



دليل الأعشاب لأطباء غزة وشعب فلسطين



LI FALASTEEN



An herbal guide for the medical workers
of Gaza + the People of Palestine

The creation of this guide is a collective effort. Gratitude to the generous creators, editors, reviewers, and translators who make it possible:

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* We sent this guide to Dr. Ghassan Abu Sitta and his wife for review, but were not able to hear back from them before publishing. Regardless, we acknowledge him with deep gratitude for all his work and for being an ongoing inspiration to us.

To our cherished siblings,

With our greatest respect and love, this guide was made to support the honorable medical workers of Gaza. Understanding that your access to medications and infrastructure has been limited, we hope this resource of herbal protocols may support your healing efforts within unfathomable conditions. We did our best to design it within an understanding of your demands as doctors and medical professionals, and the lack of access to basic supplies and materials currently facing Gaza.

As most of these remedies can be prepared at home, this guide may also be useful to individuals across all of Palestine. Please feel welcome to use and share it for the wellbeing of your families and neighbors.

This book is anchored in the knowledge of our ancestors and the life-giving kheir of our lands— it is for all our people. We offer it humbly, with our deepest love and solidarity, towards freedom and restoration for the people of Gaza and Palestine inshallah.

We are here for you, we are with you, until liberation.

With all our Love,
Herbalists of the Diaspora

—

A note about the content

This herbal book will be disseminated in segments in order to support the urgency of current needs. Updates can be found online at bit.ly/gazaguide.

The first section of the guide emphasizes infections, respiratory issues, and digestive ailments. Please note that our following installments will include Arabic translations, a more comprehensive glossary of the medicinal herbs mentioned to aid broader usage, as well as info on burns and topical ailments, natal care, mental health, and general care for a variety of other body systems and chronic conditions.

This is a living document, a collaborative emergent effort. If you have any feedback, questions, or suggestions, please feel welcome to share them [here](#). It is our hope that after addressing the urgent needs of our kin in Gaza, we will add a wider range of herbs that address the context of the West Bank and Bilad il Sham more broadly.

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How to Use this Guide

The primary audience for this guide are medical practitioners, so descriptions of conditions and treatments are presented from the perspective of clinicians.

However, because herbal medicine and the various manual therapies contained within this guide are derived from our lands and traditions, which are fundamentally people's medicine, we hope that the remedies will be familiar and also be usable by individuals who are both new to and experienced with herbal medicine.

On the next several pages, you will find information on dosage, method of herbal preparation, and quick herbal reference charts for plants commonly available in the region and their typical uses.

Following these pages, the guide has been split up according to body systems and then by general conditions followed by a variety of treatments. Each formula or protocol should be treated as a standard foundation that can be modified according to available materials, the individual's constitution and unique presentation. A formula may reference a method of herbal preparation and is hyperlinked to the description of the preparation rather than repeating the instructions throughout the guide. While we have made suggestions for types of preparations that may be used in each formula, many different herbal preparations can be used interchangeably. Additionally, most herbs that are referenced in the guide can be used fairly interchangeably, much in the same way a medication that typically treats a single condition may be prescribed off-label for another condition. We have strived to add notes within each formula that describe the necessary herbal actions for an effective formula, so that modifications may be made more easily. The formulas within the guide describe the proportions of plants used in parts, so if a formula calls for 1 part of chamomile this can be whatever form of measurement you have available, e.g. 1 tbsp, 1 cup, etc.

At the end of the guide is a glossary of herbal actions, which describe the pharmacodynamics of the herbs and this is followed by monographs containing detailed information about each of the herbs, including therapeutic applications, contraindications, drug safety concerns, and conditions for which each herb is typically indicated.

Dosage of Internal Herbal Preparations

With a few noted exceptions in various formulas, adult dosages for internal herbal preparations in the guide are based on an average adult weight of 65kg. Dosages for children should be calculated using the following formula:

(Weight in kg/65 kg) x adult dose = child's dose. For example, if the adult dose of an herbal extract is 10 mL and the child weighs 13 kg, divide the weight (13) by 65: 13/65 = 1/5. Multiply 1/5 times the adult dose (10 mL) to get 2 mL for the child's dose.

Common Herbs - Arabic and Latin Names

Please refer to this list for translations of the common English herbal names used throughout this document.

Aloe vera (Aloe barbadensis)	
Anise (Pimpinella anisum)	يانسون
Basil / Basil seeds (Ocimum basilicum)	ريحان
Bay leaf (Laurus nobilis)	أوراق الغار
Black pepper (Piper nigrum)	فلفل اسود
Capsicum (Capsicum spp.)	فلفل حار
Cardamom (Elettaria cardamomum)	حب الهال
Caraway (Carum carvi)	كراوية
Carob (Ceratonia siliqua)	خروب
Castor (Ricinus communis)	خروع
Chamomile (Matricaria chamomilla)	بابونج
Citrus (Citrus spp.)	الحمضيات
Cloves (Syzygium aromaticum)	قرنفل
Coriander (Coriandrum sativum)	كسبرة
Cumin (Cuminum cyminum)	كمون
Dandelion (Taraxacum officinale)	هندبه
Dates (Phoenix dactylifera)	بلح
Dill (Anethum graveolens)	شيث
Dock (Rumex spp.)	حميدة
Doum (Hyphaene thebaica)	دوم
Eucalyptus (Eucalyptus globulus)	كينيا
Fennel (Foeniculum vulgare)	شمر
Fenugreek (Trigonella foenum-graecum)	حلبة
Garlic (Allium sativum)	ثوم
Ginger (Zingiber officinalis)	زنجبيل
Grapes (Vitis vinifera)	العنب
Hawthorn (Crataegus spp.)	زعرور
Hibiscus (Hibiscus sabdariffa)	كركديه
Holly Hock (Althaea rosea)	ختميه
Jujube (Ziziphus jujuba)	عناب
Lavender (Lavandula angustifolia)	الخزامى
Lemon Verbena (Aloysia citrodora)	مليسه

Mallow (Malva sylvestris) خبيزة
Mastic (Pistacia lentiscus) المصطكي
Mulberry Leaf (Morus nigra) أوراق التوت
Mustard (Brassica alba) خردل
Myrtle (Myrtus communis) حمبلاس
Nettles (Urtica dioica) القراص
Nigella (Nigella sativa) حبة البركة
Oak (Quercus spp.) لحاء البلوط
Olive (Olea europaea) زيتون
Onions (Allium cepa) بصل
Plantain (Plantago spp.) لسان الحمل
Pomegranate (Punica granatum) رمان
Prickly Pear Cactus (Opuntia spp.) صبار
Purslane (Portulaca oleracea) فرفحين
Rose (Rosa spp.) ورد
Rosemary (Salvia rosmarinus) إكليل الجبل
Rue (Ruta graveolens) فيجن
Saffron (Crocus sativus) زعفران
Sage (Salvia fruticosa) مريمية - قصعين
St John's Wort (Hypericum perforatum) حشيشة القلب
Sticky Flea Bane (Inula viscosa) طيون
Sumac (Rhus spp.) سماق
Sycamore Fig (Ficus Sycomorus) جميز
Syrian Rue (Peganum harmala) حرمل
Tamarisk (Tamarix gallica) شجرة الطرفة
Violet (Viola odorata) بنفسج
Yarrow (Achillea millefolium)
Willow (Salix alba) صفصاف
Wormwood (Artemisia absinthium) شيح
Zaatar (Origanum syriacum, Thymus capitus, or other wild species) زعتر

Simple Reference Charts

The following images are borrowed from the [Li Beirut herbal and healing support guide](#). They depict a variety of medicinal herbs and foods that are commonly available in the region, and their typical uses and applications. They may be prepared as medicines utilizing the Methods of Preparation section of this guide.



هذه النباتات صمد آمنة الإستخدام في حالي الحمل والرضاعة، يفضل تناول جرعات قليلة وتوخى الحذر

أعشاب لتقوية المناعة

- | | |
|--------------------------------|-----------------------------------|
| نعنع
Mentha | فصكين / مرمية
Salvia fruticosa |
| زنجبيل
Zingiber officinale | شومار
Foeniculum Vulgare |
| باونج
Matricaria chamomilla | قشر الليمون
Citrus sinensis |
| يانسون
Pimpinella anisum | زعردود
Crataegus azarolus |
| خبيز
Malva sylvestris | |

أعشاب لدعم الجهاز التنفسي

- | | |
|--------------------------------|------------------------------|
| عسل | ورق الزيتون
Olea europaea |
| زنجبيل
Zingiber officinale | قرفة
Cinnamomum verum |
| باونج
Matricaria chamomilla | قشر ليمون
Citrus sinensis |
| خبيز
Malva sylvestris | |

أعشاب مناسبة للحيض الشهري

- | | |
|--------------------------------|--|
| ورد
Rosa spp. | فصكين / مرمية
Salvia fruticosa |
| باونج
Matricaria chamomilla | زعتر
Origanum syriacum / Thymus capitatus |
| زنجبيل
Zingiber officinale | هندب
Taraxacum officinale |
| بنفسج
Viola odorata | |

أعشاب لتقوية المناعة

- | | |
|--|---------------------------------|
| خبيز
Malva sylvestris | لسان الدب
Verbascum bulbosum |
| خاتمي
Alcea setosa | بنفسج
Viola odorata |
| زعتر
Origanum syriacum / Thymus capitatus | طيون
Inula viscosa |
| زوا
Micromeria myrtifolia | سنبل الصنوبر
Pinus |
| بيلسان
Sambucus ebulus / Sambucus nigra | |

للإستخدام المرضي فقط

يمكنني تقوية زيت، ضمادة، وضكم في حوض الإستحمام أو أي استخدام آخر لا يتطلب تناولاً.

- | | |
|---|--|
| ليمون
Lemon Verbena
maltise
Aloysia citrodora | ورد
Rose
ward
Rosa spp. |
| ورق الخار
Bay Laurel
ghar
Laurus nobilis | وراء حميلاس
Myrtle Leaves
hemblas
Myrtus communis |
| لسان الحمل
Plantain
ilsan il hamal
Plantago spp. | حشيشة القلب
St. John's Wort
hashishit il 2alb best as an oil
Hypericum perforatum |

أعشاب لعلاج الإلتهابات

مناسب للتناول والاستخدامات الخارجية (كشاي أو غذاء ويمكن استخدام عبر دهنة على الجسم)

- | | |
|---|---|
| صبار الألو فيرا
Aloe Vera
Aloe barbadensis | هندب
Dandelion
hindbeh
Taraxacum officinale |
| خبيز
Mallow
khebayze
Malva sylvestris | طيون
Tayoun
Inula viscosa |
| ورق الزيتون
Olive Leaf
wara2 zaitoon
Olea europaea | ورق التوت
Mulberry Leaves
wara2 toot
Morus rubra |
| نعنع
Mint
na'na
Mentha spicata | ياسمين
Yasmine
Jasminum |
| بنفسج
Violets
banafsaj
Viola odorata | شوفان
Oats
shawfan
Avena spp. |
| قراص
Nettles
al 2aras
Urtica dioica | باونج
Chamomile
baboonj
Matricaria chamomilla |



- | | |
|---|--|
| safe for pregnancy + nursing
آمن للحمل + الرضاعة | skin irritations (redness, rashes, bites, burns, etc.)
تهيج البشرة - بما في ذلك اللدغات والحروق الخ |
| removes toxins
للتخلص من السموم | eye irritations
تهيج العين |
| allergies
للحساسية | lung support
لتقوية الرئتين |
| whole body inflammation
التهابات الجسم الكليتين | lymphatic cleansing
لتنظيف الجهاز الليمفاوي |
| pain relief
تخفيف الألم | nerve pain
ألم العصب |
| muscle relaxant
استرخاء العضلات | joint pain
ألم المفاصل |
| wound healing
شفاء الجروح | |



لجهاز المناعة

زعرور
حبة البركة
سماق

ورق الزيتون (يقلل ضغط الدم ونسبة السكر فيه)

زنجبيل

قرفة (يقلل نسبة السكر في الدم)

غار

ورق حنبلاس

بهار المطبخ

بصل

توم (يقلل ضغط الدم ونسبة السكر فيه)



نقيع الخل + العسل

من الطرق الشائعة لتحضير الأعشاب والبهارات تكمن بمزجهم بالخل أو العسل أو الإثنين معاً. قوموا بقرم الأعشاب، أضيفوا العسل أو الخل حتى يتم غمرهم بالكامل، ضعوا غطاءً وقوموا بخفض المزيج كل يوم. صالح للإستخدام بعد أسبوع واحد.

مزيج الخل مع الأعشاب صالح للإستخدام حتى شهرين، يمكن استخدامه في السلطة، الصلصات أو تناوله مع كوب ماء .

ورقيات

ملوخية | غنية بالمغذيات والحديد

قرنص | مقوي للكبد، طارد للسموم، مخفف للحساسية

خبيزة | غنية بالمغذيات، مهدئة

جرجير | مقوي للكبد

بقلة | لمعالجة الطفيليات، أوميغا

هندبة | طاردة للسموم، مقوية للكبد

حميض | طاردة للسموم، مقوية للكبد

ورق عنب | مقوية للدورة الدموية، مفيدة للتعب العام

والإلتهابات

سبانخ | حديد، معادن

بقدونس | مقوي للكبد، طارد للسموم

كزبرة | طارد للسموم



دبس

العنب | حديد، معادن

الرومان | يساعد على التخلص من الطفيليات

والتهابات الجهاز الهضمي

الخرروب | مغذي، غني بالمعادن، مقوي

للجهاز التنفسي



بعض الأطعمة المغذية

الهلبيون | مقوي للكليتين ويساعد على التخلص من السموم

الأرز | يعيد الإتران ، يساعد على النوم

البطاطا | يعيد الإتران

القلقاس | مساند للهرمونات، للهضم ، يعيد الإتران

التمر | معادن، داعم للرحم

التبن | مستوى عال من الحديد، المعادن والفيتامينات

الشوفان | مرمم، مهديء ويساعد على النوم، زنك، للإلتهابات

بذور الكتان | أوميغا، مغذية، مقوية للكبد، تساعد في فترة الحيض

ورق الصبار + الفاكهة | مضلد للالتهاب، مهديء، نسبة السكر في الدم،

نسبة عالية من الفيتامين سي

زعرور | صحة القلب + عملية الهضم

حنبلاس | الرئة + المناعة + نسبة السكر في الدم + طحة للقلب + الكلى

شراب التوت | صحة القلب + حديد + معادن + فيتامينات

هلبيون | الكلى + طارد للسموم

الرومان | مساعد على الهضم + فيتامين سي + طارد للسموم

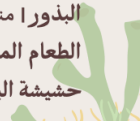
الطحينة | مزيل للسموم + زنك

المأكولات البحرية | الزنك + أوميغا

البذور | منظم للطمث + الزنك

الطعام المخلل | يساعد على الهضم

حشيشة البحر | الزنك + مقوية للغدة الدرقية



Methods of Herbal Preparation

This section contains instructions for a variety of herbal preparations that will be referenced throughout the protocols and formulas.

Standard Medicinal Infusion (Herbal Tea)

An infusion is adding aerial parts of plants (leaves, flowers, stems, some seeds and berries - ex: sage, lavender, roses, chamomile, etc.) to water that has been boiled and steeping them for some time.

Materials Needed:

- Heat-safe cup or mug
- Small plate that can be used to cover the mug
- Dried or fresh herbs (leaves, flowers, stems, some seeds, and berries)

Instructions for Preparation:

- To 250 mL of boiled water, add 15 gm of dry herbs (1 tbsp of plant material to a cup of boiled water).
- Then, cover the vessel and allow it to steep for at least 15 minutes or overnight for a stronger infusion.
- Strain all plant material before serving. If the infusion has been steeping for some time, gently reheat.

Standard dosage for adults: 125 mL to 500 mL daily (2-3 cups/daily).

Standard dosage for children under 12: $\frac{1}{5}$ - $\frac{1}{4}$ of adult dosage.

Standard Medicinal Decoction (Herbal Tea)

A decoction is similar to an infusion but is a method that is used for the harder parts of the plant, such as roots, bark, seeds, and tougher leaves. [ex: cinnamon, anise, ghar, myrtle, olive leaf, ginger, etc.]

Materials Needed:

- Pot with a lid
- Dried or fresh herbs (roots, bark, seeds, and tougher leaves)

Instructions for Preparation:

- Add 15 gm of herbs to 250 mL of water in a pot (1 tbsp of plant material to a cup of water).
- Bring the water and herbs to a gentle boil.
- Cover and simmer for 20 minutes.
- Allow the liquid to cool slightly before straining and serving.

Standard dosage for adults: 125 mL to 500 mL daily (2-3 cups daily).

Standard dosage for children under 12: $\frac{1}{8}$ - $\frac{1}{4}$ of adult dosage.

Herbal Oils

Herbal oils are an optimal way to create medicinal ointments for topical conditions and absorption of medicine through the skin. Herbs are infused in oil through heat to extract medicinal components. They can be used directly on the skin, or prepared into a salve (recipe below).

Materials needed:

- Dry herbs
- Carrier Oil such as Olive, Sunflower, Almond, Grapeseed, or Sesame, and (optional) a bit of Castor oil (kharwa3) for added absorption.
- A jar.
- A pot with a lid.
- A cheesecloth or small strainer

Instructions for preparation:

- Grind or pound dried herbs into a powder (when possible).
- Directly add dried herbs to a carrier oil of choice in a ratio of 1 part herbs to 5 parts oil, e.g. 100 grams of dried herbs to 500 mL of oil in a pot. (If you have castor oil (kharwa3), add 10-20% as part of the total oil content).
- Warm the oil on a low heat with the lid on, stirring frequently for about 2 hours, ensuring the herbs do not overheat and burn.
- Remove from heat and allow to cool. Once cool, strain the oil into a clean, completely dry jar. Cover with a lid and use as needed.
- *Double boiler method:* Alternatively, add the oil and herbs into a glass or metal bowl that fits into your pot. In the bottom pot, add at least 2 inches of water. Once the water has come to a boil, reduce heat to a simmer. Place the covered bowl on top of the pot, and follow the rest of the steps above, checking the water level periodically to ensure the pot does not boil dry. This

method allows the oil to heat gently and there's less of a risk of overheating or burning the boil.

- Variations: Add essential oils in a 1% dilution (For every ounce of herbal oil, add 5-6 drops of essential oil.) The essential oils can enhance the efficacy of the herbal oil and function as an additional preservative.
- Store in a cool, dry place out of direct sunlight. Stored properly, the oil should be shelf stable for up to six months. Discard if mold has formed or oil has turned rancid.

To Use: Warm oil in hands or over a gentle heat before massaging into the affected area as often as needed.

Salves and Ointments

Salves are medicinal preparations that are made of an herbal oil base that are then solidified with beeswax. Salves are often used for bites, burns, and skin irritations. They are used to deliver herbs directly to the tissues that need them and hold the medicine in place.

