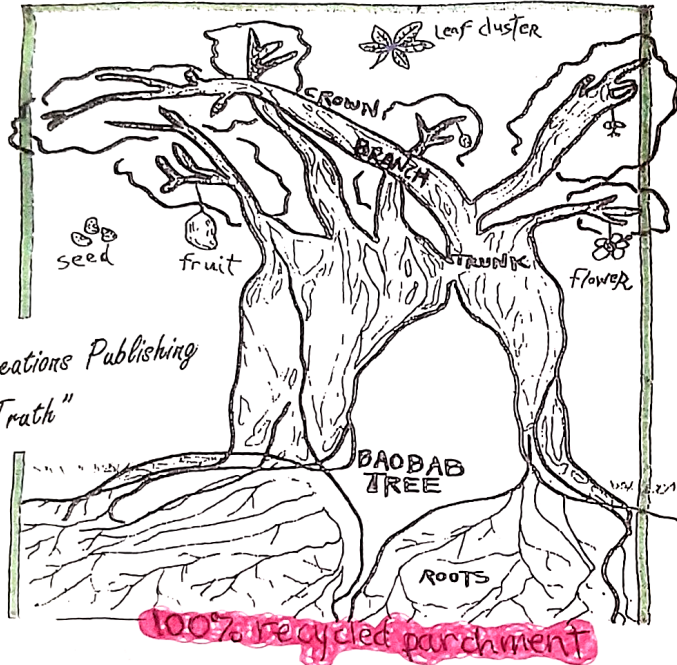


THOUGHTFULLY

Homemade

Publishing



Authentic Creations Publishing
"Living My Truth"

the
NATURE

culture ARTS MEDIA EVENTS

COMMENTS

Love Letters to:

NETWORK

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BUILD TOGETHER

Behind the Scenes 3rd Edition

WRITING BY: Kuwa Jasiri
AND Educational Indomela

ILLUSTRATIONS

ALSO Open Source Imagery



Green Garden
By Laura Mvula

Language of Page Numbers
Español

original design by Moth

Published in Shoshone Territory.

SUPPORTING A DIVERSE NETWORK

OF GRASSROOTS Magick

INSPIRED BY:

Our autonomous desires to

tend to the wounds of our community, and then

educate others. You are welcome!!

Essential

USEFUL TOOLS

--Direct wisdom from the Plants--

Resources

The Wild Wisdom of Weeds by Katrina Blair

Magick, and Medicine of Plants by Readers Digest

The Anatomy Colouring Book by Wynn Kapit & Lawrence M. Elson

<http://blackcrosscollective.org/>

<http://www.rosehipmedics.org/>

Spanish Phrase Book for First-Aide
Trained Activists - 2003
→ penance18@yahoo.com

• Skill shares

@Neighbourhood Landscapes

Contraindications: mixing allopathic drugs/pills
with Herbal Medicine.

Books/Libros

- ★ Frances Brinker
Herbal Contraindications + Drug Interactions
- ★ Michael Moore
Herbal/Medical Contraindications

Painting by: Victoria Coe



of:
kuwa jasiri Indomela
(the one/this one/ellx/beauty)
Founder of Authentic Creations

Featured in Publications:
*Seed Broadcast Journal
*Art For Ourselves
*Earth First! Journal

kuwa jasiri (first name) is a genderqueer, multi-lingual, artistic community organizer who collectively educates with, and about the wonders of Nature through workshops, medicine making, writing, seed harvesting, and majick. Additionally that one participates in Indigenous solidarity, while excelling at compassionate communication, and grassroots accountability processes that bring about equality.

Authentic Creations

Publishing Apothecary

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ArtisticApothecary.wordpress.com

Patreon.com/AuthenticCreations

We create opportunity.

"First Aide to Fight Adversity zine is a labor of love co-created by an herbalist and the Rosehip Medic Collective. This beautifully illustrated and updated zine is equal parts first aide primer, herbal reference guide, and personalized notebook featuring bilingual content with page numbers, medical terminology, anatomical and botanical guides in Spanish and English. First Aide to Fight Adversity is a tender and excellent introduction to the knowledge and ethics of those who seek to provide care to others in these dark times. Its decolonial narrative on health and wellbeing thankfully pries care work from the cold hands of industrialized, white medical hegemony and demands accountability and respect for indigenous practice and worldview. Our collective, Appalachian Medical Solidarity, is excited to offer Indomela's zine as supplemental material to our first aide and street medic training courses. As always, with any specialized knowledge, please seek the instruction of trained and vetted healers before performing first aide, always work within your skill set, and above all: Do No Harm.

— Nat, AMS collective member"

Dedication: to those willing
to be autonomous

Contents

SCENE SAFETY

BASIC WOUND CARE

BURNS Blisters,

BASIC SPLINTING

CHEMICAL WEAPONS

HERBAL FIRST AIDE KIT

Response In Español.

PLANTS USES

mild herbs for most people

Scene Safety

1. I'm number one.

Before you engage as a Healer, A – S – K yourself:

A – Ability. Your capacity (emotional, spiritual, physical) to heal others in this moment. Avoid “burn out” or over extending yourself, by realizing your needs are truly number one. Avoid putting yourself into harm to aide others.

S – Support. Identify other Healers in the vicinity, obtain information on their ability, and skills. It is always honourable to ask for help.

K – Knowledge. Skills, and experience needed in current situation. At any moment you can withdraw from your Healer role and find someone else to aide, then you can take space. It is always wise to stay at or below your knowledge level. This ensures competency, and ethical care.

2. *What happened to you?* Mechanism of injury (MOI) for spine.
Nature of illness (NOI).

3. *Not on me.* Body Substance Isolation (BSI). Gloves, mask, barriers.

Consent

Introduce yourself and obtain permission to treat. Explain your process during the healing session to gain consent along the way. Consent can be withdrawn at any moment during healing, be gracious, FIND someone else to aide, if needed, THEN take space.

Do not go above and beyond your level of training.

ABC's

A – Airway (Are they able to *make audible sounds?*)

B – Breathing (Are you having any trouble breathing?)

C – Circulation (Do you think you're bleeding anywhere?)

D - Disability (Do you have any pain in your head, neck, or back?)

