

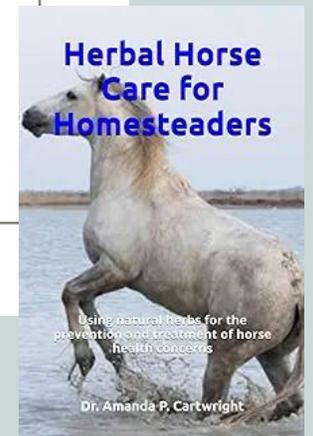
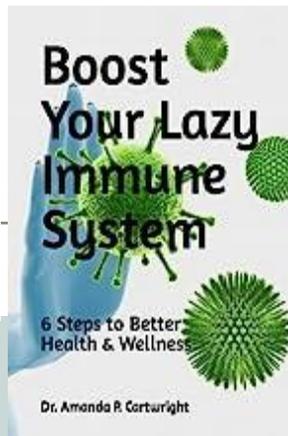
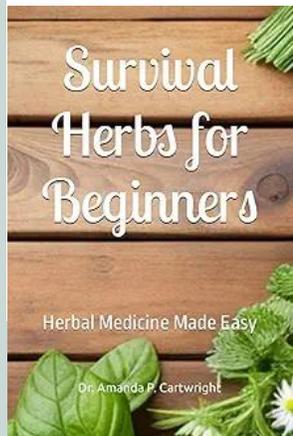
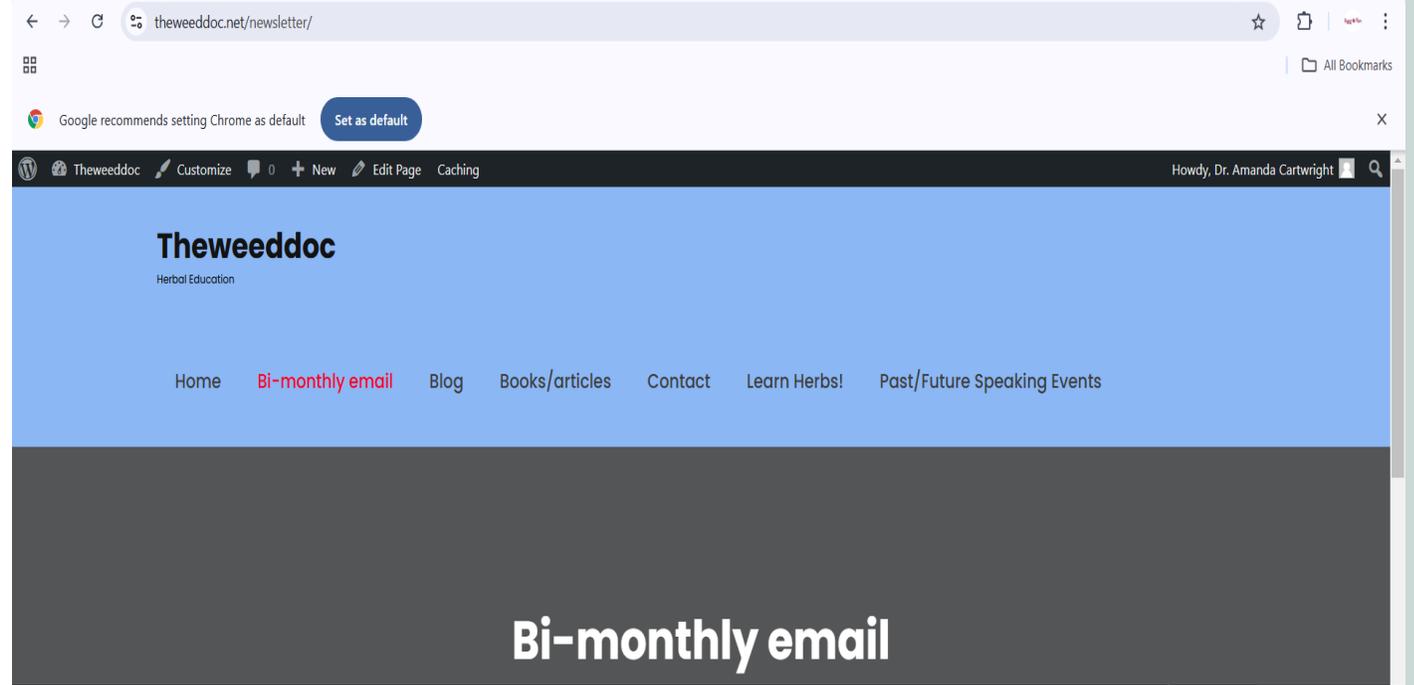
How to Use Herbs Medicinally

By Dr. Amanda P. Cartwright
'The Weed Doc'

“The Weed Doc”