Materials Needed:

- Herbal oil
- Beeswax
- Double boiler or a metal or glass bowl that fits into a pot
- wooden skewer or metal spoon
- container to store the salve

Instructions for preparation:

- Decide how firm you would like your salve. A 6:1 ratio has a wide range of applications and applies easily, so that's approximately 1 ounce of wax to 6 oz by volume of oil.
- In a double boiler, warm your herbal oil over a low heat. Once warmed, add beeswax to melt in the oil over a low heat. Be sure to closely monitor the melting wax as it is highly flammable.
- Use a wooden skewer or dedicated metal spoon to stir the beeswax and oil.
- Before removing from the heat, dip a metal spoon into the liquid, allow it to cool and harden, and then rub it between your fingers to determine if you like the consistency. For a firmer salve, gradually add in additional wax. For a softer salve, add in additional oil. Test the consistency after each adjustment.

- Be sure to have your salve container nearby as you get ready to pour the liquid. Carefully pour the liquid into the salve container.
- Set the container aside to cool and label once cooled.
- Store in a cool, dry place out of direct sunlight. Stored properly, the salve should be shelf stable for at least a year. Discard if mold has formed (this is likely to happen if water is introduced into the salve or hands aren't cleaned before handling the salve directly).

To Use: Warm salve in hands before applying or massaging into the affected area as often as needed.

Electuaries

Electuaries are preparations that are used to administer herbal powders to treat a variety of conditions, including infection and inflammation. Raw honey is naturally anti-microbial and a soothing demulcent, great for sore throats and when combined with ground herbs and spices, ultimately makes it easier / more palatable to take them in higher doses. This preparation is especially useful when treating children who may not tolerate strong, bitter, or astringent flavors.

Materials needed:

- powdered herbs or dried herbs (powder dried herbs with a coffee grinder or mortar and pestle as fine as possible)
- raw honey
- clean jar or container w/lid

Instructions for preparation:

- In a clear jar or container, combine equal parts herb powder and warmed honey to create a thick paste.
- Mix thoroughly until there are no longer any lumps.
- The electuary can be used immediately or when possible, infuse for at least a week
- Variations: If there is no honey, warmed molasses will do or sugar mixed with enough warm water to make a thick paste. Tahini or other oils or fats can work if there is no access to any of the above, and the juice in the bottom of canned goods or a high sugar juice box can suffice. If you do the latter, the shelf life diminishes. Make sure to dispose of leftover mixture after the treatment period ends.
- Store in a cool, dry place or refrigerated if possible. The electuary will keep for at least six months if no moisture is introduced.

Standard Adult Dosage: 1 tablespoon, every 2-3 hours as needed taken by the spoonful or mixed with warm water to drink like a tea.

Standard dosage for children under 12: $\frac{1}{8}$ - $\frac{1}{4}$ of adult dosage or pea sized amounts, every 2-3 hours as needed.

Alcohol Tinctures

Tinctures are herbal extracts that prolong the shelf life of herbal preparations and can be administered in smaller doses as they extract both water and alcohol soluble phytochemicals from the herbs. Tinctures are typically prepared using dried or fresh herbs with various proofs of alcohol. At minimum when creating tinctures from dried herbs, you will need 80-120 proof alcohol (40-60% alcohol by volume) to most effectively extract the plant's constituents and ensure shelf stability.

Materials needed:

- Powdered herbs or dried herbs (powder dried herbs with a coffee grinder or mortar and pestle as fine as possible)
- 80-120 proof alcohol (40-60% ABV)
- Clean, dry jar

Instructions for preparation:

- In a jar, combine herbs and alcohol in a weight-to-volume ratio of 1:5, e.g. for every 100 grams of plant material, add 500 mL of alcohol.
- Either cap and shake the jar thoroughly to ensure all of the plant material is moistened and covered in alcohol or use a wooden skewer or spoon to mix the materials together.
- Allow the mixture to macerate for at least two weeks, shaking daily to ensure that the plant material remains covered as it will expand when hydrated. The shaking will also help to release the plant constituents into the alcohol. If the plant material is not submerged, top off with additional alcohol.
- After the two weeks, strain out the plant material.
- Variations: Tinctures can also be prepared with fresh herbs. Due to the moisture content in fresh plant material, these tinctures generally require a higher proof alcohol to extract the medicinal constituents of the plants and ensure shelf stability. If using fresh herbs, finely chop the plant material and combine with alcohol in a ratio of 1:2 (e.g. 100 grams of plant material with 200 mL of alcohol) with 190 proof alcohol (95% ABV). Fresh herb tinctures are more susceptible to mold,

especially during the maceration period. To reduce the likelihood of spoiling, try to blend the mixture in a blender or food processor to combine the plant and alcohol and while macerating, check regularly to ensure the plant material is submerged.

- Store in a cool, dry place out of direct sunlight. If possible, store the tincture in a dark bottle.

Standard Adult Dosage: 10 to 30 mL, 1-3 times daily, beginning from the lowest dose and increasing as needed.

Standard dosage for children under 12: 2-5 mL, 1-3 times daily.

Vinegar Extracts

Vinegar extracts are prepared similarly to alcohol tinctures but utilize vinegar and are typically a combination of dried or fresh herbs with raw apple cider vinegar or any other naturally fermented vinegar made from fruits. Vinegars tend to work best at extracting the medicinal constituents of highly aromatic, bitter, and pungent plants.

Materials needed:

- Powdered herbs or dried herbs (powder dried herbs with a coffee grinder or mortar and pestle as fine as possible)
- Vinegar, (raw apple cider vinegar or any other naturally fermented vinegar made from fruits is preferable for taste)
- Clean, dry jar

Instructions for preparation:

- In a jar, combine herbs and vinegar in a weight-to-volume ratio of 1:5, e.g. for every 100 grams of plant material, add 500 mL of vinegar.
- Either cap and shake the jar thoroughly to ensure all of the plant material is moistened and covered in vinegar or use a wooden skewer or spoon to mix the materials together.
- Allow the mixture to macerate for at least two weeks, shaking daily to ensure that the plant material remains covered as it will expand when hydrated. The shaking will also help to release the plant constituents into the vinegar. If the plant material is not submerged, top off with additional vinegar.
- After the two weeks, strain out the plant material.

- Variations: Vinegars can also be prepared with fresh herbs. Due to the moisture content in fresh plant material, these extracts generally require additional preparation to extract the medicinal constituents of the plants and ensure shelf stability. If using fresh herbs, allow the herbs to wilt overnight, then finely chop the plant material and combine with vinegar in a ratio of 1:5 (e.g. 100 grams of plant material with 500 mL of vinegar). Fresh herbal vinegars are more susceptible to mold, especially during the maceration period. To reduce the likelihood of spoiling, try to ensure that as much moisture is removed while wilting the plants before combining with the vinegar. You can also blend the mixture in a blender or food processor to combine the plant and vinegar and while macerating, check regularly to ensure the plant material is submerged.
- Store in a cool, dry place out of direct sunlight. If possible, store the vinegar in a dark bottle and minimize exposure to moisture.

Standard Adult Dosage: 10 to 30 mL, 1-3 times daily, beginning from the lowest dose and increasing as needed.

Standard dosage for children under 12: 2-5 mL, 1-3 times daily.

Oxymels¹

Oxymels are a variation of herbal vinegars and are a preparation that combine the healing benefits of honey (antimicrobial) and vinegar (antiseptic) while increasing shelf stability and palatability of herbs. They are especially supportive for digestive and respiratory complaints and can also be used externally for treating minor wounds.

Materials needed:

- Powdered herbs or dried herbs (powder dried herbs with a coffee grinder or mortar and pestle as fine as possible)
- Vinegar, (raw apple cider vinegar or any other naturally fermented vinegar made from fruits is preferable for taste)
- Honey, (raw is preferred as it maintains many of the medicinal enzymes)
- Clean, dry jar

Instructions for preparation:

- In a jar, combine herbs and vinegar in a weight-to-volume ratio of 1:5, e.g. for every 100 grams of plant material, add 500 mL of vinegar.

¹ Additional information about oxymels and historical significance in the region:

<https://www.scientificamerican.com/article/ancient-honey-and-vinegar-combo-could-actually-treat-infected-wounds/#:~:text=Oxymel%20killed%20up%20to%201%2C000.wound%20infections%2C%20the%20researchers%20say>

- Either cap and shake the jar thoroughly to ensure all of the plant material is moistened and covered in vinegar or use a wooden skewer or spoon to mix the materials together.
- Allow the mixture to macerate for at least two weeks, preferably four, shaking daily to ensure that the plant material remains covered as it will expand when hydrated. The shaking will also help to release the plant constituents into the vinegar. If the plant material is not submerged, top off with additional vinegar.
- After the two - four weeks, strain out the plant material.
- Combine the vinegar with equal parts of honey and store in a jar.
- Store in a cool, dry place out of direct sunlight. If possible, store the oxymel in a dark bottle and minimize exposure to moisture.

Standard Adult Dosage: 10 to 30 mL, 1-3 times daily, beginning from the lowest dose and increasing as needed.

Standard dosage for children under 12: 2-5 mL, 1-3 times daily.

For external use: Cleanse the affected area, apply a thin layer to the wound. Place a sterile, occlusive bandage over the wound when available to keep from seeping out.

Herbal Syrups

Syrups are typically a combination of a strong medicinal decoction or infusion of plant material in water that is then preserved with a sweetener such as sugar, honey, or food grade vegetable glycerine. Because it is a water-based preparation, it's critical enough sugar is added in order to effectively preserve the syrup without the need for refrigeration. Syrups made in the following way with sugar typically last 6 months to a year if stored in a cool, dark place.

Syrups can also be used to extend limited herbal supplies, make bitter herbs more palatable, and can also bring the plant medicine directly to the tissue in need (e.g. a cough syrup for a sore throat).

Materials Needed:

- Pot with a lid
- Sugar or honey
- Dried or fresh herbs (if you already have an infusion or decoction, follow the directions for combining with sugar or honey below)
- Clear, dry jar or bottle

Instructions for Preparation:

- In a pot, add 30 gm of dry herbs to 500 mL of water and bring to a boil.
- Over a low heat, simmer this mixture until it's reduced to approximately half of the original volume, e.g. 500 mL will be reduced to 250 mL.
- Remove from heat and strain out the herbs.
- Measure the remaining liquid and put it back into the pot.
- Add sugar to this decoction in the ratio of 2:1 (2 cups sweeter to 1 cup of liquid). So if you have 250 mL of liquid, add 500 mL of honey or 500 gm of sugar.
- Warm the liquid and sweetener until it's fully dissolved.
- If you would like for this to be thicker, you can simmer for another 20-30 minutes until you reach the desired consistency.
- Let cool and then pour into a jar or bottle.
- Variations: The syrup should be shelf stable for up to 6 months, longer if refrigerated. If you would like to further preserve the syrup, you can add alcohol (80 proof or higher, 40% ABV or higher), approximately 45-60 mL per 125 mL of syrup.
- Store in a cool, dry place out of direct sunlight. If possible, store the syrup in a dark bottle and minimize exposure to moisture.

Standard Adult Dosage: 10 to 30 mL, 1-3 times daily.

Standard dosage for children under 12: 2-5 mL, 1-3 times daily.

Poultice

Poultices are a topical paste of herbs to relieve inflammation and promote healing by pressing plants directly on your body. They combine warmth and moisture to relax the affected tissues and provide pain relief.

Materials Needed:

- Dried or fresh herbs
- clean towel, sock, shirt, or other fabric large enough to cover the affected area
- shallow bowl with warm liquid (can use water, an infusion, milk or other available liquid on unbroken skin)

Instructions for Preparation:

- Put dried or chopped fresh herbs into a clean piece of fabric

- Tie the fabric so it forms a bundle
- Place the bundle in a shallow bowl and pour enough hot water (or alternative liquid) to soak the dry herb or heat the fresh herb.
- Knead the wet bundle until it is hot, but still bearable to contact with the skin.
- Apply this heated bundle to the affected area until the poultice is cool.
- Reheat and reapply the poultice as needed.
- Discard the herbs after use.

Compress

A compress is a topical application utilizing a strong infusion or decoction and a clean piece of fabric that is soaked in the liquid and applied to the affected area.

Materials Needed:

- Shallow bowl filled with an infusion or decoction
- clean towel, sock, shirt, or other fabric large enough to cover the affected area

Instructions for Preparation:

- Prepare an infusion or decoction according to the above instructions. You can prepare a more concentrated infusion or decoction by adding more herbs to the water.
- Soak the fabric in the liquid and apply to the affected area.
- Rehydrate the fabric and repeat as needed.
- Variations: Cold compresses (using cool liquid) can be used to address varicosities, itching, pain, and swelling. Warm compresses (using warm liquid) can be used to address muscle tension, bellyaches, cramps, and congestion.

Castor Oil Pack

Castor oil packs can relieve muscular and skeletal pain and relieve deep pain from internal scar tissue, congested lymph nodes, cysts, and infections. Castor oil improves immune function by stimulating and supporting the lymphatic system and is naturally antifungal, antiviral, antibacterial, and anti-inflammatory. When applied to an affected area, it can increase circulation, reduce pain, inflammation and swelling. It can ease constipation, and alleviate PMS symptoms. *Note: Castor oil packs should not be applied to the abdomen if someone is actively menstruating as it can cause hemorrhaging.*

Materials Needed:

- Castor oil
- several pieces of a clean towel, sock, shirt, or other fabric large enough to cover the affected area (ideally a coarse material like a thick cotton which can help retain heat)
- a heat source, if possible (a hot water bottle, a sock filled with rice or dried beans or lentils that has been warmed either in a microwave or gently warmed in a pan)
- clean jar or other container with a lid
- plastic wrap or plastic bag

Instructions for Preparation:

- Place the fabric into a clean container
- Add 125 to 250 mL of castor oil onto the pieces of the fabric, ensuring they are soaked through with the oil.
- If using a glass jar or a glass or metal bowl, the soaked fabrics can be warmed using the doubler boiler method outlined in the salve section above.
- Once the oiled fabrics are warmed, apply to clean, unbroken skin and cover with plastic
- Lay a hot water bottle or other heated material over this and cover with a towel
- If possible, cover the individual with a blanket and allow them to rest for at least an hour and up to several hours.
- When completed, remove the materials.
- The oiled materials can be wrapped in a plastic bag and stored in a refrigeration, reheated and reused several times by the same individual. Replace with fresh, clean materials after 6-8 applications.
- Castor oil packs can be applied in a pattern of three days in a row, four days off and repeat for several weeks or until the condition has been alleviated.

Gua Sha

Gua sha is a manual therapy coming from Chinese Medicine. Recently, it has been promoted for cosmetic uses on the face. Historically gua sha has been used on the body, particularly the back and neck for pain as well as colds and fevers. Gua sha uses long and short strokes along the surface of the skin to stimulate petechiae, increase circulation to tissues, increase pro-inflammatory cytokines and decrease immunosuppressive cytokines. (Chen et. al., 2016)² Gua sha can leave light red to

² <https://pubmed.ncbi.nlm.nih.gov/27672506/>

deep purple petechiae on the skin similar to cupping. These are not bruises, but extravasated blood. They can last up to 7 - 10 days. Gua sha should not be done so forcefully that it breaks the skin.

Gua sha can be used any time for musculoskeletal complaints.

Gua sha can be used in the very early stages of cold and flu to stimulate the immune response.

Gua sha can be used in the recovery stage of a cold or injury to facilitate the movement of lymph and fluids.

Materials Needed:

- Clean and disinfected gua sha tool, ceramic chinese spoon, clean single use smooth jar lids, or a clean coin.
- Neutral oil such as olive oil, safflower oil, jojoba oil.

How to use

Apply neutral oil to clean skin on the area you will be treating. Too little oil will cause unnecessary pain, and too much oil will reduce the friction needed.

There are some practices that use no oil or use water to lubricate the area. This often causes blisters or breaks skin. If oil is not available, consider using the same technique over clothes. It will not create the petechiae but it can still relieve pain, increase circulation and stimulate an immune response.

Hold gua sha tool or lid firmly between your thumb and forefinger with your dominant hand. Place your other hand firmly on the patient's body to feel for guarding, pain or discomfort. Begin applying long light strokes along the muscle fibers to the treatment area. Followed up by shorter strokes against the muscle fibers. For cold and flu this will be the neck, upper back, and between the two shoulder blades. For musculoskeletal pain, this will be the painful area. Do not gua sha over the spine or shoulder blades.



Gradually increase pressure to the patient's comfort level. With moderate to strong pressure you may see sha, or petechiae emerge. Use light pressure and very gradually increase over areas of pain. It should not exacerbate the pain. Apply about 20 - 30 strokes over each area before moving on to the next.

After treatment remove any remaining oil and cover the area. Instruct patients to keep the area warm and covered and not to bathe or shower until the following day. Do not expose the area to wind, cold, dampness or drafts. Wait until any petechiae is gone before using gua sha or cupping again. People unfamiliar with the practice of gua sha have sometimes interpreted the sha or petechiae as signs of physical abuse, especially when found on children.

Clean gua sha tools with soap and water to remove any oils and disinfect with rubbing alcohol or higher level disinfectant. Ceramic and stainless steel tools are easier to clean and disinfect than stone tools.

Safety: Gua sha is contraindicated for the following:

- Open wounds, sores, sunburn, rashes, acne or any non-intact skin.
- Use caution or avoid recently healed skin.
- Clotting disorders or vascular diseases.
- Avoid or cover any raised moles or birthmarks.

It is ok to go over well healed scars, flat birthmarks or well healed tattoos.

Cupping

Cupping is a manual therapy that uses glass cups, like those used for Hijama, to address various issues. This type of therapy is used for acute and chronic pain as well as respiratory conditions. The negative pressure created by the cups can help promote circulation, eliminate mucus, circulate lymph and address pain.

Generally, the cups are placed on the back and limbs to address sore muscles or on the upper back from respiratory conditions.

Materials Needed:

- Forceps
- Glass or ceramic cups with no cracks or chips, ideally those used for hijama, but others will work as well

- Rubbing alcohol (+90%)
- Oil or lotion Cotton ball or piece of fabric (Note: ensure the oil that is used does not contain any alcohol as it may become flammable when air is removed from the cup with a flame.)

Directions:

Apply a little oil or lotion to the affected area. Next, the practitioner will take a cotton ball or piece of fabric wrapped up onto a ball of similar size and gently soak it in rubbing alcohol. Squeezing out any extra liquid is essential to ensure it does not drip onto the patient, causing burns.

Then, the practitioner can use the forceps to grasp the cotton ball or fabric and light it on fire. The flame is placed inside the cup and removed and the cup is quickly applied to the affected area. This process removes the oxygen from the cup, creating negative pressure that draws the skin into the cup. Once a proper suction has been achieved, the cups can be left for 15 minutes and removed. It is important to ensure the patient stays warm for the next few hours after treatment.

Important Note:

The skin may turn red, pink, black, dark blue or brown, similar to a bruise. This is because the cupping process breaks open small blood vessels under the skin. Although these marks will look like bruises, they are not as they are topical and should not be tender upon palpation. The marks generally fade away between 4 days and 2 weeks.

Safety:

Cupping should be avoided or monitored closely by an experienced practitioner if the patient is suffering from epilepsy, hemophilia, history of stroke, eczema, psoriasis, hypersensitive skin, skin ulcers, heart disease/heart failure, cancer, organ failure, bone fracture, or if they are using blood thinners. Only those with experience should attempt cupping over the neck region.