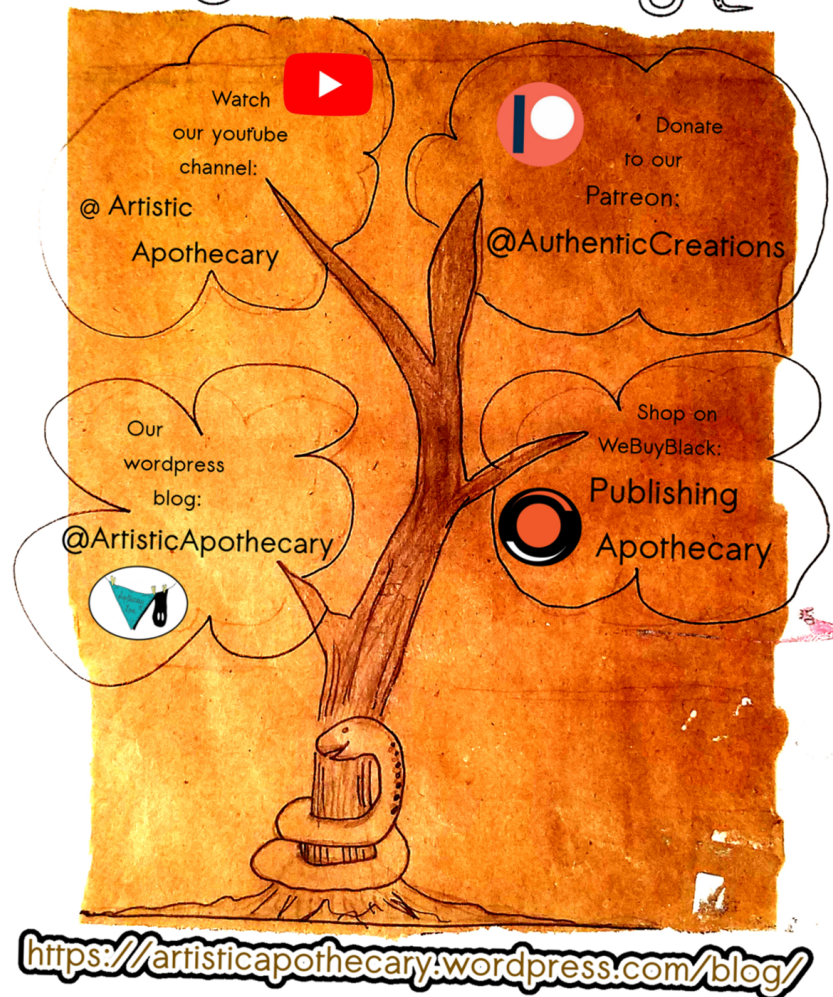
E – Environment (Do we need to move them for treatment?)

UNG - 01

Authentic Creations



LIVING MY TRUTH



Thank you for the gift of you showing up this lifeline.

