

HERBAL TRANSITIONS



A Herbal Newsletter From Wise Acres Farm

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CHILDREN'S HEALTH AND CHILDREN'S HERBS

Maintaining Healthy Children

Activities that promote a Healthy Child:

- Increase whole, fresh organic foods in the diet.
- Increase variety of foods consumed.
- Identify and eliminate food sensitivities.
- Encourage daily outside exercise/movement.
- Give them a healthy dose of love.

Avoid:

- Pesticides
- Simple sugar intake
- TV and Video game addiction
- Refined grains
- Artificial food additives
- Inactivity

Enuresis (Bed Wetting)

Bedwetting is a common childhood complaint that responds well to treatment that supports the urinary and nervous systems. The healing capacity of children is immense. Children respond favorably to the use of herbs.

Botanical Treatment Considerations for Enuresis

Enuresis Formula

St. John's wort (<i>Hypericum perforatum</i>).....	10-20%
Corn silk (<i>Zea mize</i>).....	10-20%
California Poppy (<i>Eschscholzia californica</i>).....	10-20%
Plantain (<i>Plantago major</i>).....	10-20%
Nettle (<i>Urtica dioica</i>).....	10-20%
Oat (<i>Avena sativa</i>).....	10-20%
Horsetail (<i>Equisetum arvense</i>).....	10-20%

Action: This formula supports the urinary tract and nervous system.

Indications: This formula is specific for children who urinate in the bed during sleep.

Dosage: 10-30 drops in a little water each morning and afternoon.

Profiles of herbs used in this formula:

California poppy, *Eschscholzia californica*, is a gentle nervine that establishes equilibrium in the nervous system. Uses include general antispasmodic, analgesic, sedative, soporific (induces sleep), anxiety, headache, toothache, enuresis, over-excitability in children. Similar to its relative the

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opium poppy, but the narcotic properties are much milder than those of opium poppy. It is a nonaddictive alternative to Opium poppy and well tolerated in children.

Corn silk, *Zea mays*, is useful in treating urinary problems in children. Gentle soothing diuretic, mild antimicrobial, vulnerary, and demulcent. It is healing to the urinary tract and helps restore normal tissue tone and function. It is a urinary demulcent when combined in formulas for cystitis and urethritis.

Nettle, *Urtica dioica*, is a nutritious herb with a beneficial effect on the whole urinary tract as well as the nervous system.

St. John's wort, *Hypericum perforatum*, is a sedative herb with a beneficial effect upon the nervous system. It is effectively used for bed wetting in children and is especially useful if there is associated depression or neurological issues.

Plantain, *Plantago major/lanceolata*, is soothing and healing to the urinary tract. It assists in restoration and maintenance of normal epithelial tissue lining the bladder.

Oat, *Avena sativa*, is a gentle tonic nervine. It is especially helpful in weakened conditions and reflex irritation of the nervous system.

Horsetail, *Equisetum arvense*, is a diuretic that is rich in minerals. It also supports tone and elasticity of the urinary tract. Chronic ingestion of large amounts of this herb can decrease levels of thiamin, (vitamin B1).

Contraindications: If used long term, it is necessary to supplement with vitamin B1.

Hyperactivity, Stress

Beware of children being labeled hyperactive simply because the teacher or parents do not have time for the attention that an active, inquisitive child requires. Hyperactivity does occur, but a healthy child can be very active by adult standards. When treating hyperactivity psychological issues must be addressed. Increasing evidence points to chemical food additives and other environmental pollutants playing a major role in this problem. Many consider stress to be an adult problem, but children also experience stress related to life changes as well as daily stress around performance anxiety etc.

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Nervine Formula

St. John's wort (<i>Hypericum perforatum</i>).....	25-40%
Kava kava (<i>Piper methysticum</i>).....	15-30%
Oats (<i>Avena sativa</i>).....	10-20%
Siberian ginseng (<i>Eleutherococcus sent</i>).....	15-30%
Skullcap (<i>Scutellaria lateriflora</i>).....	5-10%
Chamomile (<i>Matricaria recutita</i>).....	5-10%
Schisandra (<i>Schisandra chinensis</i>).....	5-10%
Lavender essential oil (<i>Lavandula</i>).....	to taste
Orange essential oil (<i>Citrus aurantium</i>).....	to taste

Actions: This formula is a restorative tonic for the nervous system. It is an antidepressive formula that brings a sense of peace and relaxation through the olfactory action and the effect from internal consumption.