Do not cup applied directly over varicose veins, skin lesions, major arteries, lymph nodes, or body orifices. If the skin is infected, oozing or there is an open wound, do not cup over it. Those with electronic medical devices, such as a pacemaker are contraindicated for cupping therapy.

Cleaning

The cups can be cleaned using a bleach solution or any other disinfectant solution.

Protocols and Formulas

General Immune Support

Immune Support Vinegar

Uses: A general immune support preparation that can be taken as a preventative medicine and during acute infection to strengthen the immune response. This formula contains antimicrobial and anti-inflammatory herbs.

Preparation:

- In a jar, combine one or more of the following herbs: bay leaf ورق غار, olive leaf ورق زيتون, rosemary أكليل الجبل, sage مريميه, St. John's wort حشيشة القلب, and/or za'atar زعتر with vinegar in a weight-to-volume ratio of 1:5, e.g. for every 100 grams of plant material, add 500 mL of vinegar.
- Either cap and shake the jar thoroughly to ensure all of the plant material is moistened and covered in vinegar or use a wooden skewer or spoon to mix the materials together. If your container has a metal lid, add parchment paper or plastic before attaching the lid in order to prevent rusting.
- Allow the mixture to macerate for at least two weeks, shaking daily to ensure that the plant material remains covered as it will expand when hydrated. The shaking will also help to release the plant constituents into the vinegar. If the plant material is not submerged, top off with additional vinegar.
- After the two weeks, strain out the plant material.
- Variations: Combine with honey to make an oxymel. The addition of the honey, which is naturally antimicrobial will enhance the immune support and increase palatability.
- Store in a cool, dry place out of direct sunlight. If possible, store the vinegar in a dark bottle and minimize exposure to moisture.
- Additional information: If you are experiencing a viral infection or trying to prevent one, simmer the vinegar in a pot in an enclosed space and fill it with its vapors. This helps apply the vinegar's antimicrobial properties to the air and purify it.

Standard Adult Dosage: 10 to 30 mL, 1-3 times daily.

Standard dosage for children under 12: 2-5 mL, 1-3 times daily.

Safety: Avoid high doses in pregnancy.

Type of Care: Preventative, Acute

Immune Support Syrup or Infusion

Uses: This immune support preparation is also specifically formulated to address a variety of acute conditions including: colds, flu, fevers, sore throats, upset stomachs, and other acute illnesses. It is antiviral, reduces fever, and stimulates digestion and circulation. This formula should be paired with a decongestant preparation for serious congestion. By omitting the sugar/honey, it can be used as an infusion for sweat baths, poultices, and respiratory steaming. Use at the first sign of infection. For children, allow them to take as much as they would like in small doses every 15-20 minutes with plenty of water.

Preparation: Combine the following herbs to prepare either an [infusion](#) or [syrup](#).

- 1 part chamomile بابونج
- 1 part zaatar زعتر or thyme
- 1 part mint نعناع
- ½ part ginger زنجبيل
- juice of half a lemon
- Variation: If all herbs aren't available, you may use any one or two of the herbs in combination, especially using only zaatar alone to make a syrup will provide immune support while also having anti-viral and anti-bacterial properties.

Dosage:

Syrup: Standard Adult Dosage: 10 to 30 mL, 1-3 times daily.

Standard dosage for children under 12: 2-5 mL, 1-3 times daily.

Infusion: Standard dosage for adults: 125 mL to 500 mL daily.

Standard dosage for children under 12: ¼-½ of adult dosage.

Safety: Ginger may be overstimulating for weak, feverish conditions. Omit or use a lower amount in the formula.

Type of Care: Preventative, Acute

Immune Support Nigella Honey

Uses: This is a traditional remedy which can be used as an immunomodulator, a preventative remedy, a prophylaxis, and a treatment for a variety of infections and viruses. It may be particularly helpful for those with autoimmune disorders. As well as general immune support, it has been studied clinically with effectiveness at treating H. Pylori³, dyspepsia, and a number of other conditions.

Preparation: Prepare an electuary of nigella seeds

- 1 part ground nigella seeds
- 2 parts honey

You may consider warming or slightly roasting the nigella seeds before grinding and mixing them with honey.

Dosage: 6 grams of seeds or approximately 1 tbsp of electuary per day. Best taken in the morning before eating.

Type of care: Preventative, prophylaxis, acute.

Lymphatic Clearing Formula

Uses: This formula can be used to reduce swelling in the lymph nodes, treat sore throats, recurring earaches, and chronic congestion by fighting infections and promoting lymphatic drainage

Preparation: Combine the following herbs to prepare either an [infusion](#) or [syrup](#).

- 2 parts garlic or nigella
- 2 parts violet (or sage if violet is unavailable)
- 1 part rose
- 1 part hawthorn leaf and flower or berries

Dosage:

³ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5292131/>

Syrup: Standard Adult Dosage: 10 to 30 mL, 1-3 times daily.
Standard dosage for children under 12: 2-5 mL, 1-3 times daily.

Infusion: Standard dosage for adults: 125 mL to 500 mL daily.
Standard dosage for children under 12: $\frac{1}{8}$ - $\frac{1}{4}$ of adult dosage.

Safety: Garlic may be overstimulating for weak, feverish conditions. Omit or use a lower amount in the formula.

Type of Care: Acute

Fire Cider Immune Tonic

Uses: Fire cider is a tonic made from roots and alliums like ginger, garlic, onion as well as hot peppers and other herbs and fruits like lemon, black pepper, sage, olive leaf, pomegranate, jujube, sumac, dandelion, mustard, turmeric, za'atar, rosemary, mallow, etc. and steeping them in vinegar to draw out their medicinal properties. It is full of antimicrobial, circulatory stimulating, and anti-inflammatory herbs that can support immune and digestive function.

Preparation:

- Select as wide a variety of the above herbs as you have available and chop finely.
- Pack into a jar or container and add a pinch of sea salt if possible.
- Cover the herbs in vinegar (raw fruit vinegar, if available).
- Stir and mix thoroughly before covering.
- If your container has a metal lid, add parchment paper or plastic before attaching the lid in order to prevent rusting.
- Allow the mixture to macerate for 5-7 days at minimum, shaking daily, and ensuring the plant material remains covered by the vinegar. Top off with additional vinegar if needed.
- Variations: You can add honey to boost immune support.

Dosage:

Standard Adult Dosage: For prevention, take 10-20 mL, 1-3 times a day; for active infection, up to 15 mL, 3 times a day.

Standard dosage for children under 12: For prevention, take 2-5 mL, 1-3 times daily; for active infection, up to 15 mL, 3 times a day.

Safety: Generally considered safe. Check safety considerations for the herbs that are used.

Type of Care: Preventative, Acute

Fever Reducing Tea

Uses: For fever management for a prolonged fever if an individual is feeling hot, flustered, and sweaty.

Preparation: Combine the following herbs to prepare an [infusion](#).

- 1 part chamomile
- 1 part lemon verbena
- ½ part mint

Dosage:

Infusion: Standard dosage for adults: 125 mL to 500 mL daily.

Standard dosage for children under 12: ⅓-¼ of adult dosage.

Safety: Generally considered safe

Type of Care: Acute

Additional notes: Combine with a cold foot compress or wet socks to rapidly cool the body.

Respiratory Conditions

Cough and Lower Respiratory Infections

Respiratory Steam

Uses: An herbal steam is used to loosen mucus, ease dryness and respiratory discomfort, and cleanse the air of pathogens. Steams are effective support for many respiratory issues including coughs, congestion, and supporting the healing of respiratory infections. The following preparation can be used for multiple individuals.

Instructions for Preparation:

- Combine one or more of the following herbs (mint, olive leaf, tayoun, pine needles, eucalyptus, sage, rose, myrtle, jasmine, lavender, chamomile, zaatar, bay, rosemary, basil)
- Add the herbs to a pot of freshly boiled water. Cover and steep for at least 15 minutes.
- After 15 minutes, strain and pour about a cup or more of the liquid into a bowl for each individual. (Return the herbs to the pot).

Application:

- Ensure the liquid is warm but not too hot.
- Cover the individual's head with a towel or scarf and inhale the steam for 5 minutes, more if you feel like it (up to 30 minutes). The pot of herbs can be reheated and the steam repeated as needed throughout the day.
- If the steam is overwhelming, lift a corner of the towel to allow air to enter and cool and return to steam if desired.
- Discard the liquid at the end of the day.

Safety: Steams may be triggering to those with cardiac and respiratory conditions, including asthma. If the steam exacerbates or causes any difficulty breathing, discontinue use.

Lemon And Honey Cough Syrup

Uses: A soothing preparation that can be used as is or combined with minced garlic for a respiratory infection.

Preparation: Combine one part lemon juice to one part honey and mix thoroughly.

Dosage: Administer 1 teaspoon every 2-3 hours until cough is soothed.

Safety: For babies under 1, use sugar instead of honey.

Type of Care: Acute

Moistening Cough Syrup or Decoction

Uses: This preparation is best used for when a cough is dry and unproductive. This can moisten the lungs and help expel trapped mucus.

Preparation: Combine the following herbs to prepare either an [infusion](#) or [syrup](#).

- 2 parts mallow root
- 2 parts violet leaf, hollyhock flowers, or plantain leaf
- 1 part olive leaf
- ½ part anise or nigella
- ½ part ginger

Dosage:

Syrup: Standard Adult Dosage: 10 to 30 mL, 1-3 times daily.
Standard dosage for children under 12: 2-5 mL, 1-3 times daily.

Infusion: Standard dosage for adults: 125 mL to 500 mL daily.
Standard dosage for children under 12: ⅓-¼ of adult dosage.

Safety: Omit violet for individuals with salicylate sensitivity.

Type of Care: Acute, Chronic

Mulberry Leaf Expectorant Infusion

Uses: Similar to the above preparation, this decoction is good for a dry cough or a cough that has phlegm that is difficult to expectorate. Mulberry leaves are cooling and therefore this can also be used at the beginning stage of a cold with a slight fever. Mulberry leaves also have anti-glycemic and anti-inflammatory effects. Note: When harvesting the fresh

leaves, they may be harvested and dried for later use. Those that are best for a cough are those just starting to turn yellow in the Fall.

Preparation: Combine the herbs into an infusion

- 1 part Mulberry Leaf
- ¼ part mint
- Add honey to taste and for demulcent properties

Dosage: Standard dosage for adults: 125 mL to 500 mL daily
Standard dosage for children under 12: ⅓ to ¼ of adult dosage

Safety: Lowers blood sugar- monitor carefully if patient takes diabetes medications. Can cause bloating and diarrhea in some people.

Type of care: Acute or chronic

Culinary Preparations

Uses: For persistent dry, unproductive coughs, the following culinary preparations are supportive interventions to moisten internal tissues and aid in the thinning of hard, stuck mucus.

Prepare: Juice of purslane to be taken 1 to 3 times daily until cough becomes productive. Consumption of mlokhiyeh or mallow can also be supportive. Combining 1 part powdered cinnamon with 4 parts honey, taking 1 tsp 3x/day for up to 4 days is also a quick and useful culinary prep.

Decongestant Garlic + Onion Syrup

Uses: This syrup can be used to break up congestion and support in recovery for upper and lower respiratory infections including sinusitis and congestion from smoke inhalation.

Preparation:

- Prepare a ratio of approximately one onion + one head of garlic per ½ liter of honey

- Finely chop onion and garlic and let them sit for a few minutes (While they sit, the broken cell walls leak enzymes that combine to form stronger compounds).
- Once the chopped onions and garlic are good and pungent, transfer them to a clean and dry jar and cover with the honey.
- Stir and cap jar.
- This syrup is ready to dispense within 8 hours but best if it infuses for at least 24 hours.
- Variations: Alternatively, add a handful of chopped fresh or dried sage, za'atar, or rosemary to the onion and garlic before mixing with honey.
- Store what you are not using in a cool, dry place if refrigeration is not possible.

Dosage: A spoonful every 2 hours to break up heavy, wet congestion. If you are taking for mild congestion, start with a spoonful in the morning and add as needed. You can also eat the chunks preventatively. Onions + garlic thin mucous, allowing it to be expelled from the lungs and sinuses.

Safety: Generally considered safe. Do not administer to children under 12 months due to honey content. Raw honey may contain honey that can cause botulism in children under the age of 12 months.

Type of Care: Acute, Chronic

Expectorant Cough Syrup

Uses: This formula is an expectorant and decongestant formula for damp coughs where there is a lot of mucus production and sinus drainage. It works well in combination with [the immune support syrup](#).

Preparation: Prepare a [syrup](#) using the following herbs.

- 2 parts anise or fenugreek
- 2 parts thyme or zaatar
- 1 part mallow root or leaves
- ½ part ginger or cinnamon
- ½ part olive
- Note: If you are preparing a syrup with primarily leaves and flowers, prepare an infusion and then follow the steps for completing the syrup. If you are using mostly seeds, roots, and thick leaves, prepare a decoction and complete

the syrup. If it entails both, add the leaves and flowers after the fire has been turned off and cover for a while to infuse with the decocted plants.

Dosage:

Syrup: Standard Adult Dosage: 10 to 30 mL, 1-3 times daily.

Standard dosage for children under 12: 2-5 mL, 1-3 times daily.

Infusion: Standard dosage for adults: 125 mL to 500 mL daily.

Standard dosage for children under 12: $\frac{1}{8}$ - $\frac{1}{4}$ of adult dosage.

Safety: May be estrogenic in high doses. Use with caution if pregnant (if fenugreek is used).

Type of Care: Acute, Chronic

Chest Congestion

Garlic Ointment

Uses: This topical preparation can be applied to the chest to break up chest congestion and reduce fever. It is most effective at the initial onset of acute respiratory infection. It can also be used to warm other parts of the body to promote circulation and support the immune system.

Preparation:

- Mix $\frac{1}{2}$ cup olive oil (or $\frac{1}{3}$ cup of any vegetable oil + 3 tbsp olive oil, 2 tbsp or capful of castor oil--if available).
- Blend or mash 8 cloves of garlic into a paste and then combine with oil mixture.
- *Note: Castor oil will support deeper absorption of the garlic.*

Dosage/Application: If applying to feet, apply the paste directly to the middle of the soles of the feet, covering them with plastic wrap or a plastic bag, then placing socks or a blanket over to try and keep them as warm as possible. The heat and oils from the garlic can help warm the body, promote circulation and support the immune system. Apply or rub a dime-quarter sized amount onto the chest / back / soles of feet as often as needed. Oil is ideal, but not required if applying to the feet.

Safety: Do not apply to open wounds. Wash or wipe off thoroughly if irritation occurs.

Storage: Store in cool / dark place when not using for up to two days. If refrigerated, this mixture should keep for up to a week. Discard if mold forms or is exposed to moisture.

Type of Care: Acute, particularly great for colds, chills, fevers

Ginger Ointment

Uses: This topical preparation can also be used for chest congestion, if an individual is experiencing chills, or to add warmth to the body during cold nights. It is most effective at the initial onset of acute respiratory infection.

Preparation:

- Grate or finely dice a thumbs' worth of ginger
- Place the ginger at the midline of the soles of the feet.
- Variation: You can mix the ginger with some castor oil to allow for deeper absorption.

Dosage/Application: Apply the ginger paste or slices to the midline of the soles of the feet, then cover the feet with plastic wrap or a plastic bag, placing socks or a blanket over to try and keep them as warm as possible. Herbs can be kept on the skin for 1-hour or overnight given there is no irritation. The heat and oils from the ginger can help warm the body, promote circulation and relax strained or contracted muscles.

Safety: Do not apply to open wounds. Wash or wipe off thoroughly if irritation occurs.

Storage: Use immediately

Onion Compress

Uses: This topical preparation can be used for chest congestion with an unproductive cough or difficulty breathing from thick mucus in airways.

Preparation:

- Dice 1 onion and if possible, warm it in a pan until it begins to sweat.
- If available, combine with half its volume in salt

- Apply as needed.

Dosage/Application: Wrap onion mixture in a clean t-shirt or cloth and lay on the chest for 1-2 hours. Oil the patient's chest with olive oil before applying to avoid skin irritation. If available, add plastic wrap or plastic bag on top of the fabric to retain heat and keep the mixture from moving. Preparation and application of the compress can be repeated daily as ingredients are available and symptoms persist.

Safety: n/a

Type of Care: Acute care

Warming Chest Plaster

Uses: This potent topical preparation is especially effective for deeply locked up mucus in the chest and acute congestion. It is also supportive for excess mucus, chills, and at the onset of symptoms to reduce severity and length of symptoms.

Preparation:

- Combine $\frac{1}{3}$ cup flour (or similar binder like cornstarch or clay) + $\frac{1}{3}$ cup mustard powder (or clove powder or ginger powder + $\frac{1}{2}$ teaspoon of cayenne or other hot pepper)
- Add hot water until the above mixture achieves a batter-like consistency.

Dosage/Application: Apply the mixture to a clean t-shirt or piece of fabric large enough to cover the chest (two 5x5 squares if using sterile dressing as fabric). Liberally coat the patient's chest with olive oil (or body safe oil or vaseline) before laying the fabric down with plaster side facing up and leave on the chest for no longer than 15 minutes.

Safety: Check under the fabric often for skin irritation. Only apply to unbroken skin.

Type of Care: Acute Care

Postural Drainage

Uses: This manual therapy can be utilized for manual draining of mucus from the lungs when a body is too weak to cough it up.

Preparation: Make sure the patient is as hydrated as possible and when available, have them inhale hot water vapors* (see [respiratory steam](#) for instructions) to loosen mucus for 5-15 minutes, placing a sheet over the head and bucket when inhaling.

Application: After inhaling hot water vapors, have the patient lean over a bucket to spit in while seated and pound them lightly on the back with a cupped hand until the mucus is brought up.

Type of Care: Acute Care

**add 2-3 drops of essential oil or ¼ cup of herbal water of za'atar, sage, rosemary, or eucalyptus to hot water for stronger mucolytic / antimicrobial qualities*

Upper Respiratory Infections and Smoke Inhalation

Sore Throat Salt + Clove Gargle

Uses: This preparation can be used for sore throats + infections of the gums / mouth

Preparation:

- Combine ½ tsp of sea salt with 6–8 oz of warm water, stirring until fully dissolved.
- Pound 1-3 cloves into a powder and add to the salt water.
- Variations:
 - Option 1: Can add ½ tsp of turmeric powder in combination with or as a substitute to the clove powder for anti-inflammatory benefits. Note: The cloves will provide some pain relief to the sore throat.
 - Option 2: Prepare an [infusion](#) of sage and mix with the salt and cloves for additional antimicrobial and throat soothing properties.

Dosage: Take a mouthful at a time and swish around, tilting your head back and gargling with as much contact with your throat as you can handle. Spit and repeat as many times as desired.

Safety: Discard excess salt water mixture to avoid reusing if contaminated.

