

Herbal Remedies

Quick Reference Guide



Many of these remedies are common kitchen items and some are well-known and cherished herbal medicines. You can purchase them from your local grocery store, co-op, health food store, or order online from a reputable source.

Keep this guide close at hand for quick reference. For detailed information on use and preparation, check out the online herbalism courses at www.homeherbschool.com

| External Conditions | Remedies to be Used Externally |
|----------------------------|--|
| Acne | Clay poultice, Tea tree essential oil, Thyme |
| Antibacterial | Ginger, Garlic, Honey, Echinacea |
| Athlete's foot | Garlic, Thyme, Tea tree essential oil |
| Bites/Stings | Lavender or Tea tree essential oil, Clay, Baking soda, Echinacea |
| Bleeding | Yarrow leaf, Garlic, Cayenne |
| Bruising | Yarrow flower salve, Lavender essential oil, Arnica cream |
| Burns | Honey, Aloe gel, Lavender compress, St. John's wort oil |
| Earache/ear infection | Garlic oil, Mullein oil, Onion packs |
| Infection | Echinacea, Garlic, Lavender, Goldenseal, Thyme |
| Inflammation | Ginger, Lavender |
| Joint pain | Ginger compress |
| Poison ivy | Echinacea, Baking soda, Goldenseal, Jewelweed, Clay poultice |
| Poor circulation | Ginger, Cayenne |
| Rash | Tea tree essential oil, Oatmeal bath, Chickweed poultice |
| Sore eyes | Chamomile tea bag |
| Sore muscles/pain | Cayenne |
| Sunburn | Aloe gel, St. John's wort oil |

| Internal Conditions | Remedies to be Taken Internally |
|----------------------------|--|
| Antibacterial/Antiviral | Ginger, Garlic, Honey, Echinacea, Elderberry, Oregano |
| Anxiety | Mint, Lavender, Valerian, Chamomile, Basil, Oregano, Rosemary |
| Cloudy thinking | Mint, Cayenne, Black pepper, Cardamom, Rosemary |
| Constipation | Cayenne, Senna leaf, Yellow dock, Cascara sagrada |
| Cough | Garlic, Honey, Oregano, Thyme, Ginger, Red clover |
| Dehydration | Water with Lemon, Sea salt and Baking soda |
| Diarrhea | Blackberry root tincture, Oak bark tincture, Raspberry leaf tea |
| Fever | Yarrow flower, Cayenne, Mint, Elder flower |
| Headache | Feverfew, Lavender, Skullcap, Valerian tincture, Basil |
| Inflammation | Ginger, Lavender, Garlic, Rosemary, Sage, Black pepper, Turmeric |
| Insomnia | Valerian, Hops, Passion flower, Chamomile, Lemon balm, Skullcap |
| Joint pain | Ginger, Rosemary |
| Low energy | Mint, Cayenne, Astragalus, Ginseng, Bee pollen |
| Menstrual cramps | Ginger, Fennel, Yarrow, Yellow dock, Turmeric |
| Nausea | Ginger, Mint, Chamomile |
| Poor circulation | Garlic, Ginger, Cayenne, Black pepper, Cinnamon, Turmeric |
| Poor digestion | Ginger, Mint, Chamomile, Cardamom, Fennel, Dill, Parsley |
| Sinus congestion | Horseradish, Garlic, Ginger, Cayenne, Onion |
| Sore muscles/pain | Cayenne, Valerian, Willow bark, Meadowsweet, California poppy |
| Sore throat | Sage gargle, Ginger, Echinacea, Slippery elm |
| Toothache | Clove powder or Garlic on the gums |

This material is intended to provide educational information for the reader on the covered subject. It is not intended to take the place of personalized medical counseling, diagnosis and treatment from a trained health professional.

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