Authentic Creations PROGRAMS

Authentic Creations

~~~~~ LIVING MY TRUTH ~~~~~



**Cultural Seed Drive**

Requesting Seeds native to west Africa, the Caribbean & the Diné Nation for People of Heritage (of Color)

To donate, contact us:  
<https://ArtisticApothecary.wordpress.com/contact/>



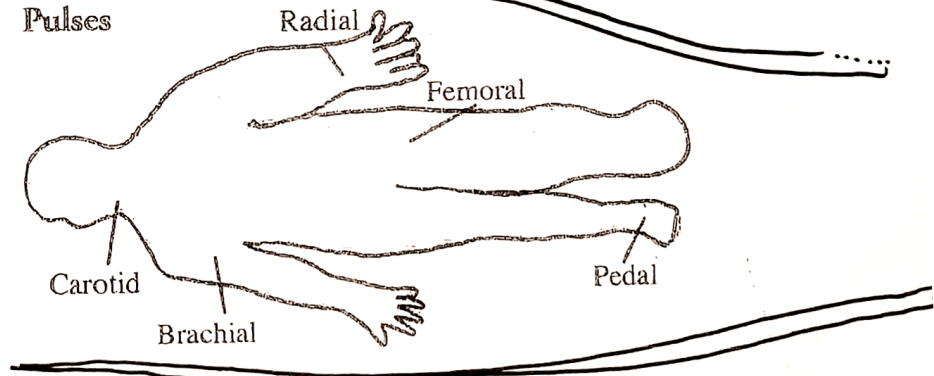
## Basic Wound Care

### BSI is key! - **Body Substance Isolation**

Locate the bleeding. Remove clothing if necessary. Clean the affected area with water or herbal infusion/pulvis of Yarrow/Plantain/Boneknit/Self Heal/Oregano, and apply a clean bandage. If bleeding is severe apply a 4x4 non-sterile bandages or something to soak up blood (fresh Mullein/Boneknit/Lamb Ear leaves, t-shirt, clean cloth) and apply direct pressure to the wound. Add new bandages on top of the old ones once the bandage is soaked. Do not remove old layers.

Elevate the wound above the heart. If bleeding won't cease after 10 minutes of uninterrupted direct pressure you can apply pressure to the main artery closer to the heart from the wound. Once bleeding has stopped apply a pressure bandage directly over the wound. Wrap in a figure-eight pattern tight enough to give pressure without cutting off circulation.

### Pulses



### Burns

#### BSI - **Body Substance Isolation**

Remove the source of the burn:

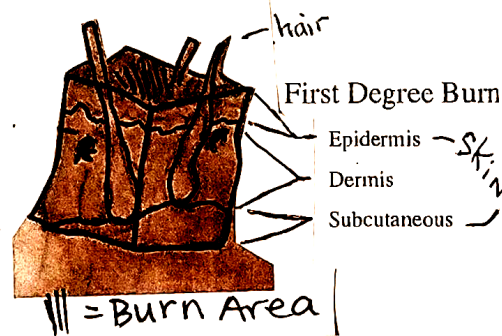
- If there are flames, have the person stop, drop, and roll, or smother fire with a wool blanket. Keep them calm to avoid smoke inhalation injury.
- Flush with water (cool, not cold) but be careful not to get soaking wet. Even in warm weather burns can produce hypothermia because of damage to the person's skin, which regulates their body's heat.

-Keep the person warm & hydrated  
 -NEVER put grease, ointments, lotions, antiseptics, or herbs other than Aloe on a burn. Aloe inner leaf gel is applied topically to burned skin.  
 -It is very important to keep the burn as clean as possible. Cover it to protect it from dirt, dust, and flies.

**Superficial burns** (1st degree burns)-- affect the top layer of skin only. Skin is red and painful.

~Treatment: ~

Run cool water over burn. Keep skin moist, salves or lotions work. Willow bark can be taken for pain.



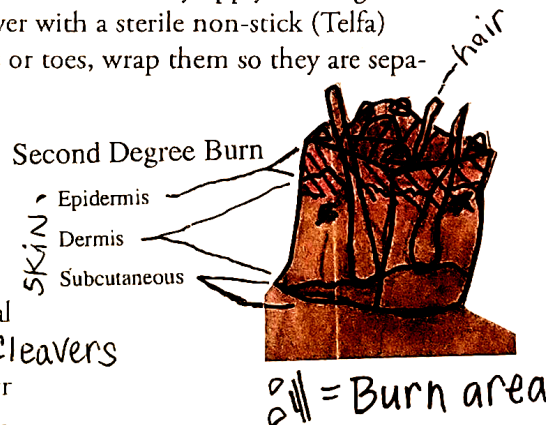
**Partial-thickness burns** (2nd degree burns)-- affect the top 2 layers of skin. Most notable by blisters (which may develop quickly or take 24 hours to form), but also red, mottled, wet and painful skin.

~Treatment: ~

DO NOT BREAK BLISTERS.

Gently wash with soap and clean water. You may apply nothing, Honey, or Aloe to the burn. Cover with a sterile non-stick (Telfa) gauze. If you are dressing fingers or toes, wrap them so they are separated. Clean the wound and put on a new dressing every time it gets dirty or every day until the burn has healed. If the dressing is stuck, you can soak it off with warm salt water (1 teaspoon salt to 1 liter water). Create an herbal infusion of Self Heal/Oregano/Cleavers

+ Usnea/Plantain, to clean the burn and prevent infection. If the blisters are broken, treat the wound in the same way, only be even more careful to keep it clean and covered.



Tres-03

**Sun** - (balances exposure) chaparral, tansy, saint joan wort

**Tannin** -- astragalus, plantain

**Teeth** — clove, clay, salt, oregano, thyme, Plantain  
 Lemon Balm, Spilanthes, Pine

**Tendons** -- horsetail

**Testosterone** -- (Amplify) pine, Maca, Horny Goat Weed, Muira Puama, Ginseng,

**Therapy** — Art, movement, somatic, mindful, communicative

**Touch** - you decide

**Toxins** - (draws out) Water, breath, cilantro, <sup>clover,</sup> dandelion,

**Ulcer** - licorice, Ashwaganda, Calendula

**Uranium** - (draws out)

**Urinary System** — (adrenals, bladder, kidneys) Burdock

**Vanadium** - dill

(anti)**Viral** -- calendula, lemon balm, self-heal, Bonset,\*  
 Echinacea, Mushrooms

**Warming** -- oat straw, pepper, Conifer Trees

**Water** - (purifies) cilantro, mint

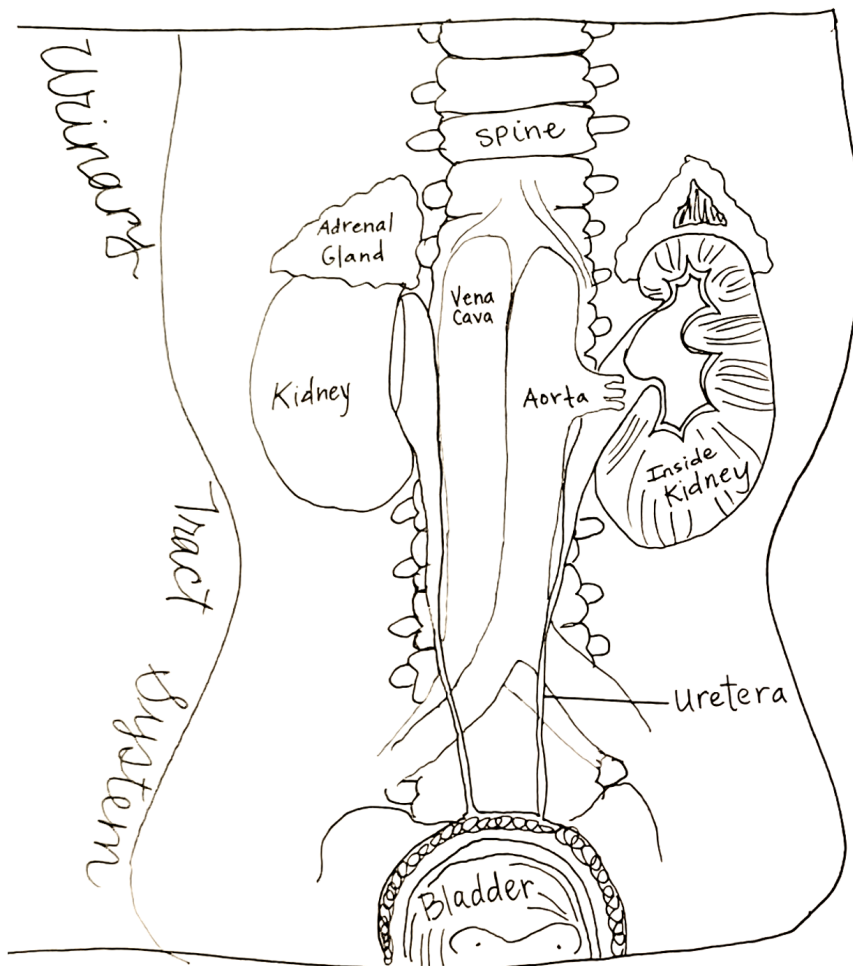
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Y

**Zinc** - Dandelion, clover

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**Soil Cleansing:** (growing) Yarrow

**Spasm Relief** -- fennel, blue cohosh, oat straw, Chamomile, Thyme, Jimsonweed\*

❖ **Spleen** -- marjoram

❖ **Stomach** -- mint, sunflower, dandelion

**Sulfur** -- horsetail, nettles

veinte y  
cinco-25

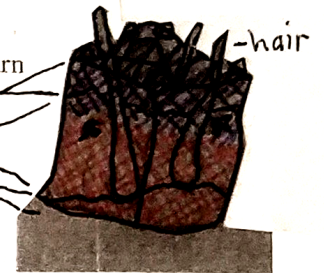
