

Using Herbs for Healing- Beginners Class

Using herbs for everyday health and healing has been practiced all throughout history and is still the most common method of medicine around the world. But for those of us who enjoy Modern Medicine in First World Countries, it is considered a "new" form of medicine.

I believe that we have been given everything we need here on Earth by our Heavenly Father. We just have to learn about our resources and how to use them. Using herbs for health and medicine can also come in very handy for everyday use and for any future time when we may not have access to medical care that we enjoy now. It is for these reasons that I have been learning about herbs and how to make my own medicines at home, especially for everyday ailments.

How should I start to learn about herbs? There are many books on herbs and their uses available anywhere books are sold. There are also many websites dedicated to herbalism.

1. Take a beginner's class in your area. Learn some basics and start small.
2. Think of your family's most common ailments and look up remedies for those ailments. These are most often things like the common cold, asthma, earaches, insomnia, headaches, diarrhea etc.
3. Buy a couple good books on herbs and how to use them. One of the most knowledgeable and popular writers on herbs and their many uses is Rosemary Gladstar.
4. Learn how to make your own medicines such as a tincture, salve, poultice and oxymels.
5. Once you know the basics and have some resources, you can just keep expanding on your knowledge.

What is a tincture and how do I make one?

A tincture is simply a liquid medicine made from some dried herbs that have been soaking in a liquid solvent such as vodka, Everclear, glycerin or vinegar. After about one month of soaking in the solvent the medicinal properties of the herbs have been extracted and you can ingest the liquid.

To make a tincture, the most common method is to fill your jar, usually a pint or half-pint canning jar, half-full of the dried herb. Then cover the herb with your vodka to the bottom rim of the canning jar. Cover and keep in a cool, dry place like a cabinet for one month. Longer than that is fine. Every few days, take the jar out and gently swirl or shake the contents of bottle and put back. After one month, strain the herbs from the jar and put in your medicine bottle. You can compost the used herbs. Put a label on bottle and put in a cool, dark place.

Notes on the use of Alcohol: Alcohol is the most commonly used solvent for a tincture. This is because it has been found to be the BEST solvent for herbs. You want to use an alcohol that has a very high "proof" such as 80-100 proof. The higher the alcohol content in your solvent, the better job it does of extracting the medicinal properties from your herbs. It also acts as a

preservative. Tinctures made with an alcohol will generally be good to use for 2 years. They will have an indefinite shelf-life if you use Everclear. If you use Everclear and store in a cool, dark place, your tinctures can be good for 20-30 years. Everclear can be hard to obtain depending on where you live. In Utah, you have to ask for a small bottle of it that is kept behind the counter. If you want to obtain a large quantity, you must special order it online through the state. ABCDev@utah.gov and you have to order it by the case, not the bottle. One case has 6 bottles. You pay for it upon pickup. A case costs about \$200.

If you use an alcohol to make your tinctures and you are not comfortable with ingesting it, you can add the dosage to a small glass of water. Wait a couple minutes for the alcohol to evaporate and then drink the whole glass of water.

If you choose to make a tincture that does not use alcohol you do have a couple options. You can use white distilled vinegar or glycerin instead. Glycerin will cost a lot more. You should be able to find it in a pharmacy. The shelf-life will not be as long if you use these solvents.



A Tincture brewing.



With a label on it.



Straining a tincture after one month.



Common tools for straining.



A pint jar will fill 2-8 oz jars. Dark is best.

How to make an herb infused oil

Slow, solar method: Put herb of choice in a glass jar and cover with your choice of oil. Most often it is a good quality olive oil. Put lid on jar and place in a sunny window and let it sit for one month. Every few days, give the jar a shake. After one month, you can strain the herbs out and use the oil in a salve.

Faster, cooked method: For this method you will be following a recipe. The recipe will tell you how many grams or ounces of the dried herb to put in a sauce pan. Then you will measure the olive oil in the pan. Then you will bring the oil and herb mix to a simmer and cook briefly. Turn the heat off and cover pan and let it sit overnight. The next day you will heat the mixture up again and then strain. Once the oil is infused with the herbs you can use it in a recipe to make a salve.

If you use FRESH herbs from the garden to infuse your oil, the oil will splatter a lot because of the moisture in the fresh herbs. Use a splatter screen.



Yarrow in olive oil.



Simmering Rosemary in olive oil, fast infusion method.

