

Treating Infections without Antibiotics

Full Transcript



NOTICE

You do not have the right to reprint or resell this transcript. You also may not give away, sell or share the content herein.

© 2016 Copyright Grow Your Own Groceries

ALL RIGHTS RESERVED. No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without the express written, dated and signed permission from the author.

DISCLAIMER AND/OR LEGAL NOTICES: The information presented herein represents the view of the author as of the date of publication. The author reserves the right to alter and update her views for any reason and at any time. This report is for study and discussion purposes only. While every attempt has been made to verify the information provided in this report, neither the author nor his affiliates/partners assume any responsibility for errors, inaccuracies or omissions. Any slights of people or organizations are unintentional. If advice concerning legal or related matters is needed, the services of a fully qualified professional should be sought. This report is not intended for use as a source of legal or accounting advice. You should be aware of any laws that govern business transactions or other business practices in your country and state.

Table of Contents

Module 1 Introduction	4
Module 2 Plants to Use	6
Module 3 Types of Medicine	7
Module 4 Herb Descriptions	12
Module 5 Poulticing	15
Module 6 Punctures	24
Module 7 Snakebites	25
Module 8 Staph	27
Module 9 Dosage	29
Extra #1 Plantain Leaves	32
Extra #2 Mixing Clay	32
Extra #3 Harvesting Prickly Pear	33
Extra #4 Third Degree Burns	35
Extra #5 Sunburns	35
Extra #6 Applying a Poultice	36

Module 1

Introduction

Marjory: Hi, my name is Marjory Wildcraft and I'm the founder of The Grow Network, which is a global online community of people who are producing their own food and medicine. This video in particular is going to be focusing on medicine and treating infections without pharmaceutical antibiotics. I have with me today master herbalist Doug Simons, who has decades of experience treating burns and wounds, lacerations, punctures, staph infections, a whole variety of ailments, and he treats them effectively and, as you'll see, with very simple techniques that you can do yourself. Let me let you take over, with Doug Simons.

Doug: Hi, everybody. My name is Doug Simons. We're here in this lovely part of Texas filming this video for you. First, I want to give you a little bit of background about myself. I've been working with plants basically my whole life, with medicinal and edible plants, and helping people through consultations, teaching classes, and providing herbs for people. My experience is long. I've lived outside in a primitive kind of way for almost 20 years, really getting to know these plants and the medicines; had quite a few teachers in my life, both in Mexico and the United States, Native Americans. I have some insights from all of that time that we're going to share with you today.

This particular video we're shooting about infections, and treating infections without the use of antibiotics, with natural medicines. The beginning of a discussion like this requires checking in on our perspectives and how we think about things. Since we all grew up mostly here in the Western world, we often carry perspectives, allopathic perspectives, that really don't apply to the use of these kind of natural medicines. An allopathic viewpoint perhaps is that you can take a medicine and it will take care of your problem. If you have an infection, you get to take an antibiotic and in ten days an infection is gone or you have an injection of an antibiotic if the infection is worse.

In our kind of medicine, what we call holistic medicine, natural medicine, it requires a different perspective. We need to take more responsibility for the entire process. The end result is that the healing is more complete and our health is more intact. It's a compelling subject for a number of reasons, including the fact that these strong antibiotic type medicines are really hard on the body. They may or may not get the job done, yet the side effects can be a lot, and they can really reduce someone's health. Also, the fact that more and more they're not effective with the advent of what they call antibiotic resistant bacteria and such.

In our world, there are bacteria and fungi and viruses. These are fairly new words, words that have only been around probably less than 100 years. These energies, these experiences that people have, have been treated for thousands and thousands of years successfully. Currently, in alternative medicine and herbal medicine, we don't really use it to its fullest potential before turning ourselves over to the allopathic methods. Some of the allopathic methods, of course, nothing is black and white. The methods save lives,

they can be very beneficial, but we want to offer people the options to create a more whole, harmonious health, and be able to treat infections and have the empowerment of doing that.

The perspective that I'm inviting you to consider is, how to work with your body and your response to an infection, and how you treat your body before an infection, which is also very, very important. The Chinese have a very powerful saying that says, "The best medicine is good food," and that's a very simple and powerful concept. If you think about it, it's about as obtainable and simple as it gets. We'll never really have high quality health by trying to consume poor quality foods and make up for it through pharmaceuticals or vitamins, supplements, things like this.

High quality food is very, very important, and it's actually very simple. There's a lot of available information as to what is high quality and what isn't. The important thing to remember is that it's not that hard to figure out. The resources are available, whether we've really understood the qualities of food and are eating really consistently high quality food, or we're somewhere in there. Any effort will make a difference.

I really want to stress how important it is for any disease state, that the higher quality our health is in the beginning, the less chance we will have of having a disease state, and the strength of that disease state will reflect the quality of our health. This concept of taking care of ourselves is very, very important in treating imbalances that come our way. The healthier we are, the less infections we get, the less powerful those infections will be, the easier they are to treat.

I'm not going to take a medicine and tell you, "This works like an antibiotic, and this one and this one and this one. They all work like antibiotics, and you just eat them and go about your business." That's not how holistic medicine works. It's also important to realize that it's not difficult to do, yet the results are so much more harmonious and balanced, and the outcome is a continued health instead of a recovery that will lead to other imbalances.

Whenever we have an infection, whatever kind it might be, taking care of ourselves dietarily is going to be very critical in healing that infection. The things to avoid the most are things that infection really thrives on, like refined sweeteners, something really important to remember if you have an infection.

During this video we're going to talk about all kinds of external infection, how to treat a cut to avoid an infection but then what happens when you get an infection; a burn, whether it's infected or before it's infected; all types of insect bites and snake bites. We'll cover all parts of infections, even internal infections. We've lived in a culture recently, recent culture, that really tells us that we could kind of do anything to our body and it can be fixed. That's a perspective that you might want to question, because the more we take care of ourselves, the less damaged we are. When we do get injured, the easier it will be for our body to fix itself.

Always in holistic medicine we are enhancing what the body itself does, we are

supporting it. We want to do two things. We want to enhance what it does, but we also do not want to do the opposite, which is put burdens on the body so it has a more difficult time of healing.

I'd like to begin with thinking about the kinds of infections that we can have and how to treat them, or maybe even go pre-infection and talk about treatment of different wounds and experiences that we can at first avoid the infection and then how to treat them in their various levels, talking about the most minor fairly quickly, moving into the more and more serious types of infections.

Module 2

Plants to Use

Doug: Continuing along with the foundations that have to be in place for us to use successfully these alternative methods. To begin with, the initial foundation that I spoke of was the quality of one's health during and before the infection will have a big effect on how hard the infection is to treat and how long it takes. Again, diet and lifestyle being very important. I don't want people to get too disillusioned by that idea. Do it the best you can and any improvement is always noticed. If we get the very worst things out, and we amplify it with some better things, you are going to see a huge difference.

Next I wanted to talk on a foundational level about the various plants that we might use. It's very important that the quality of the herbs that we're going to employ to help treat an infection which is what we're talking about or any time we're using an herb to change an imbalance in our body, the quality of the herbs is very very important. We need good quality freshly harvested high quality herbs and those are available in commerce. There are also other ways of attaining them. Many of the best herbs you can grow. That's something to remember about, the quantities that we use are not that vast. The difficulty of growing them is not hard and it's also very enjoyable.

We can also wild craft them. Both of these things have to be done well. We really encourage people to grow their plants and one of the aspects of being alive at this time on the planet is there's a lot of people. We need to evolve our relationship with these other relatives that we inhabit the planet with including these herbal plants. When we are using herbal medicine, gathering herbal medicine, it's very important to know that the plants well-being comes first. We never want to make mistakes and over harvesting, harvesting rare plants, that should never happen. We need to learn to use plants that are abundant and easy to grow and these aspects are very critical. Remember that it's your obligation to make sure that if you're harvesting plants, to always do it in a way that the plants well-being comes first, your harvesting does not affect the well-being of the plants. Growing plants is a great way to do that. Purchasing from reputable plant dealers who grow a lot of their plants, that's a very good way to go as well.

You want to spend the time to be able to obtain plants that have potency and we were having a discussion earlier today that plants in capsules often have almost no vitality left. You want to develop a relationship with these plants so that you have high quality herbs. They won't work unless they're good quality. Just the same as any other thing that you buy that you want to have work or anything that you make to want to have work. It has to be of high quality and I've chosen them for their abundance, something I encourage everybody to do. Now, when choosing plants to use, remember that there are regional plants everywhere. So long as they are not rare, the more abundant they are, the more important it is to try to utilize those. We don't want to use plants that are rare. Very very important piece.

Know that there are always plants in your region that match the descriptions that we need for a given plant at a given time.

Module 3

Types of Medicine

Doug: The plants that we will use for infections basically fall into several categories. There will be the plants that give us boosts to our body. Higher vibration, higher energy, higher nutrition. That's one category.

Another category will be a plant that we use to encourage or stimulate, I like the word encourage better, encourage the immune system. These are very helpful plants. That's another category.

A third category will be plants that I call boundary medicines. If you're speaking to a different herbalist, they will probably call these medicine antimicrobial.

I like the term boundary medicine better because more than killing these microbes, they set up boundaries for them. They change ... They communicate. If we're in a typical mindset or perspective from our modern culture, we often have an idea that we are at war with whatever might be happening with our body. For example, we're afraid of catching an infection, so we're at war with what might happen. We're trying to protect ourselves in a warrior like way from all these microbes.

If we have a disease state, we're trying to conquer it. It's as if we're dressed in camo, standing behind a bunch of sand bags with our howitzer. To me, that's a very difficult approach because we're not really going to be able to defend ourselves from the world.

My view of how we want to relate to these other energies or even relatives if we see them as living beings like microbes. We want to create harmonious relationships, because there really isn't a way of making everything gone. We have the opportunity to create harmony with how we move through the world and they do.

These plants that we use as boundary medicines, in the past, they've been called anti-microbial, anti-viral, anti-fungal. But these plants tend to set up communication, boundaries. A boundary should be something that is permeable, flexible, even removable and most of all kind. Imagine some of these medicines as something that directs things away from you or attracts the correct things at the right time. We're not imagining that we can have all bad, which we don't really understand, microbes gone from our body, but we have a harmonious relationship.