Indications: This formula is used for mild to moderate depression, hyperactivity, anxiety and agitation. It should be used long term for best results. It is helpful for Attention Deficit Disorder.

Suggested Use: Add 1-30 drops to water, 2-3 times per day.

Profiles of herbs used in this formula:

St. John's wort, *Hypericum perforatum*, is a nervine, anti-inflammatory, sedative and trophorestorative. It is used for depression, fear, insomnia, anorexia, anxiety or feelings of worthlessness, nerve pain and night terrors. St. John's wort should be used long term for these effects.

Kava kava, *Piper methysticum*, is sedative, hypnotic, antispasmodic, analgesic, anti-inflammatory and mildly anticonvulsant. It is used to relieve anxiety, stress, insomnia, tension headaches, Attention Deficit and Hyperactivity Syndrome and general pain from muscle spasms or inflammation. Research has shown individuals are able to maintain cognitive functions when using kava kava, unlike most sedative or hypnotic drugs.

Siberian ginseng, *Eleutherococcus senticosus*, is an adaptogen. It helps the body to adapt to stressful situations of many types whether from internal or external causes. It increases endurance and concentration and enhances oxygen metabolism in tissues and organs. This herb strengthens digestion, kidneys and enhances overall resistance to disease. It is supportive to the adrenal system and other bodily functions.

Skullcap, *Scutellaria lateriflora*, is sedative, antispasmodic, hypotensive, nervous system trophorestorative and cerebral vasodilator. It is used for insomnia, restless sleep, agitation, nervous exhaustion and nervous system weakness after prolonged illness. Skullcap is indicated for nervous irritation of the cerebrospinal nervous system.

Chamomile, *Matricaria recutita*, is anti-inflammatory, antispasmodic, analgesic, carminative, sedative and stomachic. It is a restorative tonic for the nervous system. Chamomile is used as a mild sedative for nervousness and nightmares and is especially nice for infants and elders that are restless when attempting to sleep.

Oat, *Avena sativa*, is a slow-acting nourishing nervine. Oat has been used in breaking addictive habits with substances like morphine, opium, alcohol, nicotine and coffee. It is also used for insomnia, nervousness and an irritated nervous system caused by exhaustion or stress.

Schisandra, *Schisandra chinensis*, is hepatoprotective, immunomodulator, adaptogen and a cholagogue. It increases brain efficiency, work capacity and builds strength. It is in this formula because of its multisystem support.

It is useful for insomnia, night sweats, prolonged diarrhea and immunodeficient states.

Lavender, *Lavandula officinalis*, is spasmolytic, anti-inflammatory and carminative. It is used for nervous excitement, exhaustion and insomnia.

Orange essential oil, *Citrus aurantium*, has an aroma that is relaxing and uplifting. The aroma is taken into the body by the olfactory nerve and affects the limbic system of the brain.

Additional Nervines To Consider

Vervain, *Verbena spp.*, is sedative, antispasmodic, diaphoretic, hypotensive and a great nervine tonic.

Lemon balm, *Melissa officinalis*, is carminative, nervine, antispasmodic, antidepressive, diaphoretic and antimicrobial.

Catnip, *Nepeta cataria*, is carminative, antispasmodic and diaphoretic. Sedative action on the nerves creates a general relaxing effect.

Linden, *Tilia spp.*, is a well known relaxing remedy. It is especially beneficial if the child is experiencing heart ache from a separation. Properties include antispasmodic, hypotensive, diaphoretic, diuretic, antiinflammatory and astringent.

California poppy, *Eschscholzia californica*, see under herb profiles for Dry Bed Formula.

Relaxing and Fun Herbal Tea Party

Young children love to play tea party. Give them an herbal tea, optionally sweetened with honey or maple syrup. A strong cup of chamomile tea looks like it has honey in it and has a sweet flavor that can convince many young palates into thinking it is sweetened.

Calming Herbal Bath

Lavender (1 oz. dried flowers)

Chamomile (1 oz. dried flowers)

Steep one quart hot water in covered pot for 20 minutes. Strain and pour into bath.

Fevers, Flus, Colds and Earaches

Children are frequently exposed to infectious organisms, but frequent fevers, flus, colds or ear aches may be related to food and environmental allergies or sensitivities. Underlying problems should always be addressed. Supporting the entire respiratory tract is beneficial.