Use the infused oil right away to make a salve or store in a closed, dark container in a cool and dark location. The oil will go rancid if kept too warm, just like any oil in your kitchen.

What is a salve and how do I make one?

The word salve is an old fashioned word that means the same thing as an ointment. There are many kinds of herbal salves depending on what you are using it for. They usually are made from an herb infused oil that have some melted beeswax added to it to make it into an ointment, or more solid consistency. They usually only have 3-4 ingredients in them and are very easy to make. These follow a recipe. There are just a few steps involved.

Salves are usually made for healing such as healing dry, cracked skin, used as an antibiotic, pain relief or for bruising or sore muscles. It all depends on which herbs you use.

1. Create your herb infused oil using the infusing method of choice.
2. Following the recipe, measure the oil into the sauce pan and warm the oil.
3. Add in the indicated amount of beeswax pastilles or shreds and heat until melted.
4. Pour into your containers and allow to cool. Add your label and store in a cool place.



Use a kitchen or postal scale for salve recipes.



Some beeswax melting in infused oil.



Some finished salves in tiny jars. The herb used determines the finished color.

Storing salves and tinctures:

Salves should be stored in a cool location to prolong the shelf-life of the oil inside. A cool closet is good. Storing in the refrigerator is better.

Tinctures should be kept in a dark bottle if possible such as Amber, green or cobalt colored. Store in a cool and dark place like a cupboard or cabinet.

Notes on Dosages and Cautions:

The average adult dose of a tincture is ½ t. For small children it is generally half that amount. Check each recipe and include instructions on your bottles. There are many herbs that are NOT SAFE for pregnant or nursing women. You can find out as you study each herb. This information is usually stated in a good book on herbs.

What is an Oxymel and how do I make one?

An Oxymel is a syrup form of herbal medicine that is often used to administer herbs that are bitter or unpleasant on their own. It is made of a mix of raw apple cider vinegar, raw honey and the herb of choice. Many people claim that an oxymel is good for the throat or common cold. Common herbs used in an oxymel are Elderberries, lemon, hyssop, garlic and thyme but there are many others used as well. Info gathered from

www.mountainroseblog.com/herbal-oxymels-methods

www.mountainroseherbs.com (Store) and www.mountainroseblog.com (how-to's)

A basic Oxymel recipe is as follows:

The ratio is 1:3-1:4 meaning 1 part dried herb to 3 or 4 parts vinegar and honey mix. For example: Fill a pint jar ¼ of the way with your herb. Then make a mix of 50% honey and 50% vinegar. Stir well and pour over the herbs. Stir well and cover. Place in a cool, dark spot and let it sit. Shake 2 times a week. After 2 weeks, strain and bottle the liquid for storage. This is what they call the Stir, Shake and Sit method. It is the easiest method. They also have another one on this page that entails simmering the vinegar down. (This is called decocting).

What is a Poultice and how do I make one?

A poultice is a soft, moist mass of material. Typically of plant material or flour, applied to the body to relieve soreness, pain or infection. It is kept in place with a cloth or plastic wrap.

There are many poultice recipes that you can find online or in books. Barbara O'Neill of New Zealand has a video on Youtube of poultices that is an hour long. It is called, Discovering Good Health: "Poultices and their Applications" (complete) PBMC. It was posted in February 2013 by Bible Truth 101. This videos covers a whole bunch of different poultices and their uses.

Onion poultice for ear aches.

Take a whole onion and leave the skin on. Steam or bake it whole. The onion should be soft. The onion juice in this application MUST be cooked, not raw. Cut the onion in half so you can see the rings. Squeeze the juice of one half of the onion into the infected ear. Then take that piece of onion and wrap it a couple times in a soft cloth. (This is so the patient does not get burned, but should still feel the warmth of the cooked onion.) Take the cloth with the onion and place it against the front of the ear and hold it there for anywhere from ½ hour to 2 hrs. Repeat again as necessary.

Comfrey Poultice for bruises, sprains and fractured bones.

Macerate or smash a bunch of comfrey leaves and pack into a small bowl. Add a small amount of boiling water and let it steep. Then apply to area, covering with plastic wrap. Leave on for an hour or over-night.

You can also macerate comfrey and add to a hot water foot bath for a foot injury. Comfrey causes accelerated healing. Never use on a puncture wound!

