
MWSHS Newsletter

Spring 2006

Part-time Position Open in MWSHS' Clinic/Store

A part-time position is open in MWSHS' attached clinic and store for a clinic assistant/sales associate. Days and hours available are *every other Saturday* from 10AM to 5PM. Please call, email, or write the school if you would like to apply for this position or would like more information.

Student Retail Discounts

This is a reminder that all registered MWSHS students receive a 20% discount off all items offered for sale at Midwest Herbs & Healing (612-781-3006), our retail store. (The only exception to this is consignment items [mainly essential oils]). This discount applies to both in-person sales and mail orders.

To receive the discount, a student need simply identify himself/herself as an MWSHS student and give his/her name (and, if memorized, his/her student number, in that some of the good people who work in our store do not also work for the school so as to recognize the students by name, but can easily check the student list by student number). Note, however, that student identification must be made *prior to the sale being rung up by the store clerk in the register*. (This is because the clerk must apply the discount key *with each item purchased*.)

Midwest Herbs & Healing carries almost 300 *different single herbs* (in either tea, cap, tincture, or glycerite form). The store also features quality lines of individual vitamins and nutraceuticals, amino acids, enzymes, and hundreds of different system-support formulas, including many professional-line formulas (Metagenics, Ortho-Molecular Products, NF Formulas, Health Concerns, Tyler, etc.) not available from regular health-food stores, but only allowed to be carried by health-care providers (such as those practicing in our attached clinic).



Enjoy Summer Wild-plant Walks!

This summer's *Wild-plant Walks* are set for the following Sunday afternoons (2-5 PM): **June 11th**, **July 30th**, and **September 10th**. The cost is \$20 per person. See page 2 for further info and page 7 for a registration form.

Summary of Our Recent Assessment-Skills Workshop

In mid-February, MWSHS conducted its Assessment-Skills Workshop for 2006, with a rousing attendance of students from near and far (incl. California, Quebec, and Connecticut)!

Lectures and practice sessions took place for many important assessment skills, including iris analysis, scleral analysis, and simple home assessment tests, presented by director Matthew Alfs, M.H., R.H.; Ayurvedic Assessment, presented by Marcia Meredith, N.P., and Chinese Tongue Analysis presented by Steve Tonsager, L. Ac.

"I loved meeting, and talking to, the other students," exclaimed one student. Another explained that the event was "wonderfully informative; it reinforced learned studies and I learned new information. But the most important thing was that it made me think of the whole in the healing process."

Will you, dear student, be putting forth an effort to attend upcoming MWSHS workshops and experience this same "whole in the healing process"? Should that be the case, we believe your effort would be duly rewarded!

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WORKSHOP CREDIT OPTIONS

Except where noted, all of the below-listed events qualify as Workshop (Course-Eight) credits toward the 2-year Master-Herbalist program. Each hour of *verified* attendance (per instructor-completed workshop-credit slips as supplied by MWSHS counts toward an equivalent hour of Workshop Category #3 credits (up to the student limit of 20 hours), unless another category is specified or unless one attends a particular workshop at one of these events that is *strictly* in one of these other categories. **MWSHS-sponsored workshops are boxed and in colored ink.**

Workshops, Conferences, Lectures, & Events in Herbal Studies Across North America

June 2-5, 2006. “*Medicines from the Earth: 14th Annual Symposium on Herbal Medicine,*” Blue Ridge Assembly, **Black Mountain, NC.** For further info and/or to register, call (800) 252-0688 or see the website at www.botanicalmedicine.org.

June 11, 2006. “*Edible & Medicinal Wild-Plant Walk*” by MWSHS director Matthew Alfs at a nature area in the northern suburban area of **Minneapolis-St. Paul, MN,** Sunday, 2:00 to 5:00 PM. Cost \$20. This event counts as 3 hours toward Workshop category #2, “Wild-plant Walks.” See registration form on p. 7

July 22-23, 2006. “*Northwestern Herb Fest*” near **Eugene, OR.** A choice of 25 different lectures, for both beginning and advanced herbal students. For more information, call 541-736-0164, or e-mail class@herbaltransitions.com, or see the website at www.herbaltransitions.com.

