

DISCLAIMER

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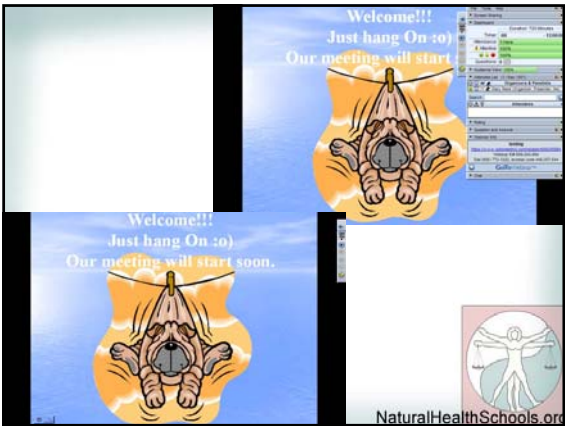


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Welcome!!!
Just hang On :o)
Our meeting will start soon.



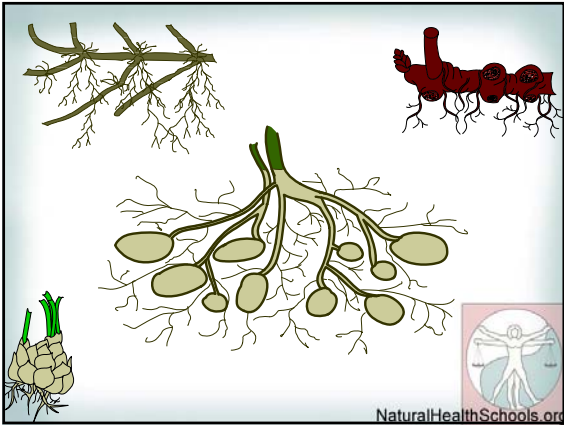

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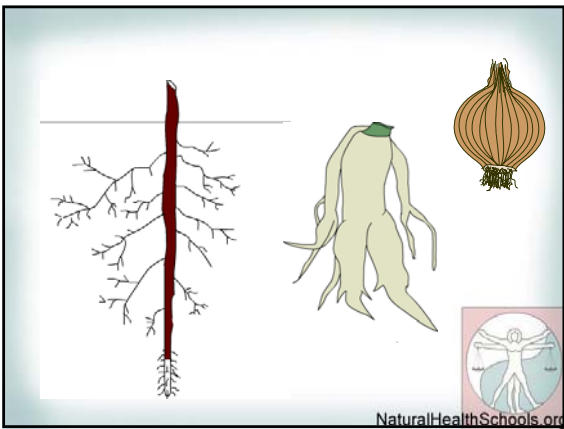


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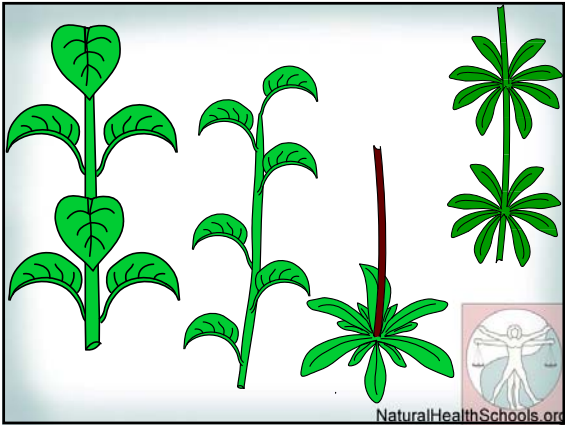