Type of Care: Acute care

Chamomile and Mallow Throat Spray

Chamomile / Mallow Honey Throat Spray

soothing demulcent throat spray for sore throat + respiratory irritation

1 cup STRONG chamomile or mallow tea
½ cup arak
2 tbsp raw honey
½ tsp sea salt

Brew a cup of chamomile or mallow tea. Keep covered as it cools to keep volatile oils in the cup. If using tea bags, make sure it's a quality tea company for maximum oil content. Use 3-4 teabags for 1 cup batch or ½ cup of loose chamomile flowers or mallow leaves. Wait at least 15 minutes before straining. When tea is fairly cooled down, add sea salt. Stir until dissolved. Add honey. Stir until dissolved. Wait until fully cooled. Fix with arak. Store in a sterilized bottle with a spray top. Store the backup in the fridge until you need a refill.

To use: 2-4 sprays to the back of the throat, keeping your tongue flat. This must be paired with staying hydrated so your throat is lubricated. Small sips of lukewarm lemon water throughout the day helps. You might add cinnamon to teas for added demulcent benefit.

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البابونج أو الخبيزة و العسل كرذاذ مهدئ للحنجرة

لإلتهاب الحلق+ضيق التنفس
كوب مُركّز من شاي البابونج أو الخبيزة
نصف كوب عرق
ملعقتان كبيرتان من العسل الخام
نصف ملعقة صغيرة من الملح البحري

قوموا بتخضير كوب من شاي البابونج أو الخبيزة وتغطيته حتى يبرد. حال فتمت باستخدام أكياس الشاي الجاهزة تأكدوا من جودة الشركة المصنعة لضمان الحصول على أعلى نسبة من الزيوت العطرية. إستخدموا ٣ إلى ٤ أكياس من البابونج أو الخبيزة لكل كوب أو نصف كوب، تُنقع الأعشاب ل ١٥ دقيقة ثم تصفى، بعد أن يبرد الشاي يُضاف الملح ويُحرك حتى الذوبان، بعدها يُضاف العسل ويتم تدويبه كذلك. بعد التأكد بأن الشاي برد بالكامل يتم إضافة العرق، يوضع في زجاجة معقمة ذات رأس مناسب للرداذ. يتم الإحتفاظ بالزجاجة في البراد إلى حتى إعادة التعبئة.

للإستخدام : يرش ٣-٤ رذاذ على الحلق مع إبقاء اللسان مستويًا، من الضروري استخدام السوائل والإرتواء المستمرحفاظاً على رطوبة الحنجرة. يمكن استخدام رشقات صغيرة من ماء الليمون الفاتر خلال النهار، لفوائد إضافية يمكن إضافة القرفة والخبيزة.

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Sore throats will also be supported with the [Lemon and Honey Cough Syrup](#) and [Moistening Cough Syrup](#). Safety note: Omit chamomile if allergies to plants in the aster family are present. Alternative: Use hollyhock flowers (khetmiyeh) or violet flowers.

Cupping For Respiratory Conditions

Uses: This manual therapy can be used at the early onset of a cold and can be used to treat congestion, bronchitis, fever, and chills.

Preparation:

When cupping for respiratory conditions, the cups are placed on the upper back (to the bottom of the rib cage (mid-thoracic) - often where the stickiest phlegm can get stuck) on either side of the spine as this is directly over the lungs. The negative pressure can help circulate lymph, promote an immune response and eliminate phlegm.

See section on [cupping](#) for directions on applying the cups, and safety.

Type of Care: Acute care

Decongestant Garlic + Onion Syrup

Uses: This syrup can be used to break up congestion and support in recovery for upper and lower respiratory infections including sinusitis and congestion from smoke inhalation.

Preparation:

- Prepare a ratio of approximately one onion + one head of garlic per ½ liter of honey
- Finely chop onion and garlic and let them sit for a few minutes (While they sit, the broken cell walls leak enzymes that combine to form stronger compounds).
- Once the chopped alliums are good and pungent, transfer them to a clean and dry jar and cover with the honey.
- Stir and cap jar.
- This syrup is ready to dispense within 8 hours but best if it infuses for at least 24 hours.
- Variations: Alternatively, add a handful of chopped fresh or dried sage, za'atar, or rosemary to the onion and garlic before mixing with honey.
- Store what you are not using in a cool, dry place if refrigeration is not possible.

Dosage: A spoonful every 2 hours to break up heavy, wet congestion. If you are taking for mild congestion, start with a spoonful in the morning and add as needed. You can also eat the chunks preventatively. Onions + garlic thin mucous, allowing it to be expelled from the lungs and sinuses.

Safety: generally considered safe. Do not administer to children under 12 months due to honey content. Raw honey may contain honey that can cause botulism in children under the age of 12 months.

Type of Care: Acute, Chronic

Throat and Sinus Relief Tea/Steam

Uses: This preparation is supportive for upper respiratory conditions such as pharyngitis, laryngitis, sinusitis. The following formula can be prepared either as an infusion to soothe throat inflammation or as a steam to soothe nasal mucosa and clear sinus congestion.

Preparation: Combine the following herbs to prepare either an [infusion](#) or [steam](#).

- 1 part sage or zaatar (antimicrobial)
- 1 part mallow leaf or root or hollyhock flowers (demulcent, soothing to mucosa)
- 1 part chamomile or olive leaf (antimicrobial)
- ½ part ginger or nigella (warming and immunomodulating)
- ½ part nettles or rose (astringent)

Dosage:

Infusion: Standard dosage for adults: 125 mL to 500 mL daily.
Standard dosage for children under 12: ½-¼ of adult dosage.

Safety: generally considered safe

Type of Care: Acute, Chronic

Ear Infection

Uses: This topical application can be used to treat acute and chronic ear infections in adults and children. The garlic is naturally antimicrobial and the warm olive oil can provide some pain relief.

Preparation:

- Finely mince one clove of garlic
- Add to 1-2 tbsps of olive oil and gently warm
- Strain out the garlic.
- Variations: substitute St. John's Wort, mullein, or rue for the garlic
- Variation: mix a couple drops of nigella seed oil into olive oil, instead of garlic

Dosage/Application: Dip a cotton ball in the infused oil and place at the opening of the affected ear. The individual's head should be tilted with the affected ear facing up. Repeat as needed throughout the day or before sleeping. Discard the cotton ball after use. The oil mixture can be reheated as needed. You may rub nigella seed oil around the outer ear and the lobes for added pain relief.

Safety: Ensure the eardrum is not perforated before applying.

Type of Care: Acute, Chronic

Eye Infections and Irritations

Uses: This topical application can be used to treat chronic and acute eye infections in adults or children. The herbs are naturally antimicrobial and anti-inflammatory and may support relief of irritation as well as treatment of infection.

Preparation: Make an [infusion](#) of one of the following herbs, or use a warm tea bag directly on the eye.

- Prepare an infusion of chamomile or black tea
- Strain the herbs well to ensure no particles enter the eye. Or, place the herbs in a tea bag before infusing, if you have one available.
- Allow the infusion to cool before inserting drops into the eye, or placing the tea bag directly on your eye.
- Alternative: Insert a few drops of food grade rosewater into the eyes (be sure it is a pure distillation, with no essential oils added.)

Dosage: Use a tea bag or dip a cotton ball in the tea infusion and place directly on the affected eye, or gently squeeze the cotton ball to insert the tea into the eye. The individual's head should be tilted with the affected eye facing up. Repeat as needed throughout the day or before sleeping. Discard the cotton ball or teabag after use - do NOT use the same cotton ball/tea bag on both eyes so that infection does not spread from one to the other. The infusion mixture can be reheated as needed.

Safety: Ensure that there are no particles of tea in the liquid before inserting into the eye. Chamomile has very tiny particles. Make sure not to reuse an infected cotton ball or tea bag on an uninfected eye.

Type of care: Acute, chronic.

Nasal Irrigation

Uses: An intranasal application aimed to clear debris from the nasal cavity. This method can be used to clear mucus and dust particles. It is well suited for cases of congestion, allergies, colds and sinus problems.

Preparation: Boil clean water for 5 minutes. Combine with salt until dissolved and pour it into a clean neti pot, or vessel with a spout, like a teapot. Let it cool until gently warm or room temperature. Tilt your head to the side over a sink or somewhere safe to discard liquid. The vessel can be poured gently into the upper nostril. Make sure to breathe using your mouth so as to not inhale the water into your lungs. The liquid should then drain out the lower nostril. Then switch sides.



Variation: Use herbal tea for nasal irrigation if available and desired. Make sure the tea is very well strained, preferably through a coffee filter, or if needed tightly woven clean fabric. The following herbs may be supportive:

- Mallow leaf or root or violet leaf for a dry throat
- Sage for sore throat
- Olive leaf and thyme for infection

Dosage: $\frac{1}{4}$ teaspoon for finely ground salt or up to $\frac{1}{2}$ teaspoon of coarser ground non-iodized salt per 8 ounces of sterilized water. Use as needed.

Safety: Ensure to use clean water

Gastrointestinal/Digestive Conditions

NOTE: Due to the extreme circumstances, the lack of availability of clean water, and the unusually high exposure to various pathogens that create gastrointestinal distress, we strongly recommend the following supplements as a daily practice as

available to support overall immunity and resilience. We recommend these as daily supports: [Fire Cider Digestive Tonic](#), [Digestive Support Nigella Honey](#), [Digestive Support CCF Tea](#), and/or [GI Protective Tea](#).

Dyspepsia (General Indigestion)

Fire Cider Digestive Tonic

Uses: Fire cider is a tonic made from roots and alliums like ginger, garlic, onion as well as hot peppers and other herbs and fruits like lemon, black pepper, sage, olive leaf, pomegranate, jujube, sumac, dandelion, nettles, mustard, turmeric, za'atar, rosemary, mallow, etc. and steeping them in vinegar to draw out their medicinal properties. It is full of antimicrobial, circulatory stimulating, and anti-inflammatory herbs that can support immune and digestive function. It is particularly supportive for sluggish digestion, the carminative herbs stimulate digestive secretion and peristalsis, and with the addition of nutrient dense herbs such as dandelion, jujube, nettles, and mallow provides a more bioavailable nutrient boost that can support absorption and assimilation when taken before or after a meal.

Preparation:

- Select as wide a variety of the above herbs as you have available and chop finely.
- Pack into a jar or container and add a pinch of sea salt if possible.
- Cover the herbs in vinegar (raw fruit vinegar , if available).
- Stir and mix thoroughly before covering.
- If your container has a metal lid, add parchment paper or plastic before attaching the lid in order to prevent rusting.
- Allow the mixture to macerate for 5-7 days at minimum, shaking daily, and ensuring the plant material remains covered by the vinegar. Top off with additional vinegar if needed.
- Variations: Add in carminative herbs and spices like fennel, a few cardamom pods that can provide antispasmodic support.

Dosage:

Standard Adult Dosage: For prevention, take 10-20 mL, 1-3 times a day; for active infection, up to 15 mL, 3 times a day.

Standard dosage for children under 12: For prevention, take 2-5 mL, 1-3 times daily; for active infection, up to 15 mL, 3 times a day.

Safety: Generally considered safe. Check safety considerations for the herbs that are used. Use with caution if the individual is experiencing heartburn and avoid if gastric ulcers are present as it may further irritate the condition.

Type of Care: Preventative, Acute

Stomach Soothing Tea

Uses: This formula is helpful when there is stomach and intestinal irritation related to emotional upheaval or foods that upset the digestive system or are difficult to digest, causing bloating. It is particularly supportive for colic, flatulence, and general stomach and intestinal distress not related to parasites or infectious conditions. The herbs were chosen based on their gentle anti-inflammatory, nervous system support, and carminative properties. This formula can also be used to promote rest for small children, soothing colicky conditions.

Preparation: Combine the following herbs to prepare an [infusion](#)

- 1 part chamomile (antispasmodic, antibacterial, anti-inflammatory)
- 1 part lemon verbena or lemon balm (carminative, antibacterial)
- 1 part hollyhock (demulcent--soothing to inflamed mucosa)
- 1 part fennel, cardamom, anise or mint (decreases inflammation and irritation, expels gas from GI tract, and decreases spasms)

Dosage:

Infusion: Standard dosage for adults: 125 mL to 500 mL daily.

Standard dosage for children under 12: $\frac{1}{8}$ - $\frac{1}{4}$ of adult dosage.

Safety: Generally considered safe. Omit chamomile if allergies to plants in the aster family are present.

Type of Care: Acute, Chronic

Digestive Support Nigella Honey

Uses: This is a traditional remedy which can be used as an immunomodulator, a preventative remedy, a prophylaxis, and a treatment for a variety of infections and viruses. It may be particularly helpful for those with autoimmune disorders. Nigella

is a warming seed often used to address sluggish digestion, lack of hunger, bloating, flatulence, and vomiting from weak digestive capacity (presents as frothy vomit, feeling of cold in the abdomen, and low energy). As well as general immune support, it has been studied clinically with effectiveness at treating H. Pylori⁴, dyspepsia, and a number of other conditions.

Preparation: Prepare an electuary of nigella seeds.

- 1 part ground nigella seeds
- 2 parts honey

You may consider warming or slightly roasting the nigella seeds before grinding and mixing them with honey.

Dosage: 6 grams of seeds or approximately 1 tbsp of electuary per day. Best taken in the morning before eating.

Safety: Generally considered safe. Do not administer to children under 12 months due to honey content. Raw honey may contain honey that can cause botulism in children under the age of 12 months.

Type of care: Preventative, prophylaxis, acute.

Digestive Support CCF Tea

Uses: This Ayurvedic medicinal blend of cumin, coriander seed and fennel can be useful for those who are experiencing gas, bloating or a feeling of cold in the abdomen. The tea can gently bring heat to the stomach and warm the body. This tea can also be used to relieve constipation.

Preparation:

- Blend together the following spices:
 - 1 part cumin seeds
 - 1 part coriander seeds
 - 1 part fennel seeds
- Bring a liter of water to boil in a pot and add the spice mixture
- Lower the heat and simmer with the lid covered for 15-20 minutes.
- Strain the seeds out and serve

⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5292131/>

- Honey can be added to taste.
- Variation: If water is unavailable, lightly toast the seeds and have a spoonful as a digestive chew at the beginning of the day.

Dosage: Standard dosage for adults: 125 mL to 500 mL daily.
Standard dosage for children under 12: $\frac{1}{8}$ - $\frac{1}{4}$ of adult dosage.

Safety: Generally considered safe.

Type of care: Preventative, acute

Dehydration

Rehydration Mix

Uses: This preparation can be used for general dehydration or acute dehydration from exposure and as an adjunct therapy for severe diarrhea.

Preparation:

- Option 1: SUGAR AND SALT: Add $\frac{1}{2}$ teaspoon salt and 8 teaspoons of sugar* to 1 liter of clean drinking water and take
- Option 2: PORRIDGE FOR CHILDREN: Add $\frac{1}{2}$ teaspoon salt and 2 handfuls of powdered cereal (wheat, corn, rice, sorghum, etc.) to 1 liter of clean drinking water. Boil for 5-7 minutes until you have a watery porridge. Cool and give to child immediately. Make sure to continually taste the drink to make sure it is not spoiled
- Variation: IF AVAILABLE– Add to either mix half a cup of fruit juice, coconut water, or mashed ripe banana for potassium, which can help build tolerance for food back up. If sugar is unavailable, substitute with molasses or honey.

Dosage: Give the dehydrated person sips of either preparation every 5 minutes, day and night, until they begin to urinate normally. A large person needs 3 or more liters a day; a child needs one liter. Keep administering even if a patient vomits. Use oral rehydration salt (ORS) packets when available for acute cases where other ingredients are not available. As soon as the patient can stomach solid foods again, offer them food.

Type of Care: Acute, Severe

Additional Information: Avoid dehydrating beverages when possible. Due to lack of sufficient water, consider avoiding dehydrating beverages such as coffee and black tea, in general. Especially important during diarrhea or acute illness.

Rehydration Recipes

وصفات للترطيب

يمكن إضافة الأغذية الغنية بالماء مثل الخيار والكرفس والبتار والشمام إلخ، لاستعادة السوائل دون تخفيف توازن الدم.

ماء اليانسون

- ضعوا حفنة من بذور اليانسون في مرطبان واضيفوا الماء حتى يتم غمرهم
- ضعوا المرطبان في الشمس مغطى ليوم كامل
- قوموا بتصفية البذور
- تناولوا الشراب في ذات الليلة أو اليوم الثاني

ماء السماق والكركيه

- ضعوا حفنة من الكركديه أو/ مع حفنة من السماق (اليابس أو الطازج) في لتر من الماء الساخن
- أضيفوا ملعقة صغيرة من الملح ومقدار ستة ملاعق صغيرة من المحلي (السكر، العسل أو الدبس)
- يترك منقوعاً لـ ١٠-١٥ دقيقة
- يترك المزيج ليبرد، ويتم شربه خلال النهار للترطيب

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يعمل الكبد والجهاز الليمفاوي على التخلص من السموم التي تمتصها البشرة وتنشقها. تساهم إضافة الحامض إلى الماء وشربها يومياً بالتخلص من هذه السموم.

كلما كنتم محافظين على تناول سوائل كافية، كلما شعرتم بتحسّن. عوضاً عن شرب الماء المثلج صيفاً، تناولوا شاي الورد، الميرمية، الكركديه، منقوع الكزبرة.

خلطات للترطيب

ليموناضة

كوب ونصف ماء

ملعقتان كبيرتان من العسل أو الدبس

عصير نصف ليمونة

نصف ملعقة صغيرة من ملح البحر

تُخلط المكونات جيداً.



عند التعرض للجفاف الشديد أو ضربة شمس، وقبل شرب الماء، قوموا بارتشاف جزء من المزيج لاستعادة أملاح ومعادن الجسم. في حالات التعرض للحرارة الشديدة، تجنبوا شرب كميات كبيرة من الماء، حيث يؤدي الفاقد من الأملاح في العرق إختلال شديد بمعادن الجسم، مما يسبب القيء ونقص الصوديوم في الدم

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Dysbiosis

GI Protective Tea

Uses: To discourage the growth of pathogenic bacteria and fungi. This formula relies on antimicrobial and carminative herbs and spices that are probiotic for

healthy gut flora. It is particularly supportive if the individual is presenting with low energy, lack of hunger, loose stools, and bloating.

Preparation: Prepare an [decoction](#) of the following herbs.

- 2 parts olive leaf
- 1 part ginger
- 6 cloves
- 3 cardamom pods
- ¼ part anise seeds
- a pinch of black pepper
- Note: Avoid sugar if possible while symptoms are present as sugar encourages the growth of pathogenic bacteria and microbes.
- Variation: Powder the herbs and spices and mix with an equivalent amount of honey to make an electuary.

Dosage: Standard dosage for adults: 125 mL to 500 mL daily.

Standard dosage for children under 12: ½-¼ of adult dosage.

Safety: Generally considered safe.

Type of care: Preventative, acute.

Diarrhea

Note: In the case of diarrhea, the primary therapeutic goals are to:

- 1) Remove the pathogen
- 2) Relieve symptoms: manage fever, ease muscle spasm, and decrease fecal volume
- 3) Monitor and counteract dehydration
- 4) Heal colonic / intestinal mucosa esp. after diarrhea is relieved
- 5) Modulate overactive immune activity

Support hydration: Since diarrhea is both a symptom of the pathogen's activity in the body and the primary way the body rids itself of the pathogen, it is important to refrain from using anti-diarrheal or astringent herbs internally unless there is excessive fluid loss since that can cause dehydration.