June 25, 2006. “*Wild-plant First Aid: Beating the Heat, Repleting the Parch, and Soothing the Sting,*” by MWSHS director Matthew Alfs, at Shady Acres Herb Farm in **Chaska, MN.** Sunday, 1:00-2:30 PM. \$25.00. For more info, call Theresa at 952-466-3391 or email her at herbs@shadyacres.com.

July 30, 2006. “*Edible & Medicinal Wild-Plant Walk*” by MWSHS director Matthew Alfs at a nature area in the northern suburban area of **Minneapolis-St. Paul, MN,** Sunday, 2:00 to 5:00 PM. Cost \$20. This event counts as 3 hours toward Workshop category #2, “Wild-plant Walks.” See registration form on p. 7

Aug. 18, 2006. “*Sage Mountain Herbal Retreat Center*” East Barre, VT, Classes on sustainable practice of herbal medicine, herbwalks, “at-risk” plant cultivation, and others. For more info, call 802-476-6467 or see the website at www.unitedplantsavers.org.

Aug. 25-27, 2006. “*The Northeast Women’s Herbal Conference,*” at **Wolcott, VT.** Over 60 workshops on herbal healing, delivered by well-known herbalists. \$285. For more information, call Katie Pickens at 802-888-3736

September 14-17, 2006 “*Breitenbush Herbal Conference 2006: Returning to Our Roots,*” **Portland OR.** 28 workshops, herb walks, demos, and discussions, for beginning to advanced students. \$275. For more information, call 503-236-2220, or e-mail info@trilliumbotanicals.net, or see the website at www.trilliumbotanicals.net.

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Dynamic Herbal Pairings!

Matthew Alfs, M.H., R.H. (A.H.G.)

Good herbalists use well chosen herbs, based upon careful case analysis, to help individuals to heal. Knowing the specific indications of herbs—their energetics and the physiological systems that they support—is critical in this regard. In Western herbalism, these indications were initially developed by the Greeks (esp. by Galen) and then refined centuries later by the Anglo-American Eclectics and Physio-medicalists.

A number of the abovementioned healers discovered that carefully combining two herbs with complementary properties created a clinically potent synergy that was truly amazing! To some extent, pairings have also been used in Chinese medicine and in Ayurveda, although the preference in these systems has been to use formulas containing three or more herbs.

Here are some of my personal favorite combinations and the circumstances in which they have been most appropriately utilized....

Milky oat seed (*Avena sativa*) and **skullcap** (*Scutellaria lateriflora*) were recommended as a pair by the Eclectics for nervous exhaustion, especially that caused by long-term addictions where the addict is seeking the nervous strength to break the addiction. I have had occasion to use this combo many times and have found it most effective. The gentleness of each of these tonics allows for long-term, or repeated, use, if necessary.

Cinnamon (*Cinnamomum spp.*) and **horse-weed (fleabane)** (*Conyza canadensis*) essential oils, in a base of 87% grain alcohol, were teamed by Eclectic physician Finley Ellingwood for passive hemorrhages, including menorrhagia. Herb Pharm currently makes a commercial extract of this combo (called “Erigeron Cinnamon Compound”) that is so potent that one can often smell the cinnamon right through the sealed bottle! It has the potential to cause gastric irritation in sensitive individuals, so this must be borne in mind, and thus also dosing and dilution guidelines should be strictly observed; but it is a real dandy when needed and tolerated!

Black cohosh (*Actaea racemosa*) has been pigeonholed as a “menopause herb” in the mind of the public; but this laudable botanical has a variety of other, time-tested and effective applications. For one thing, it was recommended by both the Eclectics and the Physio-medicalists for *rheumatic (inflammatory musculoskeletal) pains*. However, the latter healers discovered that combining this herb with **prickly ash** (*Zanthoxylum americanum*) bark intensified the anti-rheumatic effect through a seeming synergy of the two plants. I can say that

I have used this combination, which I gleaned from the Physio-medicalist literature, on a number of occasions in my clinical practice, and with *excellent* results!

