

HERBAL

FIRST AID

CONDITIONS, HERBS, AND
APPLICATIONS FOR TREATMENT



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CONTENT

The contents in this eBook are for informational purposes only and do not guarantee results. Each person and situation is different and must be treated accordingly. Stop using any remedies if allergic reactions occur. Be smart. A person with life threatening injuries must seek medical treatment.

Please refer to the [Medicine Making Tutorial](#) for assistance in making your first aid remedies.

- 1 STOP BLEEDING**
- 2 WOUND HEALING, SKIN TRAUMA, ANTIBACTERIALS**
- 3 PAIN RELIEF**
- 4 SPRAINS, STRAINS, BRUISING**
- 5 ALLERGIC REACTIONS**
- 6 ANTI-ANXIETY, SHOCK**
- 7 SUNBURN RELIEF**
- 8 BLOCKED TEAR DUCT**
- 9 ABOUT CMHS**



STOP BLEEDING

The first step with bleeding is to apply steady, direct pressure and elevate the wound above the heart, if possible, for 15 minutes before cleaning the wound and applying herbal remedies.

HERBS

Herb Robert, Yarrow

HERB ROBERT



YARROW

APPLICATIONS FOR TREATMENT

With direct pressure, Herb Robert tincture compress directly on a wound is phenomenal at stopping bleeding. Soak a wet tea bag filled with dried and powdered yarrow and press on the wound for several minutes. The yarrow filled tea bags can be kept in your first aid kit. Swap out with fresh dried herb every 6 months to ensure high potency.

WOUND HEALING SKIN TRAUMA & ANTIBACTERIALS

Before applying any remedy to a wound is to stop the bleeding, if applicable, then wash the wound with soap and water or a weak saline solution.

HERBS

Plantain, Comfrey, Calendula, Oregon Grape Root, Rosemary, Oregano, Saxifrage, Salal, Cedar, Pine/Fir Tar, Grindelia, Yarrow, Balm of Gilead. Honey, Weak Salt Water, Nettles, Lavender Essential Oil.

COMFREY



APPLICATIONS FOR TREATMENT

Make a vodka or isopropyl alcohol tincture of the herbs. The tinctures can be applied to the skin or on a cloth and applied to the wound. Always make sure that the plant material does not enter the wound. Consider poulticing with a cloth over the wound and the wet, crushed, or juiced herbs pressed on the cloth. The herbs can be used in medicinal oils and salve after the wound is closed to promote speedy healing. Honey and salt water are both antibacterial. Honey can be put directly on a wound; a weak salt solution can be used to wash a wound to prevent bacteria growth. For direct skin trauma, a compress of fresh pressed nettle juice and with a few drops of lavender essential oil heals wounds fast! Consider juicing nettles in the spring and freeze them in ice cube trays for future use.

PAIN RELIEF

With pain comes inflammation. Inflammation is the body's response to any injury. To mitigate the pain, we also need to relieve the inflammation. Astringent herbs high in tannins reduce and eliminate inflammation when used properly. The following are pain and inflammation relieving herbs.

HERBS

Willow, Madrone,
Cottonwood Bud Resin, Arnica,
Chamomile, Yarrow, Geum, Clove,
Desert Sage, Oak Bark and Leaves,
Black Tea, Garden Sage, Uva Ursi, Clay.



WILLOW

APPLICATIONS FOR TREATMENT

Press the area of pain and inflammation for several minutes before administering herbs. This alone may relieve the condition as the pressure will facilitate the removal of the lymphatic fluid buildup around the traumatized area. Repeat as needed. A tincture of pain and inflammation relieving herbs used externally is called a liniment. Liniments work like pressing by allowing the removal of spent lymph, debris, and waste materials to leave the affected area. This will allow healing oxygen and nutrients to enter the area and speed healing. Tinctures can be taken internally as needed if made with ingestible alcohol such as vodka. Wet or fresh herbs may be added to clay as a vehicle for relief. Medicinal oils and also provide relief. As tannins are water soluble, a compress with a decoction of tannin high herbs may be used frequently to provide relief.

For more info on pain relief: **[Nature's Pain Relievers](#)**

SPRAINS, STRAINS & BRUISING

Again, the inflammation must be addressed around the traumatized flesh for nutrients and oxygen to access the damage and heal.

HERBS

Arnica Homeopathic, Bentonite Clay, Arnica Flowers, Willow, Balm of Gilead, Chamomile, Valerian Root.

APPLICATIONS FOR TREATMENT

Wet herbs and tinctures in clay, placed on the affected area, wrapped, and allowed to sit for several minutes. Change several times a day until complete relief is observed. Make sure the wrap is not overtight. Arnica homeopathic may be taken internally several times a day.