So these plants help our bodies establish boundaries for these other relatives that we call bacteria. If we continue to work on the perspective we want, we get a much more relaxed idea, because trying to kill all of them is never going to work. It's not something that happens, even with antibiotics.

In Chinese medicine, there's layers of chi. We have an outside layer floating here, which we want to have strong, that's the first boundary, the first communication. You go here, you come here. The body functions in that way. We have plants that enhance that experience in our bodies.

Now we can talk about poulticing. These medicines over here are things, including this one actually, are medicines that we use to draw infections out of our body. A big piece of the video, this very important part, will be poulticing. Poulticing is one of the most effective ways of removing infection that has settled into the body. Very, very important and a powerful medicine.

Allopathic medicine derived its beginnings from herbal medicine and herbal medicine techniques. Remember, herbal medicine is not just a tea or an extract. As allopathic medicine developed its techniques, I've always been really surprised that poulticing was one of the ones that fell to the side because it's so powerful and useful.

We have our health. The quality of our health will affect, hugely, whether we get an infection or not. The quality of our health will affect how quickly we can move the infection away, so it's something to always pay attention to. Take action when you begin to sense that you have a problem on your body. Don't wait. That's one of the most important things about quickly regaining balance. If you have a rash, treat it. If you have a cut, treat it. If you have a gash, treat it. If you have a puncture wound, treat it. If you have a burn, treat it. Taking action right away will have a great effect.

This is not news to anyone who has been in the world of first aid. Taking action is very important. Again, we'll start with minor things. If you have a condition like a rash or a minor cut. Clean it. One of the really wonderful treatments for rashes or minor cuts are washes. We want a strong boundary medicine. Again, there are many of them. Something like an artemisia, sage. Those make strong washes. This plant, which, those of you who live in the southwest will recognize the name chaparral. It's one of the most abundant plants in the southwestern deserts, probably the most abundant plant. It has many names, Creosote Bush, Larrea, Sugai, La Hediondilla, La Gobernadora. A very renowned and used medicine.

Any of these plants that you may have in your region that carry those same methods or descriptions will work fine. Look at regional books or speak with herbalists in your region. Always keeping in mind that you don't want to use rare plants.

Making a strong wash is simple to do. You use a quantity of the plant and boil it for five or 10 or even longer. Get a nice, strong tea. Let it cool down a bit. If you have, say, a cut on your hand or a part of your body, soak it in there. You've cleaned the body first, cleaned the area. I've often noticed that when people injure themselves, they might clean the smallest area around the injury. Don't do that. Clean. Clean well. Submerge it in that wash, if you have a rash, pour the cooled, now you don't want to burn yourself, but you pour the wash on the rash. This can be done several times a day and is very, very effective.

For more minor cuts and scrapes, things like that. Creating some kind of salve is often a great way of treating these infections. Many, many are minor infections and minor rashes. At least, many of the salves. This is a salve that I make, and you could also make. It's made with an infused oil with this chaparral, which means you take a high quality oil. A fairly stable oil like olive oil or coconut oil, something that has a little bit of longevity to it. Put the chaparral in. If you had a quart, you'd fill it up, maybe 2/3 full of this plant. Or another one that you have learned to be something like the sage, that has the qualities that we're looking for. You soak that, it's called infusing, it's called an infused oil. You infuse that for several months until the odor has the smell and the color has changed.

Many oils and salves that we purchase, that people have infused, they're not strong enough. Make sure you put lots of herbs in and you put them in a warm place, say, on top of your water heater or in a paper bag to diffuse the sunlight a little bit. Really let that oil and plant diffuse. It's worth the effort to get some chaparral, because chaparral is also an antioxidant that keeps that oil from ever going rancid so you won't make a big batch of salve and lose it due to rancidity.

Once you have a strongly infused oil, we melt pine pitch into that oil. That is done by putting sticky pine pitch into the heated oil. All the way to the place where it's nice a tacky. Just before it's sticky when you put it on your skin. That's why pine pitch, itself, is hard to use. That makes for a decent salve for all types of rashes and more minor cuts. There are a lot of salves out there, salves that people make. Often, they're not strong enough, but if you learn how to discern or make a high quality salve, then they're useful for these more minor conditions. For treating them, either when they have a small amount of infection in them, or before they get infected.

That's ideal, right? We avoid infection and then we treat infection quickly to avoid growing into something bigger. There's a process here. Always that process, which we can tell is quite different than what we're accustomed to. You just go and get antibiotics and it takes care of everything, quote, unquote. We're learning that isn't the case and some of the problems that go along with that.

I wanted to introduce you to this as also a way of treating wounds. This is what I call a

wound powder. It's actually called a tooth wound powder, because using it on your toothbrush to clean your teeth, it's very similar ... it's the same herbs, that's why this is a tooth wound powder. This powder can be made of regional herbs, anywhere. The value of a powder like this is very high. This one is made of 50% of a plant that is very astringent.

That can be, in a certain location, something like white oak bark or where I am, a plant called canaigre. Both of these are abundant plants, so long as when we harvest the oak bark, we don't damage the tree. Harvesting the root of this plant called canaigre, where I live, since I'm a southwestern person, many of the plants, because I'm a regional herbalist, I use the plants in my area. I chose plants that are very durable when they're dry, they don't lose their potency. They're easy to powder and, what else? What's so important? They're very, very abundant. I choose plants that will not be impacted by harvesting.

Half of the volume of this powder is made up of one plant. That's a very astringent plant. It happens to be called red dock. The astringency, if you've never heard that term, if you were to take something of astringency and put it on your tongue, it shrinks it. That's the sensation of astringency, that's exactly what we're looking for. That shrinking quality, tightening quality.

If you have a bleeding wound, where is that blood coming from? Veins and arteries in the body are very well protected. They're deep. They're hard to get to. Almost always, bleeding is coming from those very tiny vessels called capillaries. If you put a shrinking substance on them, those very tiny, millions of them, those very tiny capillaries will shut off. That stops the bleeding. That astringent quality is also one of those things we've described as a boundary medicine.

The rest of the ingredients, there's four more in this particular ... three or four more in this particular powder. In here is the dried pitch of a pine tree. I go and collect the very driest pine pitch. This is the blood of the tree. She, that tree, is dealing with the exact same things as us. Boundaries, creating boundaries and keeping healed. It's a very powerful medicine that works as a boundary medicine. Chaparral, again, is in there. All of those same principals. Pitch from the juniper tree, same thing. And then some other regional herbs that one could replace with something from their world. Such as oregano.

When we put an herbal powder, again, that has high quality to it, this will stop the bleeding. This will promote healing, because we have plants in there that promote healing. They're also boundary medicines to prevent infection. Perfect medicine. Perfect medicine for applying to a bleeding cut or wound. This particular wound powder, with that kind of astringency, I've used on everything from small cuts, to giant wounds. I've treated an individual in medicine that had hacked his leg with a machete, pouring blood. We've used it on minor chainsaw cuts. How do you have a minor one? If you nick yourself with a chainsaw.

Things that have a lot of blood and you pour this powder on and the ... It looked like the

powder is bleeding out with the blood but then it will coagulate and create a really strong, flexible scab that's full of these herbs and your chance of getting infected is really diminished.

When we have a larger wound, like I just described, we might want to start initiating the next process up. Because we have a bigger wound, more potential for infection, perhaps. If the infection continues, then we add layer after layer for treating it. Now we have a bigger wound, we want to definitely be paying attention to our diet to the point of not consuming the worst things and increasing the intake of powerful things. One of the most useful things you can put in your body during a stress state is high quality, green energy. Meaning plant material of high quality.

That can be done in many ways. Trying to eat ... Sure, eat more vegetables. When we want to concentrate it, a great way of doing that is in something that we call a green powder. A green powder is not something you can always count on to be able to purchase and it will be of high quality. I encourage people to make their own green powders, which can be made of almost any leafy green from the garden. Dried and ground. You want to kind of play with the flavors to make sure you have one that is, more or less, palatable.

This one's made exclusively of dried nettles. Nettles can be difficult to purchase dried, in commerce, because they tend to be dried improperly and they'll be a little bit bitter and black. Your own gathered nettles should be beautiful like this. Green and very vibrant. Ingesting two or three or four teaspoons of this daily, maybe even more, when your health is in a compromised state. Or you've injured yourself and are offering your system more nutritive quality to heal well, a green powder is one of the more powerful things you can do and simple.

Always, the quality of the herb is critical. I've purchased various green powders and often been very disappointed. Creating your own is easy to do and, perhaps, being able to find one that is of high quality is possible. Many of them are not and that's just the way it is. We have to pay attention to the quality of our herbs, it takes a little bit of work. That doesn't mean that there aren't high quality herbs available, we need to know that.

We've moved up a little. We have a bigger wound. We're paying more attention to what we put in ourselves. Supplementing with higher quality foods, things like these green powders, very, very important. This would be true of any kind of wound we got. Say, anytime we have a larger wound that has potential for getting infected or has already gotten infected. We pay attention to what we put in our system.

Module 4

Herb Descriptions

Doug: We've discussed a bit here about the importance of what our health is like before we get a compromised situation such as a wound, a rash, a burn, any kind of external damage to our body. The condition of our health will absolutely reflect the condition of our healing and the likelihood of getting an infection or not getting an infection, and if we do get an infection, how quickly we're able to resolve. Now we've also spoken about some of the treatments of a condition when it happens, say a rash or a smaller cut, or even a larger cut. That means that we're being careful about what we consume, we're consuming things that enhance our health, we're consuming the boundary medicines, immuno-stimulants. We're treating the external wound in the ways that we've described.

Let's recognize that this is again a step-by-step process, and the more serious, so to speak, the condition, the more the next step gets taken. Often we're very, very frightened of infection and we don't feel empowered. This video is here to help you with that, and help you to get to a place where you can treat infections confidently. I want to remind everybody, start from the beginning, where you are. Gather some of these plants, whether you purchase them, but get some of them. Start using them, seeing how they affect your body. When we get to the poulticing, make poultices before you have a condition that requires one, so that you have experience that allows you to act more confidently when something happens.