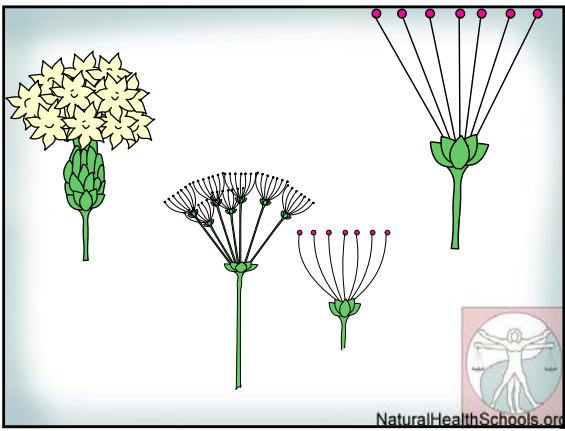
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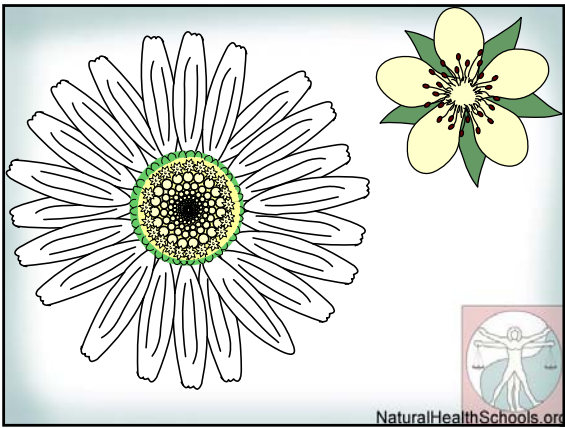


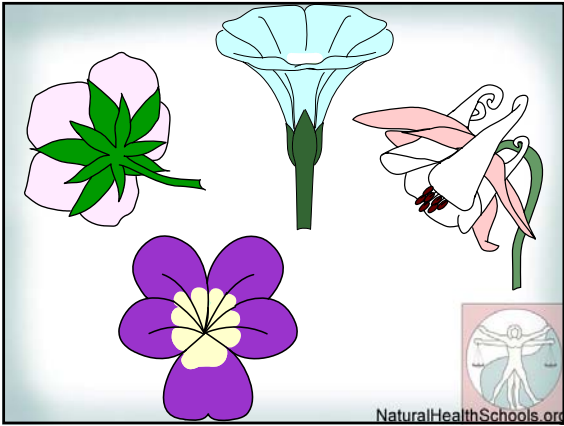












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Benefit of Making Tea

- Taste stimulates
- Releases components in herbs
- Gets in the blood stream under tongue
- More easily absorbed
- Good for those of poor digestion

Can also soak feet



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Bolus

Use Coconut oil for bolus because it solidifies easily as well as melts at body temperature to disburse the herbs

Melt in a slow cooker at the lowest setting. Stir in herbs until it starts to become formable. Put on strips of wax paper and smooth and roll into a shape of a bullet about the pinkie width of the person who is getting the bolus inserted. Put in the refrigerator to get stiff enough to insert.



Bolus are usually used rectally or vaginally. Be careful with what herbs you use because the rectum and vagina has tender mucosal lining.



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Bolus Recipes

Hemorrhoids

White oak bark
Witch Hazel
Bayberry
Goldenseal
Horse Chestnut
Comfrey
Vitamin E with selenium

Vaginal Yeast Infections

- 1 capsule goldenseal
- 1 capsule slippery elm
- 1 capsule probiotic eleven
- 3 parts coconut oil

Mix together. Make a firm consistency that can be rolled into bullet-like shapes on wax paper. Put in freezer to firm, let sit at room temperature before using. Insert into vagina at night, douche the next morning.

Slippery Elm
Vitamin E with Selenium



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Compresses/Fomentations

- The application of warm moist substances to the body to ease pain
- Stimulates circulation, aids in decongestion and draws abscesses
- Seep herbs in boiled water (taken off stove)
- Soak up with unbleached white cloth (preferably cotton flannel)
- Cover with wax paper and a warm blanket
- Alternate with cold water



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Recipes for Fomentations

For Joints

- Comfrey
- Yarrow
- Goldenseal
- Echinacea
- Capsicum

Chest Congestion

- 1 cup each powdered Comfrey root
 - Elecampane root
 - Mullein leaves
 - Lobelia
 - 1/8 cup finely chopped Ginger root
 - 2 Quarts distilled water
- 3 trays ice cubes



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Cold Sock Soaks

- Get feet really warm
- Put on cotton socks and dip in Ice water (bottom of feet only)
- Put on wool socks

Wake up the socks will be dry..



