

Healing Salves

I counsel thee to...anoint thine eyes
with eyesalve, that thou mayest see.

Revelation 3:18

Hear now this, O foolish people,
and without understanding; which
have eyes, and see not; which have
ears, and hear not:

Jer 5:21

“Is there no balm in Gilead;
Is there no physician there?
why then is not the health of
the daughter of my people
recovered?”

—Jeremiah 8:22

5, **Why** should ye be stricken any more?
ye will revolt more and more: the whole
head is sick, and the whole heart faint.

6, From the sole of the foot even unto
the head *there is* no soundness in it; *but*
wounds, and bruises, and putrifying
sores: they have not been closed,
neither bound up, **neither mollified**
with ointment.

Isaiah 1:5,6

“The LORD openeth *the eyes*
of the blind: the LORD raiseth
them that are bowed down:
the LORD loveth the
righteous:”

—Psalm 146:8

God's Power to Heal

“God's healing power runs all through nature. If a tree is cut, if a human being is wounded or breaks a bone, nature begins at once to repair the injury. Even before the need exists, the healing agencies are in readiness; and as soon as a part is wounded, every energy is bent to the work of restoration. So it is in the spiritual realm. Before sin created the need, God had provided the remedy.

God's Power to Heal

“Every soul that yields to temptation is wounded, bruised, by the adversary; but whenever there is sin, there is the Saviour.

It is Christ's work “to heal the brokenhearted, to preach deliverance to the captives, ... to set at liberty them that are bruised.” Luke 4:18.

–Education 113.1

Where to Start?

What do I need?

What do I have?

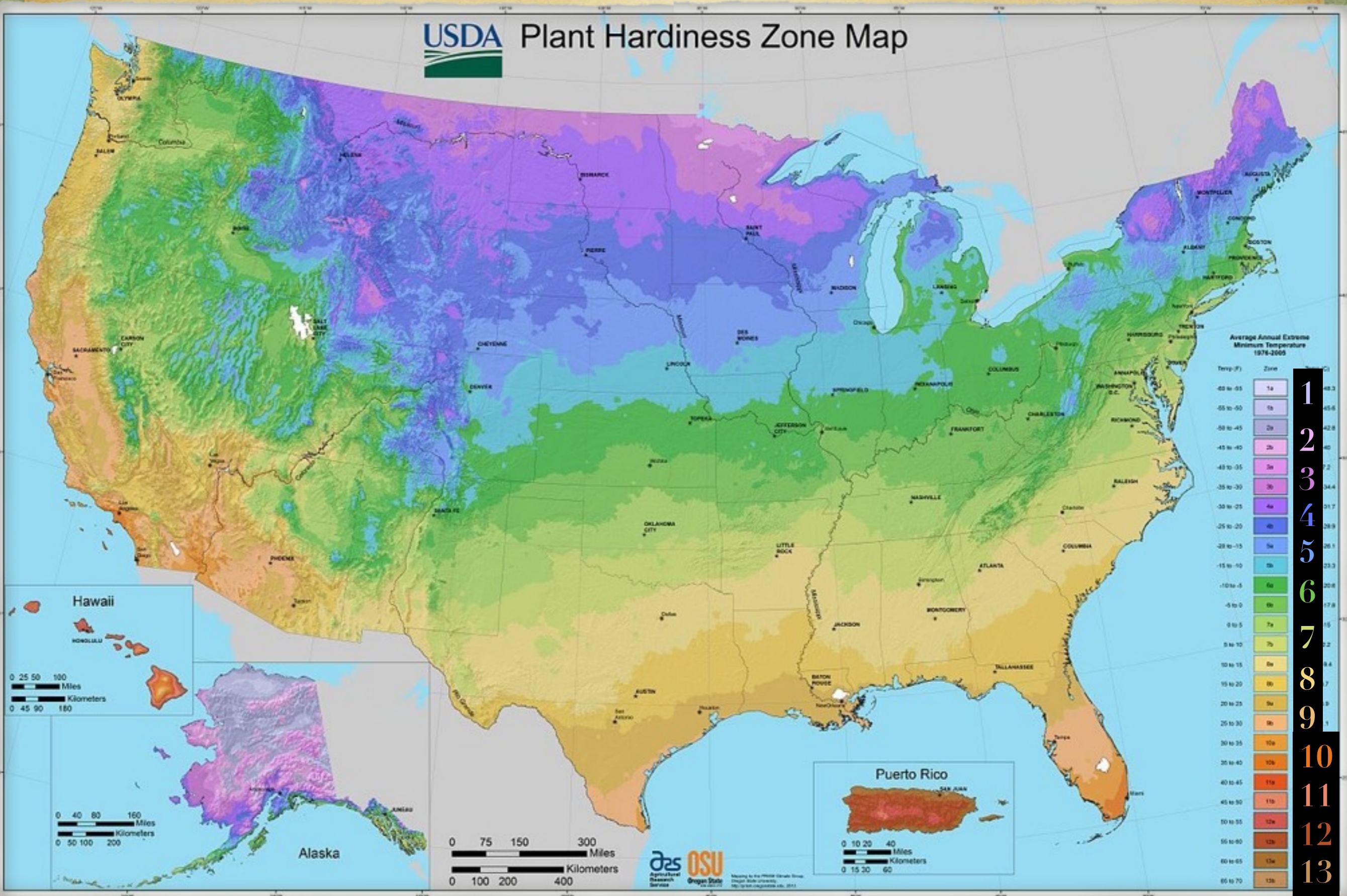
Where to Start

- What are my options?
 - Things I can grow or forage
- What are my needs?
 - Most common healing plants

Which Herbs to grow?