Assessing fluid loss:

To assess the amount of fluid loss, you'll be looking at: when symptoms began, the frequency of the symptoms, quantity of fluids lost, and duration of diarrhea and vomiting. Oral intake, urine output, and weight loss are important considerations too.

Signs of dehydration:

- Mild - thirst, dry mouth, eyes, mucosa, dry armpits/decreased sweating, dark urine, normal pulse rate.
- Moderate - above plus sunken eyes, weakness, scanty dark urine, rapid and weak pulse rate.
- Severe - above plus altered mental status, elevated body temperature, no urine, no tears, no sweating, collapse, shock.
- In babies, look for dry diapers (decreased urine output), sunken eyes, sunken fontanel on top of head, wrinkly skin, dry tongue and mouth, rapid pulse, paler or bluish skin color, lethargy and fast breathing.
- If the person is having more than 5 bowel movements per day, begin to replace fluids as soon as possible. For mild dehydration, replace each diarrheal stool with 10 mL per 1 kg of body weight; for moderate dehydration, alternate [rehydration mix](#) with plain clean water, replacing fluid losses at least every 2 hours, generally about 1 liter per hour until frequency of urination increases and the urine turns clear or pale yellow. If there is vomiting with the diarrhea, take one small sip of fluids every 5 minutes.

Diarrhea Protocol

We recommend the following protocol for treatment of diarrhea accompanied by excessive fluid loss:

- [Gut Clearing Decoction/Electuary](#) (for acute phase of illness)
- [Fever reducing tea](#) (for acute phase of illness)
- [Rehydration Mix](#), [Rehydration Recipes](#), or [Rehydrating and Soothing Tea](#) (for acute care and recovery)
- [Diarrhea Recovery Tea](#) (for recovery)
- [Digestive Support Nigella Honey](#) (for recovery)

Gut Clearing Decoction/Electuary

Uses: To clear pathogenic microbes in the GI tract that may be causing severe diarrhea. This formula is meant to be used in combination with the above protocol and can be used if symptoms worsen and don't resolve within 2-3 days.

Preparation: Prepare a standard [decoction](#) or [electuary](#) of the following herbs:

- 2 parts sage (anti-inflammatory, anti-microbial, sage is a diaphoretic and can warm individuals that are experiencing chills and excessive sweating) or olive leaf (anti-inflammatory, anti-microbial, olive is a febrifuge and can cool individuals experiencing hot, sweaty feverish conditions)
- 2 parts anise, caraway, dill, cardamom, or fennel seeds (carminative, anti-microbial, antispasmodic)
- ¼ part-½ part sumac, pomegranate peels, or oak bark (if available, these are highly astringent and should be used in cases of excessive fluid loss due to diarrhea. Begin with the smallest amount and increase as needed. Reduce the proportion if individual becomes overly dry and experience abdominal constriction)

Dosage:

Infusion: Standard dosage for adults: 125 mL to 500 mL daily.

Standard dosage for children under 12: ⅓-¼ of adult dosage.

Electuary: Standard Adult Dosage: 1 tablespoon, every 2-3 hours as needed taken by the spoonful or mixed with warm water to drink like a tea.

Standard dosage for children under 12: ⅓-¼ of adult dosage or pea sized amounts, every 2-3 hours as needed.

For either preparation, begin with the smallest dosage and work up as needed. Encourage the individual to take small sips every 5 minutes during the acute phase of illness.

Safety: Generally considered safe

Type of Care: Prophylactic (in case of consuming contaminated water), Acute

Diarrhea Relief Compress

Uses: This topical preparation can be utilized to provide relief to diarrheal symptoms while still enabling the body to evacuate any pathogens. This highly astringent

preparation can be used to tonify lax tissues, particularly in the abdomen without overly drying out internal tissues and inhibiting the body's natural and necessary response to remove pathogens from the GI tract.

Preparation: Combine one or more of the following astringent herbs for a [compress](#). The decoction or infusion that is prepared from the herbs can use double the amount of plant material, e.g. 60 gms of plant herbs added to 500 mL of water.

- Oak bark (needs to be decocted)
- Pomegranate peels (decocted)
- Sumac
- Black tea

Dosage: Apply the warm compress to the abdomen 1-2 times daily until symptoms subside.

Safety: generally considered safe. Avoid applying to broken skin

Type of care: Acute

Rehydrating and Soothing Tea

Uses: For self-limiting cases of diarrhea with a suspected viral cause such as rotavirus, maintain hydration with the following simple hydration blend. Use in conjunction with the rehydration mix if an individual is severely dehydrated. The chamomile is a spasmolytic, will modulate inflammation in the GI tract, and is also a gentle carminative.

Preparation:

- Prepare a [standard infusion](#) with chamomile (note that over steeping chamomile can cause it to be emetic).
- Add a pinch of salt and honey to taste (or molasses for children under 1 yr)

Dosage: Standard dosage for adults: 125 mL to 500 mL daily.
Standard dosage for children under 12: $\frac{1}{8}$ - $\frac{1}{4}$ of adult dosage.

Safety: Generally considered safe. Avoid chamomile if allergies to plants in the aster family are present.

Type of care: Preventative, acute.

Diarrhea Recovery Tea

Uses: After individual is fully recovered and begins the transition to eating more normally. This preparation is supportive in the recovery process for diarrhea or intestinal illness to heal colonic and intestinal mucosa.

Preparation: Prepare an [infusion](#) of carob beans.

Dosage: Standard dosage for adults: 125 mL to 500 mL daily.
Standard dosage for children under 12: $\frac{1}{5}$ - $\frac{1}{4}$ of adult dosage.

Safety: Generally considered safe

Type of Care: Recovery

Constipation

Constipation Relief Tea, I

Uses: This preparation is supportive for constipation that is accompanied with severe bloating. Either this preparation or the CCF tea can be utilized.

Preparation: Prepare a [standard infusion](#) with the following herbs:

- For constipation that is accompanied by bloating, stress, flatulence, and cramping, use this warming blend:
 - 4 parts fennel seeds
 - 2 parts mint
 - $\frac{1}{4}$ part orange peel
 - $\frac{1}{2}$ part cinnamon
- For constipation that is accompanied by dry lips, fever, and a hot abdomen, use this cooling and softening blend as a cold infusion:
 - 1 part mallow leaf or root, or hollyhock flowers
 - Add 15 mL carob molasses to the infusion

Dosage: Standard dosage for adults: 125 mL to 500 mL daily.
Standard dosage for children under 12: $\frac{1}{5}$ - $\frac{1}{4}$ of adult dosage.

Safety: Generally considered safe.

Type of care: Preventative, acute.

Constipation Relief Tea, II

Uses: This preparation is supportive for stubborn constipation. The roots used are general diuretics and can help stimulate digestive secretion and peristalsis.

Preparation: Prepare a standard [decoction](#) with the following herbs:

- 2 parts dock leaf or root
- 1 part dandelion leaf or root

Dosage: Standard dosage for adults: 125 mL to 500 mL daily.
Standard dosage for children under 12: $\frac{1}{5}$ - $\frac{1}{4}$ of adult dosage.

Safety: Generally considered safe. Large doses can cause gastrointestinal distress due to the presence of oxalic acid in dock.

Type of care: Preventative, acute.

Laxative Electuary

Uses: This traditional folk preparation can be utilized as a gentle laxative.

Preparation: Combine equal parts carob molasses and tahini.

Dosage: Take 15 mL (1 spoonful) daily until symptoms resolve.

Safety: Generally considered safe

Type of care: Acute

Castor Oil Pack and Abdominal Massage

Uses: Prior to applying a castor oil pack, gentle abdominal massage can help to relieve inflammation and bloating by increasing circulation to the abdomen. This treatment can also be used to drain and heal internal abscesses.

Directions: Prepare a [castor oil pack](#) and before applying, use some of the oil to gently massage the abdomen in the following pattern:

- Gently palpate the abdomen before massaging to note any areas of pain.
- Beginning with hands gently bracing either side of the abdomen underneath the ribs, with gentle pressure, move hands towards the midline as if wringing out a wet towel.
- Then place hands parallel to each other on the center of the individual's abdomen and begin to move hands counterclockwise, in a figure eight motion, gently increasing pressure to the individual's comfort level at least 20 times.
- Then, beginning from the bottom of the right side of the abdomen and using the edge of the hand closest to the pinky finger, apply gentle upward strokes towards the ribs as if to create a light lifting sensation, progressively moving the strokes towards the left side of the abdomen.
- Finally, do a few more of the counterclockwise motions and end with gentle palpations to note any changes.
- The castor oil pack can then be applied to the abdomen.
- Note: This therapy can also be applied for general soothing, bringing warmth into the body, nervous system support, and encouraging a healthy immune response.

Safety: Be sure to not apply castor oil on the abdomen or perform this abdominal massage if the individual is menstruating.

Type of care: Preventative, acute.

Parasitic Infection

Antiparasitic Electuary

Uses: This is an antiparasitic formula that is meant to be used internally for parasitic infections.

Preparation:

- Combine the following dried herbs (powdered or ground and sifted) with an equal proportion of honey.
 - 1 part nigella seeds (antiparasitic, carminative, will break up a biofilm) with at least one or more of the following herbs in the following proportions:

- ½ part ginger, (astringent and strong carminative to promote the passage of gas and provide pain relief to the smooth muscles and activate peristalsis)
- ⅛ part clove, (antiparasitic, antibacterial, antifungal, carminative)
- Optional: Substitute ¼ of the honey for the electuary with carob molasses (if a gentle laxative support is needed) or add sumac, (astringent, mild laxative--omit if loose stools are present)
- Optional: 1 part wormwood, (extremely strong antiparasitic herb that is carminative and choleric--stimulating bile production)
- Variations: Omit the wormwood and clove for anyone who may be sensitive, particularly for children. Substitute with additional nigella seeds or zaatar.

Dosage:

Adult Dosage:

Acute: 15 gms, 4-5 times per day

Restorative: 5 gms, 2-3 times per day

Children's dosage: Standard dosage for children under 12: ⅓-¼ of adult dosage or pea sized amounts, every 2-3 hours as needed.

Safety: see notes in formula

Adjunct Therapies for Parasites

Option 1: Mince or smash one clove of garlic and consume immediately. Take 3 raw cloves of garlic daily until symptoms subside. The garlic can be mixed with honey or in food to make it easier to swallow. Safety notes: Raw garlic can be irritating to small children. Individuals with a typically hot or dry constitution should not use garlic.

Option 2: For pinworms: Whole raw garlic suppository or prepare a garlic enema by finely crushing or grating 1 clove of garlic and infusing for 5 minutes in 500 mL of warm water before administering immediately. Use as a retention enema once a week.

Option 3: For tapeworms: 200-400 grams of unpeeled pumpkin seeds. Grind the seeds or chew whole. Eat in the morning on an empty stomach to stun the tapeworm. 2-3 hours later, consume 30 mL of castor oil to move the tapeworm out.

Type of Care: Acute

Heartburn or GERD

Acid Relief Tea

Uses: This formula can be supportive, especially when used in conjunction when eliminating digestive irritants and allergens (whenever possible). If possible, encourage individual to have last meal at least two hours before sleeping and sleep in a reclined or with the head and chest slightly elevated.

Preparation: Combine one or more of the following herbs and prepare a standard infusion.

- 1 part chamomile (anti-inflammatory, encourages digestive bitters)
 - Note: chamomile may be aggravating to individuals with GERD, in which case it should be omitted from the formula.
- 1 part lemon verbena or lemon balm (supports digestion and assimilation)
- 1 part olive leaf (supports digestion and is antimicrobial)
- 1 part mallow leaf (soothing to GI and esophageal mucosa)
- 1 part mint (omit if condition worsens as some individuals are sensitive)
- Optional: a few pinches of rose and 2-3 cloves.
- Variation: If individual prefers, chewing on a few fennel seeds before and after a meal can be supportive.
- Variation: 15-30 mls of sage water or an [infusion](#) of sage tea is a tried and true cultural remedy for alleviating heartburn.

Dosage/Application: Try to have at least 30 minutes before a meal and can also be consumed after a meal.

Dosage: Standard dosage for adults: 125 mL to 500 mL daily.
Standard dosage for children under 12: $\frac{1}{8}$ - $\frac{1}{4}$ of adult dosage.

Safety: Generally considered safe. Omit chamomile if allergies to plants in the aster family are present.

Type of care: Preventative, acute.

Nausea

Nausea Relief Tea

Uses: This formula can be used for mild cases of nausea and is particularly beneficial for morning sickness.

Combine one or more of the following herbs and prepare a standard infusion.

- 1 part chamomile (anti-inflammatory, encourages digestive bitters)
- 1 part ginger (supports digestion and assimilation)
- 1 part mint (omit if condition worsens as some individuals are sensitive)
- 1 part fennel or anise
- Optional: a few pinches of rose and 2-3 cloves.

Dosage/Application:

Dosage: Standard dosage for adults: 125 mL to 500 mL daily.

Standard dosage for children under 12: $\frac{1}{8}$ - $\frac{1}{4}$ of adult dosage.

Safety: Generally considered safe.

Type of care: Preventative, acute.

Skin and Topical Conditions

Scabies

Hair and Body Insecticidal Oil

Uses: In addition to the affected person, treatment is also recommended for anyone sharing living space or for those who have had prolonged direct skin-to-skin contact with the affected person. Both close personal contacts who have had direct prolonged skin-to-skin contact with an affected person within the preceding month should be

examined and treated. All persons should be treated at the same time to prevent reinfestation of the mites.

Bedding, clothing, and towels used by affected persons or their household and close contacts anytime during the three days before treatment should be decontaminated by washing in hot water and drying in a hot dryer or by sealing in a plastic bag for at least 72 hours. Scabies mites generally do not survive more than 2 to 3 days away from human skin.

While permethrin or sulfur ointments are the typical treatments and should be used when available, this formula is intended to help act as a repellent for the mites that have burrowed into the skin.

It is recommended that the affected individual is supported with a daily immune tonic such as the [Immune Support Vinegar](#) or [Nigella Honey](#) during treatment.

Preparation: The following herbs can be used alone or combined with cloves to prepare an [herbal oil](#).

- 1 part Cloves (This is the chief herb, and is insecticidal, antimicrobial)
- 1 part Wormwood (antiparasitic, antimicrobial)
- ½ part lemon verbena (antimicrobial)
- ½ part Bay laurel (antimicrobial)
- Variations: the above formula can also be used to prepare a [strong decoction](#) used as a hair and body rinse and when laundering bedding and clothing.
- Alternatively, bay laurel oil can be added to the final herbal oil in the following ratio: for every 30 mL of herbal oil, add 5-6 drops of essential oil. This will add additional antimicrobial benefit and enhance the potency of the preparation overall.

Dosage/Application: After preparing the oil, apply on the entire body from the neck down, ideally before sleeping to remain overnight. The oil should be applied daily for at least a week. Itching may persist for several weeks after treatment. If new burrows or pimple-like rash lesions continue to appear, retreatment may be necessary.

Safety: Clove may cause an allergic reaction in an individual. A patch test should be performed before application of the oil. Avoid applying the oil to mucosal tissues as it may be irritating.

Type of Care: Acute

Anti-Itch Body Oil

Uses: This preparation can be used as an all-purpose oil for dry, itchy skin.

Preparation: The following herbs can be used alone or combined with violet to prepare an [herbal oil](#).

- 1 part violet (anti-inflammatory, anti-microbial, lymphatic)
- 1 part plantain (anti-microbial, anti-inflammatory, vulnerary)
- 1 part hollyhock (emollient, antimicrobial, anti-inflammatory)
- ½ part sumac (vulnerary, astringent)
- 1 part rose (astringent, vulnerary)
- 1 part sticky fleabane (vulnerary)**
- 1 part sage (anti-microbial, anti-inflammatory, circulatory stimulant)
- Variation: The above formula can also be used to prepare a [salve](#), when beeswax is available, which will prolong the staying power of the oil.

Dosage/Application: Apply oil to affected areas as needed.

Safety: Generally considered safe. Omit violet for individuals with a salicylate sensitivity.

Type of Care: Acute, preventative, chronic

Lice

Hair and Body Treatment

Uses: When treating head lice, supplemental measures can be combined with this treatment. For example, hats, scarves, pillow cases, bedding, clothing, and towels worn or used by the infested person in the 2-day period just before treatment is started can be machine washed and dried using the hot water and hot air cycles because lice and eggs are killed by exposure for 5 minutes to temperatures greater than 53.5°C (128.3°F). Items that cannot be laundered may be dry-cleaned or sealed in a plastic bag for two weeks. Items such as hats, grooming aids, and towels that come in contact with the hair of an infested person should not be shared. Head lice need to have a blood meal every 12 to 24 hours, so they can't survive away from a human head for longer than a day.

The easiest way to remove lice is to remove their habitat. If available and amenable, shaving the head of the affected individual will clear the habitat and any remaining eggs or lice can be easily removed.

This preparation is meant to aid the removal of adult lice and their eggs.

Preparation: The following herbs can be used alone or combined with garlic to prepare an [herbal oil](#). Garlic would be the most supportive herb for the oil due to its antiparasitic properties, but the following herbs can either be used as alternatives or combined with rue. They should also soothe the itching that may present on the infested individual.

- 1 part garlic (antiparasitic, anti-inflammatory, antibacterial)
- 1 part sage (anti-microbial, anti-inflammatory, circulatory stimulant)
- 1 part thyme or zaatar (antimicrobial, antifungal)

Dosage/Application: Application of the oil to the hair will make it difficult for the lice to remain attached to the hair follicles and should ease the removal process. Separate the hair into sections, applying the oil liberally to the roots of the hair. Using a fine toothed comb, move through each section of the hair to remove the lice. This treatment may need to be repeated every 2-3 days as any eggs hatch and before they can reproduce.

Safety: Garlic can be irritating to some individuals. A patch test should be performed before application of the oil. Avoid the oil making contact with the eyes when applying to the scalp.

Type of Care: Acute

Fungal Infections

Antifungal Wash and Soak

Uses: This preparation can be used to address topical fungal infections and is particularly supportive for tinea infections and candidiasis. It is recommended that the affected individual is supported with a daily immune tonic such as the [Immune Support Vinegar](#) or [Nigella Honey](#) during treatment and as a preventative tonic.

Preparation: Combine one or more of the following herbs and prepare a [standard infusion](#).

- 1 part thyme or zaatar (antimicrobial, antifungal)
- 1 part olive leaf (antimicrobial)
- 1 part sage (antifungal, antimicrobial)
- 1 part bay leaf (antimicrobial)
- 1 part sumac (vulnerary, astringent)

- 1 part rose (astringent, vulnerary)
- 1 part sticky fleabane (antifungal, vulnerary)**
- Variation: Alternatively a weak infusion of any of the above herbs can be prepared and orally administered to support thrush. It should be used as a mouth rinse for children and adults that are able to spit. For infants or those unable to spit, a small [compress](#) can be prepared and used to gently brush their tongue.

