

# Wounds & Infections

## General Infections:

- Garlic (or Allicin)
- Goldenseal Root
- Vitamin C
- Olive Leaf Extract
- Colloidal Silver
- Hydrotherapy: On wound or infection - Hot Water 3 minutes, Cold Water 1 Minute, 3-7 times a day. (increases blood flow to help healing)
- Charcoal Poultice

## Wounds (Infected):

- Hydrotherapy
- Honey (on wound)
- Charcoal Poultice (on wound)
- Pine Sap (on wound)

## Bleeding:

- Cayenne Pepper
- Comfrey Root or Leaf
- European Golden Root
- Shavegrass

## Burns:

- Cool the Burn: Place under cool running water for 10 to 15 minutes, or until the pain Stops.
- DO NOT PUT ICE ON THE BURN
- Lavender Essential Oil

- Aloe Vera & Grated Potatoes (Rotate)
- Burdock
- Comfrey
- Colloidal Silver
- Calendula
- Chickweed
- Bee Propolis
- Goldenseal
- Marshmallow Root
- Cover burn with sterile dressing
- Pain: Wild Lettuce, California Poppy
- DON'T USE: Ice, Ointments, Don't break or pop blisters
- Don't Immerse Large severe burn (3rd or 4th Degree) in Cold Water
- Elevate the burned part or parts of the body above the heart

### **Ear Infections:**

- Goldenseal mixed with Olive Oil (place in ear)
- Garlic Oil (place in ear)
- Allicin
- Heat
- Candling
- Incandescent Light Bulb

### **Eye Care (Infections):**

- Charcoal Poultice
- Flax Seed Poultice
- Goldenseal Wash
- Boric Acid

**Pain:**

- Water
- Wild Lettuce
- California Poppy
- Jamaican Dogwood
- Turmeric
- Exercise
- Ice Massage
- Hydrotherapy
- White Willow
- DMSO
- Cayenne
- Pine Sap