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## More About Herbal Remedies

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by [Shorty Dawkins](#) , [July 15, 2015](#)



by Shorty Dawkins

By now, most of you have heard, or read, that a collapse is highly probable in the near future. What if it happens? What if we have a depression, or worse, that is more severe than the Great Depression? What if, when you go to the store, the shelves are empty? What if the pharmacy is empty? What can you do to protect the health of your family? Do you have the knowledge to create herbal medicines? Let's assume you stockpiled various anti-bacterial medicines, to protect against infection. What happens when they run out, (and they will run out, eventually)? For centuries, people used herbs, either in teas, tinctures, poultices or salves, to heal themselves. This knowledge has been lost to most folks, but is still available through herbalists, and through health food stores. It is also available online.

In any given region, there are plants that grow, (many wild), that can be used to treat an illness, or to strengthen your body's immune system. In the field outside my door, yarrow grows in abundance, as do dandelions. Both can be used for differing medicinal purposes. Yarrow, for instance, can be used to stop bleeding in a wound, (a coagulant), and it also prevents infection. Achilles brought it with him on his campaigns to heal the wounds his troops suffered from. Mullein, a plant that grows wild, quite often along roadsides, is good for lung disorders. There are several plants outside my door.

Some plants grow in warm climates, while others grow in temperate climates. Some herbs, such as cinnamon, myrrh and frankincense need to be imported. Those not grown in your region will need to be stockpiled, but truth to tell, stockpiling herbs is a lot cheaper than stockpiling medicines, and they have a lot longer shelf life than pharmaceutical medicines.

I am no expert, but I am learning. Our local health food store is a good source of knowledge. The owner is putting together a suggested list of herbs to stockpile. When it is available, I will gladly pass it on.

Below is another helpful video I ran across, about herbs and herbal medicine. Do yourself a favor and spend the time to watch it. If the collapse comes, and you are not prepared, it will go hard on you, and your family.

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