Dosage/Application: Clean the affected area, and then follow up with rinsing the affected area with the infusion twice daily. The infusion can also be used to prepare a [compress](#) to draw the infection out, e.g. if the infection is in the navel, a compress can be applied while the individual is supine and can be left on for at least 30 minutes. The affected area can also be soaked in the infusion for 30 minutes, e.g. if the feet are affected. Keep the area as clean and dry as possible in between applications. **Variation:** a [poultice](#) can be prepared from items such plain oatmeal or mashed vegetables like cabbage, turnips, potatoes, or carrots to assist with drawing out an infection and support the suppurative process.

Safety: Generally considered safe.

Type of Care: Acute

Skin Healing and Repair Oil

Uses: After clearing a topical infection, the skin healing and repair process can be supported by application of this herbal body oil.

Preparation: The following herbs can be used alone or combined to prepare an [herbal oil](#). The fenugreek is the chief herb in this formula as its high mucilaginous content is especially supportive for soothing dried, cracked skin and aiding in the granulation process. When available, plantain can be substituted due to its high allantoin content.

- 1 part fenugreek (antifungal, anti-inflammatory, emollient)
- 1 part Plantain (anti-inflammatory, emollient, vulnerary)
- 1 part violet (anti-inflammatory, vulnerary)
- 1 part bay leaf (anti-inflammatory, antimicrobial, analgesic)
- ½ part sumac (vulnerary, astringent)
- ½ part rose (astringent, vulnerary)
- ½ part Chamomile (anti-inflammatory, vulnerary)
- ½ part St. John's Wort* (anti-inflammatory, antimicrobial, antiseptic, vulnerary)

Dosage/Application: Apply to the affected area twice daily.

Safety: Omit chamomile if the individual has an asteraceae allergy. St. John's Wort can cause photosensitivity in some individuals, so avoid exposing the skin, including the scalp to sunlight when using.

Type of Care: Acute, Reparative

Bacterial and Viral Infections

Antibacterial and Antiviral Wash and Soak

Uses: This preparation can be used to address topical bacterial infections and is particularly supportive for MRSA infections. This preparation can also be used to address a herpes outbreak or cold sores--the licorice is especially supportive for the herpes simplex virus. It is recommended that the affected individual is supported with a daily immune tonic such as the [Immune Support Vinegar](#) or [Nigella Honey](#) during treatment and as a preventative tonic.

Preparation: Combine a [decoction](#) of licorice with one or more of the following herbs prepared as a [standard infusion](#).

- 1 part licorice (antiviral, antibacterial)
- ½ part violet (anti-inflammatory, anti-microbial, lymphatic)
- ½ part thyme or zaatar (antimicrobial)
- ½ part olive leaf (anti-inflammatory, antimicrobial)

Dosage/Application: Clean the affected area, and then follow up with rinsing the affected area with the infusion twice daily. The infusion can also be used to prepare a [compress](#) to provide prolonged relief to the affected area. The affected area can also be soaked in the infusion for 30 minutes, e.g. if the feet are affected. Keep the area as clean and dry as possible in between applications.

Safety: Generally considered safe.

Type of Care: Acute

Wounds and Sores

There are several useful applications for herbs in wound care including teas and decoctions for soaking the wound; tinctures, salves, and plasters can also be applied directly to the wound to prevent or clear infection and support wound healing. If the wound is infected, it is also recommended that the affected individual is supported with a daily immune tonic such as the [Lymphatic Clearing Formula](#), [Immune Support Vinegar](#) or [Nigella Honey](#) during treatment and as a preventative tonic.

Bleeding First Aid

Uses: The following recommendation can be used as first aid for minor bleeding and shallow lacerations.

Preparation: Powder and shift either one of the following herbs and store in a dry, airtight container.

- Capsicum pepper powder
- Olive leaf

Dosage/Application: Either the capsicum powder or olive leaf can be used as an emergency styptic to stop bleeding and minimize the wound's susceptibility to infection. Clear the wound of any debris and obstructions. Apply a thin, sterile dressing over the wound, and then layer the powder directly over the dressing before bandaging completely. Adding the barrier between the herbal powder and the wound will allow the herb to support the wound healing without scabbing and running the risk of the powder breaking open the wound when the dressing is changed.

Safety: Capsicum pepper powder will sting in the wound, so use with caution.

Type of care: Acute

Herbal Wound Soak

Uses: The following preparations can be used to draw out infection, reduce inflammation, and to clean wounds. They will be the most supportive for abrasions, contusions, and shallow lacerations. See the note for more information on how to support deeper lacerations and puncture wounds.

Preparation: Prepare a strong [herbal infusion](#) or [decoction](#) with the following herbs as indicated.

- For cleansing fresh and infected wounds: (See [antifungal wash](#) or [antibacterial/antiviral wash](#))
- For dry wounds that aren't healing:
 - 1 part purslane (antibacterial, antiviral, anti-inflammatory, hemostatic)
 - ½ part mallow root (anti-inflammatory, emollient)
 - 1 part prickly pear cactus (anti-inflammatory, astringent, emollient, vulnerary). Note: Use the gel that is scraped from the inner pads of the cactus. If the cactus is not available, it can also be substituted with the gel from aloe vera leaves.
- For wet wounds with pus: Prepare either the [antifungal wash](#) or [antibacterial/antiviral wash](#) as the condition indicates, and a poultice can also be prepared from items such plain oatmeal or mashed vegetables like cabbage, turnips, potatoes, or carrots to assist with drawing out an infection and support the suppurative process.
- Note: For deeper lacerations and puncture wounds: pressure bandaging should be administered first and as granulation begins, the healing process can be supported with an infusion prepared with one or more of the following herbs:
 - 1 part fenugreek (antifungal, anti-inflammatory, emollient)
 - 1 part Plantain (anti-inflammatory, emollient, vulnerary). Note: When available plantain should be used due to its high allantoin content.
 - ½ part Chamomile (anti-inflammatory, vulnerary)
 - ½ part St. John's Wort (anti-inflammatory, antimicrobial, antiseptic, vulnerary)

Dosage/Application: Clean the affected area, and then follow up with rinsing the affected area with the infusion or decoction twice daily or with each dressing change. The infusion can also be used to prepare a [compress](#) to provide prolonged relief to the affected area and left on overnight. The affected area can also be soaked in the infusion for 30 minutes, e.g. if the feet are affected. Keep the area as clean and dry as possible in between applications. Once wounds have closed, application of the [Skin Healing and Repair Oil](#) is recommended.

Safety: Ensure that the wound is not bleeding to the point that there is a concern for blood loss. Ensure the water is not too hot, particularly if the patient is diabetic or lacks sensitivity to the skin impacted.

Type of Care: Acute, reparative

Skin Repair Compress or Poultice

Uses: This preparation can either use the dried herbs to make a compress or the fresh leaves in a poultice to assist in primary intention wound healing or after granulation has begun for secondary intention wound healing. The high allantoin content especially in plantain supports and accelerates skin healing.

Preparation: Using one of the herbs below, prepare a [compress](#) or [poultice](#).

- Mallow leaf or root (anti-inflammatory, emollient)
- Plantain (anti-inflammatory, vulnerary, emollient)
 - Variation: A spit poultice (helps to break down plant cell walls) can be made with the plantain. The affected individual or a family member should chew the plantain to break down the plant material before applying to the wound.

Application/Dosage: After cleansing the wound and removing any debris or obstructions, apply the compress directly on the skin for at least 30 minutes or longer if possible. For the poultice, apply a clean, thin dressing to the wound before applying the poultice. Remove once dry.

Safety: Generally considered safe.

Type of Care: Acute

Burns and Wound Care

It is essential to assess how severe the burn is before commencing treatment. Anything beyond first degree (unbroken skin) and second degree (blisters and broken skin) burns needs the attention of medical professionals when available.

For third degree or more severe burns (shiny, moist skin accompanied by skin discoloration from a deep red to dark brown), the affected area should carefully be cleared of any debris before application of the [Herbal Wound Soak](#), or [Antibacterial/Antiviral Wash](#) and bandaging. When accessible, it is recommended that the individual also receive oral administration of a licorice decoction as described in the [Burn Relief Tea](#) section.

Topical Remedies for Burns (1st and 2nd degree)

Uses: The following preparations are recommended for first and second degree burns. In a first aid scenario, immersion of the affected tissue in lukewarm water for up to 20 minutes is recommended. If there is any clothing obstructing access to the burn, cut around the fabric and carefully remove.

Preparation: Choose from any of the following topical treatments depending on what is available to treat the burn.

- Lavender essential oil can be liberally applied undiluted to the burn. It is recommended to do a patch test first. Alternatively, the essential oil can be diluted in olive oil and applied to the burn. (Note: If diluting the essential oil in a carrier oil, add using the following ratio: for every 30 mL of herbal oil or carrier oil, add 5-6 drops of essential oil.)
- [Infusion](#) prepared with one or more of the following herbs:
 - 1 part nettles (anti-inflammatory, antihistamine, astringent)
 - 1 part rose (mild analgesic, anti-inflammatory, antiseptic, refrigerant, vulnerary)
 - 1 part St. John's Wort** (mild analgesic, anti-inflammatory, antimicrobial, antiseptic, vulnerary)
 - 1 part thyme (anti-inflammatory, antimicrobial, antiseptic)
 - 1 part violet (anti-inflammatory, antimicrobial, lymphatic)
 - 1 part hollyhock (anti-inflammatory, emollient, cooling, vulnerary)
- [Herbal oil](#) prepared with one or more of the following herbs:
 - 1 part rose (mild analgesic, anti-inflammatory, antiseptic, refrigerant, vulnerary)
 - 1 part St. John's Wort* (mild analgesic, anti-inflammatory, antimicrobial, antiseptic, vulnerary)
 - 1 part thyme (anti-inflammatory, antimicrobial, antiseptic)
 - 1 part violet (anti-inflammatory, antimicrobial, lymphatic)
 - 1 part plantain (anti-inflammatory, emollient, refrigerant, vulnerary)
- Plain honey is particularly supportive for first degree burns and for some second degree burns (blisters, unbroken skin).
- Aloe vera inner leaf gel or the gel from the inner pads of prickly pear cactus.
- If available, pierce a vitamin E capsule or vitamin e oil and spread on the affected area as it can reduce skin inflammation.
- Direct application as a rinse or soak with rosewater or a [compress](#) soaked in rosewater or an [infusion](#) of rose petals.
- Prepare a [compress](#) using one or more of the following: chamomile, cucumber, plantain, St. John's wort.

Dosage/Application: Choose from 1 to 3 from the above and alternate throughout the day up to 3 times.

Nutritional Supplements to aid burn healing: When possible, add to the diet foods and herbs high in Vitamins A, B-complex, C, D, E. Potassium, Zinc, such as potatoes, sweet potatoes, carrots, cantaloupe, papaya, nuts and seeds, nettles, mallow, mlokhiyeh, parsley, and cilantro.

Safety: St. John's Wort can cause photosensitivity in some individuals, so avoid exposing the skin, including the scalp to sunlight when using. Omit violet for individuals with a salicylate sensitivity. Omit chamomile for individuals with an asteraceae allergy.

Types of Care: Acute

Chemical Burn Treatment

Uses: The following recommendations are for corrosive alkali chemical burns.

Preparation: Combine 2-4 teaspoons of raw fruit vinegar (e.g. grape vinegar) to a cup of water.

Dosage/Application: Rinse the affected area with the vinegar preparation. Then, apply a thin layer of honey before bandaging with a clean cloth or sterile dressing.

Safety: Generally considered safe.

Types of Care: Acute

Burn Relief Tea

Uses: This preparation has mild analgesic properties and can help soothe the individual's pain and distress along with providing additional healing support when used in conjunction with the topical remedies above.

Preparation: Prepare an [infusion](#) with one or more of the following herbs, aiming to combine an anti-inflammatory and analgesic or anodyne herb when possible.

- 1 part nettles (diuretic, anti-inflammatory)
- 1 part lemon verbena (anxiolytic, mild analgesic)

- 1 part rose (mild analgesic, anti-inflammatory, antiseptic, refrigerant, vulnerary)
- 2 parts plantain (anti-inflammatory, refrigerant, vulnerary)
- 1 part violet (anti-inflammatory, antimicrobial, lymphatic)
- 1 part St. John's Wort** (mild analgesic, anti-inflammatory, antimicrobial, antiseptic, vulnerary)
- Alternatively, prepare a [decoction](#) of licorice root (anti-inflammatory, anodyne, vulnerary), which can be used on its own or in combination with the list of herbs above to accelerate burn and wound healing, especially for 2nd and 3rd degree burns. Licorice can also reduce inflammation, redness, the burning sensation and pain.

Dosage/Application: 1 cup every 2 hours administered orally in the acute phase and can be tapered off to 1-3 cups a day as needed.

Safety: St. John's Wort can cause photosensitivity in some individuals, so avoid exposing the skin, including the scalp to sunlight when using. Omit violet for individuals with a salicylate sensitivity. Licorice should be avoided or used with caution with pregnant individuals and those with high blood pressure, heart, liver, and kidney disease, diabetes.

Type of Care: Acute, Reparative

Pain Relief

Muscle and Joint Pain Relief Oil

Uses: Relieves musculoskeletal and joint pain specifically in the case of rheumatoid arthritis and osteoarthritis. This preparation can be customized based on what is available and should aim to include herbs with the following actions--a circulatory stimulant or rubefacient, anti-inflammatory, and mild analgesic. Reducing chronic inflammation overall should be supportive in providing some pain relief to the individual.

Preparation: Combine one or more of the following herbs to prepare an [herbal oil](#).

- For rheumatic pain or muscular tension that worsens with the cold or improves with heat:
 - ¼ to ½ part Capsicum pepper (analgesic, circulatory stimulant, rubefacient)
 - 1 part ginger (analgesic, anti-inflammatory, circulatory stimulant)

- 1 part nettle (analgesic, anti-inflammatory, rubefacient)
- ¼ to ½ part black pepper (anti-inflammatory, circulatory stimulant, rubefacient)
- ¼ to ½ part clove (analgesic, circulatory stimulant, rubefacient)
- 1 part thyme or zaatar (anti-inflammatory, rubefacient)
- For rheumatic pain or muscular tension that feels irritated, hot to touch, or improves with icing or cooling sensations:
 - 1 part St Johns wort** (anti-inflammatory, mild analgesic)
 - 1 part Yarrow** (analgesic, anti-inflammatory, circulatory stimulant)
 - ½ part Sticky fleabane** (anti-inflammatory)
 - 1 part bay leaf (analgesic, anti-inflammatory)
 - 1 part mint (mild analgesic)
 - 1 part rosemary (analgesic, anti-inflammatory, circulatory stimulant, rubefacient)
 - ½ part nettle (analgesic, anti-inflammatory, rubefacient)

Dosage/Application: Apply to unbroken skin once or twice daily after bathing or showering.

Safety: Capsicum, ginger, black pepper, clove, and St. John's wort can all be irritating to the skin. Perform a patch test before wider application. St. John's Wort can also cause photosensitivity in some individuals, so avoid exposing the skin, including the scalp to sunlight when using.

Type of Care: Chronic

Nerve Pain Relief Oil + Salve

Uses: To help relieve neuralgia (shooting or burning pain in the nerves). This preparation can be used for nerve pain, as well as for sore muscles/joints and bruises.

Preparation: Combine the following to prepare an [herbal oil](#).

- 1/2 cup olive oil
- 2 tablespoons cayenne or capsicum pepper powder (or 15 grams)
- Variation: If beeswax is available, the oil can be used to make a [salve](#) (optional)

Dosage/Application: Apply the oil or salve to the affected area as often as needed. It is best for closed wounds and may sting a bit on open wounds. Even on closed

skin it can cause some burning or heat in the area where it is used, so a patch test should be done before application. The oil should be applied externally only, avoiding mucosal tissue. If using it for arthritic pain, it may take up to a week to see results, in which case it can be used daily to decrease chronic pain.

Safety: Avoid applying to open wounds. Wash or wipe off thoroughly if irritation occurs. When capsicum comes in contact with mucosal membranes or eyes, it will burn. Be sure to wash hands thoroughly after touching the pepper, oil, or salve, and/or use gloves to apply the preparation to the desired area. If the preparation is being used as an herbal pain relief on the hands, consider applying it at night and sleeping with gloves on.

Type of Care: Acute and Chronic

St. John's Wort* All Purpose Oil

Uses: St. John's Wort Oil may offer relief from nerve pain conditions like sciatica and neuropathy, but it can also be used for burns, dermatitis, and inflammation. It can relieve the symptoms of rheumatism and stiff joints. When applied topically, it can accelerate the healing of minor wounds, burns, and bruises due to its skin-regenerating properties.

Preparation: You can use *Hypericum perforatum*, but any hypericum species that stains your fingers red when crushed will work. When making a St. John's wort infused oil, it best prepared with the fresh or freshly wilted plant. For a more potent St. John's wort infused oil, only using the young flower buds before they have opened. If access to a lot of St. John's wort is limited, the flowering tops may also be used, including the uppermost leaves.

- To make the infused oil, pick the buds from the plant and put them in a clean, dry jar. Lightly pack the buds in the jar, filling it almost to the top. Then fill the jar with olive oil, following the process for preparing an [herbal oil](#).
- Variation: If beeswax is available, the oil can be used to make a [salve](#) (optional)

Dosage/Application: Massage the oil into the affected area 3-4 times per day.

Safety: St. John's Wort can cause photosensitivity in some individuals, so avoid exposing the skin, including the scalp to sunlight when using. For some individuals, it may also cause skin irritation when used topically, so perform a patch test before applying it to a large area of the skin. To do a patch test, apply a small amount of the oil to a small area of the skin and wait 24 hours to see if there is any reaction.

Type of care: Acute and Chronic

Frankincense (Luban) All Purpose Oil

Uses: Frankincense oil⁵ can be used topically to alleviate neuropathic pain. Neuropathic pain can occur in autoimmune diseases (e.g., multiple sclerosis), metabolic diseases (e.g., diabetic neuropathy), infections (e.g., shingles and the sequel, postherpetic neuralgia), vascular disease (stroke), trauma, and cancer. Frankincense contains boswellic acid which also has anti-arthritic and inflammation-modulating properties. It therefore can also help with arthritis in the hands, aching tendons and joints, and contributes to cellular health and tissue repair. Frankincense also nourishes and replenishes damaged skin and is helpful for relieving many skin irritations and conditions, such as eczema and psoriasis.

Preparation: Using powdered frankincense, prepare an [herbal oil](#).

- The ratio of frankincense can be between 1:2 - 1:8 ground frankincense to olive oil, depending on availability of ingredients.
- Variation: If beeswax is available, the oil can be used to make a [salve](#) (optional)

Dosage/Application: Massage where needed at least three times a day.

Safety: Generally considered safe.