I also want to remind everyone; this is how these kind of conditions have always been treated. Natural medicines have been really diminished over time, but they are very effective on serious, serious conditions. That's what I'm trying to offer you here. There is of course a similarity to allopathic or modern medicine, where we treat the condition by cleaning it and putting things on it. It differs from the allopathic approach in that we're very concerned about what we put in our body, our condition of our health, and also that we're treating these conditions to avoid infection and to treat infection without the use of pharmaceuticals like antibiotics.

We're going to now just discuss a little bit more in detail some of these medicines that we will ingest when necessary. Then we'll move into discussing both the treatment of puncture wounds and then the uses of the poulticing, which will include all of the venomous insect bites, the snake bites and all types of burns, and all infected states, and big wounds that have swollen even if they're not infected, that will require poulticing to draw out the inflammation and speed healing.

Here we are right now, we're going to talk some more about these plants that we ingest. Again, we've spoken about the quality of them and we've spoken a bit about getting them from your region and how to do that. Speaking with herbalists, growing them, gaining some experience in that way. The herbs that I have here that I've demonstrated to you, again, are green powder for nutritional content. It's not the only thing that one should do for their nutritional content, but again, as I explained, very

powerful medicine.

We've talked about chaparral as a wash and also as part of a powder into wounds, as a wound powder. We also talk about some use internally, which would mean about a teaspoon put in a quart of water, allowing it to infuse in a cold infusion, and then using that as a boundary medicine to ingest. Chaparral has a lot of bad reputation, undeserved, coming from really huge misinformation. Chaparral has a vast, long history of use. Using it internally, if used gently like in that way of a cold infusion, is a very nice medicine. Just don't overdo it. Don't overdo any medicine. Grow in your use.

Most people are familiar with a medicine called echinacea. This is a medicine that nourishes, enhances and even stimulates the immune system. It's a renowned medicine for a reason, because it works well. Whether an echinacea that you purchase, whether it's a dried root like this that's chopped already or even an extract form, one of the ways that you can determine its effectiveness, its quality, is to take some of it and put it in your mouth and chew it. If it's an extract, put four, five or six drops in your mouth. Keep it on your tongue. Chew this root really well for a while, maybe even more than that. Say, that much, and chew it well, and keep it in your mouth. Echinacea that has vitality will tingle. It's a very noticeable sensation. If it doesn't tingle, you have old medicine that won't do anything for you. Echinacea is a medicine that we would use when we're trying to enhance our body, even before infection because we've injured it, but also once an infection has begun.

That's true of these, too. Over here we have oregano. This happens to be a wild oregano, which is available in the southwest and perhaps other places. Mediterranean oregano is also a really powerful medicine so long as it's fresh and pungent and works well. You can make teas of oregano. There are other products available like oregano oil that are also useful and powerful. These are boundary medicines.

I'm giving you a few examples of things you can get, and encouraging you to realize that there's always these medicines available in your region. These are some of the ones that I like in my region, and some that overlap everywhere. This plant right here are the seed heads of an herb called spilanthes, or South American toothache herb. It also tingles hugely when you chew on it. Combined with echinacea is a great immuno-stimulant that's very effective if you have high-quality herbs. You maybe consume more than one of these at a time, or one to three at any given time.

This of course is a very famous remedy, and we'll talk about it and how to use it. Garlic, of course. When we're trying to utilize the boundary medicine aspects of garlic, it requires opening a clove and crushing it. A garlic crusher is great. You can put it on a board and crush it and smash it well with the side of a knife. What you want is for that garlic to have been exposed to air. There's something that happens, I imagine it's something of an oxidization process, but it makes available a constituent called allicin. That is an important medicine as part of the garlic. We have to remember that there's many things we don't know about these herbs, but there are some things we do know. If we attribute garlic's ability to help us to only the allicin, we'll probably miss out on the real effectiveness of the medicine. I always encourage people to use the whole plant, as

opposed to isolated extractions of the medicine. Garlic is a powerful one. Crush it, leave it out for a few minutes, then consume it.

If you're trying to use garlic internally, it's very powerful medicine, right, and very strong. It's hot medicine. Be sure to not consume much of it, or any of it, is my suggestion, on an empty stomach. You'd rather do it when you have some food in your stomach, and always have some water, maybe an apple nearby so that you can alleviate any digestive burn that might start happening. If you have something in your stomach already, it's unlikely. If you have a very sensitive stomach, garlic probably isn't the medicine you want to use.

Bee propolis is another abundant medicine that can be mostly purchased, but you can get it from many different people who tend bees, and use it in the way that it's supposed to be used. Take small amounts internally. Very, very helpful in these conditions.

I've given you a few of these remedies that I use. Of course I have others that are very regional that aren't appropriate for a larger audience, just like you will where you are. The idea here is to not get discouraged by what you don't know. Use what you do, and build that process.

Another medicine that I like a lot is one called Red Root. The Latin name is a *Ceanothus* species and it grows almost everywhere, and is available in commerce. Pretty durable medicine. That medicine is great for all infected states or attempts to build the body to avoid infection. Red Root is a medicine that touches the lymphatic system, which is part of the body that cleans the blood. At any time, that's part of maintaining the quality of the blood. Red Root is a medicine that really is available to most audiences, and one that I think is valuable to know about.

We know that we must treat our health well, and especially once we've had an injury. We want to pay attention to the health and what we put in our body. We want to take action and treat the wound right away, and now we have all of these various medicines available to us for ingestion.

There is also another description of plant medicine that can be very helpful in these situations. If there's a lot of pain, there are analgesic plant medicines and they can be very effective. One of my favorites is this one, Valerian Root. This can affect the discomfort of an experience, whether it's a more serious wound or even an infected state. This is not anywhere near the power of a pharmaceutical pain killer, but it can be very useful in diminishing the discomfort and the agitation. We do often use some nervines in these kind of situations we're describing. There's many other nervines: Motherwort, Saint John's wort. Easy ones to learn, and when they are high quality, properly harvested, properly prepared or dried, and properly stored, they'll be very useful medicines.

Module 5

Poulticing

Doug: Okay, now we're to the point of talking about poulticing. Poulticing is a really valuable and effective system for treating infections and other buildups of fluids in the body. We use poulticing for a whole bunch of reasons which I will delineate to you. Initially, we should talk about what materials work as a poultice.

A poultice will draw fluids out of the body and facilitate healing. The healing doesn't just come from the removal of fluids, which is extremely important, but also aspects of the poultice influence the body's healing directly by the way that they enter the body.

Poulticing can be done with many different materials. Oats, wheat, flour. In my opinion, and I've done vast amounts of poulticing in my life, the very, very best poultice is prickly pear. We will demonstrate for you exactly how to harvest prickly pear and how to turn it into a poultice. The poultice that I feel is the next most effective and also a very useful and effective poultice is clay. We have some clay right here and we'll demonstrate that as well. After that, I feel the third most effective poultice are plant poultices. Mostly my favorite is plantain, which can be fresh or dried. This is dried plantain and normally we would, not always, but sometimes we would even grind it up smaller. This will work perfectly the way it is. These are all drying agents. This is also, this is the pitch from a pine tree, this is also a drying agent, which we talked about in the salve. We will also talk about how to use pine pitch as a drying agent, as a poultice, but it's very nature, its heavy, stickiness and awkward of use limits the size of the possible poultice.

Okay so where are some of the places that we would use a poultice to help us? All types of infections on the external part of the body, whether they were from a small cut, a large gash, a giant cut, a rash that became infected, a poison ivy rash that became infected, all burns, strains, breaks, and all venomous insect bites, all snakebites as well, and of course things like dog bites and whatnot. Almost any condition on the external part of the body that has been traumatized, a poultice will be very helpful and incredible for infected states, the most powerful of all the remedies.

Now, we want this system to work. We want the system to work, so if you skip all that we talked about beforehand and use only the poultice, you may get away with that. That might work because the poultice is probably the most powerful of everything we've discussed, yet to guarantee a really nice, clean, quicker recovery, use the steps that we've talked about. Use each of the steps. Utilize your understanding of quality of diet, increase the quality of the diet as we've discussed. Use these medicines internally, both the immunostimulants and the boundary medicines. Then we apply the poulticing.

There are two, actually, really foundational rules for poulticing. One is that the poultice has to be large. It must be bigger than the area that you're putting it on. If you smear a little tiny daub of clay on a spider bite, you may as well not have done anything. The second point is that the poultice should stay on for a long period of time. We'll discuss those lengths of time and the size of the poultice as we go, but as an example perhaps

imagine something on my arm here the size of a quarter. That poultice would be that big and about an inch and a half to two inches thick and it would stay on there, depending on what the condition was, well as long as it takes to heal. As we discuss these various conditions or experiences, wounds, bites, burns, I'll be speaking about how long to keep them on.

The next step here is to demonstrate how to turn a prickly pear pad into a poultice. We'll do the same with the clay. Also we'll be demonstrating to you how to get this off the plant without getting your hands filled with thorns.

I'm going to demonstrate how I like to construct a poultice out of the prickly pear pad. Now, for a very small condition, occasionally you can cut off a piece of the prickly pear pad and take the skin off and tape that in place and it'll be effective, but to have a really useful and effective poultice, it should be done the way I'm demonstrating.

What I'm going to do is I'm going to remove the gel from inside of this pad and then we'll put that on the affected area. If we just use a slab of the prickly pear, it often doesn't form itself around the body and it doesn't pull nearly as well.

Okay so here we go. You have a clean pad, and again we'll demonstrate this in a moment. All the thorns are gone, look at that. I can touch it anywhere, no problem. Getting yourself accustomed to using prickly pear and so that you're not afraid of the thorns is going to be very helpful. Here we go, we take the knife and just run it about an inch deep, so not too far, along the edge of the pad. I've made it all the way around, just about. Right there, there we are. Slip my hand in here and split the pad in half. Now, this system that I'm demonstrating here, this will work for any kind of pad. We happen to have these nice, large ones. It'll work well for a smaller pad. Any type of pad can be taken apart in this way. Now, these are mature pads. This isn't a young pad that has no fiber. Young pads will work for poulticing, like perhaps the kind that you can buy in the Mexican markets or sometimes in the supermarket or if you have prickly pear around you, they will work, but they're much more watery. The best of these pads are the older ones, for medicine.

