



***OLD  
MEDICINAL  
REMEDIES  
FROM  
OUR  
ANCESTORS***

# OLD FASHIONED REMEDIES



## ACKNOWLEDGMENTS

A special thank you to everyone who shared their remedies with me as I prepared this book. Thank you for taking the time to chat with me, I enjoyed it very much.

Compiled and coordinated by Norma Jean Clarke as part of the 1997 *Celebrating Maritime Traditions* project.

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### **CAUTION**

This book is intended to serve as a memorial to our ancestors' way of life, not as a medical guide or manual for self treatments. It is not intended as a substitute for any treatment prescribed by your doctor.

Pregnant women or anyone under a physician's care should not pursue any treatment without first consulting their doctor.

## WHAT OUR ANCESTORS DID FOR:

### HICCOUGH CURE

Many children are subject to this distressing complaint. A lump of sugar saturated with vinegar and given to the little one to suck will relieve it instantly.

### HICCOUGH CURE

Small pieces of ice applied suddenly, so as to surprise the patient, will stop persistent hiccupping. Also hot drinks of weak coffee and milk taken frequently has the desired effect.

### SWOLLEN AND BLEEDING GUMS

Rinse the mouth with a wineglassful of warm water in which is placed about seven drops of myrrh. This will harden the gums and keep them from working off the teeth, which always gives them a bad appearance.

### ANTIDOTE FOR POISONING

If a person swallows any poison whatever, or has fallen into convulsions from having overloaded the stomach, an instantaneous remedy, more efficient and applicable in a larger number of cases than any one-half dozen medicines we can think of, is a heaping teaspoonful of common salt and as much ground mustard, stirred rapidly in a teacupful of water, warm or cold, and swallowed instantly. It is scarcely down before it begins to come up, bringing with it the remaining contents of the stomach; and lest there be any remnant of poison, however small, let the white of an egg or a teacupful of strong coffee be swallowed as soon as the stomach is quiet. These very common articles nullify a larger number of virulent poisons than any medicines in the shops.

### CRAMP IN THE LEG

A garter applied tightly around the limb affected will, in most cases, speedily remove the complaint. When it is more obstinate, a brick should be heated, wrapped in a flannel bag, and placed at the foot of the bed, against which the person may place his feet. No remedy, however, is equal to that of diligent and long-continued friction.

## SUNSTROKE

Sunstroke is prevented by wearing a silk handkerchief in the crown of the hat, or green leaves, or a wet cloth of any kind; but, during an attack, warm water should be instantly poured on the head, or rags dipped in the water and renewed every minute. The reason is twofold - the scalp is dry and hot and the warm water not only removes the dryness but carries off the extra heat with great rapidity by evaporation.

## NOSE BLEED

Snuffing up powdered alum will generally control troublesome bleeding from the nose. It will also almost always stop excessive hemorrhage from a cavity caused by the extraction of a tooth, by being placed in it.

The best remedy for bleeding at the nose, as given by Dr. Gleason in one of his lectures, is in the vigorous motion of the jaws, as if in the act of mastication. In the case of a child a wad of paper should be placed in its mouth and the child should be instructed to chew it hard. It is the motion of the jaws that stops the flow of blood. This remedy is so very simple that many will inclined to laugh at it, but it has never been known to fail in a single instance, even in very severe cases.

## CHOKING

To prevent choking, break an egg into a cup and give it to the person choking to swallow. The white of the egg seems to catch around the obstacle and remove it. If one egg does not answer the purpose try another. The white is all that is necessary.

## BUNIONS

Let fall a stream of very warm water from a teakettle, at the highest elevation from which the patient can bear the water to fall directly on the apex of the swelling; continue this once a day for a short time and a cure will be effected, providing you desist from wearing short shoes. The greater the elevation of the kettle the more effectual the remedy.

It is said that the following is a good bunion remedy: Use pulverized saltpeter and sweet oil; put into a bottle with olive oil to nearly dissolve it; shake up well and rub the inflamed joints night and morning and more frequently if painful. This is a well-tried remedy.

## CORNS

Soak bread in vinegar, bind on day and night and they will come out by the roots.

## FELON CURE (abscess, under or near the nail of finger or toe)

Apply a poultice of raw onions three times a day and four days will effect a cure.

## FELON CURE

The first symptoms of felon: The person imagines there is a briar in the inner covering of the bone, usually at the last joint of the finger. Then apply a soft cloth saturated with tincture of stramonium (generally known as jimson weed). Bind on with neatly laid bandage. This will prevent any further progress of the felon.

