paste of baking soda with a few drops of cold water.
2. Smear the paste on the problem area. Wipe off with a moist cloth after 20 – 30 minutes. Do this 1 – 2 times in a day until relieved.

## **Activated Charcoal Poultice**

**(For Minor Skin Irritation or Insect Bites or Stings)**

### **Things You Need:**

- 1  $\frac{1}{4}$  teaspoons activated charcoal powder
- Cold water, as required
- Bowl
- Damp cloth

### **Directions:**

1. Make a paste of activated charcoal powder with a few drops of cold water. Smear the paste on the problem area. Wipe off with a damp cloth after 10 minutes. Do this 1 – 2 times in a day until relieved.

# **Honey and Chamomile Clay Poultice**

## **(For Bug or Insect Bites, Stings, and Spider Bites)**

### **Things You Need:**

- 2 tablespoons bentonite clay
- $\frac{1}{2}$  tablespoon manuka honey (optional)
- $\frac{1}{4}$  cup cooled chamomile tea
- Gauze
- Non Metallic bowl
- Wooden spoon
- Medical tape or string

### **Directions:**

1. Place bentonite clay, honey, and tea in a bowl and stir with a wooden spoon until smooth.
2. Use as much as required and store the remaining balm in an airtight container in the refrigerator. Make sure to use it within a week.
3. Spread a thick layer of the poultice on a folded piece of gauze. Place the

gauze on the problem area, with the poultice touching it. Fasten by using tape or with a string.

4. Remove after 2 to 3 hours. Clean the area and do the dressing.
5. The poultice can be applied 2 – 3 times a day until you get some relief.

# **Onion Poultice**

## **(For Chest Infection)**

### **Things You Need:**

- 1 large onion, sliced
- 2 – 3 tablespoons water
- Dishtowel
- Pan

### **Directions:**

1. Place a pan over medium heat. Add onion and water and cook for about 5 minutes, stirring occasionally.
2. Place a dishtowel on your countertop. Transfer the onion to the center of the dishtowel.
3. Fold each side of the towel over the onions and make a poultice.
4. Lie down. Place the poultice on your chest (check if you can bear the heat. If not, cool it for a few minutes before placing).
5. Cover yourself with a blanket and rest for 20 minutes.

## **Flaxseed Poultice**

**(To Reduce Inflammation)**

### **Things You Need:**

- 1 – 2 teaspoons finely ground flaxseeds
- Cold water, as required
- Cotton cloth
- Bandage or tape or string

### **Directions:**

1. Make a paste of flaxseeds with a few drops of cold water.
2. Smear the paste on the problem area. Place a piece of cloth over the paste. Fasten the cloth with tape.
3. Remove it after 3 hours. Rinse with warm water. Wipe off with a moist cloth after 20 – 30 minutes. Do this 1 – 2 times in a day until relieved.

# **Garlic Poultice**

**(For Most Illnesses, Cuts, External Wounds, Cough, Wheezing, Cold, Flu, etc.)**

## **Things You Need:**

- 4 – 5 cloves garlic or more if required, peeled
- Cheesecloth or thin cotton cloth or gauze
- Warm water
- Knife or garlic press
- Bowl
- Olive oil or non-petroleum jelly
- Tape or bandage (optional)

## **Directions:**

1. Place the garlic cloves on your cutting board and press the garlic using the back of a knife or garlic press.
2. Fold the cheesecloth in half to get a double layer. Spoon the garlic in the center of the cloth. Fold the sides of the cloth over the garlic and then fold

the other 2 sides over to make a square or a rectangle.

3. Pour warm water into a bowl and place the poultice in it.
4. Remove the poultice from the bowl of warm water and squeeze off extra water. (Do not squeeze it dry).
5. Apply a few drops of olive oil or a little non-petroleum jelly over the problem area (on sensitive skin like the face or for kids). Place the poultice over the problem area. Fasten it with tape or string.

## **Bran Poultice**

### **(For Inflammation, Sprains, Strains, and Bruises)**

#### **Things You Need:**

- 1 – 2 teaspoons bran or more if required
- Few drops hot water
- Cotton cloth
- Bandage or tape or string

#### **Directions:**

1. Make a paste of bran with a few drops of hot water.
2. Smear the paste on the problem area. Place a piece of cloth over the paste. Fasten the cloth with tape.
3. Remove it after 3 hours. Rinse with warm water. Wipe off with a moist cloth after 20 – 30 minutes. Do this 1 – 2 times in a day until relieved.

## **Cabbage Poultice**

**(For Ulcers, Mastitis, Shingles, Gout, Varicose Veins, Eczema, Liver Detoxification, Small Fibroids, Cysts, and Infection)**

### **Things You Need:**

- Cabbage leaf or leaves
- Garlic cloves, pressed
- Cloth piece

### **Directions:**

1. For mastitis: Place a raw cabbage leaf on the sore area. Place garlic over the cabbage. Cover with cloth. Fasten with tape if required.
2. To increase pelvic circulation, place cabbage (raw or cooked) leaf on the lower abdomen. It will also help to dissolve small fibroids and cysts in this area. Place for 10 minutes initially and gradually increase the time over the next few days.
3. To detoxify the liver, place cabbage

- leaf (raw or cooked) over the liver, starting with 10 minutes initially and gradually increasing the time.
4. For other problems, use the cabbage leaf, either cooked or raw, and place it over the problem.

## **Carrot Poultice**

**(For Tumors, Cysts, Abscess, Blisters, Impetigo, and Sore Throat)**

### **Things You Need:**

- 1 carrot, peeled, chopped
- 1 teaspoon vegetable oil
- Saucepan
- Cloth piece or gauze

### **Directions:**

1. Boil carrots in a saucepan of water until very soft.
2. Drain off the water and place them in a bowl. Mash well. Let it cool until warm.
3. Add oil and mix well.
4. Apply a thick layer of the mashed carrot on the problem area. Fold up a cloth piece or gauze into 2 – 4 layers. Place the cloth on the carrots. Fasten with tape.
5. Rinse off after about 3 hours. Repeat 1 – 2 times in a day.

# Conclusion

You have now learned what survival medicine is and the basics of survival medicine. You need to know this if you love the outdoors. This book gave you an overview of survival medicine and some tips you can use when you are outdoors with your friends and family.

Most people cannot maintain a level head when problems happen. You must learn to do this, so you know how to deal with different situations. You learned about essential oils, herbs, and medicinal plants and how they can treat different wounds and bruises. You can also use the recipes in the book to prepare poultices and balms to treat wounds and burns.

Use the tips and tricks mentioned in the book to help you survive outdoors. I hope you learn to stay safe and sound outdoors.

Thank you for buying and reading/listening to our book. If you found this book

useful/helpful please take a few minutes and leave a review on Amazon.com or Audible.com (if you bought the audio version).

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