There, now I've separated it. The anatomy, both sides, the anatomy of this pad is that there's a layer of skin and then there's going to be a layer of this gel material, which you'll see as I take it off. Then there's this fiber, right here, which you'll see in a moment. Then there's another layer of gel, and that's repeated on this side. It'll go skin, gel, fiber, gel, fiber, gel, skin. That's the anatomy of a full pad.

The first thing we want to do, and these are the tools I feel are the most effective, it's kind of hilarious, but they work great for cleaning a prickly pear pad. You can do this with a stone, it doesn't matter, or a properly-shaped piece of rock. These just happen to work really well. We take off this gel right here with the spoon, putting it aside in a bowl. Some of that fiber is coming. This particular type of prickly pear, the amount of fiber can vary quite a bit in a type of prickly pear. This one doesn't have a huge amount of fiber, but we still want to get it out, and I'll show you why.

I've gotten a lot of that first layer of gel off. Now we'll take that fiber off. If you have a type of prickly pear that has a really heavy-duty fiber in there you really want to do this. You don't want that fiber to be poking. It doesn't matter, depending on the type of problem, let's say you have a bad strain or a strain or a broken bone, that poking isn't really going to effect anything, but an open cut or a burn, that poking could be irritating.

See what I did was I broke it, I broke the skin, gives me a handle. I set it down. I'm not really pulling straight up; I'm pulling that way. If I pull straight up I might break them. They're popping out, just go ahead and take them off. Again, this one doesn't have a lot of fibers. That's what you're trying to get out of there is these heavier fibers. Different species of prickly pear might have a much tougher and more intact fiber.

Okay so we got that out. Now, we take this fork. You don't want to go too deep at once because you might but the skin here underneath and then it'll be hard to get the gel off, but this breaks the gel up and makes it much easier to come off. You run the fork across it like that. Now we're continuing to scrape. See the gel's coming right off. This isn't a very difficult process. I really encourage people to go ahead and practice this before you need it so you've got an idea how it works. You see I'm being kind of careful not to push too deep because I don't really want to cut that skin because then it gets really hard to get it off.

Now I'm going to do it again with the fork. Usually only twice is necessary, sometimes three times. I will probably get the majority of it just like this. I feel like I'm teaching a cooking class.

Here we go, next layer. Notice how much greener, deeper green, this is next to the sunlight and so it's got more chlorophyll. I like a combo of the two gels. The inner gel is less green. It's kind of subtle, it doesn't matter that much, you just need to get the gel.

Depending on the size of the poultice that we need to make, the poultice size will depend only on the size of the wound or the size of whatever we're poulticing, whether it's a break, or a strain, or a burn, or an infected wound, or a puncture wound. All depends on how big the wound itself is and that will determine how much gel we need.

Now that we've scraped this off, we put it in a bowl. A prickly pear poultice needs to be of a certain constituency, and this will work, right here. This will work okay, but if we add liquid to it, it will be almost twice as effective. Now, the amount of liquid, and I'll show you that and I'll show you the consistency that's ideal, but the amount of liquid can be held back a bit to compromise for a very difficult location. For example, I remember I had a time when I helped somebody who had dislocated their collar bone and when we put the more liquidy poultice on their shoulder it was really difficult, it would run down, even though we tried to put it in a cheesecloth and hold it in place. Ideally we want the consistency that I'm going to demonstrate to you, but if the location makes it so you almost can't use a watery consistency, you hold back a little because you want to use the poultice and it's still very effective.

What do we mix with a poultice? Water is great. You can also brew a strong tea of one

of these herbs, like we've discussed, like chaparral or sage and use that as your mixing material to enhance the poultice a bit. Unnecessary, but nice. Be sure to know that you want to mix that with tea that is cool. You don't want to cook the cactus with hot tea.

Have a look at, this isn't a lot of cactus. I'm going to put quite a bit of water in. Look at how much I put in there, that's quite a bit. It doesn't seem like it's going to pull it up. I might have put just a touch too much, but I'll show you how much I pull off. I may put it back. I took about a third of it off. Here it's gathering that water up and changing consistency. I'm having a difficult time with that word.

Look how quickly it picked that up, and now it's a lot floppier. That will be really great for a poultice, just like that.

Now, again, what do we use a poultice for? Breaks, strains, all types of infections, wounds that have swollen, burns, spider bites, venomous insect bites of any kind, snakebites, and any type of puncture wound. A big variety of things to use them for. I'm going to demonstrate just sort of on myself a little bit just to show you.

Now, to apply this, ideally you need a piece of cloth. The cloth should be cotton. We want something that breathes. Also, we prefer cloth without a dye. Now, what happens if you don't have that? Use your shirt, it doesn't matter. Try to avoid using things like plastic bags. We do what we have to in a situation where we don't have the ideal, so a piece of cloth, any type, is effective. If you have no cloth at all, often the skins of these prickly pear are much tougher and you can use a skin to put it in place.

We'll demonstrate with this. Imagine that I would have something, again, the size of a quarter. This would be about the right amount of prickly pear for that, maybe even a little too much. Something about there, manageable, okay? If you were to take a quarter and set it on there, look how much bigger that poultice is, and look how thick it is as well. Then we would take that poultice, and we're going to demonstrate this in a moment even more clearly, but that will be placed over the wound and then something like and ace bandage, use to wrap it in place.

Let's talk about, first, some of the more obvious things. Let's just go through them one at a time.

If we have, say, a break in the body. Let's go with something simple, in a finger, you would want to poultice that finger thoroughly, all the way up into this part of the hand. That could be done using more cloth material or even a sock and we bring it up and poultice the entire area so that the swelling can come down. If we have a strain, say a strained ankle, same exact thing. A bigger piece of cloth, more poultice, put around the ankle and strapped on either using something very effective like and ace bandage or even make your own with a strip of material and then you tie the ends.

A poultice made of prickly pear in an area where there's not open flesh is good for, say, eight hours, six to eight hours. Burns are less. Six hours only on a burn. For a swollen ankle, for example, or a strained wrist, we'd put that poultice on. Now, it depends on

the condition of the strain. The sooner we put it on, the better. The more serious the strain, the sooner we're going to want it on. You will feel the poultice literally drawing that inflammation out of the swollen area. That poultice on a strain or a break, especially a strain, could take as little as 24 hours, maybe even 12 hours to really pull out that inflammation. I've seen a strained ankle that was yellow and blue and we poulticed it from about noon on one day to the next morning by changing the poultice twice, all the inflammation and color had been pulled out of it.

It's good in a situation like that to not go, "Oh, I'm all better." Go ahead and let it heal a bit before running around on it, that's a really quick change. A break is a broken bone and you're going to want to do things internally to facilitate the healing of the bone and the timing can be quite a bit more, depending on the severity of the break. We've treated some fairly serious breaks with prickly pear and it just speeds up the whole process hugely and it stabilizes the break. I've never treated a broken bone that was visibly separated but I've treated a lot of cracks and breaks that weren't in a different place and it works wonderfully. If I was faced with treating a badly broken bone, I would still use these same principles.

I remember one time treating a strain on one of my son's friends and they were about eight or 10 years old and my son comes wheeling one of his friends into my camp on a wheelbarrow. They'd been playing in a tree and the branch broke and he fell about eight or 10 feet. His ankle was really sprained. It was big and yellow and purple. We immediately had him sit down and built him a poultice, but in on the way I've described, then I gave him some [nervines 00:20:04]. We changed that poultice, he came into my camp maybe around noon and we changed it about six or seven, maybe eight hours later. There's no open flesh. Then we changed it again in the night and by morning, all of the color, the yellow and purple, were gone and all of the inflammation. I told him, "Don't just go off and run around because it feels so good, go ahead and take a day or two to let it heal some more." That situation was basically healed in a young person that quickly.

That suggests for me to talk about when is appropriate for poulticing time-wise. If you have a serious condition, you have to go ahead and poultice and that's what your day is going to be doing. If we have a more chronic or maybe minor condition, we do a lot of our poulticing at night because they're sort of awkward and sleeping with a poultice on will often be sufficient to heal the situation and it's not so serious that it has to be taken care of instantly. Breaks and sprains respond really well to poulticing and especially prickly pear.

Now we'll talk about venomous insect bites. There's various kinds, you can put a little bit of prickly pear or even other kinds of poultice on minor ones that could be things like bee stings or ant stings or even certain kinds of scorpions that don't do much. When we get to more painful or insect bites that can cause problems, like black widow or brown recluse or different kinds of scorpion stings, there are different kinds of scorpions and the ones that I'm familiar with you can get stung with and nothing really happens. Another kind will create a lot of pain if untreated, maybe the pain will rise in the arm almost for 12 or 24 hours and then recede and that's basically the experience for the

person. If their health is very low, it could take a lot longer. If we treat that sting with a poultice, none of that really happens. Another type of scorpion sting that I've experienced, or treated, I've treated a lot of scorpion stings, they usually fall into these three categories, it's necrosing, like a brown recluse and this is, of course, a really good medicine for that.

Let's talk about brown recluse stings. People have various reactions to them. Depending on the individual, which could be due to the condition of their health, how healthy they are, or some other factor that we might not know about that individual, a quirk, even to say, the worst case scenario with a brown recluse bite, brown recluse have a necrosing venom which means that the venom causes the tissue to die. In a worst case scenario with people, it will just spread at whatever speed it does, but usually with a little bit of speed to it. You've got the bite, you didn't really notice anything, its swollen, now the next day it's starting to have a rotting sensation to it and moving outward.

Now, an antibiotic will do nothing for a brown recluse bite. The only thing that an antibiotic might do is stop a secondary infection, but that is not a biotic, that venom of a brown recluse, it's a chemical compound. It's very, very long-lasting so to draw it out is the way to treat those kind of stings from a brown recluse.