## TO COOL THE BLOOD

Take eight ounces of sarsaparilla, three ounces of root licorice, six ounces of wild cherry bark, one-half teaspoonful each of cinnamon and red pepper. Boil in three gallons of rain water till reduced to one-half. Sweeten a very little. This is a fine drink for cooling the blood. Abstain from sweets while using it.

## BLOOD PURIFIER

Clover tea is a fine blood purifier, drank freely, removing pimples and whitening the skin. It is also a sleep-inducing draught.

## LOOSE BOWELS

Make a simple syrup of a pound of sugar to each pint of water and oil till it is rich and thick. Add as many pints of the expressed juice of ripe blackberries as there are pounds of sugar. Grate half a nutmeg to each quart of syrup and let it boil from fifteen to twenty minutes. Then add one-half of fourth-proof brandy to each quart of syrup. Set it by till cold, then bottle for use. A tablespoonful for a child or a wineglassful for an adult, is a dose.

## MOSQUITO BITES

Take a teaspoonful of the tincture of wild rosemary to one-half tumblerful of water and apply the lotion where the insect stung.

### **DROPSY CURE** (fluid in the body tissue especially in the legs)

A tea made of chestnut leaves and drank freely instead of water will relieve an obstinate case of dropsy in a few days.

### **PAIN RELIEF** (LINIMENT)

Take one ounce of camphor, four ounces of olive oil. Dissolve the gum in the oil. By adding one-quarter of an ounce of chloroform a liniment is obtained which will allay any pain.

### **LINSEED POULTICE**

Take four ounces of linseed meal and ten fluid ounces of boiling water. Mix the linseed meal gradually with the water and apply. Dip the spoon with which you spread the poultice in boiling water and the mass will not stick to it.

### **MUSTARD POULTICE**

Take two ounces dry mustard and mix it with the white of two eggs to a proper consistency. A teaspoonful of flour can be added.

### **DIPHTHERIA**

Relief has followed in the early stages of this terrible complaint by gargling with sulfur and water, or have some blown down the throat in the form of a spray. For a simple sore throat bind a strip of flannel on, wet in camphor, and use a gargle of salt and vinegar.

### **CATHARTIC**

One-half ounce each of peppermint leaf and jalap, one ounce of senna, two ounces of figs chopped fine. Dose: Put a teaspoonful of the mixture into a cup and pour upon it three tablespoonfuls of boiling water; drink when cold. Take before breakfast.

### SPRAIN REMEDY

Take the white of two eggs and put into a cup; stir with a lump of alum the size of an English walnut until it jellies. Saturate a cloth and apply to the sprain, changing if for a fresh one as often as it becomes hot and dry. Keep the limb in a raised or horizontal position.

### DRY PILES

The dry piles can readily be cured by a bruised onion, roasted in ashes.

### SCROFULA (tuberculosis of the lymph glands)

Take as much cream of tartar as lies on a nickel, every morning and evening. Or, make a leaf of dried burdock into a pint of tea; take one-half pint twice a day for four months.

### QUINSY ( abscess surrounding the tonsils)

Roast four large onions. Peel them quickly and slightly pound. Add to them a little sweet oil. Place them while hot in a thin muslin bag that will reach from ear to ear, first thoroughly rubbing the throat and in this way getting up a good circulation of blood. Apply as warm as possible to the throat. Change when the strength of the onions appears to be exhausted. Flannel must be worn round the neck after the onions are removed.

### ABSCCESS

An abscess requires the application of warm poultices and a cooling aperient medicine. The poultice may be made of bread and water, oatmeal or linseed meal. These should be applied till the abscess bursts when it should discharge freely. After it has ceased, apply moist linen for a day or two; then apply absorbent cotton saturated with peroxide. This will draw out the poison. If the healing is slow, dust the abscess over with iodoform. It is sometimes necessary when the bursting is slow and the pain great to open the abscess with the point of a lancet, which prevents much suffering.



## GUMBOIL

A decayed root of a tooth caused inflammation and abscess of the gum, which abscess breaks, and becomes a gumboil. foment the outside of the face with a hot camomile and poppy-head fomentation and apply to the gumboil, between the cheek and the gum, a small white bread-and-milk poultice, which is renewed frequently. As soon as the gum boil become quiet, extract the tooth.

## CATARRH CURE (Inflammation of any mucous membrane, nasal passage)

One drachm of golden seal powder, one quart of hot water, one teaspoonful of common salt, one teaspoonful of white borax, ten drops of weak carboic acid. Mix and stand one hour. Then take a one-ounce bottle of liquid and pass through nostril; repeat same amount thought other nostril.