Methods to support a healthy respiratory tract include:

- Breathing clean air
- Deep breathing
- Yoga exercises
- Hydrotherapy
- Support the immune system
- Filtration of air in unclean environments
- Vitamin C, vitamin A and carotenes protect the lungs.
- Aromatic vapors in the room can be beneficial.
- Avoid tobacco smoke, air pollution, food allergies, shallow breathing and exposure to infectious individuals.

Methods to support or treat someone with a respiratory infection include:

- Soothe irritated and inflamed mucous membranes.
- Eradicate infectious agent if there is one.
- Increase secretion for dry coughs and liquefy viscous bronchial fluid. Productive coughs should not be suppressed unless they keep the patient awake or exhaust them.
- Treat the underlying cause.
- Adequate hydration via drinking water.
- Mucilaginous herbs and steam inhalation, or expectorants
- For bronchoconstriction, bronchodilators are used, possibly combined with expectorants or demulcents.
- See "Methods to support a healthy respiratory tract" mentioned above.
- Eliminate dairy products.

Children's Respiratory Tract Tonic

Echinacea Compound (<i>Echinacea ang/purp</i>)	5-40%
Cherry bark (<i>Prunus spp.</i>)	10-25%
Elecampane (<i>Inula helenium</i>)	10-25%
Goldenseal (<i>Hydrastis canadensis</i>)	10-25%
Mullein (<i>Verbascum thapsus</i>)	5-15%
Yerba santa (<i>Eriodictyon californicum</i>)	10-20%
Osha (<i>Ligusticum porteri</i>)	5-15%
Ginger (<i>Zingiber officinalis</i>)	5-10%

Actions: This formula is decongestant, anti-inflammatory, drying, antimicrobial and supports the immune system. It soothes mucous membranes and thins and assists with expectoration of mucus.

Indications: This formula is used for irritation and inflammation due to infectious conditions of the lungs, throat, ears, nasal passages and the entire respiratory tract. It is specifically made for children, although adults can use it also.

Suggested Use: Add 1-30 drops to water, 2-3 times per day.

Profiles of herbs used in this formula:

Echinacea, *Echinacea angustifolia/purpurea*, is antiseptic, anti-inflammatory, antiviral and an immunomodulator. The constituent, echinacin, has been shown to be useful in the treatment of tonsillitis in pediatric practice. Echinacea is used for colds, influenza, infections, allergies, bacterial and viral disease, swollen glands and gum disease. It is specific for infectious conditions.

Wild cherry, *Prunus spp.*, is a stimulating astringent, tonifying expectorant and quiets nervous irritability. It is used for chronic bronchitis and coughs of a general nature.

Elecampane, *Inula helenium*, is antiseptic, expectorant, diaphoretic, anti-inflammatory, immunomodulating and tonifying to the lungs. Elecampane is used for persistent bronchial catarrhs where there is an irritable cough, especially in chronic coughs.

Goldenseal, *Hydrastis canadensis*, is astringent, styptic and antimicrobial. Goldenseal is used for colds, flu, sore throats, acute and chronic middle ear infections, conjunctivitis, and a variety of other mucous membrane problems. It is also used in atonic chronic mucosal problems with pale relaxed tissues as well as subacute mucosal membrane problems with red, engorged tissues.

Mullein, *Verbascum thapsus* is an expectorant. It is used for hoarseness, coughs, bronchitis, whooping cough, asthma, hay fever and other respiratory conditions.

Yerba santa, *Eriodictyon californicum*, is antimicrobial, a stimulating expectorant, and a bronchodilator. It thins and stimulates the free flow of mucus from the lungs in conditions of congestion with thick, ropy mucus. It is used for colds, laryngitis, bronchitis, asthma, hay fever or any condition where there is a cough with poor expectoration.

Osha, *Ligusticum porteri*, is antiviral, very drying and warming. Like echinacea, it supports the immune system. It is indicated for most respiratory disease but especially when it is debilitating, with much mucus and congestion in the tissues and digestive irritation.

Ginger, *Zingiber officinalis*, is warming, antimicrobial, diaphoretic, anti-tussive, expectorant, anti-inflammatory and an immunomodulator.