There's many different times that I've treated a brown recluse. Right away, a week later, even a month later, and actually, years later. I've heard that the worst case scenario on a really continually necrosing brown recluse is that sometimes people, the doctors will choose to amputate the limb because the condition is so severe. We can avoid all of that because it responds so well to poulticing. Normally people tend to notice a brown recluse sting once it's begun to swell and even get kind of puss-like inside of it. We'll put a poultice on, just exactly like we described, even treating the few larger ones that I've treated, it's always the same. Your poultice needs to be bigger than the area by a good bit, like twice plus, and very thick, as thick as you can get it. Somewhere between an inch and an inch and a half thick. That's about realistic. You can't normally build one much bigger than that.

Either of those conditions, that larger one will probably take longer, but a normal brown recluse bite will take about two days to resolve, maybe two and a half. That means that it has to be poulticed, with changing every six to eight hours for two to three days. It draws out and the first poultice people take it off and they're like, "Oh, my god, Doug, you should have seen the gnarly stuff that came out of there!" The next one, they'll start to notice a hard object inside the bite. You seldom see it, if ever, in the poultice. I've looked for it, but I've never seen it, but that'll pull out. Then the healing will begin. Usually it just takes a few days, altogether, the heal a brown recluse bite.

There's some interesting things about brown recluse. I had an experience once where I treated a young man who was very healthy and he knew about poulticing, he spent a lot of time with me, and he got one on his toe and he didn't really care. It swelled and ruptured and healed. Then he got one on his leg, in the total of about a week's time, he got seven brown recluse bites and by the time the fifth, sixth, and seventh showed up, his vitality had dropped a lot. He'd used up a lot of energy working those bites. What's

interesting is the old ones that were healed in a week's time became open again. An individual might experience an old brown recluse bite becoming irritated, even opening, years afterwards or maybe once a year or a couple times in a year's time, even up to, probably the longest one that I remember helping someone with was about a fifteen-year-old bite.

What happens is that venom gets cysted by the body. The body builds a cyst around it, but if their health is diminished, say they got a flu or a lot of stress or whatever, the body's energy is being used elsewhere and the maintenance of that cyst around that venom is diminished and that venom starts having affect again. It starts to open or swell or get irritated. That could happen only once in a while, only when the person's health dips a little, or it might be as frequently as a few times a year. That hard object that I mentioned in a fresh bite is the body beginning to build a cyst around that venom. When an old bite like that, even if it's fifteen years old, like the one example, all you have to do is poultice it for a few days, draw it back out, and the situation is taken care of. No more venom.

We've treated bites all over the body. You have to be a little bit creative sometimes on how to get the poultice in place. Tape, medical tape, can be really helpful. Another thing that's important about a poultice, no matter what kind it is, you want it directly on the tissue. You don't want a piece of cloth between the poultice and the skin. You want the poultice directly on the skin.

Black widow bites usually make the person sick and occasionally can cause external problems. If you know you've been bitten by a spider, poultice it. Don't wait to find out what kind it is.

I wanted to share a couple stories of some infected wounds that I've treated to help people understand how effective these poultices can be. I remember once I helped a woman who had fallen doing some rock climbing, maybe not with ropes, but she had removed all of the flesh from her knee, it was pretty bad. I saw her maybe a week or so later, after it had gotten infected, not that those always have to get infected, but that one certainly did. Now, if I had seen her immediately at that point then I could share another story, but we'll just use this one. If I had seen her immediately at the point she had had that injury, that would have been a perfect time to put a poultice on. Those kind of pretty traumatic injuries where you get a big cut or a lot of flesh removed, that's a perfect place for a poultice. That will facilitate the healing and avoid an infection.

This situation that I'm describing, the infection was already there. We're looking at a chunk of flesh, maybe this large, missing from the knee, nice and infected. Using a poultice, changed every six hours for say, two days, if I recall, perfect. Very typical, two days in a situation like that draws out the infection. At that point you might want to air it out and maybe poultice it at night only as it's finishing its healing. The wound will need some air for its final healing, but they heal amazingly inside the poultice.

I had another story of a person who had gotten a very bad burn on her foot. She came to me quite a bit afterwards, at least a week, and the infection was really, really bad.

She even had small red lines beginning to leave that burn area indicating blood poisoning or the beginning of blood poisoning. This particular individual wasn't really able to take any of the herbs internally that we would recommend for a situation that's that advanced. Remember, that's what we've talked about. You employ the steps as you go. You have a situation where it's already infected like that, you're really paying attention to what you consume, you're upping your nutrition, you're consuming these herbs as we discussed and you're poulticing. But in this situation, that didn't happen. The only thing that happened, and it's not like the only thing, but what we were able to do was poultice it and poultice it really well, the way I've described it. That poultice pulled the infection out of that wound and drew back the blood poisoning and healed that wound. There was even staph, that person had staph infection going on, but because of the prickly pear poultice, that wound healed with both the staph infection and the blood poisoning beginning. Very powerful.

I've learned from the hundreds and hundreds of times that I've used prickly pear to poultice wounds that if you have a wound that's not infected and you use prickly pear appropriately as a poultice, you won't get infection. That's a pretty strong statement to make, but it's accurate.

One of the next uses that we use prickly pear for is treating burns. Of course there's many, many, many different experiences people have, from very serious to minor. Prickly pear's amazing for treating burns of any type. I would encourage everybody who's interested to definitely get accustomed to working with prickly pear so that if you're faced with something like a burn you're prepared, you don't have so much to learn at once. The prickly pear is similar to aloe in its way of affecting a burn, though I feel it's superior to aloe. Some of the burn that we've treated have been really big and most people probably would've gone to the hospital for some of the big ones. Because I've had those experiences, they've allowed me to understand the effectiveness of these poultices and in my opinion they're really the best way to go.

One of the things that happens in the hospital is that you almost always get an infection and they're very, very painful, the treatments for a burn. On a third-degree burn, of course, there's skin grafts, which are yet another story which we'll discuss a bit, but on these other types of burns like a second degree burn, it can be very, very painful. When they're covered with a poultice, the pain is hugely relieved and they draw out the fluid. If you have an experience with a burn, you want to never pop the blister. Do your best. Yes, blisters do get popped. You continue on just as we do. Burns the poultice must be changed ever six hours. If it's a large burn or even a small, but fairly serious burn or any kind of burn, really. Take the poultice off, but don't really worry about cleaning it well. You might pour some water on it, but if there's some prickly pear stuck to it still, it doesn't matter. Put the next poultice on and continue that. These bigger burns will be experiences that can last, you know, three or four or five days of poulticing, a third-degree burn longer, and we'll talk about that.

These second-degree burns, their healing can happen as quickly as eight to ten days on a solid second-degree burn with raised, blistered flesh.

I treated another person one time, a young person who had gotten a pot of boiling water dumped on his lap. We poulticed each of his legs with that gel and I created forms out of a prickly pear pad, I cut it out so that it was like using concrete. We put a form, a slice of prickly pear on each side of his leg and filled that up with gel and then wrapped it as I described earlier. We did that, changing the poultice every six hours, for two days, maybe three, and then started leaving it open for periods of time and in about 10 days it was pink flesh. That's very typical. I've treated a lot of burns like that. That's very typical, about 10 days for a second-degree burn to be back to pink flesh. Then that pink, of course, will go away over time.

We have some photos from other people who have sent us their photos after they learned how to make a poultice from me. Some of them actually learned verbally over the phone or through a video of this nature, they weren't even taking my classes in person. If you stop and think about it, this is a fairly simple process, right, all you have to do is do it. They listened to how to do it and put those poultices on and had the results we're talking about; you'll see that in those photos.

Remember that these poultices can be used anywhere on the body, literally. If you view my dental DVD, you'll be shown how to use it. A section of this is cut out of the prickly pear pad and put on the inside of the mouth right over the abscess or an exterior poultice to draw out infections from poulticed teeth. Anywhere on the body, including eyes. We've treated many, many eye infections and eye wounds using prickly pear. You've heard me say over and over, prickly pear, prickly pear, prickly pear. These other poultice materials also work in all of these situations, except for burns. I don't every use anything but prickly pear for burns. I've never tried to heal a burn with clay or plantain or any other type of poultice. All of the rest of the things. Puncture wounds, infections, they all respond well to the plantain, the clay, just remembering that we find the prickly pear to be the best. If you have an infection in the eye whether it's conjunctivitis or a wound to the eye, poulticing is a really good idea. Even if you're planning on taking it to the doctor, poulticing before, immediately, will speed the process up and help hugely.

I invite you to consider the simplicity of what we've been discussing. There's steps. Taking care of your health. Consuming the correct herbs. Using these minor medicines like salve or powder on less extensive wounds, though the powder can be used on really big, bleeding wounds. You step it up. Now you're ingesting the herbs as we've discussed and applying poulticing. It's very simple, really, but incredibly effective. I want to encourage people to not get daunted by the process because obviously it's very simple and the encouragement is also to get to know some of these herbs like these. Get to know how to create a prickly pear poultice. Get to know how to make a clay poultice so that you have some confidence before you need it. Always a good thing. Again, the effectiveness of these kind of medicines is amazing and the benefits of avoiding some of the possible side-effects from antibiotics of course is a very hopeful thing to do.

Module 6

Punctures

Doug: Okay so now we can talk about another aspect of poulticing for puncture wounds. Puncture wounds it is all the same stuff, so a large or a small puncture wound needs to be treated in exactly the way we've been discussing. The trick with the puncture wound, and this is very very important, is that a puncture wound has to heal from the inside out.

They get abscessed infected when the puncture wound closes on the outside before it is fully healed from the inside, and that is what causes the abscess and infections with puncture wounds. They have to be kept open and drawn out as they are healing from the inside out.

Prickly pear are perfect for that, because they keep the area wet and open and they are drawing out. If you have a large puncture wound, use Prickly Pear exactly like we've described and continuously keep it on there until the wound has healed from the inside to the outside.

Almost always puncture wounds love to close. They close on the outside and that is when the abscess happens. For smaller puncture wounds we can use Pine Pitch. That's exactly what this is. Now check out the texture of this. This is flexible but hardly sticky at all.