Gotu kola (*Centella asiatica*) and **plantain** (*Plantago major*) is a combination that I have discovered in my clinical practice as being quite remarkable for healing stubborn wounds. I once helped a woman heal from a mastectomy sore and a man from a passively bleeding rectal injury with this team (and that was through oral use, not topical use). In both cases, the person’s physician was stupefied by the success (as, I must admit, was I!).

Chickweed (*Stellaria media*) and **cleavers** (*Galium aparine*) is a favorite depurative (alterative) combination for cleansing the blood-lymph, supporting urinary elimination of wastes, and nudging the thyroid to improve bodily metabolism. It is a gentle combo that is safe for long-term use and is well tolerated even by children.

Blue vervain (*Verbena hastata*) and **skullcap** (*Scutellaria lateriflora*) create a nice combination that can be used by children or adults as a nervous-system tonic when there are reoccurring convulsions (Note: If the convulsions occur premenstrually in a woman, blue vervain is a must as a simple or formula ingredient, as it is the supreme gynecological normalizer).

Chinese licorice (*Glycyrrhiza uralensis*) and **white peony** (*Paeonia lactiflora*) are combined in Chinese medicine for spasmodic conditions. However, recent clinical trials have found this combination to reduce testosterone levels in persons with elevated levels of said hormone. This includes women with polycystic ovarian syndrome (PCOS). As the clinical trials have evinced, the botanical aid here may even reach the point where the infertility produced by this condition is re-versed and pregnancy is achieved. Since reading these trials, I have used this combination successfully in my own practice, helping a number of women to achieve reproductive balance in this regard—to their great joy!

I hope you have enjoyed this summary of dynamic herbal pairings and I also hope that you get the opportunity to use these botanical teams at some point in your life, if you haven’t already. I think you will agree that they live up to their reputations!

Wild Plants for First Aid

AT HOME, IN THE WOODS, & IN THE FIELDS

Matthew Alfs

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When the European settlers first explored North America, they were amazed to discover that the various Indian tribes dwelling here lived entirely off of the land and hence were aware of a wild plant for almost any situation! Unfortunately, much of that knowledge has been lost to 21st-century Americans, including hunters, fishermen, hikers, and campers. Not surprising in view of this, a few minor mistakes in the woods today seem often to lead to bigger mistakes and then to real tragedies—sorrows that might have been largely offset (or at least minimized) had the multifarious uses of the many wilderness plants been known. In the present article, therefore, I would like to share some of the amazing aids that our floral friends of woods and meadow can provide, in the hopes that someday a life may be saved or at least helped thereby.

First, though, I want to emphasize the most important rule to follow when coming face to face with a wilderness emergency, namely: *Don't panic!* After all, help may be within arm's reach, even as we shall soon discover. But, regardless, always remember: *A positive attitude in such a situation is one's best defense.* I am reminded here of something that Larry Dean Olsen related, in his wonderful book *Outdoor Survival Skills*. Olsen offered the example of a man who suddenly found himself alone in a large desert-like area, lacking a hat or water, severely bruised and battered, and afflicted with a broken leg. With great effort, the pitiable fellow raised himself up on one of his elbows to appraise his surroundings and prospects, only to view... a smattering of dried-up vegetation! Where most men would next proceed to panic, make a series of mistakes, and eventually end up dying therefrom, this man simply smiled and announced into the air: "You know, if this keeps up, I might just get discouraged."

But having emphasized the importance of keeping a cool head, let's now tackle potential emergencies one by one, illustrating how wild plants may prove to be valuable friends in such situations. Let's also bear in mind that these treatments are for *emergency use in wilderness situations only* and thus should not take the place of competent medical care in areas or situations where that can readily be obtained.