Additional Respiratory Tonic Tea Suggestions

Mix or match any of the following:

- Licorice
- Elder
- Osha
- Ginger
- Peppermint
- Catnep
- Hyssop
- Mullein
- Thyme
- Yarrow
- Bee Balm
- Marshmallow

Fever Remedies

Children's Fever Formula

Echinacea (<i>Echinacea spp.</i>).....	20-30%
Elder (<i>Sambucus canadensis</i>).....	10-20%
Licorice (<i>Glycyrrhiza glabra</i>).....	10-20%
Hyssop (<i>Hyssopus off.</i>).....	10-20%
Elecampane (<i>Inula helenium</i>).....	10-20%
Linden (<i>Tilia europaea</i>).....	10-20%
Ginger (<i>Zingiber officinalis</i>).....	1-2%
Feverfew (<i>Tanacetum parthenium</i>).....	05-1%
Sweet orange essential oil	to taste

Actions and Indications: This formula is immuno-modulating, anti-inflammatory, and diaphoretic. It is used to open the pores and allow perspiration thereby reducing heat. It also supports the immune system, the respiratory system, and the digestive system.

Suggested Use: Add 1-30 drops to water, 2-3 times per day.

Profiles of herbs used in this formula:

Echinacea, *echinacea ang./purp.* - See information for Echinacea on page 4 under the Children's Respiratory Tract Tonic Formula.

Elder, *Sambucus canadensis*, is an expectorant, relaxing diaphoretic, soothing nervine, and mild laxative. It is best used in early stages of coughs, colds and flu. Suitable for children. Used for chronic sinusitis, spasmodic croup, night sweats, skin eruptions from metabolic disturbance. Studies show it reduces the severity and duration of flus.

Licorice, *Glycyrrhiza glabra*, is an immunomodulator and soothing to the mucous membranes. It is demulcent, antibacterial, antiviral, anti-allergenic, expectorant with secretolytic and secretomotor activity, anti-inflammatory,

nutritive, spasmolytic and antioxidant. Licorice root is used for all throat and bronchial irritations.

Hyssop, *Hyssopus officinalis*, is antiviral, cholagogue, expectorant, carminative, and astringent. It is used for influenza and colds, and for indigestion. Hyssop is useful for low grade continual fevers with septic conditions, especially when related to viral infections.

Elecampane, *Inula helenium* - See information for Elecampane on page 3 under the Children's Respiratory Tract Tonic Formula.

Linden, *Tilia europaea*, flowers and leaves are used as a diaphoretic, stomachic, antispasmodic, antidepressant, and calmativ. Linden has been found to shorten the duration of infectious viral conditions.

Ginger, *Zingiber off.* - See information for Ginger on page 4 under the Children's Respiratory Tract Tonic Formula.

Feverfew, *Tanacetum parthenium*, has diaphoretic and anti-inflammatory actions, (inhibits inflammatory prostaglandins, leukotrienes and thromboxanes. Decreases platelet aggregation and decreases serotonin and histamine release). Used for colds and flu.

Essential Oil, Sweet Orange for taste.

Pharyngitis Remedies

Throat Spray

Echinacea extract (<i>Echinacea ang., purp.</i>)	30-40%
Hyssop (<i>Hyssopus officinalis</i>)	5-15%
Osha (<i>Ligusticum porteri</i>)	5-15%
Prickly ash (<i>Zanthoxylum clava-herculis</i>)	4-7%
Bitter orange oil (<i>Citrus bigaradia</i>)	to taste
Sweet orange oil (<i>Citrus aurantium</i>)	to taste
Propolis	15-20%
Vegetable glycerin	15-20%

Actions: This formula is healing and soothing to the irritated mucous membranes of the throat. It has been formulated to taste good, relieve pain and support the natural healing processes of the body.

Indications: This formula is used in a spray bottle. It is sprayed on the throat in cases of sore, scratchy, irritated throats.

Suggested Use: Spray 1-2 squirts onto throat as needed, every 2-4 hours.

Profiles of herbs used in this formula:

Echinacea, *Echinacea angustifolia, purpurea* - See information for Echinacea on page 4 under the Children's Respiratory Tract Tonic Formula.

Hyssop, *Hyssopus officinalis*, is immune enhancing, antiviral, astringent, expectorant and diaphoretic. It is used for influenza, colds, indigestion and as a gargle for sore throats.

Osha, *Ligusticum porteri*, is indicated for respiratory conditions especially when it is debilitating with much mucous, congestion and digestive irritation.

Prickly ash, *Zanthoxylum clava-herculis*, is antimicrobial, anti-inflammatory and a diaphoretic. It is also a formula synergist.

