Tid Bits of Advice for the field! Skin Infections, Sinus Infection, Wound Treatment.

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Aug 28 · 2 min read

Image for post

Have you ever thought about making a natural nasal spray for sinus infections? Here is one that is easily made and works pretty well when made at home and administered correctly.

3 drops of grapefruit seed extract

5 drops of juniper extract

5 drops sage extract

5 drops of echinacea extract

5 drops usnea extract

5 drops of eucalyptus extract

Take all ingredients and place in a 30 ml nasal spray bottle and then add water to finishes filling the nasal spray bottle. Shake to mix all of the contents then spray as needed into the nasal cavities.

Another great herbal oil that can be made for skin infections is as follows:

1 ounce sage

1 ounce garlic

1 ounce echinacea root

1 ounce acacia

1 ounce usnea

1 quart olive oil

Put oil into a pot, use a stainless steel or aluminum pot. Grind all ingredients as finely as you can then place the herbs into the oil. Warm the mixture over night at a very low temp ex. (150 degrees) or so. Let the mixture cool after it has warmed over night then press the compound through a cloth into a sealable container. Always store the sealed container out of the sun and at room temps.

A good wound herbal mixture or salve can be made with the following ingredients:

1/4 teaspoon eucalyptus essential oil

1/4 teaspoon vitamin E

4 ounces bees wax

1/2 ounce usnea powdered

1/2 ounce wormwood powdered

1 ounce acacia leaf

1 ounce oak bark ground fine

1 1/2 ounce juniper powdered

1 ounce cryptolepsis

3/4 ounce echinacea seeds ground fine

1 quart olive oil

Make an oiled infusion as you did with the nasal spray mentioned at the beginning of this article. Take the infusion and rewarm slowly, when the infusion is warm add 2 ounces of bees wax to every pint of infused oil. Heat mixture until the bees wax is melted then remove it from the heat source and let cool. Right before the mixture hardens add your eucalyptus oil and vitamin e oil and stir it all together well. Pour the mixture into sealable containers and label them.