## CATARRH REMEDY

Two ounces of powdered cubebs, two ounces of chamoline blows. Mix well together. Put a small portion into a clean pipe, smoke and draw back through the nose, three or four times daily.

## COUGH SYRUP -FINE

One ounce each of hoarhound and licorice, two ounces of gum arabic, one pint of molasses and one teacupful of vinegar. Boil the hoarhound in one quart or water; dissolve the licorice and gum arabic in a little water first. Strain the hoarhound before adding the other ingredients. Do not put in the vinegar until it is nearly done.

## A SURE COUGH CURE

Three-eighths of an ounce of anise seed, three-eighths of an ounce of stick (or root) licorice, three-eighths of an ounce of senna leaf and one-half pint of Jamaica rum. Pour one pint of boiling water on the herbs and let them simmer slowly, down to one-half pint. Then strain and when cool add one-half pint of best syrup and one-half pint of rum. Take as often as required.

## CHOLERA INFANTUM

For cholera infantum, the white of two eggs well beaten; then mix with water; add one teaspoonful of orange-flower water and a little sugar; a tablespoonful every hour. It will cure the worst case of cholera infantum, the egg coating the bowels.

### RELIEF FOR CHOLERA

One ounce of essence of peppermint, one ounce of laudunum, one ounce of spirits of camphor, one ounce of spiced rhubarb, one teaspoonful of cayenne pepper. Dose: One-half teaspoonful as often as required to relieve pain.

### A GOOD WAY TO TAKE CASTOR OIL

There is nothing better for a cold than castor oil and a very simple way to give it to children, is to make up a pan of molasses candy and add plenty of castor oil to it just before removing from the fire. The taste of oil in it cannot be detected.

### CROUP

One teaspoonful of molasses and one teaspoonful of goose oil is given to a child in the early stage of croup will relieve it at once.

### HEAD COLD

A cold in the head is very disagreeable. Inhale spirits of camphor when the first symptoms appear. Put one or two drops of the camphor on a small lump of sugar, dissolve in a wine-glassful of water and take a teaspoonful every two hours.

### TOOTHACHE CURE

One-quarter of a pint of best alcohol, one-half ounce of chloroform, one-half ounce of arnica, one-quarter ounce of oil of cloves. Mix and apply with a piece of absorbent cotton; rub also on the gums and upon the face against the tooth.

### PALPITATION OF THE HEART

Take a shot of soda water.

### ULCER

Boil walnut-tree leaves in water with a little sugar. Apply absorbent cotton dipped in this, changing it once in two days. This has done wonders. This has cured foul bones; yea, and a leprosy. Foment morning and evening with a decoction of mint; then sprinkle in it finely powdered rue.

## COLIC

There are few diseases attended with more pain, although not at all dangerous. It is a spasmodic affection of the bowels. It is caused by indigestible food, gas, and bile in the system. **REMEDY:** Apply hot flannel cloths wrung out in hot water. If the bowels are tight an injection of hot water is excellent; so, also, is a hot foot bath.

## CREAM FOR THE COMPLEXION

One-half ounce of white wax, one-half ounce of spermaceti, two and one-half ounces of oil of sweet almonds, three-fourths of an ounce of strawberry juice, three drops of tincture of benzoin, two drops of oil of rose.

Take large, fresh strawberries, wash and drain thoroughly. Macerate and strain through muslin. Shave the wax and spermaceti and put in a porcelain kettle over a slow fire. When they have melted add the almond oil. Heat slightly, remove from fire and pour in the strawberry juice. Fluff up quickly with an egg beater. When the mixture begins to cream add the benzoin and the perfume. Put in a jar and keep in a cool place.

## SURE CURE FOR PIMPLES

Mix a thimbleful of sulfur in a glass of milk before breakfast. It may be taken three times a week.

## ROUGH SKIN

Take four ounces of olive oil, one-quarter of an ounce of white wax, one ounce of spermaceti, one ounce of lanolin, one-eighth of an ounce of camphor gum. Heat the five ingredients until the camphor is dissolved, take off the stove, beat with an egg-beater until the mass is concrete. Use as you would cold cream or any other unguent.

## OBSTINATE BLACKHEADS

For obstinate blackheads try the following: Four ounces of tincture of green soap, four and one-half ounces of distilled witch hazel; mix; apply every second day and wash off immediately with hot water.

**FOR PIMPLES**

One tablespoonful of table salt to a teacupful of water; wash your face with the solution. Grubs and worms have a mortal antipathy to salt.

**TO MAKE THE HAIR GROW**

Seventy-five grains of beta naphthol, seventy-five grains of hydrarg ammon, two ounces of lanolin and ungt. Aqua Rosal in equal parts. Mix and apply to scalp after each shampoo.