Bitter orange oil, *Citrus bigaradia*, has a slight numbing effect, is antimicrobial and tastes good.

Propolis is a plant material collected by bees. It is an expectorant and

antiseptic with soothing and healing properties. It is used for sore throats, toothaches, coughs, respiratory and urinary tract infections, gum inflammation and as a topical antiseptic.

Vegetable glycerin is added for taste and astringent qualities that decrease mucosal congestion.

Otitis/Earache Remedies

Earaches are often related to food allergies or sensitivities. It is imperative to rule out food sensitivities to stop reoccurrence of Otitis. Milk is often the causative factor.

Ear Drops

St. John's wort oil (<i>Hypericum perforatum</i>)	20-30%
Calendula oil (<i>Calendula officinalis</i>)	15-25%
Mullein oil (<i>Verbascum thapsus</i>)	15-25%
Garlic oil (<i>Allium sativa</i>)	10-20%
Chaparral oil (<i>Larrea tridentata</i>)	10-20%
Vitamin E oil	2-4%

Actions: This formula inhibits bacteria in the ear canal. It decreases inflammation, pain and itching. It also softens and allows easier removal of earwax.

Indications: This formula is used for ear inflammation, congestion, infections and to loosen earwax.

Suggested Use: 1-2 drops in the ear as needed.

Profiles of herbs used in this formula:

Hypericum oil, *Hypericum perforatum*, is antiinflammatory, astringent and antibacterial. It strengthens the capillaries and relieves pain due to nerve stimulation that is characterized by sharp lancing pain, numbing, tingling or burning sensations.

Calendula oil, *Calendula officinalis*, promotes growth of epithelial tissue. It is antiseptic and antiinflammatory, thereby reducing the possibility of infection and preventing or decreasing the formation of pus.

Mullein oil, *Verbascum thapsus*, acts as a demulcent.

Garlic oil, *Allium sativa*, is antibacterial and antifungal.

Contraindications, cautions and words of wisdom: The use of topical agents in the ear is contraindicated when there is perforation of the eardrum. A qualified health care practitioner should be consulted before administering anything into the ear when there is possibility of a perforated eardrum, or persistent irritation and pain or swelling without relief over a 24-hour period. Ear infections can become serious. The infection can spread and cause diseases like mastoiditis. Ear oils should not be used in cases of fungal infection. A tea or liquid extract can be used as an herbal base in fungal related earaches.

Sinus Congestion

Vapor Inhalation Remedy

Thyme essential oil (*Thymus vulgaris*)

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Lavender essential oil (*Lavandula officinalis*)

Eucalyptus essential oil (*Eucalyptus*)

Action/Indications: This essential oil formula is antimicrobial, antispasmodic and decongestive. It is most useful for sinus infections.

Suggested Use:

Set up a standard vapor inhalation tent with hot water and a towel or blanket and use 1-3 drops in the hot water every 30 seconds. More than this will burn the nasal membranes. Make sure you get your head over the water and breath the vapors in immediately after putting the drops in the hot water. For children it is fun to set up a vapor tent they can get into. Throw a blanket over a small table such as a card table and set the vapor pot inside this tent. You will need to get in the tent with them to make sure they do not burn themselves on the hot pot. You will also need to add the oils as children may add too much to the hot water, and in excess, the oils can be irritating to the eyes and throat.

DIGESTIVE AIDS

Children occasionally experience digestive irritation. Treatments include pain relief, and control of inflammation. Just as with otitis, food sensitivities need to be explored.

Colic

Tummy Formula

Chamomile (<i>Matricaria recutita</i>)	30-40%
Lemon balm (<i>Melissa officinalis</i>)	25-35%
Fennel (<i>Foeniculum vulgare</i>)	25-35%
Fennel essential oil (<i>Foeniculum vulgare</i>)	to taste

Actions: This formula is anti-inflammatory, antispasmodic and healing to mucous membranes. It also contains herbs that are soothing to the nervous system and balancing to the emotions.

Indications: This formula is helpful when there is stomach and intestinal irritation related to emotional upheaval or foods that upset the digestive system. It is used in cases of colic, gas, eructations and general stomach or intestinal irritation not related to parasites or infectious conditions. It is often used after meals that cause indigestion and the good taste makes it easier for children to take.