Charcoal Poultice for stings, bites, and neutralizes poisons

Activated Charcoal can be used internally and externally. Take a little in a glass of water for nausea or diarrhea or poisoning. To make a poultice for bites or stings: Add 1 part psyllium to 3 parts activated charcoal. Mix well and add in some water to make a thick gel. Put this between 2 sheets of plastic wrap. Roll out flat and store in a plastic bag in the fridge until you need it. Cut off a piece with scissors when you need it. Remove one side of the plastic wrap. Lay on sting wound and keep the outer layer of plastic on. It will draw out the sting and poison.

Joint Inflammation

Make a poultice of fresh, grated ginger and put it on affected joint and wrap and leave it on for a while. Repeat as necessary.

Soft Tissue Inflammation and swelling

Make a poultice out of fresh, grated potato and place on affected area. This will be moist and cool. Also good for a sty or conjunctivitis.

Another thing you can do for something like a sprain is to put in HOT water for 3 minutes and then put in very cold water for 30 seconds. Repeat this 3 times, several times a day. It will help reduce swelling quickly and give pain relief. CAUTIONS: Do not do this with a patient who has no feeling in that area such as a Diabetic who has lost feeling.

Herbal Teas

Many of these herbs can also be made into a simple tea to drink for pain relief and healing. You will find these in herbal books everywhere.

The average recipe is 1 $\frac{1}{2}$ of the herb to a couple cups of water.

Turmeric Tea

Illness: Pain

4 C. water

2 T. fresh turmeric, grated or 1 heaping tsp of ground turmeric.

Fresh lemon or honey to taste.

If using fresh turmeric, simmer for 15-20 minutes and then strain. Add lemon or honey.

DO NOT USE IF PREGNANT OR NURSING!

Resources for Herbal Medicine Information

Books by Rosemary Gladstar, She is one of the top herbalists in the country. She has several books on Amazon. Read reviews on Amazon.com when looking at books to buy.

It would be wise to buy books and take a couple classes if possible from herbalists in your area. They can tell you how to identify wild herbs that grow in your area if you want to learn how to forage for them. You can also find plant starts that will do well in your garden.

I have a set of three books by Kathy Wilson and Beuna Tomalino of Northern Utah. They are called Herbs to know, Herbs to know 2 and Herbs to Grow. These are great for identification and lists each plant's uses. Most of the plants in these books are found in the Intermountain West. There are no recipes though. Good reference books.

www.herbstoknow.com For garden walks and classes find her info at <http://gardeninspire.com>

Youtube videos by Barbara O'Neill of New Zealand. Many of her videos have been posted by Misty Mountain Health Retreat. (My mom loves her videos. They are very informative and easy to follow.)

Herbal Recipes for Vibrant Health by Rosemary Gladstar. Great reference book for beginners on many different herbs and their uses. Includes photos and details on each plant and 175 recipes. Book is broken into chapters based on recipes for children, adults, elders, men, women etc. Easy to find what you are looking for.

Backyard Medicine by Julie Bruton-Seal and Mathew Seal. Good reference book for using herbs, trees and weeds that are common in most places. Includes photos and recipes.

Darcy Williamson, aka Darcy from the Forest, who lives in McCall, ID is a wealth of knowledge. www.darcyfromtheforest.com She has a Facebook page as well. She teaches classes in Idaho.

Claudia Orgill has taught Preparedness Topics using herbal remedies and other "old-school" type skills in case of a disaster. This is what got me started in this. She has taught many classes and seminars in the recent past. She is trying to get all of these on video and downloaded onto her website and Youtube channel. Her website is www.healthypreparedness.blogspot.com and she has a Facebook page called Healthy Preparedness.

Facebook page: Once Upon a Weed based in Fordland, MO. She teaches classes on wild edibles and foraging. She most likely has several book recommendations.

Bulk Herbs

Bulk herbs can be bought in Health food stores as well as on www.amazon.com. Reputable companies that are very popular are Mountain Rose Herbs, www.mountainroseherbs.com, Frontier Coop and Starwest Botanicals, but there are many other resources. Buying them in bulk will save you a lot of money over time.

You can also grow many useful medicinal herbs in your garden. But, while you are waiting for them to grow and multiply, you can buy herbs in bulk and start making remedies immediately.

Cut and Sifted Herbs vs Powdered: When buying your herbs you will choose between Cut and Sifted and powdered. It depends on what you are making out of them, and how long you want the shelf-life to be.