**CURE FOR A BROWN THROAT**

When the neck and throat have taken on a brown tinge from exposure to the sun or from wearing the high stock collars so fashionable, it can be remedied by using the following paste: Beat up an egg, add one ounce of honey, one teaspoonful of lemon juice, six drops of oil of bitter almonds and enough fine oatmeal to make it into a paste. Use morning and night.

**FRECKLE LOTION**

Four grains of corrosive sublimate, twenty-four drops of muriatic acid, three-quarters of an ounce of lump sugar, two ounces of alcohol, enough rose water to make one-half pint; mix until dissolved and apply night and morning.

**CAMPHORATED OIL:**

Heat and rub it on your chest, throat and between the shoulders.

**FRIAR'S BALSAM**

Inhale Friar's balsam in hot water.

**MINARD'S LINIMENT:**

2 drops Minard's liniment  
1 teaspoon sugar

Mix together, this is very strong but very good.

**MUSTARD FOOT BATH:**

2-3 tablespoons Dry Mustard  
Hot water

Heat water to a temperature that you can endure add dry mustard. Soak your feet for about 15 minutes.

**MUSTARD POULTICE:**

2 teaspoons of dry mustard  
3 tablespoons flour

Mix with water to make a paste, put between a flannel cloth  
Grease your chest before laying it on your chest for about 5 to 8 minutes

**GOOSE GREASE:**

When roasting a goose, save the grease  
Store in a bottle, put in refrigerator. Rub the grease on the chest for croup or a bad cold.

**COLD CHILLS:**

1 lemon  
Hot water  
1 teaspoon sugar

Squeeze lemon into a hot mug of water, add sugar for taste. Drink while still hot.

**PEPPERMINT DRINK:**

2 drops of peppermint  
Warm water  
Sugar

Put 2 drops of peppermint in a glass of warm water, add a little sugar for taste.  
Drink it while it's still warm.

**SLOAN'S LINIMENT:**

Put a couple of drops of Sloans on sugar and roll to make a little ball.

**MINARD'S LINIMENT:**

Put 1 teaspoon of molasses with a drop of minard's liniment.

**SALT HERRING FOR A FEVER:**

Salt Herring  
Red Flannel Cloth

Put a salt herring around your throat, wrap it in a piece of red flannel.

**SALT HERRING FOR A SORE THROAT:**

Heat a Salt Herring in the oven, put into a sock and wrap it around your neck.

**EARACHE:**

Mix black pepper and water and heat until warm.

**COUGH SYRUP:**

2 drops of white liniment and 1 tablespoon molasses

**SUNBURNS:**

Rub with cold milk  
Immerse in cold water

**BEDWETTING:**

Eat pumpkin seeds

**INSECT STINGS:**

Juice from a rhubarb stalk or make a paste with baking soda and water

**CHILBLAINS:**

1/2 cup of lard, mix 1 teaspoonful mustard. Let stand until cold, use as an ointment.

**EARACHE:**

Blow smoke in the ear

**BOILS:**

Soak in warm Epsom salts, 1/2 cup per quart of water

**SUNBURN:**

Wet tea leaves, or a vinegar dampened cloth

**HOARSENESS:**

Wrap a warm towel around the throat

**CRAMPS:**

Pepper and molasses

**INFECTION:**

Anyone who might step on a nail or any sharp object, take a piece of salt pork rind, prick with a fork, add turpentine and bind around with a cloth and put on the affected area.

**EARACHE:**

Put a few drops of your own urine in your ear.

**STOPPAGE OF WATER:**

1 teaspoon of niter in a small glass of warm water, add a little bit of sugar for taste.

**FITS:**

**This has to be the first fit a child takes: make a warm bath, to put him/her in. But take his/her shirt off and burn it right away. I found this is a wonderful cure.**

**By: D. McKay**

**DIARRHEA:**

**Get yellow root from close to the tree trunk. Wash and put in pot, boil, and give 1 teaspoonful for children and 1 tablespoon for adults.**

**SORE THROAT:**

**Boil butter and Molasses together until it forms a syrup.**

**Gargle with soda and salt water.**

**A SURE COUGH CURE**

**Three-eighths of an ounce of anise seed, three-eighths of an ounce of stick (or root) licorice, three-eighths of an ounce of senna leaf and one half pint of Jamaica rum. Pour one pint of boiling water on the herbs and let the simmer slowly, down to one-half pint. Then strain and when cool add one-half pint of best syrup and one-half pint of rum. Take as often as required. This recipe has been in our family for years and has never failed.**

**By Myra Town**

**BEER COUGH SYRUP**

**1 bottle of beer  
2 cups of white sugar  
1 bottle of honey  
1 bottle of peppermint**

**Slowly boil the beer and sugar for 5 minutes**

**Cool, add honey and peppermint**

**Store in bottles and keep in cool place**

**By John Adrien Clarke ( Great, Great Grandmother Doyle receipt)**



### LABRADOR TEA COUGH SYRUP

4-5 cups of water  
 2 cups of Labrador Tea leaves  
 3-4 cups of sugar  
 1/2 teaspoon peppermint

Boil the leaves until the juice becomes yellowish color strain, add the sugar and peppermint boil slowly until it starts to thicken a little put in bottles, store in refrigerator.