**Full-thickness burns** (3rd degree burn)-- all three layers of skin affected; leathery, dry, charred, gray. May not be painful because nerve endings have been destroyed OR may be very painful if surrounded by partial-thickness and superficial burns.

*Treatment:* w~

Deep burns that destroy the skin and expose raw or charred flesh are always serious, as are any burns that cover large areas of the body. Call a **hospital**. In the meantime loosely wrap the burned part with a sterile dressing. **TAKE nourishing tinctures**

**Third Degree Burn**

Epidermis  
Dermis  
Subcutaneous



o o = Burn area

### Blisters

*Prevention:* a moisture-wicking layer, tannic plant foot soak, lubrication

Wrap with tape/padding at first sign of irritation

Cut a donut-shaped piece of moleskin and center the hole over the affected area to create a buffer. The doughnut part should be wide enough that when you put it on the tape doesn't stick to the blister (so it won't rip it off later!)

Do not break blisters open.

People with blisters can soak their feet in warm salt water (1 teaspoon salt to 1 liter water). **Herbal Foot Soak**

. These soaks also clean the blister and prevent infection.

### Sprains, Strains, and Fractures

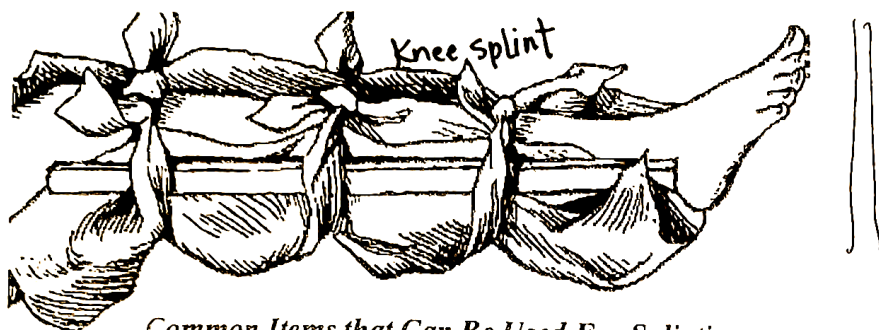
*Prevention:* Safe falling practice.

**DO NOT MOVE A SUSPECTED FRACTURE.** The way to tell if a bone has been fractured is with an x-ray. Fractured bones need to be reset to heal properly and will require a hospital visit.

*Fracture test:*

If you can apply 50% of the body weight and have full range of motion (ROM) it's probably not fractured. Fractures will be a constant pain whereas sprains and strains are a reactionary pain. If you think it may be fractured, get an x-ray.

04 -cuarto



#### Common Items that Can Be Used For Splinting:

- Sticks      - Books      - Water bottles
- Clothing    - Newspapers - Sleeping pads
- Trash       - Signs       - Sleeping bags

#### Splinting

Check Circulation, Sensation, and Movement (CSM)

- Circulation (pulse distal to injury)
- Sensation (does it tingle or feel numb? Can you feel a pinch?)
- Movement (can you press down/pull up?)

Prepare the splint first: Comfortable, compact, and sturdy

Splint the joints above and below the injury

Check CSM again after splinting

#### Sling and Swath

Check CSM

Tie a knot in one corner of a triangle bandage. Wrap under the arm with the knot at the elbow and tie at the neck so the arm rests parallel to the ground.

Wrap laterally with another triangle bandage to keep movement down.

Check CSM

#### RICE Treatment

- R- Rest means keeping the injury site unused and immobilized
- I- Ice means applying cold packs to injury site (15 min. on, 15 min. off) and eating cooling herbs such as Berries/Mallow/Mint.
- C- Compression means wrapping the injury site with a taut cloth.
- E- Elevation means raising the injury site above the heart.

#### Herbal Treatments

*Create pulstise or herbal infusions with these herbs to aide the injured body.*

**Bones:** Boneknit/Horsetail/Thistle/Willow

**Inflammation:** Mallow/Rose/Teasel/Walnut

**Ligaments:** Tree Saps

**Muscles:** Oregano/Valerian/Willow

**Nervous System:** Lemon Balm/Skullcap/

**Tendons:** Horsetail

**Progesterone** — (amplify) zinc, magnesium, chasteberry, Dill, Lovage

**Radiation** - (draws out)echinacea

⚡ **Releasing** — Black Cohosh, Lemon Balm, Sage, Peppermint, \*Pennyroyal, Dandelions

⊙ **Respiratory** -- calendula, borage, fennel, Basil, mint, horehound, Black Cohosh, Echinacea, Epazote, Hyssop, mullein, sage, thyme, osha, Oregon grape, Sorrel

**Rest** - go into nature, quiet the mind, turn off devices

**Sedative** -- alfalfa, hops, lemon balm, valerian  
chamomile, Lavendar, Hyssop,

Nzingirolo, Black Cherry

**Sexually Transmitted** - (elimination) aspen, Thyme, astragulas, Lemon Balm, Black Cohosh, Plantain

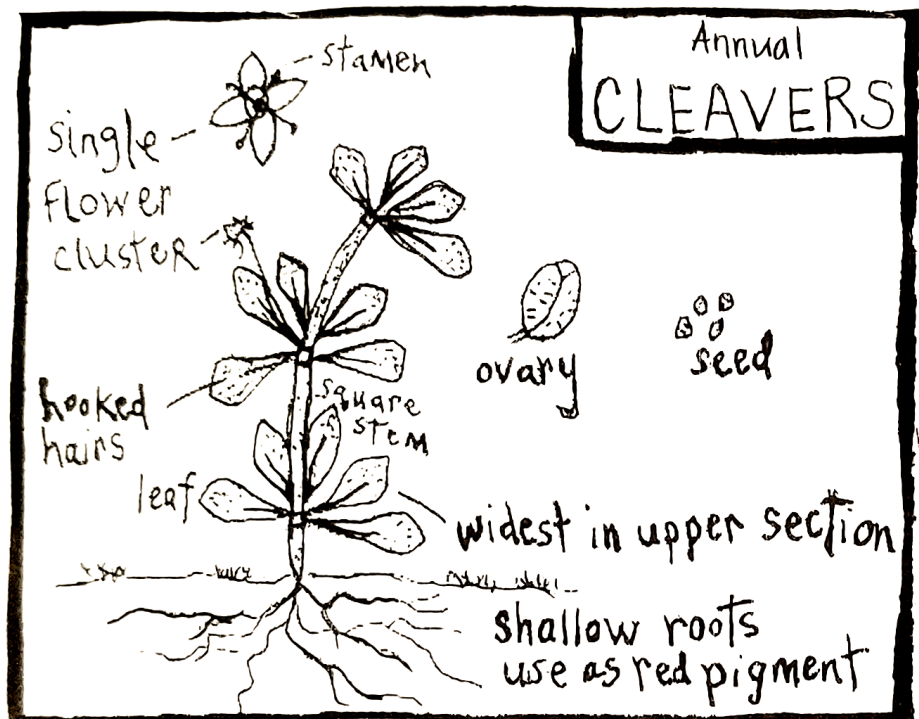
**Selenium** - Horsetail, Clover

**Skeletal** -- Arnica, horsetail, willow, boneknit, thistle


⚠ **Skin** -- Alder, calendula, chamomile, licorice, Pine, mallow, oregano, sage, Thyme, yarrow, dock, clover, \*Pennyroyal, Wormwood, Dandelions, Plantain, Tulip flower, Ashwaganda, Echinacea, Horehound, Sassafras

