

Wild First Aid UK

For Pilgrimages and Country walks

Ribwort Plantain.

For drawing Splinters - Ribwort Plantain. (can also employ greater plantain)

Can also be eaten - Flowers taste like mushroom soup.

The Leaves are very healthy and have more fibre than porridge.

Yarrow - know as herb milaturus.

(military herb). For wounds and bleeding. Hold on to the wound and bleeding area. Chew a leaf and place on the wound after cleaning to assist in healing - can be placed under a bandage.

Oak leaf poultice for bleeding. Soak leaves and wrap around affected area with cotton (or whatever you are wearing)

Ash Tree - for bones and muscles aches.

Lime Trew leaves : new spring leaves can be put in a salad. Good for digestion and anxiety. Dried blossoms for a tea.

Comfory - Bone repairs.

Hawthorn for fire protection used to be hung in kitchens for protection for fire and burning.

Spirits

Mugwort on fire and smudge sticks to make peace with ghosts.

Olive Oil used to be applied to people suffering with unknown illnesses and spirits.

Yew

Yew grows around grave yards.

Natural Fire Lighting can also be a helpful skill as can knowing that you can enjoy the stones around the fire place as a hot stone therapy for many ailments ...

(loving fire place stones as a hot water bottle :))