Thirst

Forgot your canteen? Or simply ran out of safe water and don't have a water filter—or purification tablets — with you? Can't seem to find a safe source of water such as a natural spring? Don't have time to build a solar still or to wait for water to collect in it? Can't collect dew with a clean cloth because it isn't morning? Don't despair! Knowing and finding water-rich plants can help you in just such a pinch!

Valuable here is the common **Wild Grape** (*Vitis* spp.) vine, the older and larger of which are often bursting with safe water, which can usually be easily accessed and utilized, especially in summer or in fall. The vine needs to be cut in two spots, and properly done as follows: The first cut needs to be a deep gash in the highest part of the vine that you can reach. Next, cut off the vine near the ground. Water will ooze downward from your first (i.e., high) cut and dribble down the vine toward the bottom (severed) end—that is, as long as you have made the high cut first (if the lower end is cut first, most of the sap will rise instead; *this you do not want!*). Collect the dribbling fluid with a container, or simply let it drip into your mouth.

Some other water-rich plants can be chewed to release their water. Included here is **Canada Thistle** (*Cirsium arvense*), whose leaves—once trimmed of their thorns—provide an abundance of the life-giving fluid. Likewise, the edible **Spiderwort** (*Tragopogon* spp.) plant is practically saturated with water! So are the flower-heads of **Red Clover** (*Trifolium pratense*), composed of some 82% H₂O and often retaining even more from the latest shower besides, owing to the design of the blossoms. The common **Dandelion** (*Taraxacum officinale*) is also a good source of water, which composes 85% of its mass. Even better sources, though, are the following wild plants: **Violet** (*Viola* spp.) (95%), **Rose** (*Rosa* spp.) flower petals (95%), and **Catnip** (*Nepeta cataria*) (88%). One water-rich wild plant almost as common as Dandelion is **Chickweed** (*Stellaria* spp.), a particular species of which—the Water Chickweed (*Stellaria aquatica*)—often grows in large colonies in moist woods along trails or streams and contains a water level as high as that occurring in Violets. (*Continued on page 6*)

Injuries

A.) **BRUISES:** Nothing here excels the lovely *Solomon's Seal* plant (*Polygonatum* spp.). John Gerard, in his magnificent herbal, noted that women of his time who had been battered by their husbands would apply a poultice of the rhizome of this plant to their bruises and, lo and behold, within a day or two the ugly and painful injuries would be gone! (Note that the rhizome is attached by a stringy segment to the roots and may be inches away from the base of the plant. You have to feel around for it, but it can usually be dug out by one's fingers or with a sharp, hard stick or stone.)

B.) **BURNS:** Third-degree burns should ideally not be self treated, and are not likely to occur in the wilderness anyway. But first-degree burns (and second-degree burns to some extent) can often be successfully treated with plants in a wilderness setting, with consultation of a professional—at least in the case of larger or nastier burns—strongly advised upon reentering civilization. Cold water is of course usually the best course as an initial treatment in 1st-degree burns (where there has been no break in the skin) and in second-degree burns (characterized by blistered skin), unless the blisters have broken (authorities are often hesitant to advise application of cold water, unless distilled, in the latter situation because of the possibility of infection). Plant treatment might best consist of a crushed and pulpy poultice of *Plantain* (*Plantago major*). This low-lying plant, accursed by many as a lawn pest, makes a marvelous healing herb: Its tannins treat the burn and stymie infection, its mucilage soothes the pain, and a chemical contained in the plant, aucubin, serves as a separate antibiotic! The problem is that Plantain is not often found in the more remote wilderness settings, since it usually appears in spots where people have traversed before (the Indians called it "White-Man's Foot" because it sprang up in America only in paths where European settlers had trod—they having carried the seeds over from the Old World, possibly on the very soles of their boots or on their equipment).