**Smokable** — Thyme, Mullein, Lemon Balm, Catnip, Lavender, Rose Flower, Raspberry Leaf, Valerian, Chamomile, wild lettuce, Damiana, croneswort, osha leaf, Yerba Santa, Dog Wood, Violet Leaf, California Poppy






**Potassium** -- cabbage, potato, raspberry, nettles, plantain, hops, horsetail, mint, sage, red clover, chamomile, boneknit, Watercress, dandelion, alfalfa, yarrow, borage, parsley, Nuts, Pumpkin, Strawberry, Tomato,

 **Pregnancy** -- magnesium, calcium, iron, potassium, thistle, raspberry, alfalfa, nettles, mint

**Preventative Care** -- circadian routine, foot Soak

 **Protection** - Conifer Trees, Rosemary, Asafoetida, Plantain, \*Pennyroyal, Dock

**Protein** -- Clover, Bean, nuts, Pine,

veinte y tres - 23

## Chemical Weapons

### Prevention/Preparation

- Water or alcohol based sunscreen (not oil based)
- Long sleeves/pants
- Do not wear contact lenses
- Goggles/Gas mask (shatterproof lenses)
- Bandana soaked in apple cider vinegar or lemon juice
- or
- A chemical particle filter respirator (P-100)
- Change of clothing in a ziploc bag
- Crowd control/calming (Do not yell, ask people to **move slowly**)

### Tear Gas (CS, CN, CX)

Common deployment is from a canister which can be thrown or shot out of a gun. The canister is **EXTREMELY HOT** and will severely burn skin if it comes in contact. The canisters often expel smoke to help the police see the gas. Police will mask up before the gas is deployed which gives people time to evacuate the area or put masks and goggles on. **Do not endanger yourself to help others!** Encourage them to come to where you are and then evacuate the area. Treat after all danger has passed.

### Treatment: ~~www~~

Have patient remove their clothing as soon as possible. Encourage coughing, spitting, and nose blowing; try not to swallow the chemicals. Wash clothes with harsh detergent or throw away. Have the patient shower if available. Tear gas can cause chronic health problems such as flu-like symptoms, gastrointestinal problems, menstrual interruptions, and birth defects. A healthy diet high in whole grains and true greens will help with these. Helpful remedies include milk thistle, dandelion root, burdock root, nettles, mullein leaf, licorice root, and marshmallow root.

### Pepper Spray (OC)

Common deployment is from a canisters or projectile ball in the form of a foam, liquid, or gel. Do not endanger yourself to help others! Encourage them to come to where you are and then evacuate the area.

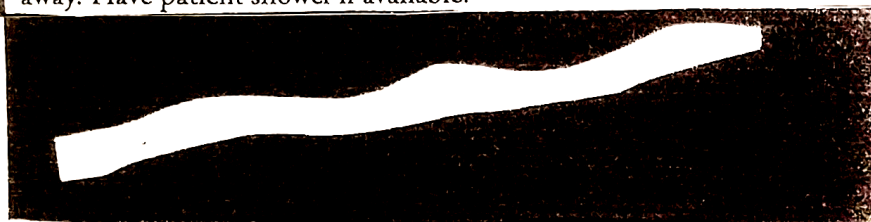
**\*Seis-06\***

## Pepper Spray (OC)

### Treatment: ~

#### • BSI (clean gloves and mask) - Body Substance Isolation

Ask patient to kneel on one or both knees. Ask if they are wearing contacts and remove them with uncontaminated fingers. Lean their head back and to the side of the first eye flush. Hold the patient's eye open and flush from inside to outside of eye with a squirt bottle filled with water or *law* (one part liquid antacid [Maalox] to one part water). Repeat on the other eye. Can be done multiple times until the eyes are completely flushed. Law can also be rubbed on skin to provide a soothing sensation. Have the patient remove their clothing as soon as possible. Encourage coughing, spitting, and nose blowing; try not to swallow the chemicals. Wash clothes with harsh detergent or throw away. Have patient shower if available.



### What to have in a ~~Body~~ First Aide Herbal Kit

Anti - Bacterial  
Anti - Infection  
Anti - Viral  
Bone Health  
Bug Repellent  
Burn Care  
Clarity/Focus  
Cloth Wrap/Tape  
Coagulant  
Laxative  
Liver Health  
Nervine

Cold/Flu/Fever/Headache  
Digestive Health  
Expectorant  
Genital/  
Sexual Health  
Heart Health  
Hygiene  
Immunity  
Inflammation Reduction  
Pregnancy/  
Birth Care  
Sedative/Calmng  
Stimulant  
Wound Care Basics

Culinary  
Dental  
Domestic Animal  
Care  
Fertility  
Foot Soak  
Mental  
Health  
Rest  
Seeds

siete-07

**Ovulation** -- iron, radish, turnip, Vitamin A



**Pancreas** - Dandelion, Oregano, Juniper, Uva Ursi, Milk Thistle, Horsetail, Calendula, Prickly Pear Cactus

**Parasite** - (elimination) aspen, wormwood, Thyme, sage, Diatomaceous Earth, Pennyroyal, Rue



**Pigments** - Onion skin, Black Beans, Berries, Leaves, Roots

**Phosphorous** -- burdock, elm, rhubarb, parsley, watercress, nettles, chickweed, alfalfa, licorice, marigold, raspberry, Dandelion, boneknit

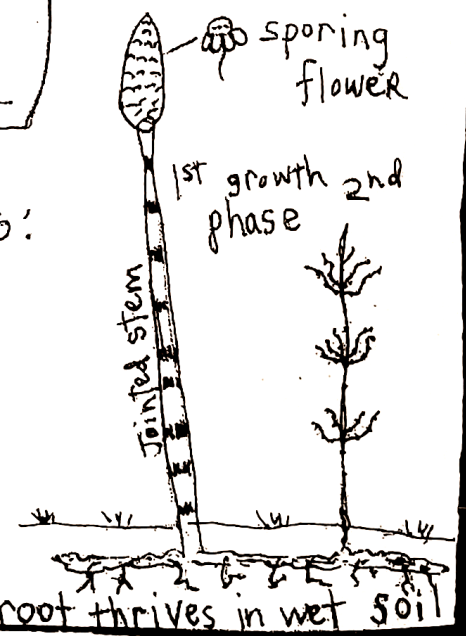
**Plant Parts** - Spores, Seeds, Roots, Stems, Leaves, Flowers, Fruits, Bark, Seedlings

**Poison** - (draws out) alder, oregano, tarragon, thyme

Perennial  
**HORSETAIL**

Use as a tool to:

- buff
- scour
- sharpen