➤ Location

USDA Plant Hardiness Zone Map



Average Annual Extreme Minimum Temperature 1976-2005

Temp (F)	Zone	Temp (C)
-60 to -55	1a	-48.3
-55 to -50	1b	-41.6
-50 to -45	2a	-42.8
-45 to -40	2b	-40
-40 to -35	3a	-37.2
-35 to -30	3b	-34.4
-30 to -25	4a	-31.7
-25 to -20	4b	-28.9
-20 to -15	5a	-26.1
-15 to -10	5b	-23.3
-10 to -5	6a	-20.8
-5 to 0	6b	-17.8
0 to 5	7a	-15
5 to 10	7b	-12.2
10 to 15	8a	-9.4
15 to 20	8b	-7
20 to 25	9a	-3
25 to 30	9b	1
30 to 35	10a	3.4
35 to 40	10b	7
40 to 45	11a	11
45 to 50	11b	13
50 to 55	12a	16
55 to 60	12b	19
60 to 65	13a	22
65 to 70	13b	25

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Which Herbs to grow?

- Location
- What will I use?

Which Herbs to grow?

- Location
- What will I use?
- What do I love?

Which Herbs to grow?

- Location
- What will I use?
- What do I love?
- Is it a Noxious weed?



Common St. Johnswort



Japanese Knotweed



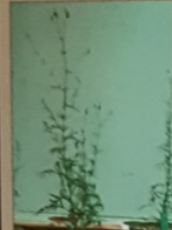
Purple Loosestrife

Class 1A EDRR

These weeds are not known to exist in the State that pose a serious threat to the state and should be considered as a very high priority.



African Rue



Common Crupina



Malta Starthistle



Mediterranean Sage



Plumeless Thistle



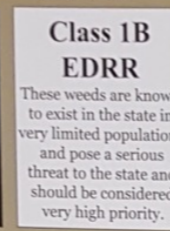
Small Bugloss



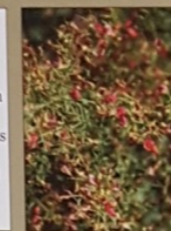
Spring Milletgrass



Syrian Beancaper



Camelthorn



Common St. Johnswort



Cutleaf Vipergrass



Elongated Mustard



Garlic Mustard



Giant Reed

Class 1B EDRR

These weeds are known to exist in the state in very limited populations and pose a serious threat to the state and should be considered very high priority.



Goatsrue



Japanese Knotweed



Oxeye Daisy



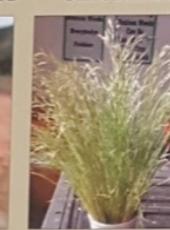
Purple Starthistle



Sahara Mustard



Viper's Bugloss



Ventenata

Class 2 Control

These weeds pose a threat to the state and should be considered a high priority for control. Weeds listed in the control list are known to exist in varying populations throughout the state. The concentration of these weeds is at a level where control or eradication may be possible.



Black Henbane



Dalmatian Toadflax



Diffuse Knapweed



Flowers & Fruits



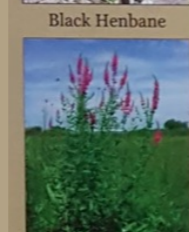
Dyer's Wood



Leafy Spurge



Medusahead



Purple Loosestrife



Rush Skeletonweed



Spotted Knapweed



Squarrose Knapweed



Yellow Starthistle



Yellow Toadflax

Class 3 Containment

The weeds in this list are known to exist in various populations throughout the state. Efforts may be directed at reducing or eliminating new or expanding weed populations. Known and established weed populations, as determined by the weed control authority, may be managed by any approved control methodology, as determined by the weed control authority. These weeds pose a threat to agricultural industry and agricultural products.



Bermudagrass



Canada Thistle



Field Bindweed



Hoary Cress



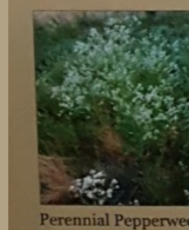
Houndstongue



Jointed Goatgrass



Musk Thistle



Perennial Pepperweed



Perennial Sorghums



Phragmites



Poison Hemlock



Puncturevine



Quackgrass



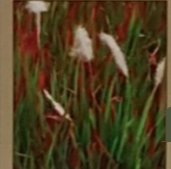
Russian Knapweed



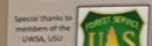
Saltcedar

Class 4 Prohibited

These weeds pose a threat to the state through the retail sale or propagation in the nursery and greenhouse industry. Prohibited noxious weeds are designated by the commissioner as having the potential or are known to be detrimental to human or animal health.