You just find this on pine trees. You will find all consistencies from super hard and dry, to absolutely sticky. This right here is about right. If I had for example had a small puncture wound in my foot, we would put a blob of this Pine Pitch something like this over the opening of that puncture wound, what we said it was something like right here.

Then we cover this outside with a piece of paper. Paper bag is one of the best materials. A leaf will work really well so long as it's not too stiff a leaf, a softer leaf works really well or a corn husk. Any of those things work really well. You put it on outside, shape it to the blob of Pine Pitch, you don't really want a tail like I've left there.

Now nothing sticks to it, and it will stay on your body and keep the wound open and Pine Pitch is very drying. It will dry it out. This is very very helpful for those smaller conditions where you still want to go off and do things but if you have a giant puncture wound you are not going anywhere; you need to treat it. It has to be treated by keeping them open so they're draining, drying.

They are draining naturally but the poultice is drawing out from the inside to the outside. Remember that these poultices do more than draw. They facilitate and stimulate and speed up healing hugely. This system right here with the Pine Pitch is also fantastic for small splinters things you cannot get out.

They can be even to this size of a splinter perhaps something like this, and your Pine Pitch will still work really well, and it keeps them open, pulls them out so if you have

something like a glass splinter wow those are hard to get out. Metal splinters and even all kinds of wood, stone splinters, this is the way to go instead of digging a huge hole and probably not succeeding.

Use the Pine Pitch to draw them out. A lot of times you can walk around with this on your foot, it will be fine and you can put it on at night, if you put the paper on correctly it won't be stuck to your bedding.

If you have a larger object in your foot or a bigger hole or you don't have any Pine Pitch, Prickly Pine works fantastic for drawing out all kinds of foreign objects, all the ones I've described and larger ones as well. I've seen a person who fell a good distance and jammed a giant rock in his foot, sliced it and jammed it in there.

That is a pretty solid experience. You imagine trying to get that rock out from a wound like that that is not fun. This gentle poulticing, put it on correctly so there is a correct amount of volume, the correct texture, you are changing it consistently draws it right out.

Module 7

Snakebites

Doug: Okay, so one of the other uses for a prickly pear poultice is for a snake bite. This would be true as you're probably gathering just about for anything that happens you poultice it. If you were sitting in prickly pear class I'd ask you, "So what do you do for that?" If you were asleep the whole time and just said, "Poultice it with prickly pear." You would get an A obviously. Okay, so snake bites are an interesting subject. In my part of the world there are rattlesnakes and all over there are different types of snakes. I've treated rattlesnake bites; I haven't really treated other kinds of snakebites but I have friends who have. Let's begin by saying some things about our relative, the rattlesnake.

They don't bite us easily and they're very maligned in the way that they're thought of. If we really stop and think about a rattlesnake, most people, many people I should say have never even really seen one. They're so reactive they've had very little opportunity to really observe how the rattlesnakes actually are. They're not necessarily timid but they're very intelligent. If we stop and think about it, even the biggest rattlesnake we're aware of is only a few pounds. We weight 120 minimum to 200 pounds, they know that if they get in a confrontation with us they're dead. It's very easy to kill a rattlesnake. Please remember, the rattlesnakes are not someone that we want to have a vendetta about because they don't bite easily. You have to really startle them or more likely the experience that we're aware of is that people mess with them and get bitten.

The most common people to get bitten by rattlesnakes are males between the age of 18 and 24 drinking alcohol. The rattlesnake would much rather conserve their venom to

save it for using to kill a small rat to eat than they would use it to bite. They also know that they get in a confrontation with somebody as large as us the outcome is almost for sure that they're going to die. Anybody who has the common perception that rattlesnakes are dangerous and are likely to bite you, I really encourage you to reexamine that and know that they rattle for a reason. That they like you to not step on them. They don't attack, they don't come at people. Those are all fallacies. If in the very, very unlikely situation that someone was to get bitten by a rattlesnake and other snakes as well, a poultice is a really, really effective way to treat it.

I've treated several dogs, maybe 5 dogs that have been bitten and some burros that have been bitten. I've been a second hand helper in a human snake bite, but like I say, it really doesn't happen very often. Anti-venom can also be very, very traumatic on the body so it's not necessarily like you head in and get anti-venom and feel great. It can be very, very unpleasant, anti-venom. We have found that treating a snake bite with poulticing is a really fantastic and effective way of working with a snake bite. Exactly like we've taught. You want to do it quickly. The venom moves but not that fast. If it's a human and you can get them to do it, have them drink a lot of water. Immediately poultice and keep that poultice on. It's incredibly effective. That venom moves more slowly than other types of nerve venom. The venoms often move more slowly and you start to draw them out with that prickly pear poultice, it's effective. Very effective.

The other thing to know about snake bites is this medicine right here, Echinacea, this medicine didn't come into the eclectic pharmacopoeia until late in the, like 1880, 1890. It was introduced by a patented medicine salesman. Those were the people who had formulas that they would sell to people for whatever ailments they might cure. This is called Snake Root or Kansas Snake Root. This particular individual's story goes; he would demonstrate the effectiveness of Echinacea by deliberately getting bitten by a rattlesnake. He had them with him. Then demonstrate that consuming Echinacea would stop the effects of the bite, of the venom. What we've learned from modern observation of Echinacea is that if you can imagine the molecular model that sometimes we see in a magazine or on TV. It's a ball with a pipe going between it and there's all of that configuration. The Echinacea opens one of those links. The venom is no longer a venom. Taking Echinacea is a very effective method of treating a snake bite.

I've done it with several dogs, it's amazing. They got to chew up the root or if you have powder. I mixed it with oil for them and shoved it down their throat. They probably consumed, an average sized 40-pound dog, I gave them half an ounce of Echinacea over an hour and a half's time. Kept the wound poulticed. They were done, no ill effects. We also need to know that not all rattlesnake bites will be venomous. They don't want to use their venom as I spoke and they don't really want to get in an argument. They may just hit you, or they might bite you but put no venom. They might bite you and put some of their venom. You freak them out enough they're going to do everything they can to escape. The severity of the bite might even, or the quantity of venom is definitely variable. They say that small baby snakes don't have such good control of their release of venom so they might put more in. That's not to say that a bigger snake might not use more venom as well, but they have a choice.

Again, I really want to reiterate the fact that these relatives, these rattlesnakes are not out to get you. They're very beautiful, mystic people and we want to take good care of them. In the event that you or your pet gets bitten, these are really helpful remedies.

Module 8

Staph

Doug: We also are going to discuss how to treat a staph infection. There's several things that are important to understand about a staph infection. Staph, the bacteria is all over the place, you probably have some on you right now, but you don't have a staph infection. Why do people get staph infections? It's not needed to get staph, but what happens is that people get staph infections because they are rundown. It's an absolute indication that the person is rundown. Who normally gets staph infections? Travelers, people who don't take care of themselves and party too much, and weakened people in a hospital setting. Those are very typical places to get a staph infection.

How do we treat staph infections? With that piece of information, the beginning should be obvious, we have to stop being rundown. Initially, the person has to take care of themselves. They need to rest, eat well, eat high quality food. Without that, almost nothing will get rid of the staph infection. That's why people sometimes, the less robust ones will get staph infection, go get antibiotics, thirty days later, get it back. Some people do this over and over, and over again. Those people who succeed with the antibiotics, succeeded because they are basically in good form. They got rundown, the staph got started, they took the antibiotics, and their body was robust enough to recover, so then their natural resistance to it was in place. The thing we also need to remember, is the antibiotics can bring down our level of energy on their own disrupting digestive quality and things like that.

To successfully treat a staph infection, we have to treat the main cause which is being rundown. High quality food, rest, high quality herbs. Those are mandatory. Now, there are other things that we do. If the person has been travelling, and they are dirty, and their clothes are overly dirty, those kind of things, those have to be taken care of. In fact, the clothes maybe should be discarded, body well cleaned, and clean clothes available. All of the parts about being rundown need to be addressed. That's the success in treating staph. Now, there are very, very effective and important medicines for treating staph as well, herbal medicines. Making a strong wash of this plant chaparral, others as well, but chaparral being the one that we find to be extremely effective. Making a strong wash, pouring that over the body.

Now, staph infection is interesting because, what we all often see is a cut, that's where it starts to show. Then we notice little nicks and scratches, those all get infected with the staph. Then the staph gets in the bloodstream, and starts erupting in little pimples all over the body. That's a pretty solid staph infection, but it doesn't matter, we can take

care of all of them. They'll vary, they'll get strong and they'll weaken up a bit, they'll get strong and weaken up a bit. That's all due to the person's constitution, their health at the moment. We make a strong wash of this plant, chaparral, and take a shower while we are still wet, dump that strong tea over your entire body and let it dry, don't towel off. That's one, you need to do that consistently, soak the hands, and feet in chaparral to keep that medicine over those parts of the body.

Again and again, we have to check in and realize that holistic medicine is successful by paying attention to the details. You don't just take one thing and keep going the way you were; you make changes so that the situation is different. The most powerful medicine for staph is garlic. It has to be prepared in a way that we discussed earlier in the video, where we take the garlic, we crush it, the skin comes off, or we take the skin off and put it through a garlic crusher, that kind of thing. It's well crushed, sits out in the air for a few minutes, and then it's consumed in its raw form inside the body. Again, remember that you don't want to eat garlic on an empty stomach, and you don't want to eat garlic without water and maybe an apple around to mediate in case it really heats up and starts burning the digestive tract and making you really uncomfortable. It's not going to probably, permanently damage you, but it can be uncomfortable.

In a typical staph condition, three, five, seven cloves a day, some people even do more. A minimum, I would say three is pretty minimum, and probably closer to five to seven a day, in the beginning. If the person is robust, sometimes ten, twelve cloves in a day is really good, right in the very beginning, the first two, three or four days. If the digestive tract can handle it, and that's spread throughout the day, maybe two or three doses of three or four cloves. Staph responds really well also to external treatment. I learned that many, many, many, many years ago, when I was skin diving a lot, free diving with fins, masks and a snorkel in the Caribbean. I wasn't taking good care of myself, eating well and those kinds of things, and I got this staph infection where the fin had abraded my foot. This Mexico-wise person showed me that you could get powdered penicillin at the pharmacy, and he'd show me, take it and dump it on this. This is before I was a ... Understood much about my desire not to use pharmaceutical antibiotics and my love of plants.