# ESPAÑOL

**Lymphatic** -- echinacea, soft strokes towards thyroid, Cleaver, Red Root, Ocotillo, clover, Calendula

**Magnesium** -- Dandelion, Mullein, Clover

**Manganese** -- alfalfa, parsley, spinach, Burdock, watercress, Clover

**Mental Illness** -- Rue

(anti) **Microbial** -- Uva Ursi, charcoal, Plantain

**Mineral** -- Zinc, Manganese, Magnesium, Phosphorous, Copper, Vanadium, Calcium, Germanium, Potassium, Selenium, Molybdenum

**Miscarriage** -- (amplify) tansy, rebalance hormones

**Molybdenum** -- red clover

**Muscular** -- arnica, oregano, willow, valerian

**Mouth** -- caraway, horsetail, lemon balm, Basil, Sumac, sage, tarragon

**Mouth Bleeding** -- ginger, yarrow, raspberry, lovage, oat straw, potassium, vitamin A, magnesium, calcium, iron, water

**Mushrooms** -- Reishi, bolete, hawkswings, oyster, Amanita Mascarita

**Nervine** -- Hawthorne, motherwort, lemon balm, Mugwort, mint, oat straw, Cow Parsnip, Sage, Nzingirolo, Rue

**Body Organs** -- liver, kidney, heart, spleen, intestine, placenta, genitals, lungs, pancreas, Stomach

## Introducción - Introduction

Hablo y entiendo muy poco Español.

-I speak and understand very little Spanish.

Soy socorrista/a/o.

-I am a first-aider.

Me llamo ...

-My name is ...

¿Puedo ayudarte?

-Can I help you?

¿Estás seguro-a/o?

-Are you sure?

## Mechanism of Injury (MOI)

¿Alguien vio que pasó?

-Did anyone see what happened?

¿Que te pasó?

-What happened to you?

¿Puede moverse?

-Can you move?

Señala donde te duele.

-Point to where it hurts.

¿Puedo ver?

-Can I see?

¿Puedo tocar?

-Can I touch?

## Level of Consciousness, AOx3

¿Estas mareado-a/o?

-Are you dizzy?

¿Tienes náusea?

-Are you nauseous?

¿Te desmayaste?

-Did you blackout?

## Los signos vitales - vital signs

temperatura - temperature

pulso - pulse

presión sanguínea - blood pressure

respiración - breathing

lento - slow

rápido - fast

débil - weak

fuerte - strong

## Historial medico - Medical History

¿Tienes algún problema medico?

-Do you have any medical conditions?

diabetes - diabetes

asma - asthma

Problema de corazón - heart problems

¿Tienes alergias?

-Do you have allergies?

¿Está tomando alguna medicina?

-Are you taking any medication?

## Transport, Treatment Area & Triage

¿Necesito ayuda para cargar a esta persona?

-I need help to carry this person!

Formen un círculo alrededor de esta persona con su espalda hacia nosotros.

-Form a circle around this person with your backs facing us.

ocho - 08

veinte y uno 21

### C-Spine

- ¿Tiene golpe en la cabeza o en el cuello?  
-Did you get hit in the head or the neck?  
¿Te caíste de espaldas?  
-Did you fall and hit your back?  
Es posible que tengas problema con la columna vertebral.  
-It is possible that you have a spinal problem.  
Por favor no se mueva.  
-Please don't move.

### Armas químicas -Chemical Weapons

- ¿Usas lentes de contacto?  
-Are you wearing contacts?  
Saca los lentes de contacto.  
-Take out your contacts.  
Te voy a lavar los ojos con agua.  
-I'm going to wash your eyes with water.  
Arrodillate.  
-Kneel down.  
Echa la cabeza hacia atrás.  
-Tilt your head back.  
No te toques los ojos.  
-Don't touch your eyes.  
¿Te arden todavía?  
-Do you still burn?

### EMS Further Care and Police

- Esta es una emergencia.  
-This is an emergency.  
Por favor, no tome fotos.  
-Please, no photographs.

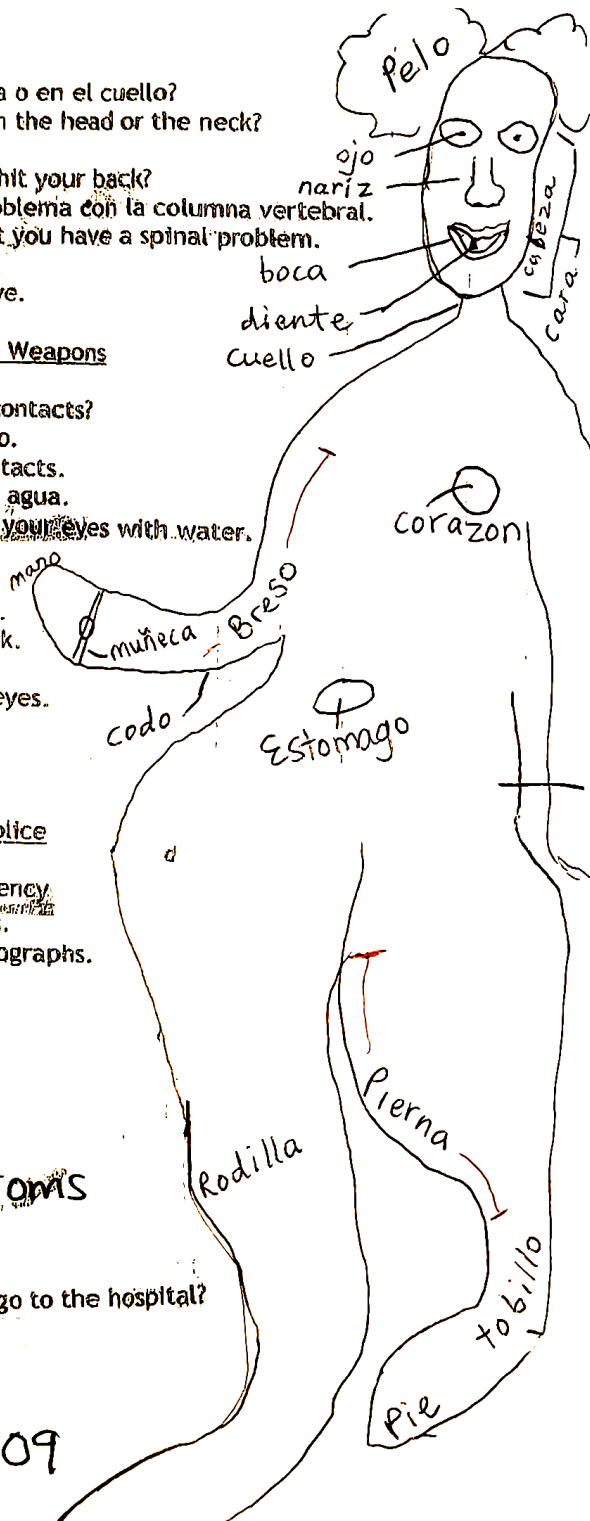
Garganta-Throat

Cuerpo - Body

Síntomas-Symptoms

- Quiere ir al hospital?  
-Do you want to go to the hospital?

nueve-09



### Ionic -

#### Intestinal - sumac

**Iron** - bean, chive, grape, spinach, acorn, walnut, sweet potato, raspberry, nettles, dandelion, alfalfa, dock, mullein, parsley, boneknit, watercress, fennel

**Joints** -- alfalfa, cottonwood, marjoram, Yarrow, \*Bonset, comfrey, Mugwort, Plantain, Alfalfa, Black Cohosh, Sassafras, Mullein, Pine

**K Vitamin** -- alfalfa, nettles, oat straw

☞ **Kidney** -- Basil, juniper, uva Ursi, Burdock, nettles, dandelion, **Plantain**, Mugwort, cleavers, Mullein, chickweed, Sassafras, Corn silk

☸ **Lactation** -- caraway, dill, fennel, coriander, raspberry, uva ursi (drying) Sage

**Laxative** -- bind weed, Sorrel, Plantain, Apple

**Lead** - (draws out) Brassica family, Tassel, Hemp, Weed, Dogbane, Wormwood

**Ligaments** - Pinon sap, Dragons Blood sap

**Lips** - yellowdock

☞ **Liver** -- dandelion, marjoram, dock, fireweed, milk thistle, **Artichoke**, Cilantro, Oregon Grape