Picture Acknowledgments for African Rue, Dandelion, Barberry, Common Crupina, Utah State University, Mediterranean Mustard, Toad Thistle, Spring Beancaper, California Department of Food and Agriculture, Spring milletgrass, Erna De Santis and Scotch broom, Steve Demery, Small bugloss, http://commons.wikimedia.org/wiki/File:Gilia_burkii-23572986



Principles for Growing Herbs

- Sunshine
- Well drained
- Not too rich
- Regular pruning

Considerations for placement of herbs

- How does it reproduce?
- Is it a perennial or an annual?
- Is this an invasive species?
- What will I use it for?
- Is this location conducive for the plant's health, beauty, and function?

Processing Principles

1. Only harvest what you can process immediately.
2. Remove any dirt or other undesired matter. Most aerial parts if grown and harvested properly will not require washing. Low-growing dandelion leaves are an exception.
3. A dry space free from all mold or other strong pollutants or smells.
4. Place on a screen to dry only one layer thick
5. Herbs are best dried away from the sunlight at a temperature of 90°-110° F.

Processing Principles

6. Keep air circulating freely with fans as necessary
7. Plants with higher moisture content may require slightly higher drying temperature.
8. Roots will require thorough washing and chopping before drying.
9. Fresh herbs can be stored for a few days in the refrigerator in a plastic bag.

Storing Herbs

➤ Air

➤ Light

➤ Moisture

External Preparations

- Wash/compress
- Fomentations
- Poultice
- **Oils**
- Ointments/
liniments
- **Salves & lip balms**
- Creams
- **Essential oils**



Essential vs. Infused

What's the Difference?



Essential vs. Infused

What's the Difference?



Essential oils are made through a distillation process that captures the volatile oils of an herb.