I was amazed how quickly it affected it by external application. From that piece of information, I developed this system for curing staph infections. I realized that external application of herbs is really important. A powdered mix like this that we've discussed before, and again you can make it any time out of, or you can make it out of herbs that are regional to your area. It's strong in astringency, and then boundary medicines. The staph experience will often be an eruption and wet, and so, this powder is perfect, you put it on there, and it sticks because of the natural moisture of the condition. If they are not erupting, pine pitch, like we've been working with, or a pine salve like this, are very, very effective. When I first made this salve, probably close to thirty-five years ago, and this powder, those were made originally for treating staph. Then, over time, I learned their effectiveness in so many other places.

The treatment of staph is simple. The person has to get cleaned, they have to bathe their body in these strong herbs, herbal waters, herbal wash as we call them. They must

rebuild their health because they ... You only have staph if you are rundown, and then you use these herbs, garlic internally, chaparral wash externally, powder externally, and salve or pine pitch externally. Lots of rest, sleep, take care of oneself, you can add to the external herbs that you are taking, drink a bit of the chaparral tea for example, maybe some Echinacea. Those are all helpful medicines. If your health is pretty good, you might be able to cure the staph infection with other herbs than the ones that I have described, but the really effective ones are the chaparral and the garlic. I have helped probably two or three hundred people with staph. It's a formula for me, it's not a hit or miss.

When I talk to other herbalists who have difficulty curing the staph, it's because they are using a variety of herbs that are known for infection. They are not pin pointed; they are not super effective. Because I have done it so much, and had so much success, it's absolutely a formula. For the last time, not being rundown, taking care of the ... The person is rundown, and they've got to rebuild their health, they've got to get clean, they got to put wash on their body, they got to ingest the garlic, really critical, ingest some chaparral. Use the pine pitch and the powders externally, and be done.

Module 9

Dosage

Doug: I want to speak for a few moments about the dose of these plants that we're taking internally, these herbal medicines that we use internally. First, we want to reiterate the fact that for a plant medicine to work, it needs to be high quality. All those descriptions that I gave you are very, very important. These need to be of high quality for them to be effective. Encourage people to get some familiarity with these plants through your local herbalist or your plant books a little bit.

You want to always start with a plant medicine at the recommended or lower dose because you want to see how you respond to it. Very much encourage everybody to use these plants before a serious condition happens so you've gotten them. Doing some Echinacea when you're feeling fine is not going to be a negative experience. In fact, it's probably helpful.

We have to be aware that often we think of these plant medicines from a perspective that they're similar to a pharmaceutical. They're not at all. They're much, much different in their actions, and don't forget, they're plants. They're herbs. They're not going to create imbalances like you could with the cautions that are necessary with a pharmaceutical medicine. This is not anything similar to that.

For example, with a plant like this, like Echinacea, this is chopped Echinacea root. I spoke to you about how to know the quality of it. I personally prefer to use my medicines in tea form. In an infected state that means I'll be grinding this into a powder probably, and ingesting teaspoons of it, or I'll be making a strong tea. Echinacea shouldn't be overly heated. You can pour water over it as opposed to simmer it, as roots

are often simmered.

For example, if you were to read about the typical suggested dose of a tincture of Echinacea, that's something like thirty drops three times a day. Thirty drops is basically an eye dropper full, the one that comes in the bottle. If you're in a serious infected state, you really want to take a lot more of these herbs. You want them to work. You can take five droppers full five times a day.

I'd like to mention the reason that I don't necessarily use a lot of tinctures or alcohol extractions is that an alcohol extraction doesn't necessarily offer all the aspects of a plant medicine. They're very yang, they don't tend to offer the yin side of the plant. Yin are things like mystery, feminine, moistening, nourishing, quiet. We need that other side of the plants, not just the very forceful yang experience that the plant medicine can offer us. I do sometimes use herbal extracts, alcohol extracts, tinctures, they're called, sometimes, but I much prefer the teas and powders of these high quality plants.

Each of them, in any decent herb book, will give you a basic suggested dose. For something like Echinacea a teaspoon of powdered plant three times a day is a typical recommended dose. If you are in a state of infection that needs a lot more medicines, you can take up to three, to four, to five teaspoons two or three times a day, but you don't want to do that the very first time you'd prefer to have some experience, some relationship with these plants before you're using them in a really serious or even partially serious condition.

Get to know the plants a little bit. These are medicines. We need to know these plants as our plant relatives. The more we think of them as a substance and not a living medicine person, the less we'll be able to understand how they work. A plant such as this one, that we've talked about before. My recommended internal dose is somewhere between a quart and half a quart a day of a cold infusion, which would mean taking a teaspoon to maybe a tablespoon of this dried chaparral, and putting it in a quart jar of water, letting it sit for maybe four to eight hours, and then drinking that infusion. Again, don't start out with a big amount. Learn them a bit at a time so you can understand how your body responds to them. A recommended beginning dose is two half-cups in a day. Usually with tea, we like to make them fresh daily, and at the end of the day if you have extra, discard it and brew these teas fresh daily.

Most people are fairly aware of a plant like this. Remember, this is wild oregano. You can also purchase the spice oregano, which is a Mediterranean oregano. If it's the color of black, and very old, and little scent, that's not going to be medicine. Something that has some brightness and good smell, like this oregano, it's very fresh, has a lot of medicine in it. It can be ground and powdered in the same way, and the dosages are something like a teaspoon three times a day, also in tea. You can up that dosage quite a bit.

You need more medicine, you use it, just like we spoke with the garlic. People can consume one clove three times a day, or five to seven cloves three times a day with all the cautions that we spoke about with the digestive experiences.

A plant like this the we've brought as a demonstration for the use as a nervine, to diminish the acute sensations, the pain, the anxiety that might be there. This is valerian root. All of these plants, of course, are available in extract or you can make your extracts. I appreciate these plants much more in their whole form, so for me, I like to take a piece of root similar to this, about this much, and put it in my mouth and chew it and then store it in my lip and allow that medicine to enter my system in that way. It's very quick and surprisingly quick and effective. You can take it out if you have too much, or add more.

Learn these medicines a bit. Don't just plan on using them only if you have something go wrong. You want to start to get a familiarity. These medicines have other uses in your daily life. If you have a little bit of excessive anxiety, you can use some of the valerian in the correct way. The Echinacea, the chaparral, these are medicines that are helpful if you're feeling like you're catching a cold or have a cold. They have a wider range, but always, they're boundary medicines that help us to establish and communicate with these other energies so that we have harmonious relationships and can maintain a nice balanced health.

We have several more plants here on the table. These are the spilanthes buds from the spilanthes plant. They go very well with the Echinacea, so we use them together. Doses are about the same. You'll be surprised when you take some spilanthes in a form like this, that you actually taste it in your mouth. It's very tingling and numbing in the beginning. That tells you that it's fresh and good medicine. This is dried redroot, ceanothus. This one happens to be ceanothus watsoni. There's many, many red roots all over the country and they're all good medicine.

I like to dry them, harvest them and pound them quickly because they harden. This is a great way; you can chop them with a pair of cutters as well. Smaller and open like this works very well for tea. Right there is enough for a nice quart of tea. You can put it in boiling water and create a tea to drink, or you can even put it in your water bottle or a quart jar overnight, and red root makes cold infusion as well. Very powerful and useful medicines. Red root has an ability to pull you out of almost any difficulty. It's that medicine that touches the electrical system and the lymph system of our body, and helps the lymph continue to clean the blood well and perform its duties.

Extra #1

Plantain Leaves

Doug: Here we're going to just do a quick demonstration of the dried plantain leaf to turn it into a poultice. Plantain makes an awesome poultice. It's very good. Your best poultice is prickly pear, followed by clay and then a plantain is my third favorite. This is a very dry plant, fairly well broken up and we just add some water carefully. It's going to take a little bit of time when you make a poultice like this for the dried plant to absorb, probably sometimes as much as ten minutes, five, ten minutes. Help it along by stirring it, getting everything very wet and take a moment to hydrate and then once it has hydrated a bit, see it looks really sloppy right now, but in another few minutes it'll pick up a bunch of that moisture, then we'll have a functional poultice. We put on exactly the same way, just exactly like the prickly pear. We put it on a piece of cloth, put it on the injured area and wrap it with a wrap, whether it's a Band-Aid or an ACE bandage or a piece of cloth.

Extra #2

Mixing Clay

Doug: Okay, now I'm going to demonstrate mixing clay. This is powdered clay. Many different kinds will work; it really doesn't matter. Diatomaceous earth, this is kaolin clay. I find wild clay all the time, either dry or wet. I powder it up and use it. This happens to be some that I purchased. Any of these clays work. Clay is known to absorb, right? It's a drying agent as well, but it absorbs toxins. Be careful when you're mixing the clay because you can easily put too much water. You really have to watch it, so you get the right consistency for the poultice that you're trying to create. It's going to take the smallest additional splash. Just like that.

Okay, now. This will be used exactly like the prickly pear. We put it on here and we want it as ... It's a little bit like the prickly pear in that we want it fairly soupy. If it's really hard and dry, it's not going to, it's not going to draw well. We are just going to put the tiniest bit, but remember when you're doing this you can so easily over mix. Very easy to do or put too much water. Okay, there it is. I think I like that. We'll put it on the cloth. That's it. It's ready to apply.

Now clay poultices are really affective for unbroken skin. Again, I've never used a clay poultice on a burn. I think I would if I didn't have the medicines that I have. I've used clay poultices on all kinds of abscesses, infected wounds. Works really well. Also remember what we have the next level of effectiveness, these plant poultices like plantain.

All of these poultices, the prickly pear, the clay, the plantain, they can all be mixed with teas of these powerful boundary medicine plants. You could brew a strong tea of this, cool it down, mix that as the liquid for the prickly pear, the clay or the plantain poultice.

