

TABLE OF CONTENTS

HOW TO USE THIS BOOK 2

KINDS OF PRODUCTS 3

Herbs: Tinctures, teas, 3
poultices, ointments,
essential oils

Flower essences 7

Homeopathy 8

NATURAL FIRST AID 12

Open wounds 13

Bruising & soft tissue damage 13

Broken bones 14

Broken skin 14

Emotional trauma 15

Burns 15

Sore or tight muscles 16

Bites, stings, rashes from plants 16

Diarrhea 18

Useful helper 18

SIMPLE HEALTH SOLUTIONS 20

Constipation 20

Indigestion 21

Motion sickness 22

Headaches 22

Colds 23

Sore Throat 24

Flu 25

Stress 25

Insomnia 27

MEDICINE CABINET	29
BEFORE WE CONCLUDE	31
APPENDIX	32
Energy Work Techniques	32
Breathwork Techniques	39
Kinesiology Techniques	42
Other Techniques	44
INDEX	47
ABOUT THE AUTHOR	49
THE WORKSHOP	51

How to make a medicinal-strength tea:

To make tea from seeds, leaves or bark:

- Fill a tea ball or cup strainer ½ to ⅓ full of loose herb, or put an equivalent amount of loose tea in a cup.
- Bring water to a light boil, pour over herbs.
- Cover*
- Steep 15 minutes minimum; 20–25 minutes is optimum.
- Strain if necessary.

It's fine to use the same tea leaves a second time; they won't be quite as strong.

- You can add a little honey if desired. Do not add dairy or artificial dairy products. Do not add Paul Newman's organic double chocolate candy bars. Do not add Häagen Dazs Rocky Road ice cream, no matter how much better you know it would make you feel.

** Plastics can leach toxic materials when heated. Never cover hot tea with plastic of any kind. Use glass, ceramic, or stainless steel. You can use a saucer or another jar as a cover while steeping, then use a plastic cover when the tea has cooled.*

Constipation

- Eat dandelions. New (not very big) leaves from plants not exposed to car exhaust or other pollutants are the best. Don't take a leaf from your lawn if pesticides have been applied. Dandelions can be extremely bitter, so try just a tiny bite first. Some people disguise the taste by breaking up a leaf or two into small pieces and adding them to a salad, sandwich or soup. Be cautious; one leaf may be more than enough.
- Prunes, just like your mother said. How many? Alas, you'll have to use trial and error to find out what works for you.
- Drink a lot of water. More. Even more. That's better. Now be patient; it takes a little time to work.
- Rub your fingernails together (*see Appendix for instructions for doing this technique*)
- Colon massage. Put one palm, or the back of one hand, on the left side of your lower back. Press gently and move your hand on the colon: up to the lower middle of your back, across to the right, and then all the way down to the bottom. Don't worry about exactly where, as even just rubbing your lower back in any direction can stimulate intestinal movement.
- Walk or do other lower body exercise, and avoid sitting for long periods of time. (*A daily habit of this can help prevent constipation.*)
- Energy work on your belly or back (*see Appendix for instructions for doing this technique*)
- Drink Swedish Bitters (*A daily habit of this also can help prevent constipation.*)

Indigestion

- Teas (*see first chapter for preparation and dosage information*)
 - Peppermint
 - Ginger root
- Energy work, especially a “stomach sandwich” (*see Appendix for instructions for doing this technique*)