- The Herbal Apothecary

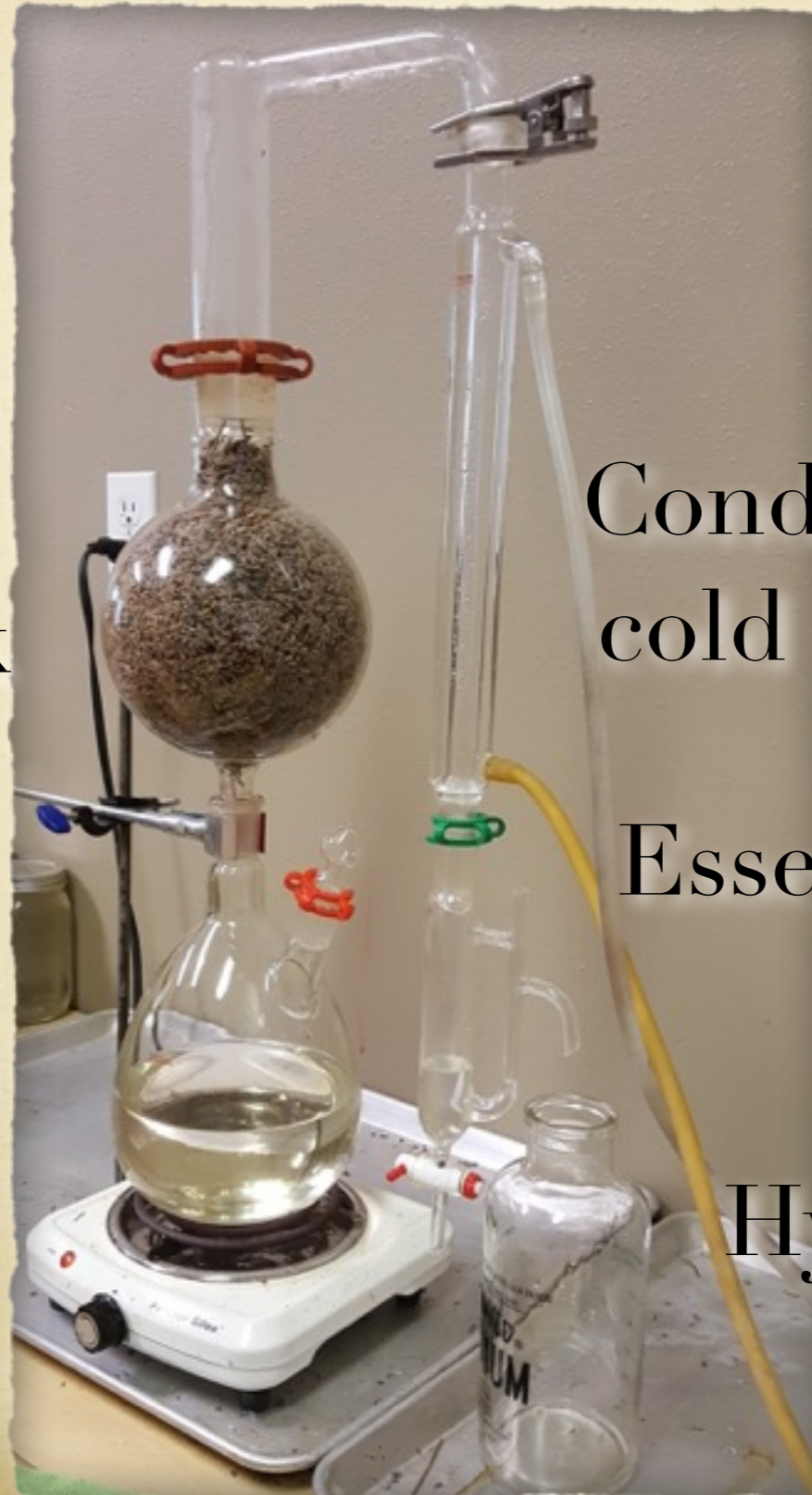
Infused Oils

Medicinal herbal oils extract all the physical constituents of a plant into the oil medium



- The Herbal Apothecary

Essential Oil Distillation



Steam chamber

Distilling flask

Boiling chamber

Heating element

Condensing chamber &
cold water in/out tubes

Essential oil separator
& receptacle

Hydrosol receptacle

Plant immune system

Volatile oils are considered part of the immune system of the plant. While their roles aren't fully understood, they aid in attracting pollinators and deterring pests and parasites. Volatile oils have a wide range of actions from relaxing to stimulating, and from irritating to analgesic (pain relieving)