Type of Care: Acute and Chronic

Pregnancy Care

Dietary Supplementation

Fermented Grains

Uses: Whole grains, if soaked and fermented, can both provide more readily digestible sustenance & alcohol. The liquid from the ferment can also be given as

⁵ <https://doi.org/10.1016/j.phymed.2022.154540>

gradual sips to the malnourished and starving to support their gut health, digestive function, and nutrient assimilation. The fermentation process removes anti-nutrients and enzyme inhibitors and allows the nutrients present in grains to be more readily absorbed, and fermentation can also help to make difficult to digest grains easier to consume and digest.

Materials:

- Grain or legume: wheat, rice, barley, lentils, etc.
- Liquid starter culture: the whey from yogurt, the watery liquid from labneh, or brine from fermented vegetables
- Container with a lid (ideally a screw top lid)

Preparation:

1. Add the uncooked whole grain to a clean glass jar and fill with water in the proportion of about 200-250 grams of dry grains to 1 liter of water. Leave about 5-10 cm of space.
2. Add in the liquid starter culture, approximately 15-30 mL or 1-2 tablespoons.
3. Place the lid onto the jar and close tightly. Shake the jar around until the culture is completely blended with the water and grains.
4. Let the jar sit in a warm area (ideally around 20° to 25° C) for 12 to 24 hours, depending on your fermentation preference.
5. After the allotted time, use a fine mesh strainer or thin cloth to drain out the fermenting water; discard water.
6. Once fermented and strained, cook the grains as usual, but be cautious that slightly less water and cooking time are often needed, especially with longer ferments.

Variation: If you are grinding your grain to make a porridge or flatbread, strain as usual and grind the grains. Pour in the liquid needed to make the porridge or flatbread and blend them together to make a water paste. Then cook as usual.

Safety: Generally considered safe. Individuals with histamine sensitivities may experience gastric distress with fermented foods.

Type of care: Preventative, chronic, acute

Nettle Soup

Uses: Nettle, *Urtica dioica* L., has a long history of traditional use during pregnancy. It is often regarded as a nourishing herb that supports overall health and vitality during this

crucial time. Nettle may be prepared as decoction, infusion or soup to support in the 2nd and 3rd trimesters. Some of the ways nettle is an ally during pregnancy include:

1. Aids with pain in the muscles and joints during and after pregnancy, thanks to its high level of calcium.
2. Nourishes and tonifies the blood and the vascular system.
3. Strengthens arterial elasticity and aids in hypertension, in some cases reducing the risk and severity of problems such as preeclampsia that may appear later in pregnancy.
4. Contains hemoglobin and vitamin K, which are known to reduce the risk of hemorrhage postpartum.
5. It can be used as an ally in the time of breast milk production, increasing the richness and quantity of the milk that is produced.

Nutrient Density: Nettle is packed with essential vitamins and minerals, including vitamin A, vitamin C, vitamin K, iron, calcium, and folate. These nutrients are crucial for supporting the overall health and development of both the mother and the growing baby.

Iron Content: Nettle is a natural source of iron, making it valuable for maintaining healthy iron levels and preventing anemia, which can cause fatigue, weakness, and other complications during pregnancy.

Calcium: Nettle contains calcium, which is essential during pregnancy. Adequate calcium intake during pregnancy is vital for the baby's skeletal development and may also help prevent maternal bone density loss.

Vitamin K: Nettle is rich in vitamin K, which plays a crucial role in blood clotting and bone health. Adequate vitamin K intake during pregnancy may help reduce the risk of excessive bleeding during childbirth and support healthy bone formation in both the mother and the baby.

Folate: Folate, or vitamin B9, is essential for development, particularly in the early stages of pregnancy. It helps prevent neural tube defects and supports the development of the baby's brain and spinal cord. Nettle contains folate, making it a valuable dietary addition for pregnant women.

Inflammation modulating properties: Nettle has natural inflammation modulating properties, which may help alleviate common pregnancy discomforts such as joint pain and swelling. It also supports overall immune function, helping the body defend against infections.

Diuretic Effect: Nettle acts as a mild diuretic, promoting healthy fluid balance in the body. This can be beneficial during pregnancy, especially for women experiencing swelling in the hands, feet, or legs.

Postpartum, it is also known to increase breast milk production.

Ingredients:

- 3-4 cups or handfuls of fresh or dried nettles
- 1 medium or large onion
- ½ cup to 1 cup red lentils
- 1 cup rice
- olive oil
- salt

Preparation: Nettle tea has a rich, green taste and can be mixed with other herbs. Cooked nettle is a mineral-rich substitute for spinach and an excellent side dish with a dash of lemon juice. Nettle may also be added to any soup recipe, similarly to how any greens would be added. Here is one version of how to prepare this soup:

- Bring a large pot of water to a boil with 2 teaspoons of salt.
- Drop in the nettles, and blanch for 1 to 2 minutes until they soften. This will remove most of the sting.
- Drain in a colander, and rinse with water. Trim off any tough stems, then chop coarsely.
- Heat olive oil in a saucepan over medium-low heat, and stir in the onion and lentils. Cook until the onion has softened and turned translucent, about 5 minutes.
- Stir in rice and broth, and chopped nettles. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the rice and lentils are tender, about 15 minutes.
- Season to taste with any available spices, such as cumin, allspice, coriander, turmeric.

Safety: Nettle thickens the blood, so care should be taken if varicose veins are present. Avoid nettles if you have a known allergy.

Type of Care: Preventative

Iron Supplement Syrup

Uses: This preparation is beneficial to support the pregnancy and is specifically indicated for iron deficiency anemia. The herbs are anti-inflammatory and mild diuretics and will support with relieving oxidative stress and provide support for constipation. This syrup can also be used during the postpartum period to recover from blood loss.

Preparation: Combine the following herbs to make an [herbal syrup](#).

- Dock root (nutritive, blood-building, source of iron, antioxidant)
- Dandelion root (nutritive, diuretic, bitter, antioxidant)
- Variation: In place of the sugar for the syrup, substitute with date or carob molasses, or combine equal parts sugar and molasses for extra fortifying nutrients.

Dosage:

Standard Adult Dosage: 10 to 30 mL, 1-3 times daily.

Standard dosage for children under 12: 2-5 mL, 1-3 times daily.

Safety: Dock consumption in large doses may cause gastrointestinal distress. Dandelion should be avoided if the individual is already using diuretics or experiencing any liver or gallbladder distress.

Type of Care: Preventative

Prenatal Daily Tonic

Uses: The following preparation is intended to be taken as often as possible, and it is particularly suited to be daily supplement. The herbs are supportive throughout all trimesters and can provide nutrition supplementation, mild pain relief, and to calm anxiety, particularly that presents as digestive upset. Combine the tonic with the [iron supplement syrup](#) as a functional prenatal vitamin.

Preparation: Combine two or more of the following herbs in a [standard infusion](#).

- ½ part nettle leaf (alterative, anti-inflammatory, antihistamine, nutritive, mild diuretic)
- 1 part mint (nervine, antimicrobial, antispasmodic, carminative)
- 1 part lemon verbena (nervine, antispasmodic, digestive tonic, anti-inflammatory)
- ½ part rose (anti-inflammatory, antioxidant, antiseptic)
- ¼-½ part chamomile (anti-inflammatory, antispasmodic, anxiolytic, nervine, carminative)

- Variation: Take alongside mashed dates or combine with date syrup to taste. Consume 4-6 dates daily at minimum 6 weeks before the expected due date.

Dosage: Standard dosage for adults: 125 mL to 500 mL daily.

Safety: Generally considered safe. Omit chamomile for individuals sensitive to plants in the asteraceae family.

Type of care: Preventative

Morning Sickness + Hyperemesis

Morning Sickness Tea

Uses: This formula is a variation of the nausea relief tea and is particularly beneficial for morning sickness. If the individual is experiencing hyperemesis, try to introduce small high-protein, low fat snacks or meals that include dry, bland, and salty foods like toasted bread and crackers, a bouillon broth, which will help prevent hypoglycemia. Additionally, avoid dietary triggers whenever possible.

Preparation: Combine one or more of the following herbs and prepare a [standard infusion](#) with an emphasis on antiemetic herbs in the case of hyperemesis. Ginger, in particular, has demonstrated efficacy and safety for the treatment of nausea and vomiting during pregnancy.

- 1 part chamomile (anti-inflammatory, encourages digestive bitters, omit if condition worsens)
- 1 part ginger (supports digestion and assimilation, antiemetic)
- a few crushed cardamom pods (carminative, antiemetic)
- ½ part fennel or anise (carminative)

Alternative:

- Drinking lemon water or lemonade can help. You can add a teaspoon of mazaher (orange blossom water) if available for added benefits.

Dosage: Take small sips of the infusion every 15 minutes.

Standard dosage for adults: 125 mL to 500 mL daily.

Standard dosage for children under 12: ¼-½ of adult dosage.

Safety: Omit chamomile for individuals sensitive to plants in the asteraceae family.

Type of care: Preventative, acute.

Water Retention

Nourishing Diuretic Infusion

Uses: This preparation can support proper water balance in the body functioning as a mild diuretic without depleting the body of vital nutrients or taxing the kidneys. Dandelion, nettles, and mallow all contain potassium.

Preparation: Combine one or more of the following herbs in an [infusion](#).

- 2 parts dandelion leaf or root (anti-inflammatory, nutritive, mild diuretic)
- 1 part nettle leaf (anti-inflammatory, nutritive, mild diuretic)
- 1 part mallow leaf or root (anti-inflammatory, nutritive, mild diuretic)

Dosage:

Standard dosage for adults: 125 mL to 500 mL daily.

Standard dosage for children under 12: $\frac{1}{8}$ - $\frac{1}{4}$ of adult dosage.

Safety: Generally considered safe.

Type of Care: Acute, preventative

Cystitis

Urinary Support Infusion

Uses: Bladder infections are common throughout a pregnancy and should be attended to at the first signs of a possible infection, including a frequent need to urinate, painful and/or incomplete urination, or a burning sensation while urinating. Maintaining hydration is vital throughout pregnancy. The [rehydration recipes](#) or [rehydration mix](#) can be utilized during acute dehydration or as supplements. Whenever possible, avoid additional sugar in the diet as pathogenic bacteria will feed on the sugar and contribute to the growth of the infection.

Preparation: Combine one or more of the following herbs in an [infusion](#) aiming to have a mix of anti-inflammatory, diuretics, and antimicrobial or antibacterial herbs.

- 1 part nettles (alterative, diuretic, urinary tract tonic)

- 1 part dandelion leaf (antimicrobial, nutritive diuretic)
- 1 part olive leaf (antibacterial, anti-inflammatory, diuretic)
- 1 part mallow (anti-inflammatory, demulcent, soothing to the urinary tract)
- 1 part hollyhock (anti-inflammatory, demulcent, soothing to the urinary tract)
- 1 part violet (anti-inflammatory, demulcent, soothing to the urinary tract)
- 1/8 part sumac (anti-inflammatory, antimicrobial, vulnerary, highly astringent)

Dosage/Application:

Standard dosage for adults: 125 mL to 500 mL daily.

Standard dosage for children under 12: 1/8-1/4 of adult dosage.

Safety: Generally considered safe.

Type of Care: Acute

Group B Strep

Antibacterial Vaginal Wash or Suppository

Uses: This preparation is specifically indicated for pregnant individuals with a history of GBS infection during pregnancy or are susceptible to infection due to repeated urogenital infections or other indications of a decreased immune response in the absence of conventional antibiotics. In addition to direct topical application of antibacterial herbs to the vagina and anus, the pregnant individual should also be supported with orally administered immunomodulating preparations for a minimum of 3 weeks before the expected due date such as [Immune Support Infusion](#) or [Nigella Honey](#). Additionally, ensuring proper toilet hygiene and avoiding anovaginal sexual contact can decrease the likelihood of transmitting GBS to the vaginal canal.

Preparation: Combine the following herbs in a [standard infusion](#).

- Thyme or Zaatar (anti-inflammatory, antibacterial, antimicrobial)
- Olive leaf (anti-inflammatory, antibacterial, antimicrobial)
- Mallow leaf or root (anti-inflammatory, vulnerary and will support tissue integrity and make less susceptible to infection)
- Variation: Carefully peel a clove of garlic ensuring there are cuts or small nicks to the bulb. Dip the garlic bulb in olive oil and insert into the vaginal fornix as

a suppository and leave overnight. If the clove does not naturally fall out on its own in the morning, ensure hands are clean and manually remove.

Dosage/Application: Apply the wash 3x daily after rinsing the genitals.

Safety: Generally considered safe.

Type of Care: Preventative, acute

Hemorrhoids

Hemorrhoid Relief Sitz Bath or Compress

Uses: This preparation can be used to support the relief of hemorrhoids. Hydration and adequate dietary fiber to support easeful bowel movements is vital as well as reducing pressure on the perineum and anus. If constipation is causing or exacerbating the hemorrhoids, combine with the [Constipation Relief Tea](#) or [Laxative Electuary](#).

Preparation: Combine one or more of the following herbs in an infusion with a focus on astringent and anti-inflammatory herbs.

- 1 part sumac (highly astringent, antimicrobial, anti-inflammatory)
- 1 part rose (astringent, anti-inflammatory)
- 1 part sage (antimicrobial, astringent, anti-inflammatory)
- 1 part hibiscus (antimicrobial, astringent, anti-inflammatory)
- 1 part olive (antimicrobial, astringent, anti-inflammatory)
- 1 part oak bark (anti-inflammatory, astringent, antiseptic)

Dosage/Application: Prepare an infusion and either pour into a shallow basin in which the affected body part can be submerged in the liquid. Alternatively, clean fabric can be soaked in the infusion to prepare a [compress](#). Either preparation can be applied for 30 minutes, 2 to 3 times daily until symptoms relieve.

Safety: Generally considered safe.

Type of Care: Acute

Hemorrhoid Relief Nigella Oil and Sesame Oil⁶

Uses: This preparation can be used to support the relief of hemorrhoids. Hydration and adequate dietary fiber to support easeful bowel movements is vital as well as reducing pressure on the perineum and anus. Try to avoid standing on your feet for long hours to support healing. If constipation is causing or exacerbating the hemorrhoids, combine with the [Constipation Relief Tea](#) or [Laxative Electuary](#).

Preparation: Combine 1 part sesame oil (assists with healing) with 1 part nigella seed oil (provides pain relief), or you can use whichever oil is available. Alternatively, either oil can be used or in combination with beeswax to make a [salve](#).

Dosage/Application: Wearing gloves or disinfecting hands well before and after, lie on your side and apply oil directly to anal hemorrhoids, massaging gently into the area. Lie resting for 15 minutes to ensure the oil has time to absorb into your skin. If you have a piece of gauze to put over it, you may do so to help keep the oil in the area. If a salve can be prepared, it can be applied to expedite healing and produce less mess. The oil or salve can be applied 3 times a day if possible.

Safety: Generally considered safe.

Type of Care: Acute

Threat of Miscarriage

Uterine Contraction Relief Tea

Uses: This formula is intended primarily to relieve muscle spasms, cramping, and contractions that may be impacting the uterus, specifically for when infections such as UTIs have been ruled out. The kaff mariam plant (*Anastatica hierochuntica*) is a uterine antispasmodic and can support with reducing uterine hemorrhaging and possibly provide some pain relief.

Preparation:

- Place the kaff mariam plant in a bowl of cool water. Allow to infuse for 15-20 minutes. Gradually sip on the tea.

⁶ <https://www.jiarm.com/May/paper2802.pdf>

- Variation: Combine the above preparation with an [infusion](#) of rose (astringent, uterine tonic) and sweeten with date syrup or consume on its own. Eating several dates can also help to support with reducing muscle spasms, particularly if malnourishment is a factor in the uterine contractions.

Dosage: Standard dosage for adults: 125 mL to 500 mL daily (2-3 cups daily).

Safety: Generally considered safe.

Type of Care: Preventative, acute

Preeclampsia

Heart Stress Relief Tea

Uses: This preparation is intended for individuals at risk of developing gestational hypertension. It focuses on combining cardiovascular tonics and nervines to support stress reduction. If the pregnant individual is at risk of developing preeclampsia or is already presenting with hypertension, supporting adequate hydration and increased fiber intake as much as possible are vital.

Preparation: Combine hawthorn with one or more of the following herbs to prepare a standard infusion. If hawthorn berries are unavailable, prepare an infusion and add a spoonful of hawthorn preserves.

- 1 part hawthorn berry or leaf and flower (If using berries, prepare a separate decoction and take on its own or combine with an infusion of any of the following herbs)
- 1 part rose (anti-inflammatory, nervine, antioxidant)
- 1 part lemon verbena (nervine, antioxidant, sedative, anti-inflammatory)
- ½ part mint (nervine)
- ¼ to ½ part olive leaf (anti-inflammatory, antiatherosclerotic)
- Variation: Mince a clove of garlic and combine with honey and take alongside the infusion. Garlic is a cardioprotective supplement.

Dosage/Application: Standard dosage for adults: 125 mL to 500 mL daily.

Safety: Generally considered safe.

Type of Care: Preventative, acute

Emergency Labor Support (Common Complications)

Umbilical Cord Cutting

Directions: Sterilize sharps (can use razor, clean glass, or other sharp edged object) that can be cleaned with alcohol (drinking or antiseptic) for cutting the cord. The umbilical cord should be completely flaccid and pale before cutting. Applying turmeric powder or clean, untreated wood ash on the stump will support scabbing of the stump.

Prior to cutting the umbilical cord, strips of fabric, shoelaces, strong twine, or thin rope can be sanitized by dipping or rubbing with alcohol. Either of these items can be used to tie off the umbilical cord. Alternatively, they can be tied to the umbilical cord to help pull the placenta out when it's stuck and hemorrhaging is occurring. These items can also be used to assist the birthing person during delivery to provide traction where the umbilical cord or presenting part can be slippery.

Assessing Fetal Tones

Directions: A short pipe, toilet paper roll, paper towel roll, funnel or paper cup can all be used to listen for fetal heartbeat. These work best after 5 months of pregnancy. If the pregnant individual is able to note fetal movement, this can be reassuring when the heartbeat can't be found in early pregnancy.

Vaginal Tears

Directions: Extensive vaginal tears or incisions can be cauterized using sterilized metal or glass that have been heated with fire. This method will be incredibly painful to the laboring individual, but will stop excessive bleeding and start healing. Clean, untreated wood ash can aid healing of wounds.

Placenta Removal

Uses: If the fetus hasn't been born, yet and it needs to be delivered quickly.