There's one more thing that person can do with clay that's very, very helpful. Infection is drawn to heat, so you can make a very strong tea of a plant such as chaparral, and it's still hot. You can use that hot liquid to mix your clay. You put on a hot poultice, and then you take a towel and put it in that hot tea and put it on top of the poultice. If this was on my arm, again you want it directly on the flesh, not with cloth, but I'm going to keep my arm clean by doing that. It would be on my arm like this, then I would take a hot towel with wet, a wet hot towel, not so wet that it's dripping, but fairly wet and put it on there to keep that. That can be really helpful for infective states. Heat is drawn to infection. When that cools off a bit, you remoisten the towel in very hot tea, put it back. Those heated poultices with clay are very good for infections.

Extra #3

Harvesting Prickly Pear

Doug: Now I'm going to demonstrate how to get a prickly pear pad off the plant without skewering yourself with the thorns. As you can see, this particular species type of prickly pear doesn't have a lot of thorns, so it's a lot easier. Many of them have huge thorns like that, and they're still very useful medicine. You have to learn how to get the thorns off and harvest the pad without getting skewered. One of the first things to remember as you've got to be careful of your body, your feet where you're standing, so get yourself well-positioned. Again, this one isn't such a difficult prickly pear with a lot of thorns, but you still want to be careful. What we're going to do is use this stone here, this is actually maybe what I consider a perfect prickly pear gathering stone.

We're going to scrape the thorns off while it's on the plant using this stone, and this one will be in the back to keep me from getting skewered by the thorns that are on the back of the prickly pear. You want a large rock so that you're away from the thorns, that's why a small rock though it might be appropriate on a pad like this, it doesn't have a lot of thorns, on a bigger one you really need that rock to keep you from getting too close to the thorns. As you're cleaning the thorns off of the pad, be aware of the other pads that are nearby so you don't stick the back of your hand. Once you've done it a couple of times, it's pretty easy.

Again, this is the type of stone I really like. Notice how it's fairly smooth but it's got a lot of holes in it that will grab the thorns and take them right off. Here we go. I'm going to hold it with this one and remove these small thorns that are on here. If I was working with a cactus that had bigger thorns, you really want to get a lot of them off before reaching over to get the pads. This is really the best way I've come up with, I like it a lot. I've been doing it this way for many years to remove the thorn. It's better than getting

the pad off and setting it on the ground.

Now I'm going to just switch, get the thorns off the back of the pad. Now I can pretty well handle it. Again, this wasn't a very thorny prickly pear. I'm going to grab it and I'm going to see if I can break it off, but I want to be careful to not tear up the cactus. I want this pad to come off without damaging the lower sections of the rest of the cactus. If you twist this, you'll almost for sure tear up the rest of the cactus. What you want to do is just push them and see if it will snap off. If it doesn't, get out your knife and go ahead and cut it off. I think this one will break though, it's starting to. There we go. I had actually moved it a bit forward first, so it had already broken loose from the back and then I tipped it that way.

Now we're going to take this pad, set it on the ground and get the last of the thorns off before having a thorn-less pad. Now we've taken the prickly pear off of the plant, removed a bunch of thorns, most of the thorns except for some of the little ones, removed it from the plant. Now we can set it on the ground and really get the last of the thorns off because it's really well-supported. You'll notice I'm going from thorn to thorn or thorn patch to thorn patch. I'm really getting them off because we want it so there's just nothing that's going to stick us. That's important for ease of use and in some places we have to be really, really aware, if we're poulticing an eye or something like that.

I go and get all the thorns off the edges all the way, turn it over. There's very few thorns left on this particular pad. Now, this technique works equally well for a very thorny prickly pear. Know that prickly pear grows in every state in the United States, every state in the Union and that they transplant really well. You can get a pad just like this and stick it in the ground literally, dig it and put it in about this deep in the ground, and it will grow. In the wild they fall off and lay flat and they'll grow their roots out of the bottom like this, so they're very easy to grow. Once you've used some of these methods that I've shared with you, you really want to have a prickly pear available. Many of us live in areas where there's lots and lots of wild prickly pears, or planted prickly pears and that's sufficient.

Those of you who want to plant them, they're beautiful plants and easy to do. The last few things that I'd like to say about the plants in general, please remember to treat them well. Know that their well-being is in your hands. If you're a harvester or a purchaser of plants, make sure that it's done in a good way. If the plant's well-being comes first, without attitude, we're never going to run out of medicine plants. Also remember that these methods that I've shared with you, notice the simplicity, notice how it's a system really and that it's a very easy one to conceive in your head. Just like anything new, you need to practice it. I really encourage people to practice these techniques before you're in a situation where you'd really like to use them. Learn how to collect the prickly pear pad, practice getting all of the thorns off, splitting it, turning it into a poultice, even applying it to your arm or to your leg or something so that you get an idea how to do it.

Also really pay attention to learning how to gather or obtain really high-quality herbs that you can ingest that will make a difference with your health. If the quality is way

down, they're not going to do anything.

Extra #4 Third Degree Burns

Doug: Okay. Let's speak for a moment about third-degree burns. A lot of people who get a burn think they have a third-degree burn. Third-degree burns are different. It's deep enough that the tissue is not regenerating from underneath. It's coming initially from the sides, and it's a much slower condition. I had thought that I had treated a number of third-degree burns. Very often when people speak of a burn, they're like, "Oh, I got a third-degree burn." Third-degree burns are much longer in healing, and the process is exactly the same. Don't quit. Continue poulticing 24 hours a day sometimes up to 3 weeks, maybe longer depending on the burn.

This is a big undertaking. The poulticing that we're describing will heal a third-degree burn. It will take that diligence that I'm speaking of. The healing will be absolute, and there will be a scar because anytime the blister or the burn is deep enough or the blister is broken, there can be scarring almost always. If it's a second-degree burn and the blister never got opened, there won't even be any scarring. Then remember that with burns we want to change that poultice every 6 hours. That's 4 times a day. That's quite a bit, but it has to be done.

Extra #5 Sunburns

Doug: Okay, another use of a prickly pear is for sunburn. Works really, really well. One of the ways that we like to do it is you take a pad like this, if you had a bigger pot you could dip the whole thing in the water. Just to pour some on works really well. Really done nothing to this pad but split it, right? Now it has a nice slick gel to it. You take that pad and literally paint it on your body just like that. It can go all over, wherever the sunburn is. I used to take, well sometimes still do, I take the kids up river and they'll get nice and sunburned in the day. Then we'll paint them down with prickly pear, put them in a line. Paint them down, then start at the line. Get about three coats on them. The next morning, they wake up brown. It's really soothing and very helpful for sunburn. Another really useful aspect of the prickly pear and simple to use.

Extra #6

Applying a Poultice

Doug: Okay. Now we're going to demonstrate how to apply a prickly pear poultice and what we've done here on Marjorie's arm is to just draw with a magic marker an area that we want poulticed. Remember that what you're going to see here is me applying a poultice of the size correct for an injury like this. This injury could be say an infected wound or a wound or a severe abrasion. This could be a burn. This could be a spider bite that's advanced to this size, any of those things. If the wound was this big, we'd make a poultice appropriate for whatever size it is. Remember when you're poulticing, we've poulticed eyes, the back of legs, the tops here, the inside of a leg back there, everywhere. Be creative, don't forget that you can use things like medical tape and gauze.

We want to remember that almost do we want to put the cloth between the poultice and the skin. The only time we would do that, in fact the only time I ever have is in a really difficult place to poultice like a shoulder where it just falls no matter what. We wrapped it in a cheese cloth and it's an effective poultice, but it's basically maybe only a quarter to a half is effective. You definitely do not want to put the cloth between the poultice and the wound. The prickly pear or any kind of material that you're using ... We're going to add just a little bit more water. Any kind of material that you're using for the poultice should go directly on the wound or whatever the condition is.

Remember that whenever use prickly pear as a poultice, when we use prickly pear correctly, you will not get an infection. That fear of putting something on an open wound or an open burn with prickly pear, you won't get an infection. Okay, we mixed this up a bit. We're going to getting close to the consistency that we want. It needs to soak up just a tad more or about there. It's pretty simple. We'll use this ACE, but I'll show you another trick or two. This is just an ACE bandage, an elastic bandage. Okay, so what's going on there. First thing we do is put the poultice on the cloth just like that and I take the cloth, try to turn the arm a little, set it right there, hold it in place. That's where the cloth comes in. All right. Good job.

Now we'll grab this ACE bandage, start at the back right here. We can adjust it a bit. You'll see. Once I've got it, it somewhat entrapped. Believe me, I've done this all by myself before but it's nice to have 2 people. The ACE bandages are actually really nice for this because they have that a bit of elastic and I prefer them to other wraps. Obviously, that's why they were invented. Okay, turn your arm over please. Good. Now we can set it back in place a little bit. Notice that that condition was that big. Look how giant this poultice is. That's how it should be. That condition was right here. This is about an inch to an inch to an inch and a half thick and over the entire area. We'll continue right here, and then hold it shut and that's it.

Now this poultice now is good for 6 hours on a burn and maybe 8 hours on a break. For an infection 6, 7 hours. Burns, you don't want to go over 6 hours. Remember no plastic, breathable cloth. Okay. Occasionally you'll notice that the thing is drawing so hard that

you're in aches and it hurts. Might have to take it off for a minute, but it's pulling that infection or whatever the condition is out. I want to show you one more little trick if you don't have an ACE bandage. This is a piece of torn sheet. Put it on, works really well. The ACE is better, but this is great. I've used hundreds of these over the years. Look what I did. I split the end, right? Now tie it off and you have an effective wrap. Put a square knot and it's done. There you see.

Now I only added this extra material just to demonstrate how to use a cloth as opposed to an ACE bandage. Again, my name is Doug Simons and I really enjoyed shooting this video for you people out there. I really hope that you are able to find some value in it. I really encouraged you to notice the simplicity and the power of it and remember that you can do this stuff. It's that simple and that's what it's for. Thank you very much.