By Benita Clarke

### COUGH SYRUP - FINE

One ounce each of hoarhound and licorice, two ounces of gum arabic, one pint of molasses and one teacupful of vinegar. Boil the hoarhound in one quart of water; dissolve the licorice and gum arabic in a little water first. Strain the hoarhound before adding the other ingredients. Do not put the vinegar until it is nearly done.

### NANA'S CURE FOR A STY

Put a used tea bag over the eye that has a sty and bandage around head to hold it on all night. Great relief. Repeat second and third night if necessary. The sty will drain.

### NANA'S CURE, TO COMFORT A BURN

Immediately after a burn occurs cut a potato in half. Scrap pulp from center of potato with a spoon and place pulp on burn and cover with a bandage. When the burn begins to hurt again the potato is cooked. Repeat. The quicker this action is taken the better.

### HIVES

Make a poultice with chickweed.

### HIVES

Make a paste with cream of tartar and water. It relieves the itch.

**FEVER**

1 teaspoon of dried thyme, Linden flower, chamomile flower in 1 cup of boiling water for 5 minutes. Strain and drink warm . Three times daily.

**DIARRHEA**

Make carrot juice for a child

**CORNS AND CALLUSES**

Soak your feet in chamomile tea

**CORNS AND CALLUSES**

Take five aspirins-but don't eat them.

Crush the aspirins into a powder, mix into a paste with a tablespoon each of water and lemon juice. Wrap your foot with a warm towel around it for about ten minutes. Unwrap your foot and scrub with a pumice stone.

**CHAPPED HANDS**

Mix a few drops of glycerin with a few drops of lemon oil.

**COLDS**

Drink Licorice root tea

**ARTHRITIS**

Make tea from Willow bark

**ARTHRITIS**

Make tea from Pokeweed berries

**BAD BREATH**

Eat a sprig of Parsley

**BLADDER INFECTION**

**Make Cranberry juice**

**BOILS**

**A heated slice of tomato**

**A raw onion**

**Mashed garlic**

**burdock leaves**

**CUTS**

**Break a piece of Aloe plant and rub it on your cut.  
Apply iodine to the cut**

**CANKER SORES**

**A wet cold tea bag**

**A piece of wax from your ear and rub over the canker sore**

**GOOSE GREASE FOR A CHEST COLD**

**Mix goose grease with turpentine, rub on chest and between the shoulders**

**FEVER**

**Rub mustard water on your legs and put onions in your socks  
Bath feet in Tansey water with 4 tablespoons of course salt and 1/2 cup of stove  
ashes.**

**BREAD POULTICE**

**1 Slice of bread and a little milk, mix and cook it up thick, grease with shortening.  
This remedy is good for infections.**

**EAR ACHE**

**Black pepper and water heated for an ear ache**

**TOOTH ACHE**

**Put cloves in your tooth**

**Put a drop of shaving lotion in the tooth**

**Put a piece of asprin in the tooth**

**DIARRHEA**

**3 shots of Rolleys liniment.**

**Boil rice and drink the juice**

**ARTHRITIS**

**Rub on the sore area, Absorbine Veterinary Liniment.**

**Rub with turptine.**

**BOILS**

**Make a poultice with molasses and flour (cold poultice)**

**Make a poultice with bread, milk and baking soda**

**GRIPPE**

**1 teaspoon of Epson Salts to cup of water**

**BEE STING**

**Apply cold wet earth (soil)**

**Apply baking soda dampened with water.**

**BRUISE**

**Immerse in cold water**

**CHAPPED HANDS**

Rub with fresh lard

**RHEUMATISM**

Boil dandelion roots, strain and drink the juice

**PROMOTE VOMITING**

1 teaspoon of mustard in a cup of warm water

**DISINFECT HOUSES**

Burn sulfur in the house

**LUMBAGO (muscular pain in the lower part of back)**

Rub with vinegar, camphor or turpentine

**SALVE**

Make a paste with moss off old wood shingles and lard

**SNOW BLIND**

Use cold tea leaves

**SORE THROAT**

Mix lemon juice and honey  
Chew spruce gum

**CONSTIPATION**

Boil Senna leaves, strain and drink the water

**DIARRHEA**

Pour hot water on very brown toast and drink the water

### **SPRING TONICS**

**Sulfur and molasses, 1 teaspoon daily**

**Boil cherry bark, strain and drink**

### **BOILS AND SPLINTERS**

**Make a paste out of melted Rosin and lard, apply to boils and splinters. (Rosin is a wax used to wax violin strings).**