Cut and Sifted Herbs: They will be leaves, flowers or stems all cut into tiny pieces. Most often you will want to order these. They can be used in a tea, poultice or tincture. In this form they will have the longest shelf-life if stored properly.

Powdered Herbs: They will be finely ground. They will be very fine and hard to tell one kind from another. This is the form you will want if you plan on making pills or filling empty pill capsules. In the powdered form, the herbs will have a shorter shelf-life. You can always buy the herb in the cut and sifted form and use a mortar and pestle to grind it up when you need it.

How to store your bulk herbs

Herbs should be stored in a cool, dark and dry location. Storing them where it is always warm will shorten the shelf-life of your herbs. You can reuse containers or buy new containers for your herbs. I have chosen to buy new, plastic containers that are one gallon capacity and block out most light. I found them at Industrial Container Supply Co. in Salt Lake City, Utah. www.industrialcontainer.com



I have also bought new containers in a variety of sizes for my tinctures and salves at Industrial Container as well. Pictured in the photo above from left to right are:

Cobalt 8 oz glass Boston Round bottle, Amber 4 oz Boston Round bottle, ½ gallon plastic square container, White 1 gallon round. Front row, clear 2 oz plastic jar, clear 1 oz plastic jar and Cobalt 4 oz plastic jar. They also sell all of the lids and glass droppers as well.

Industrial Container Supply is located at 1845 S. 5200 W. SLC, Ut. Hours are M-F 8am-4:30 pm. Walk-ins are welcomed. They will ship orders too. CALL them to place an out-of-area order and get shipping details.

The tools you will use to make your remedies are most often common kitchen tools that you already own. You can strain the herbs out of tinctures with a fine mesh strainer, cheese cloth, coffee filters or even some chiffon fabric.

Herbal Remedy Recipes

Elderberry Tincture

Illness: cold, cough, flu

1 Quart jar

1 C. dried Elderberries

80-100 proof Alcohol such as vodka or Blackberry brandy

Put one C. of dried Elderberries in a clean quart jar. Fill jar to bottom ring with the alcohol. Put lid on and put in a dark cupboard. Shake about once a week. After one month strain the berries out and bottle the juice.

Dosage for an adult is 1 t. 3 times a day when feeling under the weather. Continue taking until one full day, or even 2 days after you feel completely well.

1 Quart bottle will fill 3-8oz bottles.

Olive Leaf Tincture

Illness: cold, flu, yeast, bacteria

½ pint jar

Cut and sifted Olive Leaf

80-100 proof Alcohol, such as Vodka

Fill jar ½ full with the Olive Leaf. Cover herbs completely with the Vodka. Shake and put in a dark cupboard. Shake once a week. Let it sit for one month. Strain and bottle the liquid into a 4 oz. bottle.

Dosage for an adult is ¼ t. 2-3 times a day while sick.

Fever few and Lemon balm tincture Illness: headache

1 pint jar

2 T. dried fever few

3 T. dried Lemon balm

80-100 proof Alcohol

Put dried herbs in the pint jar and cover with Vodka to the bottom ring of jar. Shake and put in cupboard. Shake once a week. After one month strain and bottle liquid.

Dosage: Adults, $\frac{1}{4}$ to $\frac{1}{2}$ t. every 30 mins to one hour until headache subsides. A pint jar will fill 2- 8 oz. jars. From www.naturehacks.com

Earache Tincture Illness; Earache, swimmer's ear

4 oz. container

2 oz. white vinegar

2 oz. rubbing alcohol

Combine and bottle. Dosage: 2 drops in the ear 3 times a day for several days.

Bladder and UTI Tincture Recipe by Claudia Orgill

Make the following tinctures:

Goldenseal tincture

Echinacea tincture

Uva Ursi tincture

Plantain tincture

For each person take a combination of 1 dropper full (15 drops) of the Goldenseal, 2 droppers full (30 drops), Echinacea, 1 dropper full of the Uva Ursi, and 1 dropper of the Plantain. Put these in a glass of water. You may want to add sugar or honey to make it taste better. Take this amount once every 1-2 hours the first day.

Take this amount 4-6 times the second day. Take this amount 2 times on day three and once on day four. Use half this dosage if they are age 6 and younger.