Yarrow (*Achillea millefolium*) plants were crushed and used as poultices on burns by the Zuni Indians; this herb, like Plantain, also contains antiseptic agents, as well as powerful analgesics. A poultice or compress (a cooled tea applied with cloth or gauze) of any of the following tannin-rich plants has also been used to good effect by various Indian tribes for burns: *Pearly Everlasting* (*Anaphalis margaritacea*), *Fireweed* (*Epilobium angustifolium*), *Mullein* (*Verbascum thapsus*) (which also contains mucilage in high amounts, providing a soothing effect as well), and *Fleabane* (*Erigeron* spp.). One can also boil the acorns or bark of *Oak* (*Quercus* spp.) trees or the bark from the non-toxic *Sumac* species

shrubs (e.g., *Rhus glabra* or *R. typhinus*) to obtain this tannin-rich magic. Some herbalists stress that a compress made from the flowerheads of *Red Clover* (*Trifolium pratense*) can do wonders with first-degree burns.

C.) **SPRAINS:** The major problem here, and what can most effectively be treated by wilderness plants, is *inflammation* and *pain*. The sticky juice exuding from the base of cut *Cattail* (*Typha* spp.) leaves and stalks makes an effective topical painkiller. Binding *Mullein* (*Verbascum thapsus*) leaves to the sprain can be quite helpful, providing effects both antiinflammatory and analgesic, and this treatment has been favored by many. (Some ultra-sensitive types may develop a rash from having mullein leaves next to the skin, however, though a compress might make an acceptable substitute in such a case.) Some have found the juice from the fruits of *Wild Grapes* (*Vitis* spp.) (or simply a poultice of the fruits themselves) to be of aid for pain relief. A compress made from the leaves of *Wild Mint* (*Mentha arvensis*) may also help ease the agony. A recent study found that an ointment made from this plant—the best source of menthol known—was a more effective treatment for treating sports injuries than the analgesics typically used by sports-medicine professionals.

D. **CUTS/SCRAPES/ MISC. WOUNDS:** The concerns here are primarily: (1) *Stopping infection*; (2) *Stopping the flow of blood*; (3) *Promoting healing of the injury*. There are several plants that are marvelous in these particulars, but none is better than the lowly *Plantain* (*Plantago* spp.), providing styptic properties to stem the flow of blood, a natural antibiotic to kill the germs, and an extremely powerful antiinflammatory agent to help deal with the pain. While Plantain is most likely to be encountered where people have trod before, *Yarrow* (*Achillea millefolium*) can usually be found in a remote field or meadow and has similar antibiotic, styptic, and antiinflammatory powers. *Chickweed*, especially the larger species (e.g., Water Chickweed, *Stellaria aquatica*, mentioned above) more likely to be found in wilderness settings, is another powerful anti-inflammatory. The king of styptics is *Shepherd's Purse* (*Capsella bursa-pastoris*), whose heart-shaped seed pods characterize this otherwise nondescript weed. During World War I, German soldiers regularly relied on Shepherd's Purse to treat battle wounds. So powerful is its hemostatic effects that it has even saved lives from internal bleeding. Thus, it has become a staple employed by holistic midwives to check postnatal hemorrhaging.

E.) **TOOTHACHE:** *Yarrow* (*Achillea millefolium*) excels here—a dozen or less chewed leaves providing a numbing sensation in minutes. This meadow-loving plant contains three powerful analgesics: salicylic acid (a sort of natural aspirin), menthol, and eugenol—the latter being the substance found in Cloves that has long made the drugstore remedy “Oil of Cloves” a favorite household tooth analgesic for generations. Another goodie is the root of *Wild Geranium* (*Geranium maculatum*), which, lightly chewed by sound teeth or mashed with a rock and then poulticed on the aching tooth, often provides some relief. The Pueblo Indians, on the other hand, would poultice one of the sticky flowers of *Gumweed* (*Grindelia* spp.) on the bad tooth.