### **BAD CUTS**

**Apply old fashion iodine (5%)**

### **SORE THROAT**

**Take a salt herring, put it in a cloth and tie it around your neck for the night.**

### **COLDS**

**Fishermen say when they steamed spruce bows, they never got a cold because of inhaling the spruce odour.**

### **RED CLOVER**

**Tea made from red clover is used today in folk medicine as a remedy for sore throat, colds, and cough.**

### **BUNCH BERRIES**

**The dried root, mashed, is a light stimulant remedy for colds and fever. Taken raw, the root is a diuretic.**

### **DOG WOOD**

**Use the bark boiled in water, it is used to eliminate the intestinal parasites. Its effect is also beneficial for stopping diarrhea and fever.**

**HOP CLOVER**

The flower of all species of clover, when mixed with the juice of an onion and warm honey, gives a syrurp recommended for colds.

**GINGER TEA**

Drink ginger tea for indigestion and also for gripes.

**WITCH HAZEL**

It is an antibiotic

**COD LIVER OIL**

It is a tonic

# **HERBAL TEAS**



# **AND THEIR USES**



**TEAS****ALFALFA TEA:**

Aids digestion

**ANGELICA TEA:**

Mild antispasmodic and digestive aid

**ANISEED TEA:**

Decongestant for nose and sinuses.

**BASIL AND BORAGE TEA:**

"Pick me up tonic"

**BILBERRY TEA:**

Aids circulation

**BLACK CURRANT TEA:**

Stimulates taste buds

**BLUEBERRY TEA:**

Pleasant before meal tea

**BORAGE TEA:**

Anti melancholy

**BUCHU TEA:**

Natural diuretic (dangerous if taken in excess)

**BURDOCK ROOT TEA:**

Helps sciatica and rheumatoid arthritis

**BUTCHER'S BROOM:**

Good diuretic

**CATNIP TEA:**

Relaxant and mild depressant

**CHAMOMILE TEA:**

Calms hyperactive children; good before bedtime

**CHICORY TEA:**

Normalizes liver function

**CINNAMON TEA:**

Clears the brain and improves thought processes

**CORNSILK TEA:**

Reduces pain of urinary infections

**COUCH GRASS TEA:**

Tightens and tones the bladder sphincter, good diuretic

**DANDELION TEA:**

Improves liver and kidney function

**ELDER FLOWERS TEA:**

Increases immune function

**FENNEL TEA:**

Good for the pancreas

**FENUGREEK TEA:**

Good for colds, clogged ears, and aching sinuses

**GINGER TEA:**

Appetite restorer

**GINSENG TEA:**

Natural tonic for a "lift"

**GOLDENSEAL ROOT TEA:**

Internal detergent (avoid if you have high blood pressure)

**HAWTHORNE BERRIES TEA:**

Energizing to the elderly

**HOPS TEA:**

Relaxant and calming agent

**HOREHOUND TEA:**

Helps loosen heavy mucus

**JASMINE TEA:**

Helps cystitis or bladder inflammation

**LICORICE TEA:**

Good laxative

**MATE TEA:**

Tones muscles, especially the smooth muscles of the heart

**NETTLE TEA:**

Increases blood pressure (avoid if you have high blood pressure)

**ORANGE FLOWER TEA:**

Sleep aid

**PARSLEY TEA:**

Diuretic and clears congestion

**PEPPERMINT TEA:**

Antigas

**RASPBERRY TEA:**

Tightens, tones, and strengthens the uterus

**RED CLOVER TEA:**

Inner cleanser

**ROSEHIPS TEA:**

Adrenal stimulant during daytime

**SAGE TEA:**

Improves brain nourishment; known as the "thinker's tea"

**SARSAPARILLA TEA:**

Laxative, hormone balancer (should not be used on a regular basis)