Women's anti-fungal cream by One Good Thing by Jillee

4 T. Coconut oil Best to use a water bottle ice cube mold

8 drops tea tree oil (Melaleuca oil)

8 drops lavender oil

Measure the amount of oil in a glass measuring cup. Put in microwave and heat till it melts. Takes about 20 seconds. When melted, add the oils and stir well. Pour into the ice cube mold. It should make about 4 sticks. Freeze until hard. Remove from mold and cut each stick into thirds. Makes about 12 doses. Store these in a Zip-lock bag where it is very cool/cold. They melt upon contact! Use one dose each night when going to bed for 6 nights.

Yarrow Salve Illness: Cuts, burns, scrapes, rash

2 C. olive oil Great replacement for Neosporin,

3 or more ounces of dried Yarrow also relieves pain

30 grams beeswax pastilles or shreds

Fast infusing method: Put olive oil into a medium sauce pan. Warm the olive oil and put the dried Yarrow in it. Stir well and simmer for just a few minutes. The yarrow should soak up most of the oil. Put lid on pan and let this sit over-night. The next day, warm the herb and oil mixture on the stove and then pour mix into a fine strainer. Allow everything to drain for several hours until no more oil comes out. Save the oil and throw away the herbs.

Measure the yarrow oil back into sauce pan. Warm it up and put the beeswax in and stir until wax is melted. If pouring into plastic containers, allow to cool a couple minutes before filling. If using glass containers, you can just fill containers.

Yield just over 2 C. or 16 fluid ounces.

Comfrey Salve

Illness: bruises, bone fractures

2 C. olive oil

DO NOT use this on an open wound!

2-3 C. dried Comfrey

41 grams beeswax pastilles or shreds

Fast Infusion method: Put 2 C. olive oil into a medium sauce pan. Turn heat on low. When oil starts to simmer put enough comfrey in to soak up almost all of the oil. Mix well and turn heat off. Cover and set aside for 12-24 hrs.

Warm up oil and herb mixture and then pour into a fine strainer. Let this drip for several hours and squeeze out all of the oil that you can. Save all of the oil and throw away the herbs. Measure 440 grams of oil back into the sauce pan. Heat it up and add in the 41 grams of beeswax. Stir until it is melted. Pour into containers. Makes about 12 fluid ounces.

Slippery Elm bark powder

Slippery Elm Bark Powder when mixed with a little water makes a slippery, gel-like substance. It is good for coating things and help promote internal healing. Put a little in water and drink quickly before it thickens too much. Take 3 times a day.

Good for: IBS, Crohns Disease, diarrhea, stomach ulcers, and sore throat.

Yarrow

Yarrow is one of the greatest diaphoretic herbs. It will raise the heat of the body, equalize the circulation and produce perspiration, when taken hot.

Take as tea to produce sweating!

Uses: Fevers, cold, flus, stops bleeding, helps with digestive issues, respiratory illnesses

(teas and / or tinctures for internal / external bleeding, yarrow powder / poultice for external bleeding as well can shut bleeding down right away)

Give tea as warm as possible – 1-2 cups, 3-6 times a day to help keep fevers in wet state.

When patient has a fever, you want them to sweat. Sweat removes the pathogens

*Dry heat = kills
moist heat = heals*

"Darcie from the Forest" teaches classes

Yarrow can disinfect water too. wait 20 mins.

*Google: Patrick Jones
of IF, Idaho
Homegrown Herbalist.net?*

Olive Leaf

One of the most important and effective antimicrobials. No adverse side effects.

"The powdered extract of olive leaves kills not only viruses but most every other type of disease-producing microorganism" – Dr. Morton Walker

For treatment of infections of all kinds, psoriasis, inflammations, colds, flus, mumps, viruses, bacteria, yeasts, parasites, protozoa, worms, molds, malaria.

Oleuropein – main therapeutic ingredient. Bitter glucoside present in pulp of olive fruits.