F.) **SORE FEET:** An acquaintance of mine recently got back from a nine-month hike across our beautiful country. At the end of his first day, his feet inflamed severely on him and he had to rest for the next day. Had he had occasion to take one of my courses on wild plants before he left (he hadn't), he might have learned how to bind *Plantain* (*Plantago major*) leaves to his feet to quickly and effectively draw out the inflammation, even as did many early American Indians and white pioneers. As it was, however, he had to suffer with those aching feet!

Sudden Illness

A.) **STOMACHACHE:** The lovely *Spiderwort* (*Tragopogon* spp.), common to fields and most recognizable in the morning when its blossoms are open, can sometimes provide relief here, even as certain American Indian tribes discovered, especially if the ache in the gut is from overeating. Many native American tribes preferred a tea made from the roots of *Wild Strawberry* (*Fragaria* spp.) for treating a nonspecific stomachache. *Pineapple-weed* (*Matricaria matricarioides*), a close relative of the well-known Chamomile, contains natural agents that can relax an inflamed stomach, and was also implemented by the Indians. It can also be of great aid when intestinal gas is present. However, in this latter regard, nothing excels chewing the leaves—or making a tea therefrom—of the *Wild Mint* (*Mentha arvensis*), which herb relaxes the intestinal spasms that produce gas. (Other Mints will do in a pinch) The Mints also excel for dealing with nausea.

B.) **DIARRHEA:** This condition is not a pleasant one at any time, but that is especially true with reference to a wilderness setting! Fortunately, a number of plants provide tannins and other agents that can often offset this camper's nightmare. Probably the best here is a plant mentioned earlier above—*Wild Geranium* (*Geranium maculatum*), a staple for diarrhea in herbal medicine. One simply boils the roots till they have released their essences into the water and then sips the tea once it has cooled to a

drinkable temperature. (The roots of *Wild Strawberry*—*Fragaria* spp.—will do as a substitute.) The best rivals, more easily made because they only require infusion and not active boiling (since only their leaves and not their roots are needed), are *Mullein* (*Verbascum thapsus*), *Fireweed* (*Epilobium angustifolium*), *Fleabane* (*Erigeron philadelphicus*), and the common *Blackberry* (*Rubus* spp.) (One must be careful to use only the fresh or fully dried leaves of the latter, as wilted leaves may develop a toxin.). The roots are even better (best to use full roots of young plants, but only root bark of older plants), while the fruits are third choice (in the latter case, it is preferable not to ingest the seeds, which are somewhat laxative—best to use blackberry juice or jelly). There is an interesting historical account of an Indian tribe that saved all of its members' lives with Blackberry roots when a deadly plague of dysentery hit, while a nearby white settlement, likewise afflicted, perished because, although being advised of the treatment, they arrogantly dismissed it!

C.) **SORE THROAT/EARLY-STAGE VIRAL INFECTION:** A sore throat, whether from overuse or as the early stage of a viral infection, can sometimes be made to feel “as good as new” with hot teas made from numerous wild plants. One of the most important teas here can be made from *Pearly Everlasting* (*Anaphalis margaritacea*)—which, however, is not pleasant-tasting. A much-better-tasting tea can be procured from the leaves of the *Fireweed* plant (*Epilobium angustifolium*). *Pineapple-weed* (*Matricaria matricarioides*), which we discussed under “Stomachache,” is also invaluable, owing to its antiinflammatory effects. Like Fireweed, it also tastes delicious (quite a bit like Pineapple, in fact, as its name suggests). Because it works differently than do the abovementioned plants (which soothe chiefly owing to their tannins), it can be combined with any of them into a tea for a two-pronged treatment.

An old and often successful folk remedy to ward off a newly-onset cold or flu is to take equal parts of (1) *Yarrow* (*Achillea millefolium*) leaves and flowers, (2) *Wild Mint* (*Mentha arvensis*) leaves, and (3) *Black Elder* (*Sambucus canadensis*) blossoms or dried fruit (never the leaves, which are toxic) and make a tea out of this combination. Recent research in Israel has confirmed that Elderberries possess a chemical that inhibits the ability of the flu virus to attach itself to throat cells and thereby to get a firm hold on the body.