S.H.T.F. Survival Homestead
Teaching Farm

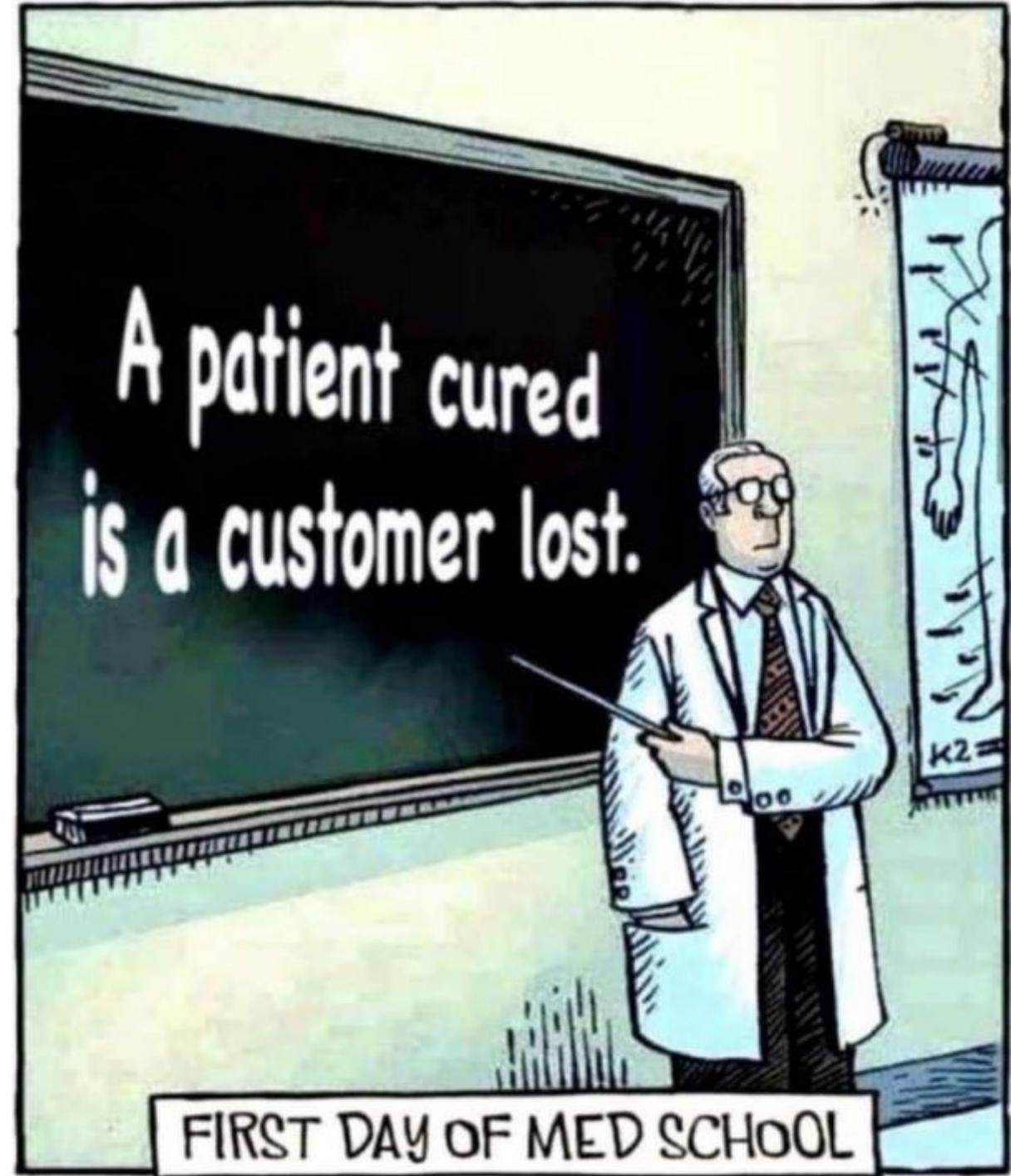


Disclaimer



This presentation is for entertainment and educational purposes only. The contents of this presentation should not be viewed or taken as medical advice. The views expressed are the opinions of the author only and should not be taken as an endorsement of any product or practice. Herbs can and do interact with pharmaceuticals. No herb or herbal product should be taken without consulting a qualified physician. The author disclaims any liability arising directly or indirectly from the use of this information or any product, plant, or practice mentioned herein.

- Rockefeller
- What if:
 - There isn't a doctor to call?
 - Costs are too high?
 - Supply chain issues?
 - Insurance won't cover?
 - You just want to stop putting toxic chemicals in your body.
- With herbal knowledge, you can treat yourself, your family, and your animals.
- In the times we live in now, you need to be prepared!



Become your own doc!

Let me hear you!
You can be your own.....

D.O.C.

General Dosing Guidelines

Be a weed.
A weed is a plant that has mastered every survival skill except for learning how to grow in rows.

-Doug Larson



Powdered herbs:

Usual dose is 1-2 teaspoons 2-3 times a day for maintenance

Fresh herbs: Usual dose is 2-4 teaspoons 2-3 times a day for maintenance

Children 3 years and older: ½-1 teaspoon 2-3 times a day for maintenance

For acute problems, such as an infection, consume same amount of herbs but increase the frequency to 5-6 times daily.