**SENNA TEA:**

Strong laxative

**SLIPPERY ELM BARK:**

Pain reliever

**SPEARMINT TEA:**

Antigas

**THYME TEA:**

Sore throats and colds

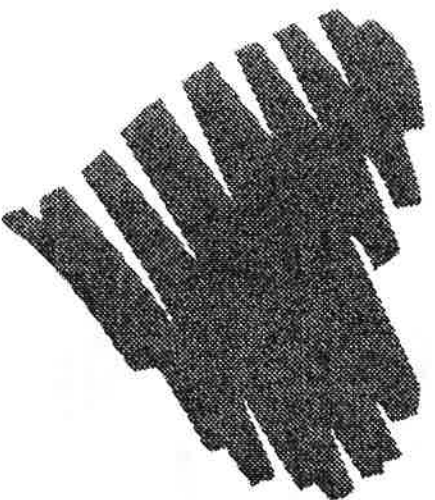
**VALERIAN TEA:**

Natural sedative

**YARROW TEA:**

General tonic

# AROMATHERAPY



*Commonly used essential oils and the response they are believed to evoke*

**Apple**

Cheers you up

**Basil**

Promotes peace and happiness

**Bay leaf**

Increases psychic awareness

**Benzoin**

Promotes energy

**Bergamot**

Promotes a restful sleep

**Bergamot mint**

Increases energy

**Black pepper**

Increases alertness

**Broom**

Promotes tranquillity

**Calendula**

Promotes good health

**Camphor**

Increases energy

**Caraway**

Increases energy

**Cardomon**

Promotes feelings of love

**Carnation**

Increases energy

**Catnip**

Calms you down

**Cedar**

Increases spirituality

**Celery**

Promotes a restful sleep

**Chamomile**

Promotes sleep and tranquillity

**Cinnamon**

Increases energy and awareness

**Clove**

Promotes healing

**Coffee**

Enhances the conscious mind

**Coriander**

Improves memory

**Cumin**

Immune booster

**Cypress**

Promotes healing

**Daffodil**

Increases feeling of love

**Dill**

Sharpens the conscious mind

**Eucalyptus**

Promotes healing

**Fennel**

Promotes longevity

**Frankincense**

Increases spirituality

**Gardenia**

Promotes feelings of peace and love

**Garlic**

Promotes health

**Geranium**

Increases happiness

**Honeysuckle**

Helps weight loss

**Hops**

Promotes sleep

**Hyacinth**

Helps overcome grief

**Hyssop**

Purifies the body

**Iris**

Increases feelings of love

**Jasmine**

Promotes love, sex, sleep

**Juniper**

Promotes healing

**Lavender**

Good for health

**Lemon**

Promotes health, healing and energy

**Lemon grass**

Purifies the body

**Lemon verbena**

Increases feelings of love

**Lily**

Promotes inner peace

**Lily of the Valley**

Improves memory

**Magnolia**

Promotes feelings of love

**Marjoram**

Promotes sleep

**Mimosa**

Promotes psychic dreams

**Myrrh**

Promotes healing

**Narcissus**

Enhances feelings of love

**Nutmeg**

Increases energy

**Onion**

Immune booster

**Orange**

Increases joy and energy



**Parsley**

Protection

**Pennyroyal**

Increases energy

**Peppermint**

Sharpens the conscious mind

**Pine**

Promotes healing

**Rose**

Promotes feelings of love and peace

**Rue**

Calms you down

**Saffron**

Increases energy

**Sage**

Improves memory

**Sandalwood**

Aphrodisiac and promotes healing

**Spearmint**

Promotes healing

**Star anise**

Increases awareness

**Sweet pea**

Promotes happiness

**Thyme**

Promotes good health

**Tulip**

Purifies the body

**Vanilla**

Promotes sex and love

**Water lily**

Promotes peace and happiness

**Wood aloe**

Increases feelings of love

**Yarrow**

Increases awareness

**PREPARING**



**HERBS**

## DRYING & STORING HERBS

Some herbs are only used when fresh, however others can be dried and kept until needed. Common procedures for such re as follows:

Discard all brown or insect-eaten leaves. Wash all cuttings or roots with pure water. Pat dry with a cloth or paper towels, making sure all mud, dirt and other contaminants are removed.

To dry leaves, place the stalks on beds of paper towels spread on baking sheets. Turn them each day, making sure no mole begins to grow on them. Never allow them to lie in direct sunlight, or near an open window. In fact the best room to dry your herbs is in a infrequently used room with good ventilation that is kept warm, either by the sun or artificial means.

The leaves will be dry when they are crumbly or even crisp. Strip them off the stems and pick out the larger stems and woody matter.

To dry flowers (such as roses or yarrow), set them on paper towels after washing and dry, as per leaves.

Roots dry very slowly; some take a year or more to dry! Hang them next to a chimney or other continuous heat source to help the process along.