☞ **Lung** -- licorice, marijuana, osha, thyme, Basil, oregano, , sage, mint, plantain, Wormwood, \* Jimsonweed, Asafoetida

Veinte-20



**Gout** -- Chapparel, Alfalfa, soaking feet, Sassafras,  
\* Pennyroyal

**Hair** -- Arnica, sage, dock, nettles,  
rosemary, Smartweed, cleavers, castor

**Headache** -- aspen, willow, cottonwood, Lavender,  
rosemary, basil, Lemon Balm, Nzingirolo, Mint,  
\* Pennyroyal, Plantain, Mullein

⚡ **Heart** -- borage, coriander, Cayenne, Horehounds,  
Hawthorne, Plantain

✿ **Hemorrhage Relief** -- placenta, alfalfa,  
Shepherds purse, birthroot

⚡ **Hormones** -- (endocrine system) Estrogen,  
Progesterone, Testosterone  
(regulation) sage

(anti) **Infection** -- cottonwood, plantain, oregano, Chapparel,  
Calendula, Usnea, Sassafras, Thyme,  
Echinacea, Nzingirolo, Black Cherry, \* Bonset

**Inflammation Relief** -- calendula, mallow, Teasel, Mullein, in,  
plantain, yarrow, rose, Ashwagandha, Grapefruit, Sumac ac  
Sorrel, Clover

**Insect Repellent** -- lavender, thyme, yarrow,  
basil, rosemary, catnip, wormwood

**Insulin** -- dill, vanadium

**Immunity** -- mint, black Cherry, cottonwood, Mugwort,  
echinacea, chive, dock, thyme, garlic, licorice, Sumac,  
Conifer Trees

**Iodine** -- tarragon, rhubarb, parsley,  
watercress, mushroom

## wild Crafters PACK

\* Snacks \* water

\* Identification resources

\* Offerings for the Earth

\* magnifying glass

\* containers for herbs, seeds,  
↳ rigid for berries

\* Emergency whistle

\* wear green or beige to repel ticks & biting insects

## IMPORTANT FACTS

### :Ethical, Attentive Harvesting:

Ask the plant(s), and any other species actively  
living, or using the area for permission to  
harvest. Inform them about how you intend to  
use them. Harvest only when there is several  
viable options around you with consent.

Collect only what you  
need, and will actually use. Always leave an  
offering to the landscape, and give gratitude to  
the species harvested

diez-10

## Animals, Plants and Mushrooms Craft, Culinary and Medicinal Uses

### How to use is template

- \*\*Add what you believe to be true, and subtract information that you are unsure of or that does not work for your body/community
- \*\* I use a mix of true, regional, and common names so triple check this information
- \*\* Know that certain parts of plants can be poisonous, while other parts are safe. Do some research, \* these plants listed are safe with few hazardous look-alike.

### \* \* WARNING \* \*

Plants safe for all family members  
\* \* EXCEPT Bonset, Jimsonweed,  
Pennyroyal & Fertility blockers

### SYMBOLS

- ⊗ Body Systems
- ▣ Body Organs
- ♥ Ceremony & Spiritual Use
- ✂ Craft use
- ✿ Pregnancy/Birth & Postpartum Care

We honour  
the resources we have access to and  
get permission from appropriate stewards  
of knowledge when necessary.

## Erotic - Sorrel, Sassafras

**Estrogen** -- (blocker) broccoli  
(Amplify) licorice, Black Cohosh

**Eye** -- fennel, Basil, Chamomile, Nzingingrolo,  
Rue, \* Jimsonweed

**Fertility** - (amplify) -- oat straw, fennel, onion, Burdock,  
garlic, nettles, Water, alder, strawberry, sage,  
raspberry, motherwort, Clover, Vitamin A, Plantain,  
croneswort, valerian, yarrow, mint, magnesium  
Nzingingrolo

(blockers) \* (contraceptives) Rue, lovage, motherwort,  
\* \* ganja, horsetail, hops, sage, basil, tarragon,  
thyme, parsley, sumac, caraway, celery, \* Bonset,  
marjoram, tansy, lemon balm, rosemary,  
boneknit, oregano, fennel, licorice, yarrow,  
Black Cohosh, osha, rhubarb, watercress, croneswort, carrot  
seed, juniper berries,

**Fever** -- aspen, willow, lemon balm, borage, Basil,  
\* Bonset, Black Cherry, Mugwort, Plantain, Sumac,  
Sassafras, Yarrow, Nzingingrolo, Mint, Catnip,  
\* Pennyroyal, Ashwaganda, Willow

(anti) **Fungal** -- calendula, garlic, thyme, oregano,  
Echinacea

**Gaba Receptors** -- poppy, Saint Joan Wort,  
Black Cohosh

▣ **Genitals** - corn silk, Raspberry, Clover, Oat  
Straw, Mugwort, Yarrow

**Germanium** - boneknit

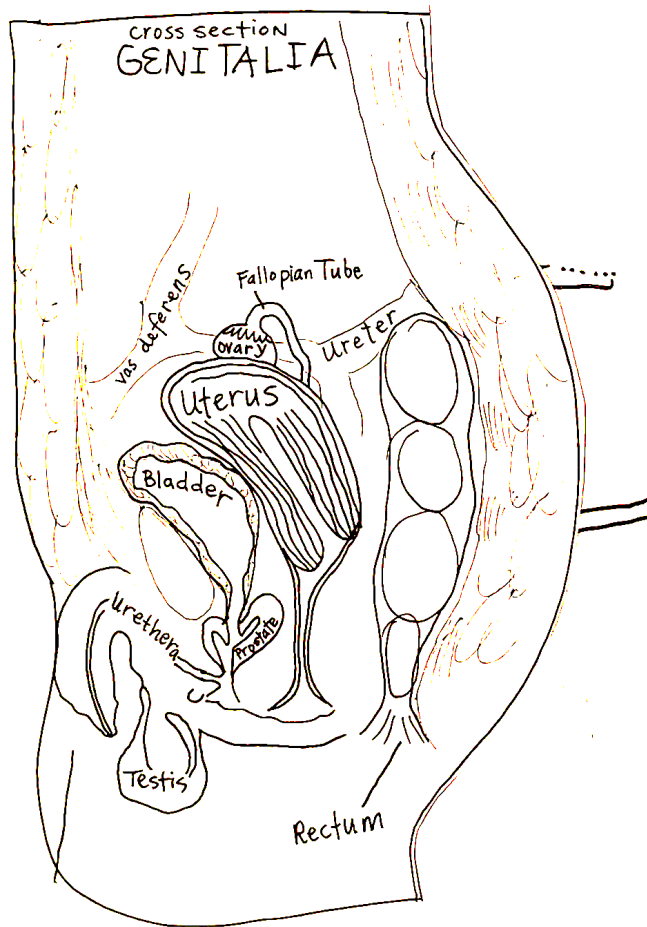
**Glands** - cleavers, Ashwaganda



**E Vitamin** -- watercress, alfalfa, rose, Burdock, raspberry, dandelion, basil, oregano, sunflower, nettle, oat straw

**Ear** -- mullein, aspen, wicking candles

**Energizing** -- water, rest, self-care, majik, Mint, shield, Beetroot, Burdock, Astragalus, plantain, Dandelion, Pine, Thyme, wormwood



**A vitamin** -- turnip, spinach, apricot, raspberry, grape, lambs quarter, dandelion, parsley, carrot, sweet potato, garlic, burdock, fennel, hops, horsetail, mullein, oat straw, alfalfa, plantain, uva ursi, violet, sage, liver, watercress, elderberry, boneknit

✿ **Abortion** - (do with care provider)