Modes of Herbal Transportation



	Internal	External	Route
Fresh/Dried	✓		Eat straight, mixed into foods, made into pill balls, put into capsules.
Herbal Tea	✓	✓	Drink or used topically.
Herbal Oil	✓	✓	Rubbed onto skin
Poultice		✓	Paste onto skin
Herbal Salve		✓	Rubbed onto skin
Tincture	✓	✓	Drops under tongue and hold for 5-10 seconds or spray onto skin

There are many other methods (such as honey infusion or herbal balls) however, these listed above are the most used and what will be discussed in this class.

Fresh/dried herbs



- Some herbs need to be dried depending on how you use them.
 - ✓ Hanging in bunches
 - ✓ Dehydrator - < 110 degrees
 - ✓ Lay out on screens in single layer
 - ✗ Ovens
 - ✗ Sun Ovens
 - ✗ Hanging outside



Powdered herbs



- Grind dried herbs into a powder just before using.
- Ways to grind herbs.
 - ✓ Coffee bean grinder
 - ✓ Mortar and Pestle
 - ✓ Blender



Tea

- Infusion in water
- Fresh or powdered herbs
- MUST be covered while brewing.
- Can add sweetener to make it more palatable.



Methods

- Cold Brew: Steep 24 hours
- Heat Brew: Steep 10 mins to 2 hrs
 - Stove top
 - Cup
 - French Press

Herbal Oil

- Essential oils vs herbal oils
- Carrier oil: Plant based oils
 - Olive, almond, coconut, avocado, etc.

- Must use dried herbs.
- Moisture=rancid.
- Rub on skin as needed.
- Stores ~ 1 year w/out vit. E oil

Method 1



- Slower
- Preferred
- Uses no heat
- Strain after 6-8 weeks.



Method 2



- Faster
- Do not boil
- Must cover
- Strain after 6-8 weeks.



Herbal Salve

- Must have herbal oil already made.
- Purchasing beeswax.
- Dab onto wounds as needed.
- 5 parts oil to 1 part beeswax.



Traditional Dried Poultice

- Messy.
- Commonly used for wounds.
- Add just a bit of water to a dried and/or powdered herb to make a paste.
- Apply 30 minutes.
- Reapply as needed.



Spit Poultice

- Grab the herb you want to use.
- Put in mouth and chew. Don't swallow.
- Allow the herb to combine with saliva to make a paste.
- Spit it onto the area of concern.



Tincture (part 1 of 3)

- Tincture vs extract.
- Must use: -At least 80 proof alcohol. (Alcohol preserves the herbs).
 - Amber bottles. (No blue bottles).
 - Dried herbs.
- If using bark or root, use higher proof alcohol.
such as Everclear.
- Lesser dose-concentrated.
- Under tongue. Tastes horrible.
- Internally and externally - Spray top.
- Takes 6-8 weeks for completion.



Tincture (part 2 of 3)

Folk Method

Pro: Faster

Con: Each batch may be different



Ratio Method

Pro: Each batch is the same

Con: Takes a little more time



Tincture (part 3 of 3)



Ratios



- Can use any weight measurement
 - Example: grams, ounces, pounds, etc.
- 1 part herb to 5 parts alcohol
 - Example: 5 grams herb and 25 grams alcohol
- Sometimes a 1 to 10 ratio is needed, depending on the herb.



- You can be your own doctor in times where you need to be. You just need a basic understanding of herbs and how to use them.
- Grow/purchase/learn herbs. Start your own medicine cabinet. Get prepared!

You can be your own.....

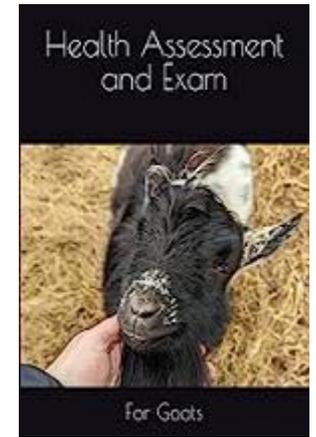
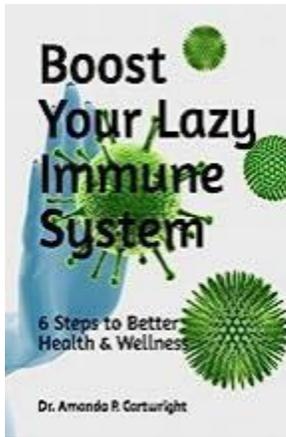
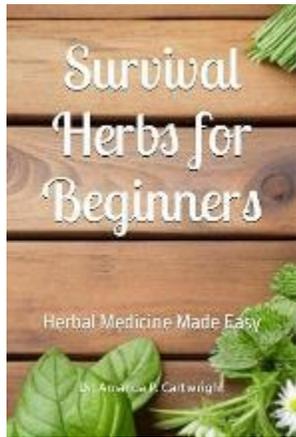


Let me hear you!
You can be your own.....

D.O.C.

Books and other supplies available at my booth:

- Books available on Amazon & other book stores
- Cheaper if you purchase here (while supplies last)



www.theweeddDoc.net

Thank you for attending this class!