The drying times of herbs vary with their thickness and the amount of sap and other liquids with them. The important thing is they **MUST** be dry before being stored or else they will become moldy and destroy their value for medicine.

If you need dried herbs in a hurry, try spreading them on a baking sheets and place them in a low oven (about 200 degrees) for a few minutes. Watch them to make sure that they don't burst into flames (some have low burn temperatures) or turn brown.

To store herbs get a large quantity of bottles, dark-glassed ones are recommended if possible, and make sure that each is equipped with an air-tight stopper, cork or screw lid. Have a good range of sizes. If you can't get dark glass I suggest saving and using old cooking herb containers from the store or medicine bottles.

Wash and dry the containers well, make a set of labels for the herbs you have to store, so that you won't make mistake later - there's nothing so useless as a shelf of dried herbs without labels, as many cannot be told from each other when dried just by the appearance, you should also include the date that it was stored.

Remember that herbs do not last forever- many herbs lose their potency after 6 months (like catnip) while others are good for up to two years.

## INFUSIONS

The most common form of everyday use for herbs is Teas for consumption.

**HOT:** Pour boiling water over an herb. Steep for fifteen minutes, then strain. This is usually used for leaves and flowers, but can also be used for powdered bark, root, seeds, resin and bruised nuts. Never use any container made from aluminum to prepare herbs, it affects the taste and effectiveness. **COLD:** Steep in cold water or cold milk for several hours. Wet, mashed herbs can be used internally as a tea or as poultices on the body this way.

## OINTMENT

An ointment is a soothing, healing, slightly oily or fatty substance into which the essence of a healing plant has been dissolved. Basically this is accomplished by heating the fat or oil with the plant until its chemical principles are dissolved. The plant is then strained out, and beeswax is added to harden the ointment. Preservatives such as drops of tincture of benzoin, poplar bud tincture or glycerin are optional additions. Ointments should be kept tightly lidded and closed with paraffin wax, then they won't decompose.

The base for an ointment can be either Lanolin (preferably purified liquid Lanolin called anhydrous), Almond Oil, Cocoa Butter, Wheat Germ Oil or Vitamin E Oil.

A thickener (unless using Lanolin or Cocoa Butter) is also needed. Glycerin, honey or liquid lecithin are all useful for this. Irish moss can be used by soaking it in cold water, then simmering it in gentle boiling water before adding to preparations.

Beeswax (possibly mixed with paraffin) can be used to harden the ointment. 8 ounces of base to 2 ounces of wax is standard.

The following herbs make up excellent healing ointments: golden seal, slippery elm, plantain, pot marigold, juniper berries, comfrey root, leaf, cucumber, yarrow leaves, plantain leaves, mantle, wintergreen, eucalyptus and elder flower.

**BASIC RECIPE:** Crush fresh or dried herbs and simmer with base on top of stove for several hours. Add beeswax and heat until the wax melts. Strain out the plant material and place in jar. When it hardens it's ready. If it does not harden you may need to add more wax and preheat it again.

## Douche Preparation

Douches are useful in overcoming specific internal problems but should not be used on a regular basis as they may reduce natural protection. For persistent problems see your health professional or gynecologist.

### Ovarian infection:

Prepare a rosemary tea with 1 tablespoon dried rosemary to 2 quarts boiling water. Steep. Cool. Use for seven days as a vaginal douche. (Red Raspberry douche), use as directed above.

### Discharges:

Use apple cider vinegar douches for yeast infection. Use powder from acidophilus capsule plus water for douche.

## Liniment

A liniment is a preparation designed for external application to the skin with a gentle friction of the hand. It is usually thicker than water, but thinner than an ointment. It is always applied as a liquid at the same temperature as the body.

Camphorated Oil makes a wonderful liniment and can be obtained from drugstores. To make your own liniment of camphor use camphor USP.

1 ounce Camphor (USP)  
4 fluids ounces Olive Oil

Dissolve the camphor in the oil. This is an excellent aid for pain relief, sprains, bruises, rheumatic or gouty problems of the joints, and other local pain or glandular swellings. Check for skin sensitivity to camphor before full use of this liniment.

### Vinegar Rub for Rheumatism:

1 teaspoon oil of wintergreen  
1 pint apple cider vinegar

This wintergreen vinegar is useful on inflamed rheumatic joints, stiff swollen joints swelling and sprains. Soak a folded cloth in this preparation, wring out, apply to the throat, and cover with a large, dry wool cloth or large sock. Pin it so that no air invades the area. The wintergreen vinegar eases the pain and helps to release some toxins. Again, first check for skin sensitivity to the wintergreen. Usually someone who reacts to Camphor doesn't react to this.

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