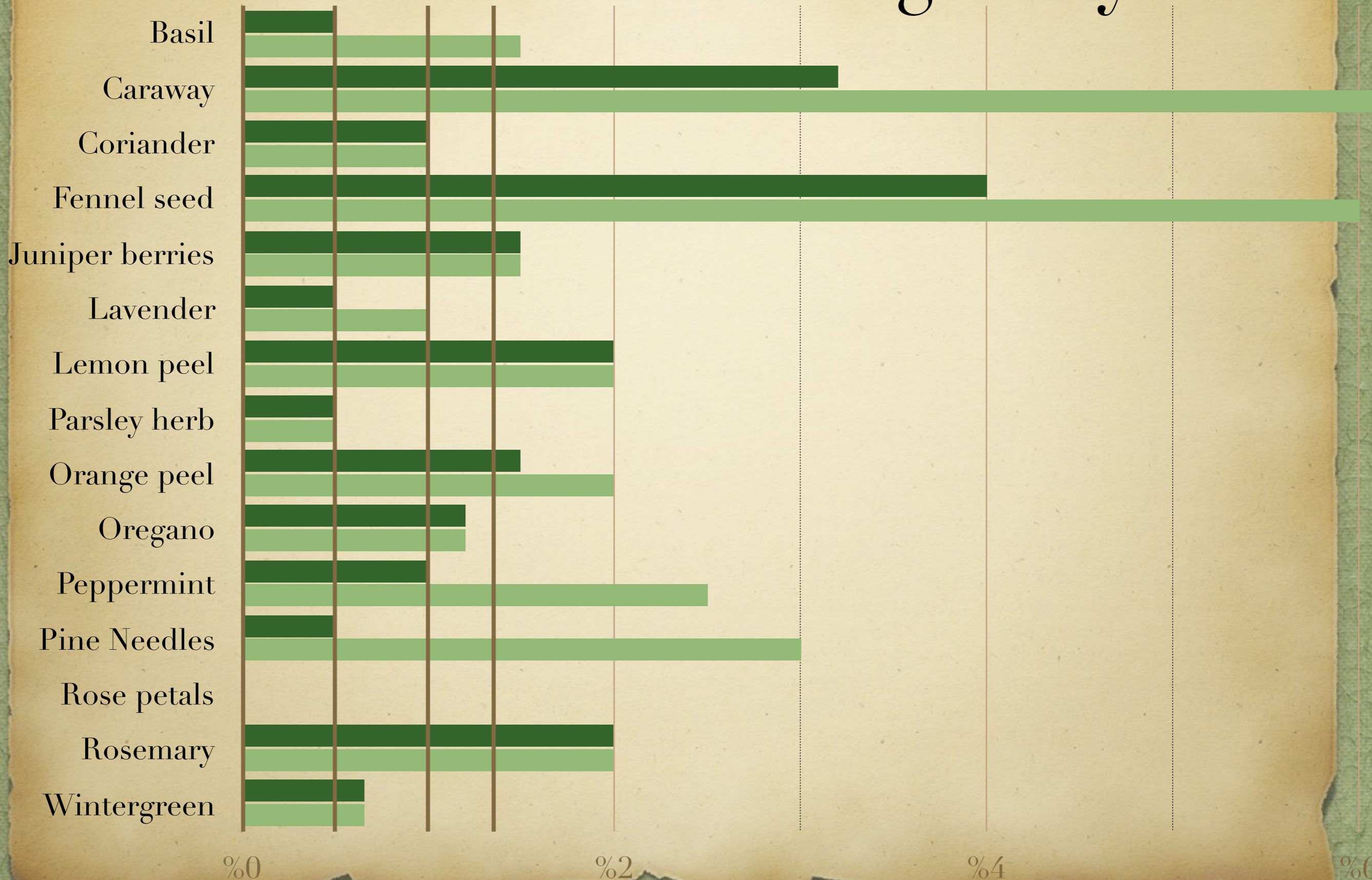
Inhaling Essential oils

- stimulate the olfactory system of the brain
- pass from the lungs directly to other organs
- affect limbic system (emotions, blood pressure breathing, memory, stress, hormone balance)



Percentage of yield

Rose %0.006 %0.5
Median %1 %1.35



Storing Essential Oils

- Always use a dark glass bottle preferably stored out of the light.
- Keep tightly sealed out of reach of children.
- Never use plastic for undiluted oils.





Infused Oils

- For topical application
- Can be 70 times more effective at delivering oil-soluble phytochemicals into the blood stream than when digested.
- Most beneficial plant constituents, including alkaloids are at least partially soluble in oil.



Practical Herbalism p. 50

Infused Oils

Solar method

1. Herb, fill jar with fresh herb free from excess moisture, (wilt 8-12 hours)
2. Oil, fill jar to brim with oil, olive or other kinds. Allow to sit 4 weeks before straining
3. Label with herb, oil, and date of infusion.



Infused Oils

Crockpot method

- 1 to 10 ratio dried herb to oil in glass jar.
- “Keep warm” setting
- 4 hours
- shake jar regularly
- Strain.
- Label & store in the dark.



Oil Properties

- Olive
- Grapeseed
- Avocado
- Almond
- Apricot
- Coconut
- Jojoba



Ingredients

- Infused oil
- Beeswax
- Essential oils
- Vitamin e



Equipment

- small pot (double boiler)
- stove
- thermometer
- glass measuring cup
- spoon and spatula
- containers
- labels



Salves

- Melt 1oz beeswax in double boiler
- Add 4-5oz infused oil keeping temperature below 120 F
- Remove from heat before adding Vitamin E and Essential oils (optional)
- Pour into jars, label (& date)



Salves

- Melt 1oz beeswax in double boiler
- Add 4 oz infused oil keeping temperature below 120 F
- Remove from heat before adding 2 tsp Vitamin E and Essential oils (optional)
- Pour into jars, label (& date)



Salves

- Melt 1oz beeswax in double boiler
- Add 4 oz infused oil keeping temperature below 120 F
- Remove from heat before adding 2 tsp Vitamin E and Essential oils (optional)
- Pour into jars, label (& date)



Salves

- Melt 1oz beeswax in double boiler
- Add 4 oz infused oil keeping temperature below 120 F
- Remove from heat before adding 2 tsp Vitamin E and Essential oils (optional)
- Pour into jars, label (& date)



Natural Preservatives

- Vitamin E
- Tincture of Benzoin
- Essential oils
- Myrrh
- Sage and Rosemary
- Grapefruit seed extract



Beeswax

Blocks, Bars, & Pellets

whichever one you choose
look for a deep color and
rich aroma



Wounds, Bruises & Sores

- Calendula
- Chickweed*
- Comfrey
- Lavender
- Pine*
- Plantain*
- Arnica
- Myrrh
- Marigold
- Goldenseal
- St. John's wort
- Yarrow

Pain/Sore Muscles

- Arnica flower IO
- Ginger IO
- Peppermint EO
- Clove EO
- St. John's wort IO (nerve)
- Cayenne IO



Burns

- Chickweed
- Plantain
- St. John's wort
- Lavender
- Goldenseal (infection)



Relaxing

- Chamomile
- Lavender flowers and oil
- Rose



LydiaLaJewel@hotmail.com

Aloe vera



Aloe vera

Aloe Barbadensis



- Burns and other wounds. Scientific studies with animals have shown that aloe vera sap activates macrophages, the immune cells that fight bacterial infection. This allows burns to heal cleanly. The sap stimulates the circulation of blood at the body's surface, which accelerates wound healing. Aloe vera juice speeds healing because it increases the amount of oxygen carried by the blood to the cells.