Infectious Diseases for Which Olive Leaf Extract Acts as an Antimicrobial Agent:

Aids, Amoebiasis, Anthrax, Athlete's Foot, Bladder Infection, Botulism, California Encephalitis, Campylobacteriosis, Cat-Scratch Fever, Chancroid, Chicken Pox, Chlamydia, Chlamydia Pneumonia, Cholera, Clostridium, Colds, Cold Sores, Pink Eye, Crabs, Croup, Cryptosporidiosis, CMV, Diarrheal Diseases, Diphtheria, Ear Infections, EEE, Epstein-Barr Virus, Ebola, Food Poisoning, Flu, Herpes, Hepatitis, Head Lice, Fifth Disease, German Measles, Giardia, Leprosy, Jock Itch, Lockjaw, Lyme Disease, Malaria, Meningitis, Measles, Mono, Mumps, Pink Eye, Ringworm, Polio, Pneumonia, Rabies, Rheumatic Fever, Ringworm, Rotavirus, Roseola, Salmonella, Scarlet Fever, Shingles, Smallpox, Strep Throat, Syphilis, Tuberculosis, Thrush, Toxic Shock Syndrome, Toxoplasmosis, Tuberculosis, Typhoid Fever, Yeast Infection, Warts, Whooping Cough, Yellow Fever

"When in doubt" create & use this tea / tincture formula:

Olive leaf + Oregon Grape Root / Goldenseal

(equal parts of each)

(& drink a yarrow tea)

Simple olive leaf tea can be used. Quite bitter though. Turn into tablets / tincture.

Bulk olive leaf can be purchased from MountainRoseHerbs.com \$8 for 1 lb!!!!

Cayenne

Cayenne pepper equalizes the blood pressure and allows cuts—even deep cuts—to clot quickly so you can keep all your blood inside your body, where it belongs.

You can either sprinkle it on dry, or mix it with some water to form impromptu gauze. It'll sting a bit of course, but it's actually a tried-and-true healer—so it's good to have some handy.

Uses / Benefits:

Cayenne tincture can also be used to “revive” those in shock.

Indigestion

Diabetes

Cardiac Arrest

Angina (heart-related issues) health

Blood clots

Joint pain reliever

High / Low Blood Pressure

Topically as a poultice, cayenne has been used to treat snake bites, rheumatism, sores, wounds and lumbago.

Cold and flu

Headaches / Migraines, sore throat (gargle w/ water)
Every 1-2 hours.

Cayenne has the ability to ease upset stomach, ulcers, sore throats, spasmodic and irritating coughs, and diarrhea.

Take as tea / tincture

Small sprinkle up to 1 tsp in hot water for tea.

*1/2 cayenne powder
1/2 ginger powder
sprinkle in socks
to prevent frost bite*

Other Important Herbs

BULK HERBS

(Mountain Rose Herbs, Starwest Botanicals, Bulk Herb Store, San Francisco Herb Supply, Butterfly Express)

Dr. Christopher, Springville, Utah

✓ Elderberry – viral infections
(best as tea / tincture)

Turmeric – inflammation, brain inflammation, MRSA, skin infections
(best mixed with pinch of black pepper and/or coconut oil – take in capsules or mix in juice or water)

Lomatium Root Tincture – flu's, especially most respiratory infections. Purchase in tincture made form from
NaturalHealthRenewalCenter.com
(best in tincture form)

Slippery Elm – deep wounds, pack poultice into wound
(best mixed in water, juice or milk – won't work as tincture)

✓ **Marshmallow – mix with other herbs to create home-made tablets, soothing for inflamed or irritated mucous membranes – in gut, lungs, bladder, and digestive system. Sore throat & dry coughs. Externally for inflammations and ulcers.**
(best in capsules and tea)

Comfrey – wounds, ulcers, rashes, soothing and quickens topical healing for wounds, breaks, fractures, burns, etc. – internally for soothing mucous membranes, digestive system, and respiratory system.
(best as tea or mixed into herbal topical poultice)

Calendula – shortens wound healing time. Anti-inflammatory. For wounds, burns and bruises. Internally for calming anything digestive related. Cramps & coughs.
(best in topical poultice or can be taken as tea)

Mullein Leaf – respiratory, bronchial dilator, lymphatic congestion.
(best in capsules or tea, can also be taken as tincture)

✓ **Chamomile – digestive related issues (stomachache, vomiting, diarrhea, IBS), calming, soothing, spasms**
(best as tea or tincture)

Dandelion Root – great for cleansing kidneys and liver
(best as tincture)

Peppermint (or peppermint essential oil) – upset digestive system, congestion of lungs, fevers.
(best as tea, can also be taken in capsules, or tincture)

Plantain - upper respiratory support, and is topically used for minor cuts, bruises, and stings.
(best as tea or tincture, used topically in poultices)

Whea – lichen from a tree – tincture or a tea