Insect Repellents

Sometimes mosquitoes, gnats, deer flies, ticks, or other insect pests can be worse than anticipated and one has forgotten, lost, exhausted, or cannot use (due to chemical sensitivities) commercial repellents. (Murphy's Law, of course!) What, then? Is a bug-bitten bloodbath inevitable? Not necessarily. There are many options available from wild plants, none of which provide the extent of protection available from DEET-containing marketed products, but all of which repel to one degree or another. The Blackfeet Indians, for instance, found that crushing the flower-heads of ***Pineapple-weed*** (*Matricaria matricarioides*) on their bodies repelled many insects. (Some may have skin sensitivities to this plant.) Many others found an element of protection from rubbing the bulbs or leaves of ***Wild Onions*** (*Allium* spp.) on the skin. (Note: some persons may develop a rash therefrom.) Others have found relief from rubbing the leaves, or teas made therefrom, of members of the mint family — esp. ***Wild Mint*** (*Mentha arvensis*) or ***Catnip*** (*Nepeta cataria*)—on their skin. (Again, however, be wary of sensitivities.) *Chewing* these plants while traversing the wilderness has also been acclaimed by many, on the supposition that mosquitoes find their hosts based upon exhalations and that the odor of these strongly-scented plants on the breath may camouflage the chemicals therein that insect pests use in targeting their victims. My own favorite plant to rub on topically is ***Tansy*** (*Tanacetum vulgare*), *although this herb should never be chewed, as it is toxic when used internally!*

Insect Bites/Snake Bites:

Most, including myself, feel that the champion botanical aid for bites and stings comes from ***Plantain*** (*Plantago major*), whose ultra-potent antiinflammatory and other chemicals markedly ease the pain, reduce the swelling, and possible even literally draw out the poison.

This herb has long excelled for snakebites, too. In fact, an American Indian once received a reward from the Assembly of South Carolina for demonstrating that a Plantain poultice could even offset fatality from a rattlesnake bite! Concordantly, the celebrated ethnobotanist Frances Desmore, in her classic book on the Chippewa Indians, related an account told to her by a relative of a woman bitten by a poisonous snake who was saved by her husband and his quick-thinking utilization of this lowly weed. The husband, said Desmore's informant, had cut little gashes in the woman's bitten and badly swollen arm and then had applied a moistened Plantain root, whereupon she began to heal.

As to other plants helpful for snakebite, the Zuni Indians found that poulticing the roots of ***Sunflower*** (*Helianthus* spp.) on such wounds helped greatly to offset the pain. (Sunflowers are thought to provide a significant antiinflammatory effect, which helps explain why bathing with sunflower heads sprinkled in one's bath-water has long been a beloved tonic for sore/strained muscles.) Some Western-American herbalists highly recommend poulticing the chewed leaves of ***Purple Coneflower*** (more popularly known in herbal medicine by its Latin genus, *Echinacea*) onto snakebite and some have catalogued modern instances in verification of the effectiveness of this once-popular, native-American treatment.

It Doesn't Take A Botanist!

As I hope becomes apparent from the small number of species covered (only 30 altogether), it doesn't take a botanist's knowledge of thousands of plant species to deal with most wilderness emergencies, but only a layman's knowledge of some common wild plants. Many of these herbs, in fact, can often be found growing in one's own back yard or garden, and most are easily recognizable. So, friends, by all means, *do* get to know them—someday they may save your own life or that of a loved one

PRE-REGISTRATION FORM FOR MWSHS WORKSHOP

Student Name:.....Student I.D. #.....
Workshop Title..... Date(s).....
Hours.....
Total Cost Payment Enclosed: (Check).....(M.O.)(C.C)

If paying by Credit Card, you must supply ALL of the following information in order for us to process.

Note: Will clear as "Midwest Herbs & Healing."

Credit Card Number..... Expir. Date.....
CDC Code (last group of 3- or 4 digits in series of numbers on reverse of card *near signature strip*)
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Send completed form with payment to:

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