Profiles of herbs used in this formula:

Chamomile, *Matricaria recutita*, is an antispasmodic, antibacterial and anti-inflammatory. It is useful where there is inflammation of gastrointestinal tissue, especially due to over consumption of acid producing foods. It soothes irritated tissue and is healing to the mucous membranes. It is a carminative, used for indigestion, gas and accompanying pain of gastritis and gastric ulcers. This herb is especially useful for the irritable, restless person with indigestion.

Lemon balm, *Melissa officinalis*, is a cholagogue, carminative and antibacterial. It is indicated when there are intestinal spasms. It relaxes the intestinal musculature and relieves cramps. Additionally it has a calming effect on the nervous system and is therefore used for gastrointestinal disorders of a nervous origin.

Fennel, *Foeniculum vulgare*, decreases inflammation and irritation, ex-

pels gas from the gastrointestinal tract and decreases spasms. It also has a very nice taste. (Peppermint can be substituted for fennel if desired.)

Additional Remedies For Colic

Catnip, *Nepeta cataria*, is a carminative, antispasmodic and nerveine.

Dill, *Anethum graveolens*, is carminative, antispasmodic and anti-inflammatory.

Peppermint, *Mentha piperita*, is carminative, anti-inflammatory, antispasmodic, antimicrobial, diaphoretic, antiemetic and a nerveine.

Thyme, *Thymus vulgare*, is carminative, antimicrobial, antispasmodic, astringent, and expectorant.

Anise, *Pimpinella anisum*, is carminative, antispasmodic, antimicrobial and an expectorant.

Lemon balm, *Melissa officinalis*, is carminative, nerveine, antispasmodic, antimicrobial and diaphoretic.

Slippery elm, *Ulmus rubra*, is demulcent, nutrient, astringent, anti-inflammatory. Suited for sensitive or inflamed mucous membranes.

Marshmallow, *Althea officinalis*, is demulcent, anti-inflammatory, diuretic and an expectorant.

Licorice, *Glycyrrhiza glabra*, is a demulcent, anti-inflammatory, antispasmodic, and mild laxative.

Diarrhea

The cause of the diarrhea needs to be treated. Stopping diarrhea is a simple matter but not always preferable as diarrhea is the body's method of disposing of microbes and toxins in the gut in a quick and effective manner. All astringent herbs will decrease diarrhea. Here are a few herbs that are helpful.

Meadowsweet, *Filipendula ulmaria*, is anti-inflammatory and astringent. It is a great digestive remedy and protects and soothes the digestive tract. It also reduces excess acidity and reduces nausea.

Geranium, *Geranium maculatum*, is astringent, vulnerary, anti-inflammatory, antihemorrhage.

Linden, *Tilia spp.*, is used as a hot infusion to check diarrhea in conjunction with a cold. Indicated when digestion is painful and difficult. Beneficial actions include astringent and anti-inflammatory.

Yarrow, *Achillea millefolium*, is astringent, antimicrobial, anti-inflammatory, bitter.

Catnip, *Nepeta cataria*, relieves stomach upset, dyspepsia, flatulence, and colic. Excellent remedy for diarrhea in children, especially if it has an emotional component.

Adjunct therapies

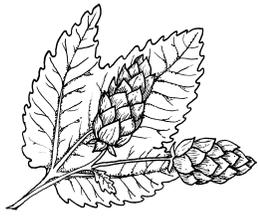
Replenish fluids, Acidophilus, Antimicrobials, Demulcents

Topicals For Injuries and Irritated Skin

Children frequently experience insults to their epidermis. Treatments include pain relief, prevention of infection and control of inflammation.

Skin Spray For Boo Boos

Calendula succus60-70%



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Aloe vera30-40%

Suggested Use: Spray on broken skin as necessary.

Action/Indications:

This formula is healing and soothing to the skin. It promotes the rapid healing of wounds and other minor irritations. It is antiseptic, anti-inflammatory, antipruritic and stimulates the growth of normal tissue.

Spray For Poison Oak & Other Itchy Things

Gumweed (*Grindelia spp.*)

Blood root (*Sanguinaria canadensis*)

Glycerin and Menthol crystals in a spray.

For external use only!!

Action/Indications:

This is an external formula specific for contact dermatitis, especially when associated with plants like poison oak, poison ivy and poison sumac. It relieves itching and lessens the occurrence of blisters and infection.

