

How to cook in a Cactus:

<https://www.askaprepper.com/how-to-cook-in-a-cactus/>

How to make a compress:

A compress is simply a cloth pad (like a washcloth or clean hand towel) or piece of cotton (like a cotton ball) soaked in a hot herbal extract and applied to the painful area. It is used to accelerate healing of wounds or muscle injuries. A cold compress is sometimes used for headaches. Infusions, decoctions, and tinctures diluted with water may be used for a compress. To make a compress:

1. Submerge cloth or cotton in the herbal liquid, or apply a tincture directly to a cotton ball or gauze pad.
2. Squeeze out the excess liquid, if any.
3. Hold the pad against the affected area.
4. When it cools or dries, repeat the process using fresh herbal liquid.

Examples of herbs and herbal products that can be used in compresses and how they can be used:

- **Black Walnut extract** (antiparasitic, cold sores): use directly from bottle
- **Chamomile** (soothing and anti-inflammatory): make an infusion
- **Lobelia essence** (relaxing, heals insect bites): use directly from bottle
- **Lymphatic Drainage** (reduces swelling and inflammation): use directly from bottle
- **Silver Shield** (antiseptic, disinfectant): use directly from bottle
- **Ultimate Echinacea** (insect bites, snake bites, infection): use directly from bottle
- **White Oak** (astringent, reduces swelling, dries tissue): make an infusion
- **Yarrow** (anti-inflammatory, shrinks swelling, stops bleeding): make an infusion

APP for Identifying Plants: PictureThis

Where to buy herbs in bulk:

Bulk Herb Store - <https://www.bulkherbstore.com/>

Frontier Herbs - <https://www.frontiercoop.com/>

Garlic Lemon Aid

Helps fight colds and respiratory infections. Tastes better than it sounds.

Peel 1 lemon to remove the yellow part, leaving the white part of the peel intact.

Cut the peeled lemon into quarters and place in a blender.

Add 1-2 cloves of garlic,  $\frac{1}{8}$  -  $\frac{1}{4}$  cup honey or real maple syrup and 1 quart water.

Blend until smooth, strain and drink  $\frac{1}{2}$  - 1 cup at a time throughout the day

Ear infections and earaches, cut a slice of a garlic clove and place it on the outer ear covering the ear canal. Do not put the garlic into the ear canal. If the raw garlic irritates the skin, coat it with a little olive oil before applying.

For an abscessed tooth, cut a slice of garlic, coat it in olive oil, and place it next to the affected tooth to fight infection. This will temporarily ease the pain and infection; you still need to see a dentist.

Raw garlic works internally against infections in the intestines and lungs. To get it down, chop raw garlic into small pieces and take it in a spoonful of honey.

#### Garlic - Mullein Ear Oil

Effective remedy for earache. Mullein flowers are soothing, garlic fights infection.

Pick mullein flowers and pack them into a jar (do not wash them). Fill the jar with olive oil. Crush some garlic cloves and put them in a separate jar. Cover them with olive oil, too, Infuse each mixture for 2 weeks, then strain. Mix the two oils in equal parts and bottle.

For poisonous spider bites apply paste made of activated charcoal moistened with aloe vera gel and cover with a bandage to hold mixture in place. Change every hour. You can use these in route while seeking appropriate medical attention for poisonous insect or snake bites.

Link to Herbal Blends:



Breakofdayhealth.com