Directions: Manually open the cervix with fingers and feel for a firm surface. A firm surface will likely indicate the fetus' head or butt and pushing can be encouraged. If what's felt is pulsing, squishy and very soft- this may be the placenta, and is likely

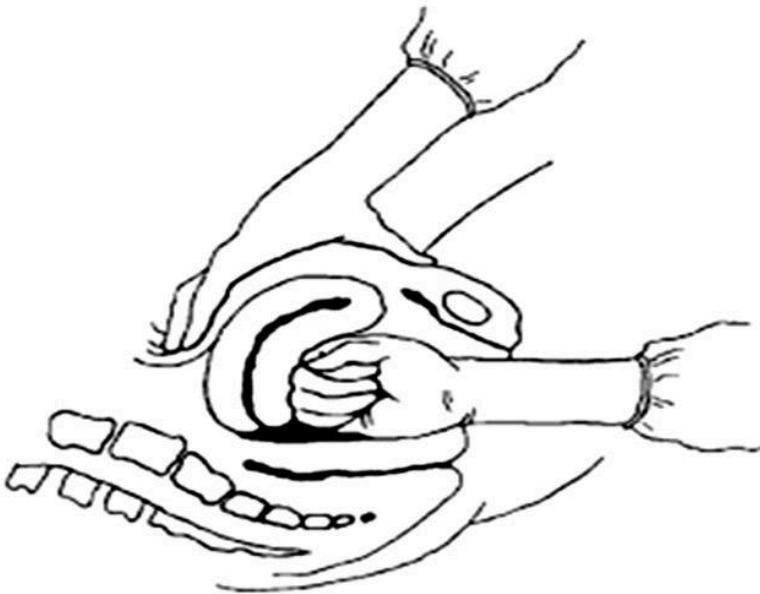
blocking the exit for the fetus. C-Section would be best in this situation. In hostile environments, removing the placenta vaginally while encouraging pushing will not result in a live birth.

Hemorrhaging During Labor

Uses: If the birthing person is experiencing traumatic hemorrhaging after the fetus and placenta have been delivered.

Directions: Externally, firmly squeezing on the womb, while using a closed fist intravaginally to apply consistent pressure towards the abdomen until bleeding stops. (See the figure below).

Postpartum Recovery: Combine mashed dates or 1-2 tbsp molasses with a ¼ tsp of chili pepper and administer orally every few hours to support vitality during this traumatic birth event and to help support restoring red blood count.



(Image of internal bimanual compression for hemorrhaging)

Heavy Bleeding Support Infusion

Uses: This preparation can be used both during and after labor in the case of heavy bleeding or mild hemorrhaging.

Preparation: Combine two or more of the following herbs to make a standard infusion.

- 1 part rose (astringent, vulnerary)
- 1 part nettle (astringent)
- ½ part sumac (highly astringent, vulnerary)
- ½ part pomegranate skins or 1-2 tbsp pomegranate molasses added to the infusion
- Alternative: Alongside the infusion, consume ¼ tsp of capsicum pepper powder mixed with warm water every 15 to 20 minutes until bleeding stops.

Dosage: Standard dosage for adults: 125 mL to 500 mL daily.

Safety: These herbs can be stimulating and overly drying due to their astringency. Ensure adequate hydration during recovery and postpartum period.

Type of care: Acute

Neonatal Resuscitation

Directions: If the baby is born and is not breathing, have someone available to use a watch or timer to count off one minute and someone else can listen to the baby's chest to count how many beats occur in one minute. They should also listen for breath sounds. If the breathing is faint or there are no breath sounds, and the heartbeat is over 100 BPM, breathe gently into their mouth to fill their lungs. Watch for their chest to rise.

If their heartbeat is less than 100 BPM, and they are not breathing or breathing well, chest compressions can help. Place two fingers in between the babies nipples and firmly press down 30 times in one minute followed with two breaths, until they respond.

If the placenta has been delivered, and there are 2 cups of clean water and a bowl available, place the placenta in the bowl with the water. Squeeze the placenta 120 times in one minute to support in pumping any remaining oxygenated blood to the baby.

If there is no response to interventions after 30 minutes, give the baby to parents for comfort and prayers.

Skin to Skin

Uses: Skin to skin contact is beneficial for all babies, but is especially supportive for preterm or low birth weight babies. It can help babies establish a more even heartbeat, regulate sleep, keep them warm, reduce susceptibility to illness, and support healthy growth.

Directions: Babies should be worn close to the skin. If the individual needs support with holding the baby, a bra or underclothes can help to hold the baby close. Additionally, jackets that zip will also hold the baby close, or a large piece of fabric or scarf can be tied to hold the baby and secure with another piece of fabric or a belt to keep them from falling.

Emergency Sustenance

Directions: The placenta (if it presents as healthy and intact, free of any meconium) can be butchered (remove the amniotic sac & cord) and sliced into strips. The placenta can be boiled with warming herbs and spices or cooked over a fire. The placenta can provide a great deal of protein and support increased red blood supply, especially if the laboring parent has experienced significant blood loss.

Labor Induction

Uterine Stimulating Supports

Uses: Evidence based methods for stimulating the uterus and naturally inducing labor include:

- nipple stimulation of the pregnant individual
- penetrative sexual intercourse with orgasm that exposes the cervix to ejaculate
- gentle walking or movement including dancing that involves rolling the hips and circular pelvic motions
- positional changes (See chart below with suggested laboring positions that help to relax and open the pelvic bowl and support cervical effacement)



Rocking



Squatting with partner



Squatting



Leaning forward



Kneeling with birthing ball



On hands and knees



Semi-sitting with partner



Lying on your side

Preparation: The following herbal supports can be used to encourage strong contractions and can be prepared as a [standard infusion](#). Alternatively, the following can be taken as a chew (if tolerated) or ground and powdered and combined with honey or molasses into an [electuary](#):

- 1 part Basil leaf or basil seeds
- ½ part Bay leaf
- ½ part Dill leaf or dill seeds
- Alternatively: Ideally used after the pregnant individual has rested well, add 1 tbsp of either castor oil or olive oil to a fruit juice, shake or stir well and administer orally. This can be repeated every four hours. Cease use if it causes gastrointestinal distress.

Dosage/Application:

Infusion: Standard dosage for adults: 125 mL to 500 mL daily.

Chew or Electuary: 1 tablespoon, every 2-3 hours as needed taken by the spoonful or mixed with warm water to drink like a tea.

Safety: The above are stimulating to the uterus and should only be taken at or past term pregnancies. Castor oil administered orally may cause gastrointestinal distress, which can stimulate contractions.

Type of Care: Acute

Natal Health

Thrush

Antifungal Wash and Soak

Uses: This preparation can be used to address topical fungal infections and is particularly supportive for tinea infections and candidiasis. It is recommended that if the baby is being breastfed, that the breastfeeding individual is supported with a daily immune tonic such as the [Immune Support Vinegar](#) or [Nigella Honey](#) during treatment and as a preventative tonic.

Preparation: Combine one or more of the following herbs and prepare a weak [standard infusion](#).

- 1 part thyme or zaatar (antimicrobial, antifungal)
- 1 part olive leaf (antimicrobial)
- 1 part sage (antifungal, antimicrobial)
- 1 part bay leaf (antimicrobial)
- 1 part sumac (vulnerary, astringent)
- 1 part rose (astringent, vulnerary)
- 1 part sticky fleabane (antifungal, vulnerary)*

Dosage/Application: It should be used as a mouth rinse for children and adults that are able to spit. For infants or those unable to spit, a small [compress](#) can be prepared and used to gently brush their tongue.

Safety: Generally considered safe.

Type of Care: Acute

Colic

Stomach Soothing Tea

Uses: This formula is helpful when there is stomach and intestinal irritation related to emotional upheaval or foods that upset the digestive system or are difficult to digest, causing bloating. It is particularly supportive for colic, flatulence, and general stomach and intestinal distress not related to parasites or infectious conditions. The herbs were chosen based on their gentle anti-inflammatory, nervous system support, and carminative properties. This formula can also be used to promote rest for small children, soothing colicky conditions.

Preparation: Combine the following herbs to prepare an [infusion](#)

- 1 part chamomile (antispasmodic, antibacterial, anti-inflammatory)
- 1 part lemon verbena or lemon balm (carminative, antibacterial)
- 1 part hollyhock (demulcent--soothing to inflamed mucosa)
- 1 part fennel, cardamom, anise or mint (decreases inflammation and irritation, expels gas from GI tract, and decreases spasms)
- Variation: Add a tsp of orange blossom water to the infusion for its added carminative benefits.

Dosage:

Standard dosage for children under 12: $\frac{1}{8}$ - $\frac{1}{4}$ of adult dosage.

- For infants, the infusion can be added to a baby bottle or given in drops using a small cup or syringe without a needle.

Safety: Generally considered safe. Omit chamomile if allergies to plants in the aster family are present.

Type of Care: Acute, Chronic

Jaundice

Liver Support Tea

Uses: In addition to regular phototherapy, this preparation can be supportive when jaundice has not self-resolved in an infant. The herbs included in the formula are gentle alteratives that support blood cleansing and overall liver function.

Preparation: Combine the following herbs in a [standard infusion](#).

- ½ part dandelion leaf (alterative, bitter, hepatic)
- 1 part olive leaf (bitter, anti-inflammatory, alterative)
- 1 part chamomile (bitter, anti-inflammatory)
- ¼ part dock root; prepare as a separate [decoction](#) and combine with the infusion (bitter, alterative, hepatic, anti-inflammatory)

Dosage/Application:

- ½ to 1 tsp, twice daily. For infants, the infusion can be added to a baby bottle or given in drops using a small cup or syringe without a needle.

Safety: Generally considered safe.

Type of Care: Acute

Postpartum Care

Postpartum Support Protocol

Uses: The following recommendations can provide overall labor recovery support during the postpartum period as well as restoring nutrients and addressing common postpartum concerns.

- Immediately after delivery, consume 4-6 dates to prevent hemorrhaging and to restore nutrients after blood loss.
- Keeping the body warm:
 - Ensure the belly and abdomen are kept as warm as possible to protect from the wind and elements. A large scarf or piece of fabric can be wrapped around the stomach and hips to support the uterus shrinking and keeping the body warm.
- Dietary supplementation:

- Increasing nuts, seeds and iron rich foods including dark leafy greens and molasses
- Incorporate nettles as an infusion or as a food, such as the [Nettles Soup](#)
- Daily intake of [nigella honey](#) will support with milk flow and immune health

Postpartum Tonic Tea

Uses: This preparation can be taken immediately after delivery and throughout the 4-6 weeks postpartum to support contracting the uterus, increasing milk flow, and rebalancing hormone levels.

Preparation: Combine the following herbs into an [infusion](#).

- 1 part cinnamon (circulatory stimulant)
- 1 part anise (cleansing afterbirth, hemostatic, hormonal balancing)
- Optional: 1 part caraway (galactagogue) and 1 part ginger (carminative, circulatory stimulant)

Dosage: Standard dosage for adults: 125 mL to 500 mL daily.

Safety: Generally considered safe outside of pregnancy.

Type of Care: Restorative

Abdominal Massage Oil

Uses: This preparation can support the uterus contracting, provide some pain relief, bringing warmth to the uterus, and help soothe and relax the postpartum individual, and can help prevent postpartum depression, especially if applied as a daily practice immediately after pregnancy.

Preparation: Combine one or more of the following herbs in an [herbal oil](#).

- 1 part Rosemary (nervine stimulant, circulatory stimulant)
- 1 part Sage (nervine relaxant, circulatory stimulant, anti-inflammatory)
- 1 part Bay leaf, or adding bay laurel oil to the herbal oil (anti-inflammatory)
- 1 part Rue ** (anti-inflammatory)

Application: Massage the oil into the abdomen, applying light to medium pressure 3-4 times per day.

Safety: Rue may cause photosensitivity; ensure any skin that has rue oil applied is covered and protected from the sun.

Type of Care: Restorative

Vaginal Tears

Wound Healing Powder

Uses: This topical preparation is intended as first aid for minor vaginal tears (particularly those that occur naturally during vaginal delivery) or for helping the umbilical cord stump heal.

Preparation: Combine one or more of the following herbal powders with enough honey to form a paste. The honey will help to bind the powders and provide additional antimicrobial and emollient support for the affected tissues.

- 1 part Turmeric (anti-inflammatory, antimicrobial, vulnerary)
- 1 part Plantain (anti-inflammatory, emollient, vulnerary)
- 1 part Mallow leaf or root (anti-inflammatory, emollient, vulnerary)
- 1 part Olive leaf (anti-inflammatory, antimicrobial, antiseptic, styptic, vulnerary)
- 1 part Oak bark (anti-inflammatory, antiseptic, styptic)
- ¼ part Clove (analgesic, antimicrobial, antiseptic, rubefacient)

Application: After cleaning the affected area, apply a thin coat of the herbal paste to the wound 3x/day.

Safety: Clove may be irritating to mucosal tissues so it is recommended to combine with other herbs and the honey and not on its own.

Type of care: Acute

Postpartum Depression (PPD)

Supporting the new parent through the sudden hormonal changes in postpartum is key along with ensuring adequate sleep and nourishment whenever possible.

Increasing dietary supplementation of essential fatty acids, protein, B vitamins, zinc, iron, and even blood sugar levels can be supported through the inclusion of foods such as nuts, seeds, legumes, beans, tahini, and protein sources, particularly fatty fish.

Mood Support Tea or Electuary

Uses: This preparation can be taken as a regular tonic to support the postpartum individual in making the transition between pregnancy and needing to care for a newborn. The herbs are specifically geared to both support mood overall, particularly if it is accompanied by anxiety, insomnia, and irritability. The inclusion of anise will also enhance it as a lactation support preparation.

Preparation: Combine the following in an [herbal infusion](#) or powder the herbs and prepare an [electuary](#) that can be eaten with dates or mixed into hot water and taken as a tea.

- A pinch of saffron (antidepressant, nootropic)
- 1 part lemon verbena (nervine, sedative)
- 1 part rose (nervine, reproductive tonic)
- ¼ to ½ part anise (antidepressant, analgesic, aromatic, galactagogue)
- a few cardamom pods (aromatic)
- ⅛ to ¼ part licorice; prepare as a decoction and add to the infusion (hormone regulation)
- Variation: Add 1 part chamomile (sedative) for insomnia support.

Dosage:

Infusion: Standard dosage for adults: 125 mL to 500 mL daily.

Electuary: Standard Adult Dosage: 1 tablespoon, every 2-3 hours as needed taken by the spoonful or mixed with warm water to drink like a tea.

Safety: Generally considered safe for lactating individuals.

Type of Care: Acute, preventative

Postpartum Hemorrhaging

Blood Building Tea or Electuary

Uses: This preparation can either be used on its own or in combination with the [Hemorrhaging During Labor](#) protocol. It is intended to support mild hemorrhaging either in the immediate postpartum period or in the event of a miscarriage. It is intended to restore well-being after blood loss for either outcome.

Preparation: Combine two or more of the following herbs, including at least one nutritive herb whenever possible to make an infusion or electuary. The honey in the electuary can either be combined or substituted with carob or date molasses, which are rich in iron. It is also recommended to include one of the mild diuretics as there may be hesitation to urinate after vaginal delivery.

- 1/8 part capsicum pepper powder (warming, styptic, anti-hemorrhagic)
- 1 part dandelion leaf or root (alterative, diuretic, hepatic, nutritive, tonic)
- 1 part ginger (warming, anti-inflammatory, antispasmodic)
- 1 part jujube (nutritive, blood-building)
- 1 part nettles (nutritive, diuretic, anti-inflammatory, rich in iron)
- 1 part mallow leaf or root (anti-inflammatory, nutritive, vulnerary)
- a few cardamom pods, crushed (diuretic, warming)
- 1 part zaatar (anti-inflammatory, diuretic)
- 1 part rose (uterine tonic, vulnerary)
- 1 part yarrow** (styptic, vulnerary)
- 1 part shepherd's purse** (styptic--especially if fresh, vulnerary)

Dosage:

Infusion: Standard dosage for adults: 125 mL to 500 mL daily.

Electuary: Standard Adult Dosage: 1 tablespoon, every 2-3 hours as needed taken by the spoonful or mixed with warm water to drink like a tea.

Safety: Jujube should be used with caution or omitted if severe edema is present.

Type of Care: Acute

Chapped Nipples + Mastitis

Breast Massage Oil

Uses: This preparation can be used to heal and prevent chapped nipples as well as relieving clogged ducts due to mastitis.

Preparation: Combine one or more of the following herbs in an [herbal oil](#).

- 1 part violet (lymphatic, emollient, antimicrobial, anti-inflammatory)
- 1 part plantain (emollient, vulnerary, anti-inflammatory, antimicrobial)
- 1 part hollyhock (emollient, vulnerary, anti-inflammatory, antimicrobial)
- For particularly painful and lumpy lymphatic congestion, include castor oil in the infused oil, along with the following herbs:
 - 1 part sage (anti-inflammatory, antimicrobial)
 - 1 part ginger (anti-inflammatory, antimicrobial)
- Alternatively, hollyhock on its own or in combination with any of the other herbs can be prepared as a [warm compress](#). If herbs are unavailable, a compress can also be prepared using lightly blanched or steamed cabbage leaves.

Application: After cleaning the nipples of any pus or after feeding, dry well and apply the oil. Massage, applying gentle pressure in a circular fashion, starting from the nipples, working along the whole breast and into the armpits, lightly drawing down the side of the ribs. This can be applied after each feeding, wiping the oil residue off before the next feeding time. Alternatively, the compress can be applied for at least 30 minutes on the breasts as often as needed.

Safety: If using ginger, use caution on the nipples as it may cause irritation.

Type of Care: Acute, preventative

Encouraging Milk Flow

Lactation Support Tea or Electuary

Uses: If breastfeeding is possible, and if culturally appropriate, children up to 5-7 yrs should also nurse as breastmilk is easy to digest for children and nutrient dense and can also provide antibodies and protection from infection. Regular nursing will support increased milk supply along with hydration & herbs will provide the bare minimum in nourishment to the lactating body. Nutrient dense foods such as nuts, seeds, tahini, dark leafy greens, beans, and legumes are recommended in whatever quantity is available and can be tolerated. The carminative and digestive herbs in the formula will also support nutrient assimilation in the lactating individual and increase milk supply.

Preparation: Combine two or more of the following herbs in an [infusion](#) or [electuary](#). The honey in the electuary can either be combined or substituted with carob or date molasses for additional nutrients, or the herbs can be combined with the [Nigella Honey](#) to form the electuary. At least one galactagogue should be included.

- 1 part fennel (carminative, galactagogue)
- 1 part fenugreek (galactagogue)
- 1 part caraway (carminative, galactagogue)
- 1 part anise (antidepressant, galactagogue, carminative)
- 1 part nigella (carminative, galactagogue)
- ½ part ginger (carminative, digestive)
- ¼ part cinnamon (carminative, digestive)
- several crushed cardamom pods (aromatic, carminative)

Dosage:

Infusion: Standard dosage for adults: 125 mL to 500 mL daily.

Electuary: Standard Adult Dosage: 1 tablespoon, every 2-3 hours as needed taken by the spoonful or mixed with warm water to drink like a tea.

Safety: Generally considered safe for lactating individuals.

Type of Care: Acute, restorative, chronic

Ceasing Milk Flow

Uses: This preparation can be used to support ceasing milk production and is especially indicated in the case of pregnancy loss.

Preparation: Combine one or both herbs in an [infusion](#) or in an [electuary](#).

- Sage (anti-galactagogue)
- Turmeric (anti-galactagogue)

Dosage:

Infusion: Standard dosage for adults: 125 mL to 500 mL daily.

Electuary: Standard Adult Dosage: 1 tablespoon, every 2-3 hours as needed taken by the spoonful or mixed with warm water to drink like a tea.

Safety: Generally considered safe for lactating individuals.

Type of Care: Acute