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Ear Candling

1/2 paraffin wax, 1/2 bees wax, Long 1 inch strips of unbleached muslin

Large knitting needle

Can



Wrap clockwise



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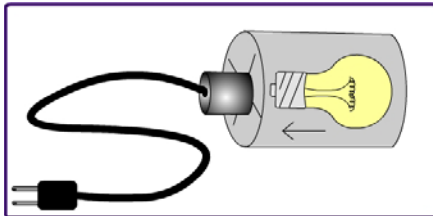
Can add to ear candles

- Bayberry
- Eucalyptus oil
- Echinacea
- Tea Tree
- Lavender



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Ear Can



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Poultice

- Use Distilled or RO water
- Use white unbleached cotton cloth
- Use hot water bottle, not a heating pad
- Leave on for no more than 8 hours and then take off and wash area
- Do not reuse poultice
- Make sure you know which part of the plant should be used



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Very Common Ingredients of Poultices

- Comfrey
- Cabbage
- Slippery Elm
- Plantain
- Calendula
- Honey
- Capsicum
- Aloe Vera
- Lobelia
- Onion
- Garlic
- Potato



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Mustard Plasters

Mix together

- 1 egg
- 4 tablespoon flour
- 1 tablespoon of ginger
- 1 tablespoon dry mustard

Add water until paste

First apply lard to skin, then apply the paste on cloth and apply to chest. Leave on until skin is pink or for no longer than 20 minutes.

CAUTION: Can cause burning.



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Baths and Soaks

- Epsom salts
- Sea salts (w or w/o oils)
- Ginger
- Sitz bath (after birth, yeast infection, hemorrhoids)
- Sore muscles and joints
- Nature's dialysis



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Sitz bath

Bring 4 quarts of water to a boil. Take the pan off the stove and add one handful each of the following dried herbs (use two handfuls if the herbs are fresh):

- Shepherd's purse
- Uva ursi
- Comfrey leaves and roots
- Sea Salt (Celtic Sea Salt is the best)
- Calendula flowers
- Lavender flowers
- 1 bulb fresh garlic
- Myrrh



Neti-pot



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Salves/Ointments

- Base for Salves and Ointments
- 10 parts olive oil (can use coconut or shea butter)
- 1 part beeswax
- At a very low heat, seep the herbs in the olive oil. Then strain (optional) out herbs and slowly melt in beeswax.
- Pour into sterile, small glass jars
- Let set until it solidifies and then put on sterile lids



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Recipes for salves and ointments

cont.

Black Salve

- Comfrey
- Calendula
- Echinacea
- Activated Charcoal
- Blood Root

Golden Salve

- Comfrey
- Goldenseal
- Echinacea
- Yarrow
- Irish Moss
- Oregon Grape
- Capsicum (just a little)

Lazy Salve

Lymph Gland Cleanse
All Cell Detox

Anti Scaring

- Vitamin E with Selenium
- Castor oil (instead of olive oil)



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Packs



Potato Pack

- Grate potatoes
- Put on congested area
- Lay wax paper on top
- Towel
- Hot water bottle

Cabbage Pack

- Grate cabbage
- Put on breast
- Lay wax paper on top
- Towel
- Hot water bottle

Castor Oil Pack

- White unbleached flannel
- Castor Oil
- Wax paper



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Tinctures

Alcohol
Vegetable Glycerin
Apple cider vinegar

> Cut down with water

- Coarsely chop stems, leaves or roots
- Put in a sterile glass jar and completely immerse in one of the liquids listed above
- Cap tightly with an airtight lid
- Label with the ingredients and date
- Store in a dark place for 6-8 weeks, shaking occasionally.
- Strain out herbs
- Pour into smaller, sterile, dark or amber bottles
- Label with the ingredients and date



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Questions



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