Aloe vera

Aloe Barbadensis



- Aloe gel is a mild anesthetic that relieves itching, swelling, and pain. Aloe also helps repair damaged cells and prevents burns from scarring. Moreover, Aloe contains enzymes, Carboxypeptidase and bradykiniase, that relieves pain, reduce inflammation, and decrease redness and swelling. Clinical studies have confirmed that burns and cuts treated with aloe vera gel heal as much as six days faster than burns and cuts treated with unmedicated dressing or with chemical antiseptic gels. (p. 18)

Aloe vera

Aloe Barbadensis

- It's said that Cleopatra attributed her beauty to it
- Creates a protective coating for wounds (6 days)
- Contains Aloectin B which stimulates the immune system,
- Burns, sunburns, wounds, warts, skin irritations
- Internally used for ulcers and as a laxative

Calendula



Blossoms Calendula



- Antibacterial, anti-inflammatory, anti-fungal, painkilling for minor injuries and topical infection
- Stimulates the production of collagen filling in wrinkles
- Antibacterial - helpful for healing wounds
- Useful for: insect bights, dry skin, sunburn, diaper rash
- Kills *Staphylococcus Aureus*

Blossoms Calendula



- Zones 9-11 or Annual 2-11
- Tender annual plant, Full sun, harvest when flower heads are fully opened before the hottest part of the day.
- Dry on a screen in the shade.
- allow some flowers on the healthiest plants to go to seed for next years planting.
- prefers well drained slightly acidic soil, not too rich.



Fruit (powder)
Cayenne



Capsicum frutescens

- Increases circulation locally particularly to the hands and feet, and internal organs.
- Capsaicin is the key constituent (.1- 1.5%)
- Substance P, blocks the nerve pathway, desensitizing the nerve endings, a counter irritant,
- pain, headache, microbial infections, sore throat gargle, cauterizes blood vessels to stop bleeding.
- Arthritis, by increasing circulation it aids in removing waste and bringing in nutrients and healing

Chickweed



Chickweed





Aerial parts
Chickweed
Stellaria media



- Demulcent, emollient (tonic, alterative)
- Contains many vitamins and minerals including: rutin, calcium, potassium, magnesium, iron, silicon, zinc, phosphorus, manganese, vitamins A, B, and C. (Delicious wild edible).
- Poultices are good for any skin problem

Chamomile



Blossoms

Chamomile



- Roman Chamomile stomach (bitter), German Chamomile skin
- Anti-inflammatory, Bactericidal, & Fungicidal
- Great for Cuts, scrapes, abrasions
- Anti-allergen chamazulene (E/O in cream)
- Eczema, itchy skin, inflammation (wash/cream)
- Sore eyes and Nipples (wash)
- Fomentation for cramps, gas, and swelling
- Targets Nervous and Digestive systems.





Blossoms

Chamomile

- Self seeding annual
- Cool climates
- Full sun,
- well drained sandy loam, high fertility
- Doesn't compete well against weeds

Comfrey





Leaves & Roots

Comfrey

Symphytum officinale



- Historically used since as early as 400 BC by greeks to encourage tissue repair. Latin “Grow together”.
- Contains Allantoin, a cell regenerator/proliferator.
- About 29% mucilage, relieves irritation on the mucous membranes.
- Used for Injuries, new and old, Clean wounds, broken or bruised bones, inflammation, & psoriasis.



Leaves & Roots

Comfrey

Symphytum officinale



- Herbaceous perennial USDA zones (3)4- 9 acquainted
- Full sun, Partial shade
- Enjoys rich soil but does well almost anywhere
- Propagated by root division
- Tap root, drought tolerant. but water regularly
- Hardy = “Hard” to remove (Root in Refrigerator 6 mo
- Attracts pollinators. Chicken & animal fodder. Builds compost.

Dandelion





Leaves & Roots

Dandelion

Taraxacum officinale



- Vitamins A, B, C, and D, Minerals, (Leaf: coumarins, carotenoids) (Root: taraxacoside, phenolic acid).
- Dandelion leaf has a diuretic without depleting potassium because it is very high in potassium.
- Dandelion root is a well known detoxifying herb working on liver, gallbladder and kidneys to stimulate the removal of toxins.
- Can be helpful for constipation, gallstones, skin problems like acne, eczema, psoriasis. Also arthritic conditions like osteoarthritis and gout.

Echinacea





Roots & Blossoms
Echinacea
Echinacea spp. (purpurea)



- Entire plant medicinal
- Internally increases the activity of Macrophage T-cells boosting the immune system
- Polysaccharides have anti-hyaluronidase action, inhibiting a virus from entering/taking over cells
- Alkamides are antibacterial and anti fungal.
- Infections, respiratory, skin, allergies, chronic fatigue.



Roots & Blossoms
Echinacea
Echinacea purpurea



- Herbaceous perennial USDA zones 3-8
- Full sun
- well drained loamy soil
- steady watering aids growth but drought tolerant
- avoid planting near Calendula due to “aster yellows” a disease carried by leaf hoppers

Lavender





Blossoms & Oil

Lavender

Lavendula spp.



- In 1620 it was one of the first medicinal herbs brought to the New World by the Pilgrims.
- The first essential oils used medicinally when in the 1920s a french perfume chemist burned his hand.
- Different types of Lavender have differing actions
- Spanish lavender stimulating like rosemary
- *L. stoechas* is used as an antiseptic wash for wounds ulcers, but inferior quality
- Spike lavender produces > E/O *L. officinalis* but lower quality



Blossoms & Oil

Lavender

Lavendula spp.



