

Journal
Eclectic

Adventures



BIRCH

Chronic Fatigue Syndrome
Urinary Problems
Diarrhea
Rheumatism
Boils

MOUNTAIN ASH

Chronic Fatigue Syndrome
Laxative
Mucous Membrane
Hoarseness
Sore Throat
Glaucoma
Nervous Heart
Menopause
Eliminate Worms
Stomach Pain, Intestinal pain and Colic
Improves Appetite and Colic
PMS

BLACK CHERRY

Chronic Fatigue Syndrome
Respiratory Nerves
Colds
Lung Problems
Haemorrhoids

WILD STRAWBERRY

Medical Part: Plant

Uses:

- Diarrhea as well as gravel and any other problem with the Urinary tract.
- Can be used internally and externally. A tea is sometimes effective against eczema and acne.

Preparation:

Mix 2 tsp. leaves or rootstocks in one half cup of water. Take as needed

Juice (of fruit): Take 2 tsp. a day.

Also have been known to treat cancer.

GOLDEN ROD

Medical Part: Leaves and Flowering Tops

Uses:

- Astringent, diuretic
- Cleans liver, purifies blood, Rheumatoid arthritis and arthritis
- Whooping cough and chronic eczema
- Kidney and Bladder stones (root)
- Diarrhea and internal haemorrhage
- Crushed fresh leaves can be used for wounds, sores and insect bites

Preparation:

Use 1 tsp. of the tops with one half cup of water. Boil for a short time then allow to steep for a few minutes. Drink one freshly made cup once a day.

SLIPPERY ELM

- This can be used for kidney, dialysis and urinary tract problems

WILD RASPBERRY

Medical Part: Leaves and Fruit

Uses:

- Astringent
- Laxative
- Diarrhea
- Combined for Nausea
- Vomiting
- Miscarriage (to help prevent, or to help heal cervix following a miscarriage)
- Reduce Labour Pains

Preparation:

Mix 1 ounce of leaves in 2 cups of boiling water and allow to steep for 15 minutes. Drink two cups a day.

DANDELION

Medical Part: Plant and Root

Uses:

- Removes excess water from the body (a condition from having a poor liver)
- Fresh dandelion root aids in liver problems
- The root removes poisons (toxins) from the body
- Fever
- Luke warm dandelion has been recommended for insomnia (prepare as a tea)
- Rheumatism and stiff joints (eat dandelion leaves as a salad, especially in the springtime)

Preparation:

Mix 2 tsp. of fresh root or leaves with one half cup of water. Boil briefly and then steep for 15 minutes. Drink one half cup once in the morning and once in the evening. In addition, you can drink 1 to 2 glasses of water mixed with 3 tsp. of juice pressed from the roots and leaves. Use for a period of 8 weeks.

HEMLOCK

Medical Part: Bark

Uses:

- Kidney problems
- Bladder problems
- Good enema for diarrhea
- External sores and ulcers
- Gargle for mouthwash
- Throat problems
- Dry coughs

Preparation:

Mix 1 tsp with one cup of boiling water. Allow to steep. Drink one to two cups a day

*This could also be used as a salve. Rub on affected area.

*Also try putting the powder from the bark in shoes to help with tender or sweaty feet or to help with foot odour.

VALARIAN ROOT

Medical Part: Root Stock

Uses:

- Nervousness
- Migraines
- Insomnia
- Fatigue
- Stomach cramps that cause vomiting
- Pin worms
- Sores and acne (use externally, can also use a tea at the same time.)

Preparation:

Mix 1 tsp. of rootstock in 1 pint of water. Let steep. Drink once a day at bedtime to a maximum of three weeks. Do not use for a long period of time, as it may cause poisoning.

WILD BLACK BERRY

Medical Part: Bark

Uses:

- Respiratory Nerves
- Cough and cold medicine
- Labour pains
- Diarrhea
- Enema for Haemorrhoids

Preparation:

Mix 1 tsp. of bark in warm or hot water. Drink 1 to 2 cups a day, a mouthful at a time.

ROSEMARY

Medical Part: Leaves and Flowering parts.

Uses:

- Stimulates the stomach
- Promotes healthy liver function, the production of bile and proper digestion.
- Raises blood pressure, improves circulation
- Eczema, bruises and wounds (use externally)

Preparation:

Mix 1 tsp. dried flower tops or leaves in one half cup of boiling water. Allow to steep. Drink up to one cup a day.

Caution: Rosemary, when used externally for a long period of time, can cause fatal poisoning.

BLACK COHOSH (Snake Root)

Medical Part:

- Root Stock

Uses:

- Diuretic
- Sedative
- Whooping Cough
- Nervous System
- Cardiac Stimulant
- Rheumatism
- Bronchitis
- Diarrhea
- Child Birth

Preparation:

Collect the rootstock in the fall, after the leaves have died and the fruit have appeared. Boil two teaspoons of rootstock in one pint of water. Take two to three cold teaspoons six times a day, for a week.

