

Part 6 – Advanced herbal remedies



To begin I'd recommend reading my free eBook on [Kitchen Pharmacy remedies](#). You will then find more advanced remedies in my free eBooks, [Traditional remedies for Summer](#) and [Traditional remedies for Winter](#).

Advanced herbal remedies quiz

The answers to the quiz can be found at the end of this course booklet.

1. How long will a well-made ointment last?
2. What can chamomile infused oil be used for
3. How is fire cider used externally?
4. Due to the high essential oil content who cannot use my natural insect repellent?
5. How is rosemary used in the summer?

Creating a herbal home remedy chest



Using the knowledge you've gained so far, create your own herbal home remedy chest at home.

If you're not already then then it might be a good time to review my free eBooks on [Kitchen pharmacy recipes](#) and [Traditional remedies for Winter](#) (and [Summer](#)) (and also my [YouTube videos](#)).

Here's an example of mine to get you started.

A bottle of infused calendula oil

For bruises, sprains and to reduce scarring.

Lavender essential oil (bought and not made)

A topical anti-inflammatory, burn healer (can be applied directly to a hot burn), and as a calming remedy on a tissue or pillow.

Aloe vera gel

A topical treatment in itself for sun burn and minor burns. It can also be combined with lavender essential oil for both burns and sun burn. It can also be used to sooth itchy rashes.

Chamomile ointment

Reducing the itch of insect bites and heals wounds.

A herbal powder such as slippery elm or marshmallow root can be mixed with this ointment and applied to deep splinters to draw it to the surface.

Wound wash

Equal parts of calendula tincture mixed with distilled witchazel to use as a natural antiseptic agent. It can also be used diluted in half again with water for piles externally.

Mullein infused oil

To apply externally for earache.

Clove tincture (made) or clove essential oil (bought)

For toothache and mouth ulcers.

Cold and flu tea

Ready mixed in a bag ready to be made into either an infusion or syrup as required.

Sleep tea

Ready mixed in a bag ready to be made into a tea as required. You could also make the mix into a tincture and give as drops.

Elderberry tincture

As a ready made anti viral remedy to be taken as a preventative measure as well as if some has a cold or flu.

Tea bags

Chamomile, peppermint and ginger tea bags ready to be used as simple remedies for nausea, indigestion etc.

This is an example of one of the sections in my Year Long Herbal Medicine course.