- Antiseptic
- Antibacterial
- Antioxidant
- Calms the nerves
- Reduce muscle tension
- Relieve cramping
- Carminative (Relieves gas & bloating)
- Insecticidal (bug spray that smells good?)
- Insect bites (anti-inflammatory)
- Rubefacient (irritating and stimulating to local circulation)



Blossoms & Oil

Lavender

Lavendula spp.



➤ Anxiety

➤ Burns / sunburn

➤ Hair growth

➤ Headache

➤ Insomnia

➤ Insect stings

➤ Lice

➤ Neuralgia

➤ Pain

➤ Psoriasis

➤ Scabies

➤ Wounds & sores



Blossoms & Oil Lavender



- Woody perennial USDA zones 4-9
- From the mediterranean, Full sun, sandy, well drained soil
- Propagated from seed or cuttings of tender stems (not woody)
- 2 growing years to first full yield
- 5-6 seasons of high yield
- End of season pruning to increase yield & help over-winter.



Rose





Blossoms & Oil

Rose

Rosaceae



- Not widely used in herbal medicine
- Used in aroma therapy as a mild sedative, antidepressant, and anti-inflammatory.
- May help reduce high cholesterol
- Rose water is mildly astringent and makes a valuable lotion for inflamed eyes.
- Volatile oil contains: geraniol, nerol, citronella, geranic acid, and other terpenes and a whole lot more....



Rose

Rosaceae



- A greek poet described it “queen of the flowers”
- Deciduous shrub
- Native to the Middle East, cultivated for at least 3,000 years. grown throughout the world
- The pure essential oil is called “attar of rose”

Milk Thistle



Milk Thistle



Seeds

Milk Thistle

Silybum marianum

- Renews and protects liver cells
- The seeds contain silymarin, a highly effective liver protector and has stopped the liver break down caused by ingesting death cap mushroom if taken within 48 hours
- Helpful for: hepatitis, liver cirrhosis, jaundice, liver stress including infections, alcohol addiction recovery and chemotherapy.
- Also increases milk production.

Nettles

Urtica dioica





Aerial parts
Nettles
Urtica dioica



- Internally nutritive/ blood builder
- Chlorophyll, vitamins, Minerals, micronutrients and protein.
- Liver and kidney health
- taken internally reduces reaction to seasonal allergies
- arthritic pain, minor irritation stimulates increased circulation



Aerial parts
Nettles
Urtica dioica



- Herbaceous perennial USDA zones 2-10
- Full sun to partial shade
- Fertile soil (organic matter)
- prefers consistent moisture, tolerates dry conditions
- propagate from seed or cuttings
- tiny hairs containing formic acid cover the plant, find an out of the way place.

Oat straw

Milky oat tops





Aerial parts
Oat straw
Avena sativa



- Internally: rejuvenating nervine
- soothes the myelin sheath that encases the axons of the nervous system
- Mucilaginous, reduces inflammation and irritation
- Contains soluble fiber, protein (avenalin, calcium, and silica beneficial for adrenal, nervous system and cardiovascular health.
- Oat baths are excellent anti-inflammatory for the skin.
- Silicon strengthens connective tissue, skin, mucous membranes



Aerial parts
Oat straw
Avena sativa



- Annual grass
- grows well in most temperate regions
- Soil, well drained, loamy, good fertility can tolerate a range of soils
- full sun, consistent moisture but not excessive
- good for a cover crop

Plantain





Leaves & seeds

Plantain

Plantago major



Plantago lanceolata

- Known as “Mother of Herbs” and “Life Medicine”
- Has “drawing” and “anti-inflammatory” qualities
- High Mucilage content
- Great for bug bites, stings, poison ivy, general inflammation and injuries.
- Makes beautiful Salves
- God’s Band-aids



Plantain

Plantago major



Plantago Lanceolata

- Known as “White man’s foot”
- Zones 3-9
- sun to partial shade
- will grow in nearly any soil

Sage





Sage

Salvia officinalis



- Antiseptic & Astringent (gargle, sore throat, canker sores)
- clears mucus (asthma)
- stomachic
- Estrogenic (irregular and light menstrual flow)
- Reduces swelling (insect bites)



Leaves Sage

Salvia officinalis



- Essential oil has up to 50% thujone, contributes to the estrogenic, antiseptic, and stomachic action.
Toxic to nerve tissue if used excessively.
- Antimicrobial,
- Some of the powerful Antioxidant include diterpenes & triterpenes and phenolic compounds
 - Rosmarinic acid = Anti-inflammatory
- Dries up mucus secretions and reduces perspiration.
- Sore throat, bites, stings, sores, canker sores, sore gums, asthma,

St. John's wort





Aerial parts

St. John's wort

Hypericum perforatum

- hypericin and hyperforin have interesting pharmacological profiles, including antioxidant, anti-inflammatory, anticancer, and antimicrobial activities. In addition, hyperforin stimulates growth and differentiation of keratinocytes, and hypericin is a photosensitizer which can be used for selective treatment of nonmelanoma skin cancer.