BUTTERCUP

Medical Part:

- Fresh Plant

Uses:

- Skin Diseases
- Rheumatism
- Arthritis

Preparation:

Boil one teaspoon of the buttercup plant with one pint (2 cups) of water. Wash the affected area once a week.

FERN (Male)

Medical Part:

- Root Stock

Uses:

- Jaundice (if taken early)
- Sprains
- Bruises
- Wounds

Preparation:

Mix one heaping teaspoon of root stock with one pint of water. This can also be used as a rub for backaches.

ROSE HOOPS

Medical Parts:

- Flowered leaves

Uses:

- Bee Stings
- Bruises
- Colds
- Infections
- Insect Bites
- Sore Throat
- Tonsillitis

Preparation:

Boil one teaspoon per one cup of water. Take once a day.

SAGE

Medical Part:

- Stems

Uses:

- Purification of blood
- Stomach Problems

Preparation:

Mix two stems of the sage with one part cedar in two litres of water.
Take twice a day for four days.

EVENING PRIMROSE

Medical Part:

- Plant

Uses:

- Coughs
- Depression
- Rashes
- Skin Irritations
- Stimulates:
 - Liver
 - Spleen
 - Digestion

Preparation:

Mix one teaspoon to one cup of boiling water. Take once a day.

Plant is also edible as is

KIDNEY - ASHKANASSE (Green Boy)

Medical Part:

- Plant

Uses:

- Bladder problems
- Kidney problems
- Urinary problems

Preparation:

Mix half a teaspoon to one cup of boiling water. Take once a day as directed.

HEART REMEDY

INGREDIENTS:

- One teaspoon of honey
- One teaspoon of garlic
- One teaspoon of vinegar
- One teaspoon of lemon

PREPARATION:

Put all of the ingredients into two litres of boiling water. Allow to cool.
Drink one cold cup per day.

TENDONITIS & BURSITIS

TENDONITIS:

A condition that arises when the fibre bands of tissues that connect the muscles to the bones become torn or stretched.

To help with this condition you can make a compress using Golden Seal, Marshmallow, Witch Hazel, White Oak, and Dandelion. Mix all of these together in water and boil. Soak compress in mixture, allow to cool and apply to the affected area.

BURSITIS:

An inflammation of the Bursa, the fluid filled sac that reduces friction between tendons and bones.

To help with this condition, use Willow. Soak one to three teaspoons of willow bark in one cup of water for two to five hours. Boil and drink one teaspoon at a time, once a day, until no longer needed.

- A compress soaked in Witch Hazel will help with both of these conditions. Brew the Witch Hazel. Soak a clean cloth in the hot brewed Witch Hazel. Allow to cool and apply to the sore area.

VALERIAN - OFFICINALIS

- 1) Valerian Root (Valerians officinalis) (FRAGRANT VALARIAN)
- 2) Marshmallow Root (Althea officinalis) (ALTHEA)
- 3) Marigold (Calendula officinalis)
- 4) Yarrow (Achillea Mille follum) (MILFOIL)

PUMPKIN

Medical Part: Seeds

Uses:

- Healing wounds
- Healing burns
- Chapped skin
- Relieves worms

Preparation:

Use seven to fourteen ounces for children. Use up to twenty-five ounces for adults. Stir into fruit juice to make a mash to be eaten. Two to three hours later, take castor oil to drive out worms. Take care, especially with Tape Worms. Make sure the entire Tape Worm has been expelled.

GARLIC

Medical Part: Clove

Uses:

- Digestive
- Diuretic
- Chronic Bronchitis
- Liver and Gallbladder
- Infections or the Intestines
- Fever
- Typhoid fever
- Lowers blood pressure
- Blood circulation
- Cold

Preparation:

- Add garlic to one cup of boiling water.
- To help relieve coughs, take grated cloves with honey.

APPLE TREE

Medical Part: Fruit

Uses:

- Illnesses involving diarrhea
- Mild Laxative
- Dried apple peel are used as a tea for Rheumatic Illnesses

Preparations:

Use one to two teaspoons of dried apple peels with one cup of simmering water. Take one to three cups per day.

CELERY

Medical Parts: Roots, Leaves and Seeds

Uses:

- Appetizer (plant)
- Diuretic (seed)
- Sedative (juice)
- Dropsy (juice)
- Rheumatic tendencies (juice)
- Gout (juice)
- Overweight tendencies (juice)
- Kidney problems (juice)
- Skin problems (seeds)
- Bronchitis (juice)
- Nervousness (juice)

Preparation:

Eat the celery as is.

Yellow oil extracted from root is used to restore sexual potency impaired by illness. (a natural form of Viagra.)