**Adaptagine** - Reishi, licorice, saint joan wort, ~~Pepper~~, Holy Basil, Astragalus

**Adrenal Glands** - Oats, Milky Oats, Oat Straw

**My Allergies** -

**Animal Parts** -- stomach, genital, kidney, heart, tongue, gland, brain, tail, sinew, feather, lung, pancreas, fur, scale, bone, fat, meat, liver, intestine, spinal cord, eye

♂ **Ancestor/Descendant** -- rosemary, Bear Calendula, Dandelion, Mugwort, Mullein

**Antacid** - calcium

**Anxiety** - Connection, Skullcap, Valerian, Epazote, Basil, Lavendar, Mugwort, Lemon Balm,

done-12

◁ **Attractant** — Lemon Balm, Basil, Clover,  
Sassafras, Calendula, \*Jimsonweed,  
Pine, Chamomile, Horehound, Lavendar,  
\* Pennyroyal, Sorrel, Thyme

**B Vitamin** (1, 2, 6, 12, produced by intestines), Mullein,  
-- dandelion, alfalfa, red clover, grape, parsley,  
boneknit, cabbage, raspberry nettles, hops, cat, Greens,  
mint, rose, dock, chamomile, elm, oat straw, Blueberry

✿ **Baby Treatments** — parents milk, herbal baths  
and warm compresses of Calendula,  
Chamomile, Lavender, Rose

✿ **Bacterial** -- calendula, lavender, lemon balm, Sage,  
pine, usnea, yarrow, plantain, Garlic, \*Benset,  
Sage, Lemon, Grape, Thyme

✿ **Basketry** — willow, grass, pine needles

**Beta Carotene** — carrot, pine, Plantain,  
Dandelion, Clover

**Biotic** — (pre) Dandelion,  
(pro)

(anti)

✿ **Birth** -- Vitamin K, darkness, serenity  
**Bladder** -- Thyme, Plantain, Uva Ursi,  
Stinging Nettles

trece-13

# Pumpkin

Seek and Find



Can you find:



an apple, a sailboat, a ring, an acorn, a bowl and a triangle?

## COLOUR & PLAY

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**D Vitamin** -- alfalfa, nettles, sunshine, horsetail, parsley, Dandelion, Mullein

☞ **Death** - parsley \*Pennyroyal  
Sage, Mint, Plantain

**Depression** -- borage, lavender, **Rhodiola**,  
Lemon Balm, Black Cohosh

**Diarrhea** - boneknit, apple  
Sage, Plantain, Sumac

☞ **Digestion** -- lemon balm, licorice, lovage, dock,  
mint, parsley, sage, uva ursi, tarragon, juniper,  
norehound, fennel, basil, caraway, Calendula,  
coriander, alfalfa, Cinnamon, Sumac  
chewing mixes saliva with enzymes in food  
\*Pennyroyal, Chamomile, Asa foetida,  
Lavender, Sorrel, Wormwood, Dandelion,  
Sassafras, Mugwort

**Dopamine Production** -- Vitamins C-E-D, wheat grass,  
Turmeric, Rhodiola, Green Tea, Ginkgo

**Drawing** -- lambs tongue, mallow, elecampane  
**Dreamworld** -- craneswort, amanita muscaria,  
Chamomile, Epazote, Lavender,  
Sage, Mugwort, Mullein

**Blood** -- Alfalfa, dandelion, juniper, raspberry, Rue,  
sage, uva ursi, red clover, Sorrel, iron, Rosemary,  
pressure points, oregano, hawthorn, lavender,  
celery, dock, Stinging Nettle, Yarrow,  
Asa foetida, Wormwood, Black Cohosh,  
Sassafras  
(to clot) Mullein

**Brain** -- Fat, rosemary, smartweed, Sage,  
\*Jimsonweed

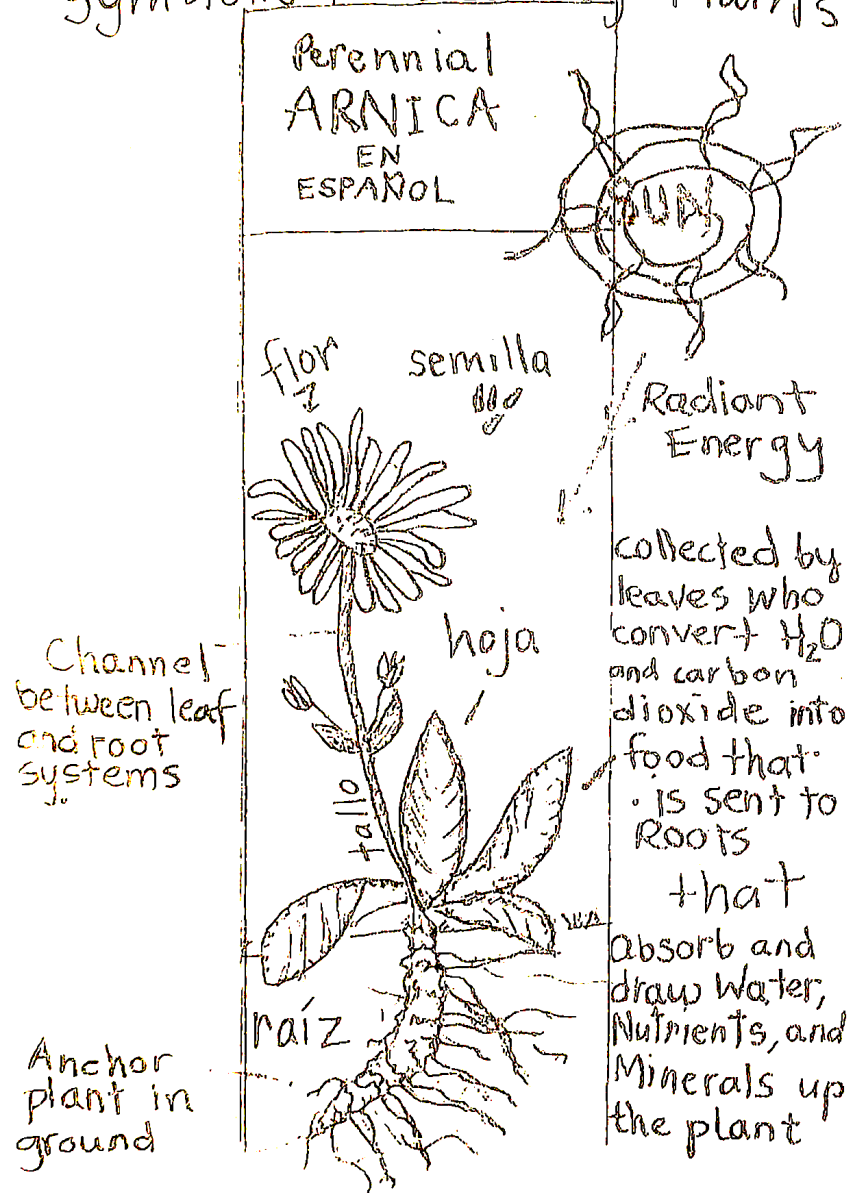
☞ **Breech Baby Flipping** - Bougainvillea

☞ **Body Systems** - endocrine, respiratory,  
reproductive, vascular, nervous  
**Digestion, Lymphatic**

**C Vitamin** -- Elderberry, rose, watercress,  
pine, parsley, dandelion, violet, red clover,  
dock, boneknit, plantain, nettles, wormwood,  
alfalfa, chive, carrot, mint, violet, Citrus,  
Black Cherry

**Calcium** -- alfalfa, red clover, raspberry,  
boneknit, nettles, parsley, watercress, egg shell,  
horsetail, plantain, chamomile, borage,  
dandelion, chive, oat straw, beet, turnip, kale,  
lambs quarter, mallow, amaranth, knotweed,  
elderberry

# Symbiotic Processes of Plants



♥ Clears Energy — \*Bonset, Basil, Asafoetida, Hyssop, Sage, Clover, Wormwood, Yarrow, Sassafras

Clarity — Lavendar, Chamomile, Horehound

Conifer Tree — Pine, Juniper

Compost — (nutrient) boneknit, mint

Cooling -- mint, mallow, berries, cleavers, Dock, Fruit, Chickweed, Uva Ursi, Dandelion, Yarrow, Hawthorne

Cough — marshmallow, thyme, sage, Horehound, Elecampane, Meadowsweet (expectorants), Mullein, Hyssop, Asafoetida, Nzingirolo, Sumac, Black Cherry, Pine, Clover, Licorice, Horseradish

△ Courage — Black Cohosh, Lemon Balm, Echinacea

Mycelial networks

Quince-15

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