<https://www.ncbi.nlm.nih.gov/pubmed/24214835>



Aerial parts

St. John's wort

Hypericum perforatum

- Antibacterial/microbial, Antidepressant, anti-inflammatory, antiviral, astringent, vulnerary (wounds)
- Infuse fresh flowering tops to make a beautiful red oil for: Bruises, burns/sun burns, cuts and abrasions, sore muscles
- Study of Rats showed it more effective for wound healing than placebo or Calendula.
- Hypericin, a key constituents inhibit some of the herpes virus
- Taken internally for mild depression, (15 clinical studies showed more side effects from placebo than SJW) some interaction/cautions apply.



Aerial parts

St. John's wort

Hypericum perforatum

- Named because it flowers around “St. John’s” birthday, June 24)
- Considered invasive in some states
- One plant can produce up to 100,000 seeds a year, and seeds remain viable for 10 years.
- Perennial
- Zones 5-8(maybe 10)
- Full sun to partial shade
- Sandy to clay soils



Leaves

Witch Hazel

Hamamelis virginiana



- Double blind study showed unmistakable anti-inflammatory effect for eczema
- Tannin (hamamelitannin) constricts blood vessels and small cuts.
- A commercial cream showed to reduce inflammation from sunburn by 20%-27% compared to 11%-15%



White Pine



Inner bark, sap, needles

White Pine



- North American Indian tribes use it for antiseptic and vulnerary qualities.
- It is used for treating skin complaints, burns, wounds and boils.
- It is used to treat coughs, influenza, colds and others.
- Use it internally as a rub or steam bath for treating rheumatic affections.



Inner bark, sap, needles

White Pine



- The poultice of pitch is used to draw out toxins from boils and lower pain.
- An infusion is used for treating colds and as an ingredient in commercial cough syrups for promoting expulsion of phlegm.
- The infusion of young twigs is used for treating kidney disorders and pulmonary complaints.
- Tea prepared from young needles is used for treating sore throats.

Health in the Fragrance

➤ Light was given that there is health in the fragrance of the pine, the cedar, and the fir. And there are several other kinds of trees that have medicinal properties that are health promoting.



17 LtMs, Lt95, 1902, par.2

Yarrow





Aerial parts

Yarrow

Achillea millefolium



- Part used: Aerial when in full flower, hang in the shade to dry.
- Diaphoretic, astringent, hemostatic, anti-inflammatory, antimicrobial, antiviral, vulnerary
- Blood cleanser, can help rid the body of uric, promotes sweating opening pores to remove waste.
- Relieves pain
- Fights bacteria and Fungi
- Stops bleeding, common name “nosebleed, soldiers’ woundwort”



Aerial parts

Yarrow

Achillea millefolium



- Perennial hardy USDA zones 3-9 (possibly 2)
- Full sun
- Sandy, Loamy, clay. (well drained preferred)
- Spreads by rhizomes and seeds
- Mines minerals. Survives in poor soil, thrives in rich.
- Attracts beneficial insects due to its small umbrels
- Colorful pink varieties are less medicinal

“The LORD openeth *the eyes*
of the blind: the LORD raiseth
them that are bowed down:
the LORD loveth the
righteous:”

—Psalm 146:8

God's Power to Heal

“God's healing power runs all through nature. If a tree is cut, if a human being is wounded or breaks a bone, nature begins at once to repair the injury. Even before the need exists, the healing agencies are in readiness; and as soon as a part is wounded, every energy is bent to the work of restoration. So it is in the spiritual realm. Before sin created the need, God had provided the remedy.

God's Power to Heal

“Every soul that yields to temptation is wounded, bruised, by the adversary; but whenever there is sin, there is the Saviour.

It is Christ's work “to heal the brokenhearted, to preach deliverance to the captives, ... to set at liberty them that are bruised.” Luke 4:18.

–Education 113.1

Bibliography

- The Herb Book (HB)
- Herbal Apothecary (HA)
- The Little Herb Book (LHB)
- Practical Herbalism (PH)
- Prescription for Herbal Healing (PHH)
- The Organic Medicinal Herb Farmer (OMHF)

Liniments

- a liquid or lotion, especially one made with oil, for rubbing on the body to relieve pain.
- Rubbing alcohol, witch hazel, grain alcohol, or vinegar



Jethro Kloss Famous liniment

- 1 oz Myrrh powder
- 1/2 oz Goldenseal powder
- 1/4 oz cayenne powder
- 16 oz rubbing alcohol



Antiseptic liniment

- 1/2 oz lavender flower
- 1/2 oz Rosemary leaf
- 1/2 oz chamomile flower
- 1/4 oz calendula flower
- 16 oz menstruum



Carrot Seed Essential oil

- Cytophylactic means that the oils stimulate the generation of new cells, which will aid in preserving the health of the skin. These oils are also used for treatments of burns



Wild carrot seed essential oil has cytophylactic properties