General All Purpose Salve

Calendula (<i>Calendula officinalis</i>)	40-60%
Comfrey (<i>Symphytum officinale</i>)	40-60%
Vitamin A	as desired
Vitamin E	as desired
Extra virgin, organic olive oil	base
Beeswax	to thicken

Action: This formula is healing and soothing to the skin. It promotes rapid healing of wounds and other minor irritations. It is antiseptic, anti-inflammatory, antipruritic and stimulates the growth of normal tissue.

Indications: This formula is used for multiple skin irritations like cuts, abrasions, burns, diaper rash, contact dermatitis, weather-damaged skin, chapped skin and lips, etc.

Suggested Use: Apply to skin as desired.

Profiles of herbs used in this formula:

Calendula, *Calendula officinalis*, promotes the growth of epithelial tissue and the healing of irritated, diseased tissue. It is anti-inflammatory and antiseptic, thereby reducing the possibility of infection and preventing or decreasing the formation of pus. It supports normal connective tissue. Calendula is used to aid in healing wounds, burns, bruises, boils and rashes. It promotes the formation of granulation tissue by first intention and decreases scarring.

Comfrey, *Symphytum officinale* is well known for its tissue-regenerating virtues. The constituent, allantoin, promotes cell proliferation and is thought to be the main reason for the healing action. It is soothing and healing to irritated and damaged tissues.

Vitamin E and **Vitamin A** are included for antioxidant effects and for their benefits on normal tissue growth and maintenance.

Extra virgin, organic olive oil is the base used for this salve because of its own unique healing properties.

Beeswax is used as a natural agent to solidify this preparation.

Trauma Compound

Arnica (<i>Arnica montana</i>)	20-40%
St. John's wort (<i>Hypericum perforatum</i>)	20-40%
Calendula (<i>Calendula officinalis</i>)	20-40%
Rue (<i>Ruta graveolens</i>)	20-40%

Suggested Use: Apply to unbroken skin as necessary.

Actions: This formula is used to prevent and relieve swelling, bruising and pain. It is anti-inflammatory, vulnerary and strengthening to the capillaries.

Indications: This formula is specific for physical trauma. It relieves pain and reduces swelling from bruising caused by falls, blows, strains, sprains and overuse. It is used immediately after an injury, to tendons, joints and muscles to prevent the condition from worsening.

Profiles of herbs used in this formula:

Arnica, *Arnica montana*, is antiphlogistic, anti-inflammatory and bactericidal. It has mild analgesic activity, stimulates circulation and is a topical counterirritant. Arnica is used externally for musculoskeletal injuries like sprains, strains, bruises, rheumatism, varicose veins and sore muscles. It is

helpful in cases of muscular rheumatism. The mechanism of action is not understood.

St. John's wort, *Hypericum perforatum*, is anti-inflammatory, astringent, antibacterial and vulnerary. It strengthens capillaries and relieves pain due to nerve irritation characterized by sharp lancinating pain, numbness, tingling or burning sensations.

Calendula, *Calendula officinalis*, promotes the growth of epithelial tissue and the healing of irritated, diseased tissue. It is anti-inflammatory and antiseptic, thereby reducing the possibility of infection and preventing or decreasing the formation of pus. It supports normal connective tissue. Calendula is used to aid in healing wounds, burns, bruises, boils and rashes. It promotes the formation of granulation tissue by first intention and decreases scarring.

Rue, *Ruta graveolens*, is anti-inflammatory, strengthens capillaries and is especially good for cartilage and periosteum. It is specific for injuries to tendons, ligaments and joints.

Contraindications, cautions and words of wisdom: This formula may cause irritation if used on broken skin. Discontinue use if sensitive to any of the ingredients, indicated by signs of skin irritation. A qualified health care practitioner should see all traumatic injuries. Hemophiliacs with a traumatic injury should see their health care practitioner immediately due to the possibility of internal bleeding.

2005 Solstice Celebration

June 18th, 2005

Wise Acres LLC • 84537 Proden Lane
Pleasant Hill, OR 97455
(541) 736-0164
class@herbaltransitions.com

Events

- free herb walks/farm tours
- potluck lunch at Noon
- snacks at 6:00 PM- consider bringing snacks to add to the offering
- song circles • games
- music (bring an instrument)
- vendors of live medicinal plants as well as tinctures, salves, desserts etc.

11:00 AM - 11:00 PM

A fun event that is open to everyone.

Admittance is free. Please do bring something for the potluck lunch if so inclined. The gathering is at a working farm.

www.herbaltransitions.com for more info!