

Excerpt from: *Beyond Tinctures and Tea Cups* by Christine Dalziel (© 2014, Christine Dalziel, Joybilee Farm)

<http://joybileefarm.com/herbal-first-aid-ointment/>



JoybileeFarm.com

	Arnica	Calendula	Chickweed	Comfrey	Dandelion	Mullein	Oregon Grape	Ox-Eyed Daisy	Plantain	Red Clover	St. Johns Wort	Yarrow
Anti-inflammatory	*	*			*	*		*	*		*	*
Analgesic	*	*	*			*		*	*	*		
Anti-spasmodic		*				*		*				*
<b>HERBS FOR FIRST-AID</b>												
Promotes healing		*	*	*		*		*	*	*	*	*
Blood cleansing				*	*		*		*	*	*	*
Cleanse lymph system		*			*	*	*					
Staunch bleeding		*		*		*			*			*
Anti-tumour		*	*	*					*			
Sedative								*		*		
Nerve stimulant											*	*
Rebuilds tissue		*				*				*		
Soothing			*			*		*	*			
Anti-microbial		*		*		*	*		*		*	*
Anti-biotic		*		*		*	*		*			*
Antiseptic		*		*		*	*		*			*
Astringent		*		*		*		*	*		*	*
Helps rebuild nerves											*	
Anti-viral		*									*	*
Anti-fungal		*										
Anti-venom									*			