CHAMOMILE



WILLOW



ARNICA



VALERIANA



ALLERGIC REACTIONS

If a person is going into anaphylactic shock, **always** use their epi pen if they have one, or take them to the hospital. On the way there, you may choose to administer any of the herbs and remedies below to start the reversal of the allergic reaction.

HERBS

Apis Homeopathic (bee and other bug stings),
Ledum Homeopathic (spider bites), Plantain,
Nettles, Grindelia Leaves, Lavender Essential Oil,
Activated Charcoal, Apple Cider Vinegar,
Bentonite Clay.



NETTLES

APPLICATIONS FOR TREATMENT

Fresh plant poultice, tincture. Make sure the that fresh herbs are completely wet by rubbing them between the fingers or palms until juicy. Just laying the leaves on a bite or allergy site will not provide relief. The active constituents inside the plant must be accessed. Nettle and plantain tincture may be liberally used internally and externally. Grindelia leaf poultice works well to provide relief for bug bites, as do nettles and plantain. Tinctures can be added to apple cider vinegar and clay and applied to the bites. For food poisoning, drinking a ¼ cup of apple cider vinegar can bring relief. Activated charcoal capsules may be taken to bind to poisons and excreted through the digestive tract.

Check out our articles:

[Herbal Remedies for Allergic Reactions](#)

[Quit Buggin' Me](#)

ANTI-ANXIETY & SHOCK

A person in shock due to physical or emotional trauma should be kept warm, hydrated, and calm to alleviate the condition.

HERBS

Bach Flower Rescue Remedy, Arnica Homeopathic, Oats, Chamomile, Hawthorn, Rose, Motherwort, and Ashwagandha.



MOTHERWORT



ASHWAGANDHA

APPLICATIONS FOR TREATMENT

Bach Flower Rescue Remedy may be taken internally, or if in spray form, can be sprayed over the person. Arnica homeopathic taken internally will help to alleviate both physical and emotional shock symptoms. Oats, chamomile, hawthorn, rose, motherwort, and ashwagandha help to quell feelings of panic, grief, anxiety, and stress. Teas, tinctures, elixirs, herbal honeys all work well.

Check out more info:

[Anxiety and Stress Relief](#)

SUNBURN RELIEF

Sun is healing! Direct sunlight can reconfigure our circadian rhythm to provide better sleep and mitochondrial healing. Too much sun can be painful!

HERBS

Lavender Essential Oil, Comfrey, Calendula, Honey.



CALENDULA



HONEY



COMFREY

APPLICATIONS FOR TREATMENT

A small amount of lavender essential oil directly on the burn can provide quick relief from the heat of a burn. Comfrey and calendula salve is a go-to for speedily healing burns. Used together, lavender oil once first then frequent applications of comfrey and calendula salve heal burns quickly and can stop the progression. Honey on a burn of any kind after cooling the wound will help to prevent bacterial growth and speed healing.

BLOCKED TEAR DUCT, STYES, & CONJUNCTIVITIS

No fun! Blocked tear ducts, styes, and conjunctivitis (pink eye) are 3 different things, yet the remedy is the same.

HERBS

Black Tea, Chickweed

BLACK TEA



CHICKWEED



APPLICATIONS FOR TREATMENT

Wet a tea bag and press on the affected eye. Change frequently until the issue is resolved. Make sure to just wet the tea bag, don't soak it in a cup of water. The tannins in black tea are water soluble and are easily precipitated out of the tea leaves. As an added bonus, placing black tea bags on bags under the eyes will reduce to eliminate the puffiness. Juiced chickweed draws out the pus from a sty.

ABOUT CMHS

For more information, please consider attending workshops and/or apprenticeship programs at the Cedar Mountain Herb School.

www.cedarmountainherbs.com

BIO

Suzanne Tabert, bioregional herbalist, is director of herbal education and herbal mentor at the Cedar Mountain Herb School. An herbal medicine instructor for 30 years, Suzanne teaches with great passion, bringing her wealth of herbal knowledge to students in an appealing and vibrant manner. She is the primary instructor at CMHS and adjunct faculty at Bastyr University. Suzanne is a member of the American Herbalists Guild, the American Herb Association. Taking students to wild places and giving them tools to engage and connect with flora, fauna, and the exquisite beauty of nature is the icing on the cake of life, and one way that Suzanne is making a difference in the world, one person, one group at a time. She is currently writing a wildcrafting book that will be able to be utilized by people of all walks of life who wish to take their health back into their own hands.

